

# PROGRESSION RIDES

An introduction to club rides on 15-30 mile routes



## 9am every Sunday

Open to Men, Women, Members & Non-Members\*  
Start & finish from Hythe & Saltwood Sailing Club

- Into your fitness and want to take your cycling to the next level?
- Always wanted to ride with a club, but need that boost?
- Longing to re-join the pack following an injury or break from the sport?

### These rides are for you!

For more info, visit our Facebook page or website [www.hythecyclingclub.org.uk](http://www.hythecyclingclub.org.uk)

- No-Drop policy, you won't be left behind
- Enjoy post ride refreshments with a great view
- Please ensure you bring puncture repair kit and are wearing a helmet

\* must be over 18 years, unless accompanied by an adult



HYTHE CYCLING CLUB