VCGS

Welcome to VC Glasgow South

Your guide to club rides, racing and cycling activities

The Lime Green Machine



1 Sunday club social rides

- **9 am – Longer social rides**
  Start: Eaglesham (near Newton Mearns)
  Distance: 50–70 miles
  Duration: 3–4 hours
  Highlights: Usually includes a café stop
- **10 am – Shorter social ride**
  Start: Malletsheugh restaurant (the Mal), top of Ayr Road
  Distance: 30–40 miles
  Duration: 2–3 hours

The no-drop approach

Both Sunday rides are no-drop rides. We make sure everyone gets back, rather than leaving anyone behind.

2 Other weekly rides

- **Saturday club ride – 9 am**
  Start: The Mal
  Distance: 50 miles
  Generally faster and harder than Sunday rides.
- **Midweek daytime café ride (Tue–Thu)**
  Start: The Mal or Eaglesham
  Distance: Between the two Sunday rides
  Start time: 9–10 am
- **Tuesday night summer social ride**
  Start: 7 pm (Tuesday evenings, summer)
  Distance: 20–30 miles

3 Time trials and racing

- **Club-confined 10-mile time trial**
  - Wednesday evenings, spring to autumn
  - A77 course
  - Starts at 6:30 or 7 pm
  - Series begins in **April**
  - A great way to test yourself and track improvement
- **Annual club events**
  - Annual road race (open)
  - Two open time trials
  - Annual club-confined hill climb

Whether you're chasing a personal best or simply trying something new, there's an opportunity to get involved.

4 Other rides and cycling groups

- **Southside Bunch:** Sat 9.30 am, 60–70 miles
- **Chaingang – A77:** Spring–autumn, 50 mins @ 25 mph
- **Track cycling:** Sir Chris Hoy Velodrome, Glasgow
- **Cyclocross:** Winter season, technical riding
- **Gravel riding:** Whitelee Windfarm (ad hoc)

Alongside our own rides, members also take part in several other group rides and specialist activities, and riders from other clubs also participate.

5 Finding rides and getting involved

- Use the VCGS forum at vcglasgowsouth.proboards.com to find discussions about rides and events, and check the latest details.

If you're new to the club:

1. Have a look at the forum for the latest discussion.
2. Choose a suitable ride for your pace and time.
3. Ask questions if you're unsure.
4. Come along and meet the group – a Sunday social ride is a great starting point.

The VCGS forum is the central place to find discussions about the club's rides and events. Ride arrangements can change, so always check the latest details.

6 Preparing for your first ride

You don't need lots of specialist equipment, but bring:

- ☐ Helmet (properly fitted)
- ☐ Spare inner tube
- ☐ Pump or CO_2 inflator
- ☐ Tyre levers and multi-tool
- ☐ Water and food
- ☐ Suitable clothing
- ☐ Charged phone
- ☐ Payment card or cash (for café stop)

Riding with the group

- ☐ Arrive a little early
- ☐ Let the group know if you're new or unfamiliar
- ☐ Follow the ride leader's instructions
- ☐ Communicate hazards
- ☐ Ride predictably and leave space
- ☐ If you're struggling, let someone know

7 Join VCGS

Interested in becoming a member?

Useful links:

- **Club forum:** vcglasgowsouth.proboards.com
- **Instagram:** instagram.com/vcglasgowsouth/
- **Facebook:** facebook.com/vcglasgowsouth/
- **Join VCGS:** https://www.britishcycling.org.uk/club/profile/21/vc_glasgow_south
- **Club website:** vcglasgowsouth.co.uk

8 A club with something for everyone

VC Glasgow South offers much more than a weekly road ride. You can enjoy social cycling, meet other riders, improve your fitness, take part in club competitions or explore other disciplines.

Why join VCGS?

- **Ride together** – regular rides and new routes.
- **Improve** – build fitness, confidence and skills.
- **Be part of a community** – friendly, supportive and welcoming.
- **Get involved** – help at events and shape the club.

