

MILDENHALL CYCLING CLUB

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What's On

January 2017

Sunday 1 st	-	No Club Ride planned. However, if anyone would like to lead a ride on New Year's Day ☺ please let Mark know so the details can be circulated to all members. <i>For more details contact Mark Burchett</i>
Sunday 8 th	10.00am	Off-Road Club Ride. It will start and finish at Lynford Arboretum car park near Mundford and will nearly all be using mainly fire roads & wide tracks. It will be between 20 & 25 miles with a half-way-ish stop at High Lodge before returning a different way. If the weather is bad, it can easily be shortened. <i>For more details contact Matthew Mantle</i>
Monday 9 th	8.00pm	Mildenhall CC Committee Meeting.
Sunday 15 th	10.00am	On & Off-Road Club Ride. Starting from the Clubroom, we'll ride out to Mayday Farm, Thetford Forest where club members are taking part in Round 3 of the Kings Lynn MTB Winter Series. After a cuppa at Brandon Country Park, we will ride back to Mildenhall. <i>For more details contact Mark Burchett</i>
Monday 16 th	8.00pm	Mildenhall Cycling Festival Committee meeting.
Sunday 22 nd	10.00am	On-Road Club Ride. It will start and finish from Robin's in Burwell and cover approx. 30-35 miles with a tea stop. <i>For more details contact Robin Barnes</i>
Sunday 29 th	10.00am	On-Road Club Ride. It will start & finish in Lavenham (Car Park at Village Hall, behind The Cock Pub) It will cover approx. 30-35 miles with a tea-stop in Hadleigh, although can be shortened if bad weather. <i>For more details contact Dave Bowers</i>

Every Wednesday 8.00pm **Training Night.** Will either be inside the clubroom or outside, depending on the weather and who turns up.
For more details contact [Marc Bowers](#).

Every Thursday 10.30am **Gentle Social Ride.** On and/or Off Road.
For more details contact [Viv Bowers](#) or email [Jean Poole](#).

Go-Ride Conference

for the Eastern Region held at Imperial War Museum, Duxford
Saturday 25th February 2017 (10am start)

Join up with clubs from the eastern region and fellow volunteers at this annual opportunity to celebrate what Go-Ride Clubs have achieved. You will have the chance to attend focused coaching workshops exploring how to develop key fundamental movements and offer practical coaching tips, or club development sessions covering topics such as day-to-day club management and future development.

There are workshops for Coaches as well as volunteers.

Mandy (Go-Ride Coach) and Dave B are planning on going, but is there anyone else within the Club that would like to find out more about Go-Ride or volunteering behind the scenes?

If you are, please let Mandy or me know.

It is free for BC members, although if you are not the Club will pay the cost.



GO-RIDE CONFERENCES EXPAND TO VISIT 10 LOCATIONS IN 2017

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With four months to go until the first event kicks off, the dates for next year's Go-Ride Conferences have been announced.

The 2016 conferences were a great success and really well attended, so this year we are increasing the number of events to visit even more of the country. With a conference in each region, we invite Go-Ride Volunteers who are British Cycling members to find your nearest free event and get the date in your diary.

We know that volunteers undertake a huge variety of roles within their club and sport, so created the Go-Ride Conferences to provide support and help Go-Ride Clubs to go from strength to strength. In the spring of 2016, over 500 delegates attended the conferences to undertake training, share best practice, learn about new initiatives and discuss key issues of club development.

A volunteer who attended the conference in 2016, said:

"It was a really enjoyable day! I learned a lot from the presentations and discussions – and feel inspired to go back and put it into practice."

An exciting schedule is currently being finalised for the 2017 events with more information to follow over the coming months.

Stephanie Allmark, British Cycling's development manager for clubs and volunteers, said of the new approach:

"Next year we are expanding the Go-Ride Conferences and taking workshops to each of the 10 regions. We want to ensure that our volunteers feel supported and learn about new and creative ideas to develop their club."

The Go-Ride Club and Volunteer Awards will once again be included at each of the Go-Ride Conferences, with nominations opening towards the end of the year.



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