

{AF}

- **What do you need** -A mountain bike, anything will do but it should be reliable and safe, and a cycle helmet which we absolutely insist on for all rides. If the weather is bad then either a good warm layer, or if it is raining then a waterproof jacket of some sort. Try and not wear anything too heavy as this will only slow you down.

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**Why you need it** - So that you can stop trying to keep yourself amused on lonely rides around your local area.

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**What will it cost you** - Squat. Nuffink. All you need is you, your bike and a helmet,

- **What to do next** - Send us an e-mail from the [contact](#) page and tell us that you're interested, what type of riding you like to do, your approximate skill level, your age, area you live in (address not required) sex and as many other details as you dare. We will compile the data and begin the task of categorising our new membership and setting up some initial ride sessions. Phone numbers (home or mobile) may help us to organise things, but e-mail is perfectly acceptable.

- To see what we've been up to so far take a look at our [Forum](#) {/AF} **This is where we normally start for a Weekend ride**

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### **This is where we start for local DH fun**

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