

FESTIVAL OF WOMENS CYCLING CTC COVENTRY

Notes from Zoom Meeting August 5th 2021

A. Good things about festival this year

- Getting out more often,
- Getting back confidence
- Learning new routes and picnic places
- Seeing women we hadn't met before
- Recognizing how many there are of us
- Gathering ideas, sharing information
- Wednesday rides, bridge between Sunday and Tuesday rides in length
- Our numbers of women are really strong at the moment. For many years, MH the only woman !!!

B. Ideas for actions

- Train more ride leaders
- Women's rides Regular first Sunday in the month
- Include womens rides in "Lets Ride"
- Produce flyer for libraries and work places
- HT has friend in BBC CWR
- Highlight events on Facebook
- Have more women in Facebook and Club /website/Cycling Uk/lets Ride front pages
- City centre stalls
- Rides starting from Godiva Statue, Starley Statue

For very new riders

- Concern re people not fit, bikes not fit, early burn out
- Helen happy to help with beginners
- Set up Buddy to support, meet up before ride
- Use advice on website
- PM to produce a localised programme to help get group fit
- Refer to bike training programmes
- Vicky to contact Richard Smith and Primary care programmes
- Support for Centenary Year activities Meriden day , enter 100k , training programme

C LUCY/CYCLING UK ACTIONS & RESOURCES

- More resources about Bike fitness
- Support for women ride leaders
- Bike week next year , our 100 miles fits in with this programme
- Cycling UK provides bursaries for Womens Festival
- Next year festival 10-30th July
- Dan CyUK, articles for press re cycling

- Cycling UK Women's newsletter monthly
- Talk to Tom (cycling UK) re Womens groups elsewhere