

WOULD YOU LIKE TO BROADEN YOUR EXPERIENCE OF CYCLING? WHY NOT TRY AN AUDAX RIDE?

At a recent meeting of the committee we agreed to promote two Audax rides to members of the club. Some members have experience of Audax rides but others do not and we wanted to provide an opportunity for all our members to try this type of cycling event. So we agreed to promote two local rides – a 100 km Audax and a 200 km Audax. By the way, all the distances are measured in kilometres rather than miles because the sport started in France back in 1897.

What is an Audax ride?

Have a look at this section of the Audax UK website:

<https://www.audax.uk/about-audax/new-to-audax/>

There are two videos you can watch. By all means watch them both but the second one, by Katie Kookaburra, is probably more helpful to the newcomer to Audax. I have been a member of Audax UK since 2000 and I wrote an article for the Audax magazine a couple of years ago. This gives you a taste of my experience:

<https://www.stroudvalleyscyclingclub.org.uk/articles/>

The 100 km ride

The 100 km ride is called Character Coln and will take place on Saturday 13th May from Andoversford. Full details are here:

https://www.audax.uk/event-details/10259-character_coln

If you fancy riding you can enter online or by post. You don't need to be a member of Audax UK but you do have to complete an online form with your personal details, emergency contact name and number etc. There is a fee of £3 for non-members of Audax UK but if you are a member of Cycling UK the fee is waived – another advantage of Cycling UK membership! You will see that the cost of entry is a modest £7 if you enter by post or £7.50 if you enter online using PayPal. Given the high cost of stamps these days I recommend using PayPal.

I have entered and I am looking forward to it. If you do enter please email me at Steve49.brawley@gmail.com We can then co-ordinate car sharing etc and we can support each other on the route.

I will send the entrants some further advice and information before the ride takes place.

The 200 km ride

The 200 km ride is called Plains, Valleys, Forests and a Mountain Audax. It will take place on Saturday 8th July from Tewkesbury. Full details are here: https://www.audax.uk/event-details/10340-plains_valleys_forests_and_a_mountain

The cost of this ride is £10 and you can enter online using PayPal. As set out above, if you are a member of Cycling UK the £3 additional fee is waived.

I have entered and I am looking forward to the iconic ride up the Gospel Pass from Llanthony then the swooping run from the top of the pass down to Hay on Wye.

Again, please email me when you have entered and we can organise ourselves. I will also send you further information and advice.

Any questions?

If you have any questions just send me an email and I will do my best to help.

Steve Brawley