**Mummy’s Gone A Cycle**

**Recommended Club Information Sheet**

Thank you for offering to recommend your club as one which supports women in club cycling. I am really excited to hear about all the wonderful clubs around the country and also to see more women encouraged to join the wonderful world of club cycling through your contribution.

The information below will allow me to write up all clubs in a similar style. If there are sections which do not apply to your club then feel free to leave them blank. All questions are optional. If you could type your answers underneath the questions, that would help me to be able to copy and paste into the website – please don’t change the font or formatting!

For an idea of the kind of information to include, have a look at the write up for my own club, Hervelo Cycling at [http://www.mummysgoneacycle.com/**hervelo-cycling**/](https://www.mummysgoneacycle.com/?page_id=2119&preview=true) Depending on the size of your club and the number of activities you run, you might find that you include more or less information than Hervelo’s.

Please email your completed form to mummysgoneacycle@gmail.com

Please also email any images you would like included to me. Think carefully about the images you choose as it is the pictures which present your club more clearly than the words. You can send as many images as you like. Please make sure you do have permission for them to be used and also let me know if you would like them credited to anyone.

Once I have written up your information, I will send you a link to approve the article. While the article will be ‘live’ on Mummy’s Gone A Cycle at that time, the link to it will not be included elsewhere in the website until I receive your approval. Please bear with me if I do not get back to you immediately – Mummy’s Gone A Cycle is done in my spare time around work, family and cycling!

**Club Name:**

**Where are you based (town / city / area name plus postcode):**

**Cycling Disciplines:**

**What is your club ethos?** (This is probably the trickiest question! Write as much or as little as you like)

**What is the best thing about your club?**

**What club rides do you run?** (eg. once a month, once a week, different speed/distance rides at different times):

**Do you wait for dropped riders / mechanicals on some or all of your rides?** (eg. yes on social rides, no on chaingang rides, etc)

**What is the minimum standard you would expect from new club riders?** (Please do be really honest about this one. Think about speed / distance / ability to fix punctures or other mechanicals, You can specify different minimums for different rides if you like)

**What do you expect riders to bring on club runs** (eg. repair kit, money, phone, etc)

**Are bikes other than road bikes acceptable on any rides?**

**Which of the following does your club currently run?** (Delete any which do not apply and add any I haven’t thought of)

Social runs

Chaingang sessions

Coached sessions for adults

Coached sessions for children

Organising races

Competing in races

Designated ‘race squad’

Organising sportives

Taking part in sportives

Do you run club social events?

**Number of members (roughly):**

**Current percentage of female members:**

**Do you have a women’s development officer** (include name and contact details if you would like these published in the article. Otherwise yes or no is fine)

**Please give details of any projects you have or are running to support and encourage women.**

**Do you also have a children’s / youth section / Go Ride club?**

**Do you offer opportunities for members to train as coaches, ride leaders, etc?**

**Any other information you would like to share:**

**Website / social media / etc:**

Joining Information (details of how to join, plus cost of membership if you want this included, you could also state whether new riders are able to try a ride before joining and anything else you think is relevant):

**Contact details** (Please only give personal email addresses here if you are happy for them to be published on Mummy’s Gone A Cycle)

Information last updated month and year completed: