



Club Name: Challenge Cycling Club

Club Formed: 2017

Province: Connacht

Discipline: Road

Female Members: 19

How many female coaches/leaders in club? 1 leader used for helping with group spins

How does your club attract females to the club? The positive experience many of the female cyclists gain from joining in on the club spins does spread around to other cyclists. We have seen females from triathlon clubs coming to ours as the cyclists have talked so positively about their experience! Uploading pictures from various club sessions showing the mix of male and females present. In advertising, a mix of male and female in races and club spins is always promoted.

Does your club link in with other partnerships, cycling clubs, local councils etc? The club actively participates in helping out whenever we can with charity spins or even dropping off to a coffee and cake morning!



How are females looked after in your club? Always seeking feedback from our female members seeing if they have any ideas or improvements to enjoy their cycling more! Recently, a mechanics course was run which went through the basics of the bike components and how to fix a puncture. Simple tips and tricks to ensure everyone feels confident on their bike and off it when fixing those dreaded punctures!

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Is there a volunteer coordinator? Support helper?

During our larger group spins there would be a support car out on the road to help the cyclists with anything that may be needed, even if its tea and coffee during a quick stop!



What are the benefits for females in your club? Improving fitness and meeting other like-minded females interested in cycling. Since there is normally two groups on a Sunday spin, one which is a nice steady pace with a coffee stop and the other quicker pace without a stop, will allow the cyclists to choose what their legs feel up to on the day! Also meaning there is always progression within the spins for ladies who want to try and improve their cycling abilities.

What would you say to other females who may be interested in cycling?

Contact a friend or a club and go ahead for a short cycle, see how you feel. The club sessions are tailored to the abilities present and no one will get left behind! The group



nearly always includes new cyclists as it is a growing sport so you would never be on your own. Everyone cycles together from leisure to competitive which means you can pick up some nice tips from others who are only glad to help! There is some great comradery between cyclists out on the road but even off the road there's always social meet ups. Club organised events, dinners and awards night. Most recently a zoom quiz to have a virtual meet up through lockdown! Our own member Laura Daly is a Bike Like Me Advocate promoting the sport to women and girls.

Any top tips for female cyclists?

To just try it, there is nothing to lose. Anyone can do it and there is a range of cyclists on every spin! At challenge CC everyone is made welcome and supported throughout every spin. If anyone has questions prior to a spin, we would be more than happy to answer and make them feel more comfortable. As a lot of our members would agree, once you come to one spin, you are hooked!

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'To promote cycling as an accessible and enjoyable pursuit, where every cyclist may participate and develop to their full potential'

