



Embark on a cycling adventure with SCC Cycling Group, where we cater to riders of all levels! Whether you are a casual cyclist or looking for something more challenging, our group has a ride for everyone.

## 1st Saturday of every month:

Type of Ride: SOCIAL Ride

(All are welcome to join)

Time: 6.45am (7am roll-off)

Meeting Point: Start / End at SCC (but may vary)

Distance: 30 - 35km

Speed: 20 – 23 kmh (on flats)

Route: Pedestrian Tracks and PCN

Others: Helmets are required.

## 3<sup>rd</sup> Saturday of every month:

Type of Ride: INTERMEDIATE Ride

Time: 5.20am (5.30am roll-off)

Meeting Point: Start / End at SCC, but this may vary

depending on the distance and the nature (eg. flats or climbs) of the day's ride.

Distance: 45 - 55km

Speed: 25 - 30 kmh (on flats)

Route: Road

Recommended Bicycles: Tri / Road Bikes preferred.

Hybrid Bikes and Fast Foldable

or Mountain Bikes are

welcomed too.

Others: Helmets, front and rear lights are required.

