Issue date: January 2022.

**DCC New Rider Info**

Please Take a few moments to complete this form as it will help make your first cycle runs with the

DCC more enjoyable:

1. Please circle one of the options below:

a. I have never cycled before

b. I have cycled on my own

c. I have cycled with other clubs

1. Keeping in mind that our club runs are approximately 50 miles, (ave 16-20mph) which of the below applies to you?

a. I can complete 50 miles

b. I have ridden this distance several times but it’s a challenge

c. I have not ridden this distance before

1. Please circle:

a. I would like a club member to ride with me on all of the route

b. I am happy to ride without support if I decide to cut the route short

c. I am comfortable riding on my own

d. I am comfortable riding within a group

e. I have no experience of riding within a group of other cyclists

1. Please circle as appropriate:

a. I have a properly serviced bike

b. I wear a helmet

c. I have spare inner tubes and a pump etc

d. I will carry a mobile phone on the run

Thanks - please return completed form to Club Chairman