



Bike Club Switzerland - Guidelines

Welcome to **Bike Club Switzerland**. Our club offers three levels of group rides so you can find one that suits your style of cycling.

If you have never ridden in a group or club ride before, please inform the guide(s) prior to riding so we can correctly assess the level of your ability. Perhaps ride with a group below where you think you are because all clubs are different; then work your way up. This is important for the pleasure of all riders and you will gain the most enjoyment from your ride. The guides will explain the riding etiquette, protocols and hand-signals; this is for everyone's safety.

Preparation for all rides:

- A recently serviced road-bike in good working order; check that tyres are at the correct pressure
- Carry a spare inner tube, pump and tyre levers (as a minimum)
- Eat prior to riding; we suggest you don't skip breakfast before Saturday rides: this impacts the enjoyment of other riders if you can't keep up!
- Carry water and snacks/energy bars (cafes may not always be open)

Our Groups:

Social: Riding mostly on quiet back roads for pleasure, scenery and socialising

- Pace: moderate
- Distance: 45 to 60 km
- Climbing: rolling hills, elevation gain: 400 to 700 meters.
- Coffee break: it's the Social group for a reason!
- Rider type: someone who enjoys chatting

Intermediate: Pleasure and scenery are primary motivations, with emphasis on a workout

- Pace: moderately fast
- Distance: 60 to 80 km
- Climbing: a series of climbs, elevation gain: 700 to 1200 meters
- Coffee break: usually

Fast: Hilly / Mountainous terrain, very scenic with group pacing

- Pace: 25-28kph average (dependent on cohesion of group)
- Distance: 80 to 110 km
- Profile: multiple climbs / uphill segments
- Elevation gain: 1200 to 1500 meters
- Coffee break: Drink refill / snack stop
- Rider type: experienced with group riding / following wheels, can finish comfortably 100k/1500m+ within 4hs or easily manage Intermediate group ride;

Details of rides are provided weekly on our Website: <https://bikech.ch/group-rides/>

If you haven't serviced your bike recently, please make a reservation with Bike Switzerland shop several days before the ride to ensure it is road-ready <https://bikech.ch>

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Email: marc@bikech.ch

Working Days/Hours: Tuesday to Saturday: 09h00-18h00

Sundays and Mondays: Closed