

Welcome to the MANDURAH Over 55 Cycling Club

After 3 free rides, and once you have paid your membership fee, you will be given a copy of the *Constitution, Riding Safety & Rules, By-Laws*, and a *Ride Calendar*.

If you have any questions, problems or suggestions please direct these to the Publicity Officer. If necessary, your concerns will be passed on to the committee for their attention at the next meeting.

Club members should purchase a yellow shirt with the Club logo on it. These are available from **Maggie Zee, 202 Lakes Road. Greenfields (Phone 95358382; Mobile 0411660850) or Hot Klobber, Unit 9/104 Park Road Mandurah.** In the meantime a bright shirt is recommended for safety reasons.

A few things you need to know for your safety: –

1. A helmet must be worn (name & emergency contact number inside)
2. Closed footwear (tie your laces on the side away from your bike so they don't tangle in the chain).
3. Carry a full water bottle on your bike.
4. Make sure your brakes are in good condition and your tyres are pumped up.
5. Carry a spare tube and puncture repair kit.
6. Keep a safe distance between riders.
7. There is always a leader and a tail-ender (who stays behind the last rider)
8. But you are responsible for following the rules of the road – Check traffic for your own safety (even if others call out clear!) Stop at stop signs.
9. As a warning to riders in the group we do call out: -
STOPPING, POST, PASSING, etc.
CAR, BIKE OR WALKER – BACK, OR UP etc.
10. If you wish to leave the group for any reason please tell someone (preferably the leader).

It is a good idea to check the notice board for information on upcoming events, i.e. monthly dinners, tours, minutes of meetings etc.

Tea and coffee are available at the Club House where you can get together for a social chat and to meet others besides those in your group.

Welcome to the club, and safe cycling.

<i>Contacts</i>		
President	Andy McLeavy	9883 8387
Secretary	Terry Lindley	9534 9973
Ride Captain	Mel Tadier	9581 2629
Publicity Officer	Lorraine Nielsen	9582 2296