

# Get Into Mountain Biking

## Crab Wood

Date: Friday 19<sup>th</sup> August

Time: 10:00 am

Cost: £10

### Start location

Crab Wood car park

The car park is situated off Sarum Rd, a few hundred yards west of the cross roads with Sparsholt Rd. There's a sign at the car park entrance.

Bear right as you enter the car park. I'll be waiting there.

### Expected duration

We can expect to be out for up to an hour and a half.

### Ride leader

My name is Andy Whincup and I will be leading the ride.

If you need any further information in advance of the ride email me on:

[info@backpedalling.org.uk](mailto:info@backpedalling.org.uk)

or you can call him on: 07871271647

### Equipment and clothing

#### Bike

You will need to arrive with a bike in working order.

This means that the tyres are pumped up, the brakes and gears work and nothing is loose.

Bring at least one spare tube for the bike in case of punctures.

#### Safety equipment

You will need to wear a helmet for the ride.

Sensible shoes that have enclosed toes will protect your feet.

Gloves and eyewear are both recommended.

Sun cream is recommended if the weather is sunny.

### Clothing

You will be taking part in a physical activity so appropriate clothing is essential. I recommend the following:

A lightweight, breathable synthetic top, cycling specific, sports top such as a football shirt or similar.

Shorts or tights that do not restrict leg movement. Sports shorts or cycling shorts are both good choices.

A waterproof layer in case of rain.

Please be aware that it is possible this clothing will get dirty during the ride, please wear clothes you are prepared to get muddy.

## **Food and drink**

Please bring some water either in a water bottle or Camelbak style back pack

Some snacks are a good idea too.

## **Questionnaire**

There is a relatively short questionnaire to ensure that the ride is exactly right for you. It really helps me to know the answers before you arrive so I can plan the route accordingly.

## **Photo permission**

I would like to be able to take some photographs of the group so will ask you to fill in a photograph permission form when you arrive. You are under no obligation to do so.