

Welcome to Bray Wheelers, and thanks for joining us!
We hope the information in this guide will answer most of your questions, lots more information can be found on our club website www.braywheelers.com

A BIT ABOUT THE CLUB

Founded in 1949 by Joe Loughman, you have joined one of Irelands longest established, active, and respected cycling clubs with over 300 members.

We have had members ride in the Olympics and other major cycling events. We are also one of the few cycling clubs in Ireland with our own clubhouse, situated just off the Boghall Road, at the end of Schools Road in Bray.

We accommodate most forms of cycling from leisure cycling, road racing, to cyclocross, mountain biking and track cycling.

SOCIAL MEDIA

The club has an active website at www.braywheelers.com with lots of information including more information for new members, club history, news section and the important upcoming events section where you can get advance notice of club events.

The club is also active on social media, click the icons below to see each social media option.



There are also a variety of WhatsApp groups active in the club, spin leaders will add you to the appropriate ones as you get going. You will be added to a general announcement WhatsApp for all club members on joining.

CLUB RACING

Bray Wheelers has an active racing setup with members racing in various approved events around the country. We also have an active club racing setup which takes place throughout the summer months.

You will require a UCI racing licence (minimum Limited Competition) to do these races and undertake a race briefing / marshalling session at the start of the season. Leagues are all handicapped and are open to senior riders, and to youth riders from U16 upwards. There is a Ladies League within each league, and separate prizes for best newcomers, and most improved riders, for men, women and youth categories. Racing is fun and with the handicap system in play, the races are open for anyone to win.

There are two leagues and the championship events, all races are held on Thursday evenings – generally starting at 7pm with sign-on 15 mins beforehand.

- **Harry Dawson Spring League:** in May and June.
- **Dermot McGrath Summer League:** in July and August.
- The Club Road Race Championship, Hill Climb Championship and Time Trial Championship also take place throughout the season.

As a new member we would love you to give the racing a go!

Our club also runs two prestigious races each year, as a new member you will have made a commitment to help marshal on one of these races. The Shay Elliott Memorial race for A1/A2 and the Ken Duff Memorial for A3 riders takes place on May 7th and the Christy McManus Memorial for A2/A3 riders takes place on June 18th 2023.

GETTING OUT ON THE BIKE

There are regular spins every weekend throughout the year and evening spins during the summer months. For convenience we use colour codes to identify each spin group. For 2023 we have the following groups available at the weekends:

1. **Red Group Spin** – averaging about 20-22 kph and riding distances up to 70k on Sundays only
2. **Orange Group Spin** – averaging 22-24 kph and riding distances up to 70k on Saturdays and Sundays.
3. **Yellow Group Spin** – averaging 24-26 kph and riding distances up to 90k on Saturdays and Sundays.
4. **Green Group Spin** – averaging 26-28 kph and riding distances up to 90k on Saturdays and Sundays.
5. **Blue Group Spin** – this is a racing average and riding distances up to 100k during the off season generally on Sundays
6. **Black Group Spin** – this is a mountain bike group that starts at 10am in the winter and 9:30 am in the summer from various locations every Sunday morning. A Tuesday CX group also runs during the winter evenings, the spin leaders will advise start locations on a weekly basis.

All road bike group spins start from the same location which is the [Johnny Fox Memorial, Kilmacanogue Roundabout](#) unless otherwise stated. The information on each spin is posted on the Bray Wheelers website [Forum](#) section where spin leader, distance and route are all available to view before you choose your spin. There is some parking close by in Kilmacanogue here.

All spins depart at 9am during summer hours and 9.45am during winter hours. Club spins are weather dependent and will not take place if there is an Orange weather warning. For Yellow weather warnings and other adverse weather conditions like frost/ice spin leaders will advise closer to time. Check the website for updates on summer evening spins.

Spins aim not to leave anybody behind, and if you are close to the required pace, you will be looked after by the spin leader, but please don't be over ambitious, choose a spin that's right for you and work your way up the groups.

There are WhatsApp groups for each of the spins, the spin leaders will add you to the groups as you choose the spin you want to participate in.

All Bray Wheelers spins must observe the rules of the road at all times.

EQUIPMENT AND SAFETY

All Bray Wheelers spins have a safety-first mantra so to ensure every member has a fun and safe ride it is important to have the right equipment to ensure you can ride safely in a group. You will need the following at a minimum before you can join a spin:

1. A valid Cycling Ireland License which you will have secured through Cycling Ireland
2. A hard-shell cycling helmet, preferably a road bike helmet
3. A road/racing bike in very good working order. No flat-bars or triathlon bars please
4. Road worthy tyres and fully functioning brakes
5. Pump, spare tubes x 2 and tyre levers for repairs
6. Rear lights are recommended year-round
7. Mudguards for wet occasions for group spins are appreciated as a courtesy to other riders
8. Food to consume while riding and enough fluids for the duration of the ride

The club runs regular sessions on bike maintenance, this is an essential part of cycling and as a new member you may not be skilled at bike maintenance, don't worry spin leaders and mentors in the club will advise and help you ensure you are ready to participate in the spins.

CLUB GEAR

During the year the club places a few orders for club branded gear, generally catering for summer and winter clothing. You will receive an email when the club shop opens and will be able to browse what's available. When the store is open you will be notified by email and on the club WhatsApp channel, we will generally organize an evening for fitting in the clubhouse. Other members can advise on sizing etc. Our current kit suppliers are [Velo Revolution](#)

MORE INFORMATION

More information can be found on our Website at www.braywheelers.com – this guide will be update from time to time at this [page](#).