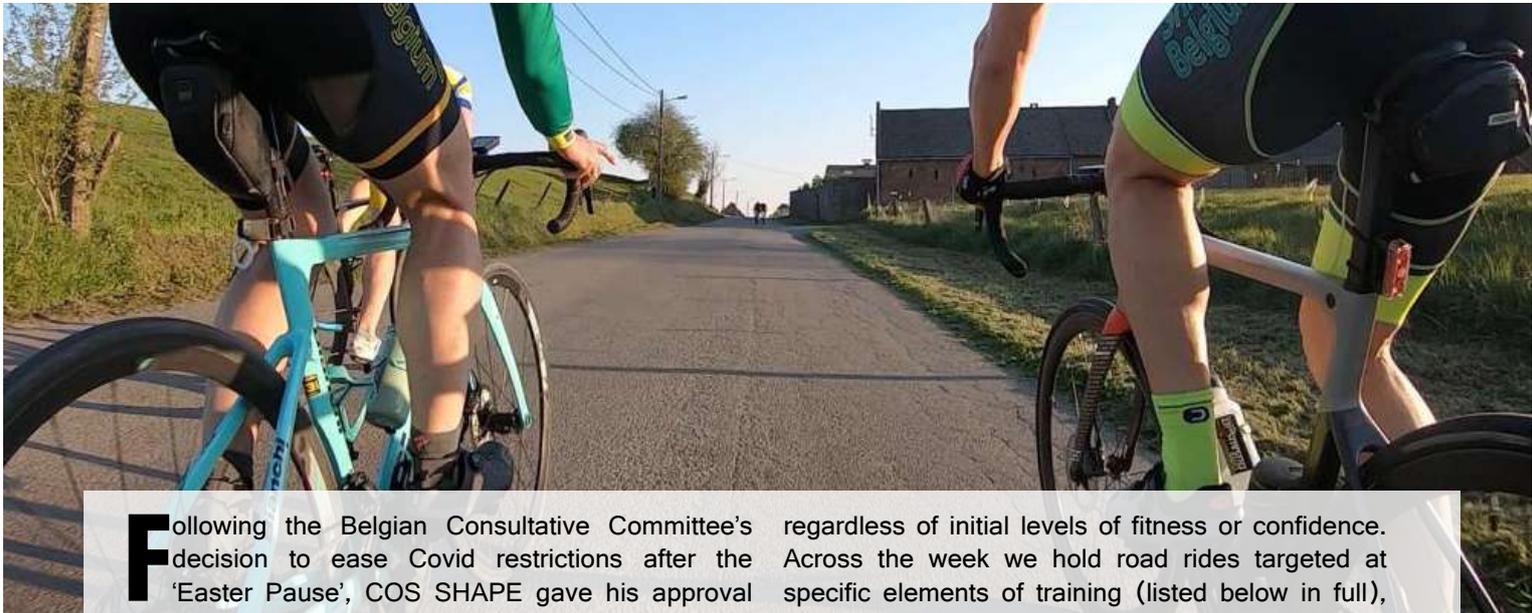


SOMETHING FOR EVERYONE

SHAPE INTERNATIONAL CYCLING CLUB



By Billy Kidd – Ride Captain Manager



Following the Belgian Consultative Committee's decision to ease Covid restrictions after the 'Easter Pause', COS SHAPE gave his approval for the SHAPE International Cycling Club (SICC) to recommence COVID-Compliant organised club rides with effect from 30 April 21. At the time of writing, the Host Nation Covid regulations permit groups of up to 10 people to meet outdoors whilst maintaining 1.5 metres social distancing. This has allowed us to fully resume our weekly club road ride programme. SICC, which is affiliated to the Belgian national cycling federation the FFBC (Fédération Francophone Belge du Cyclotourisme et du VTT) providing ride insurance for members, is open to all SHAPE ID card holders over the age of 17.

We encourage a healthy lifestyle within the SHAPE community and seek to foster positive relationships amongst cyclists and triathletes from all Countries present at SHAPE. Additionally, we aim to present SHAPE as a positive fitness model to the local Belgian and European community. SICC has an array of members who regularly participate in all disciplines of cycling at many levels, from road, mountain and gravel, through to triathlon; there really is something for everyone, especially beginners of all ages just starting out, or those returning to cycling after a few years away for whatever reason.

CLUB ROAD RIDES

With an overarching ethos within the SICC of inclusivity, group development, and personal improvement, the weekly club road rides provide ideal opportunities for all cyclists to meet personal goals,

regardless of initial levels of fitness or confidence. Across the week we hold road rides targeted at specific elements of training (listed below in full), but the guiding principle within each is that the rides are classed as 'no-drop'. This means that riders should be encouraged that they won't be considered too slow and we will always ride considerably at a pace that is comfortable for the slowest member of the group. Each group is allocated a Ride Captain, an experienced SICC member, who will guide the group throughout, setting the pace to ensure that no one is left behind, and offering encouragement and advice to all members. The SICC weekly club road rides meet at the SHAPE Main Gym at 1750 throughout the April – September season.



<p>Monday Social</p> <p>Novices & Potential Members</p>	<p>Departs SHAPE MAIN GYM at 1800 prompt. This is our slowest ride (21-23kph) and is aimed at novice riders looking to gain experience and fitness. The ride is led by Geoff Chambers.</p>
<p>Tempo Tuesday</p> <p>SICC Members Only</p>	<p>Departs SHAPE MAIN GYM at 1800 prompt. 3 rides available for SICC members that are confident in group riding. The first group will depart for a fast ride (30-32KPH), the second group will be a steady paced ride (27-29KPH), and the third group a steadier pace (25-27KPH), all covering the same 60KM route each week.</p>
<p>Wednesday Newcomers,</p> <p>Novices, Improvers & Potential Members</p>	<p>Departs SHAPE MAIN GYM at 1800 prompt. The route is approx. 45Km. It is relatively flat and the pace is dictated by the slowest rider but you should be able to ride this route at an average speed of no less than 25KPH. The aim of this ride is to allow newcomers, improvers, novices and potential new club members to build up confidence of riding in a group and to learn a regular route for future use. Newcomers will join these rides before deciding to join the club. Only once you are a member can you ride with the club on Tuesday and Thursday.</p>
<p>Thursday Intervals</p> <p>SICC Members Only</p>	<p>Departs SHAPE MAIN GYM at 1800 prompt. There are groups to suit different fitness levels but the purpose of all groups is to build power and fitness. These rides cover the same 50KM each Thursday, which is hillier than the Tuesday route. There are 3 fast (interval) sections where the groups will split as the stronger riders try to break away.</p>



There are many other rides organised by SICC members across the week, and especially longer rides of all disciplines at the weekends; details for these ad hoc rides are advertised through the SICC's social media channels.

There is also a notable cohort of ladies that venture wider into the local area at weekends, firmly embodying the ethos of personal achievement and building confidence.

Additionally, we are looking forward to resuming an indoor training programme in the SHAPE Gymnasium once Covid restrictions allow, with regular weekly spinning classes available for all members.

SICC is a friendly and welcoming club with activities and rides for all abilities and confidence levels, through from beginners to outright speed demons, and inclusive of MAMILs – middle aged men in lycra! Fostering and nurturing the relationships that we develop throughout our rides brings a great sense of community to our members. If you'd like to find out more information about the club, please visit our website:

www.shapecycling.com

get in touch with our committee:

shapecycling@gmail.com or come and have a chat on a Monday or Wednesday evening at 1750.

