

# Get Into Mountain Biking

## Crab Wood

Date: Wednesday 29<sup>th</sup> September

Time: 6:30 pm

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.

Crab Wood is close enough to Winchester that you might consider riding there. Give me a call if you want advice on the best way to ride.

### Expected duration

We can expect to be out for up to an hour and a half. This time includes a short warm up and skills session to get you ready to ride.

### Ride leader

Andy Whincup will be leading the ride.

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

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

or you can call him on: 07871271647

### Equipment and clothing

#### Bike

A mountain bike with at least front suspension is recommended for the ride. A bike with a fully rigid fork will be fine but you'll be more comfortable with a suspension fork. Knobbly tyres for off road riding are definitely recommended.

You will need to arrive with your 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. This is a requirement.

Sensible shoes that have enclosed toes will help to keep your feet comfortable and protected.

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.

A change of top for the drive home might also be a good idea.

## 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.