

Rides

If you would like to add a ride to the ones listed below, please let us know the details.

The MCCC's primary focus is to provide the best racing possible for our members. We have a number of club level coaches available for advice if you are unsure of how to ride in groups. There are several local cycling community group rides each week that Club Members utilise for training, race recovery or simple enjoyment. These group rides are generally open to Club & Non-Club riders. As a club, we believe that group rides should be predictable and safe, so those attending can be confident they are on a ride that's suitable for their ability, and their needs. Non-Club riders within these groups have no obligation to follow these guidelines however it is expected that Club members respect these guidelines so as not to impact on the enjoyment of cycling of other riders.

- Club Members are to conduct themselves in accordance with the spirit of each ride as established by the "ride regulars" and blend into the bunch.
- Any & all negative actions of Non-Club members are to be ignored unless there are concerns for rider safety.
- Road rules are to be adhered to at all times and riders are required to use appropriate front & rear lighting.
- If you are not sure you can make it to the front of the group when rolling through, withdraw from the working group and "sit on" the back. The lead rider of the "tail" must call riders working on the front through. If you decide to re-join the working group communicate clearly so as not to cause confusion or a hazard.
- Common sense & courtesy should prevail. If you notice a rider struggling to make the front of the group, ease your speed a little to allow them over you and onto the front or into the slow lane of a double pace line.
- Any MCCC Junior (U18) must have a designated adult on the ride to provide support & advocacy if required.

MCCC Group Ride Grading Guide***Speeds may vary due to weather/traffic/terrain or bunch sizes.***

This is a basic group ride grading system to help people understand what to expect if they attend certain rides.

A/B = average 34-38kmh, expect 1-3+ mins on front, and/or pace lines. * No Regrouping.

C/D = average 30-33kmh, expect 3-4 mins on front, and/or pace lines. * Designated Regrouping.

ALL grades = average 30-33kmh, may have customary sprints points. * Designated Regrouping.

SOCIAL rides = No drop, No sprints. New comers encouraged to join.

A word on Regrouping

- * Designated Regrouping - If unsure please discuss regrouping points with other riders before setting off.
- * No Regrouping – While some effort is made to keep riders together, riders may be dropped during sustained effort sections. If you are within line of sight, the bunch may slow to allow you to catch up at some point, however the bunch has no obligation to wait for dropped riders. You should know your way home if need be. On out & back rides, dropped riders are encouraged to turn around and "get back on" as the Bunch returns.

Higher intensity Group rides

All year around:

- Monday - Thursday 6:00am, from "Quest" Madden Ave & 10th Street approximately 45 km. **A/B**
Note: If the temperature at 6:00 am will be 4 degrees Celsius or less this group does not ride.

Summer (Daylight Saving time):

- Thursday 5:30pm, **A/B** from Cureton & Cowra Ave's roundabout 40-50 km. (Also numbers permitting. **C/D**)
- Saturday morning 6:30 am, **A/B** from 15th St & Walnut Ave approximately 50 km.

Winter (Non-daylight Saving time):

- Tuesday & Thursday 5:30pm, **A/B** from Cureton & Cowra Ave's roundabout 40-50 km. (Also numbers permitting. **C/D**)

Lower intensity or "Recovery" Group rides

All year around:

- Friday "Coffee Ride" 6:00am, **ALL** from "Quest" Madden Ave & 10th St approximately 40 km.
Note: If the temperature at 6:00 am will be 4 degrees Celsius or less this group does not ride.
- Tuesday 6:30pm, **ALL** from the "Bicycle & visitor Hub" car park Pine Ave near 9th St approximately 45 km.
- Wednesday evening 5:15pm, **ALL** from the "Water Tower" Tenth St & Orange Ave (via Cureton Ave & Cowra Ave roundabout at approximately 5:20pm) approximately 45km.
- Saturday & Sunday 8:06 am, **ALL** from the "Waves" Car Park in 12th St, 60-70 km.

Summer (Daylight Saving time):

- Saturday morning 8:00am, **ALL** from the George Chaffey Bridge, Victoria side. 60-70 km.

Winter (Non-daylight Saving time):

- Sunday morning 8:00am, **ALL** from the George Chaffey Bridge, Victoria side. 60-70 km.