



# SHAPE International Cycling Club (SICC)

By Liz White

**T**he SICC would like to welcome you to Belgium, SHAPE and the cycling club, our training programme will continue throughout the Summer, so if you have just arrived and have your road bike ready for some cycling action, please come and join fellow riders.

The Monday Social Ride, a ride of 35-40km at a social pace, led by Geoff, with a break for refreshments half way, is a great opportunity to get out, meet others and discover the local area.

On the Wednesday Rides, you will find other newcomers, improvers and those who just love cycling! Billy leads this ride and the average speed is set at no less than 25kmph.

Both of these rides depart from the main gym on SHAPE at 6pm and neither of them require club membership.

If you are interested and would like more information, take a look at our website:

[www.ShapeCycling.com](http://www.ShapeCycling.com)

You will discover on our website more about our activities and find routes to download, should you want to get acquainted with the Belgian countryside.



For more reading, turn to the previous editions of the Shape Community Life Magazine (you will find the records at [www.SHAPE2DAY.com](http://www.SHAPE2DAY.com)) to catch up on members gravel biking, women's cycling, mountain biking, fact finding adventures.

**See you in the peloton!**

