



PICTURES: CYCLING IN MAJORCA

# CLUB ROOM

## *CycleOut London*

### WHO ARE THEY?

CycleOut London started in 1996 as part of a wide-arching outdoor group. It was a social and sports organisation for the gay and lesbian community to provide an alternative to the scene. The club has been independent for a few years now with a membership of 180 though the active membership is closer to 50. The club is open to a wide range of people, and a wide range of ages and sporting capabilities. There is no typical member profile as such though they do suffer from low female membership and are working hard to rectify this. The club is loosely structured and dependent totally on volunteers and the energy they are willing to put into organising events.

### HOW GOOD A CYCLIST DO I HAVE TO BE?

They cater to all ranges of cyclist and seem to be unfairly perceived as a serious long distance cycling club. Their rides are categorised from Grade 1 to Grade 4 in term of efforts. Whilst Grade 1 can be a 20-30 km flat ride slow speed for two or more hours, Grade 4 can be hilly and stretch over 100 km. Most rides are Grades 2 or 3.

### DO THEY CYCLE JUST IN LONDON OR DO THEY GO FURTHER AFIELD?

A full day such as on Sundays or Saturdays is usually a 45-60 minutes' train ride from London, usually in low-traffic country lanes, and with a stop for a pub lunch. They have occasional half-day rides in places like Richmond Park, and also have weekend and long weekend trips to places like Oxford, Cambridge, or Yorkshire. They also have one or

two full-week annual trips. One of these is always to the ever popular Majorca in the spring, with typically 25-30 participants, and the other trip is to places such as Sardinia, other Italian destinations, Spain or wherever the membership is interested in. There are ongoing plans for a trip to Munich next year. Sometimes a few of their membership will participate in races. Recently one of their teams won the bronze medal in the exciting D2R – Dead to Red (Dead Sea to Red Sea) - relay race in Jordan.

### DO I NEED ANY SPECIAL EQUIPMENT – APART FROM A BIKE, THAT IS!

No, just yourself and your energy. There are a few people in the club who like to do mountain biking once or twice a year but most of their rides are road bikes and hybrids. You will need your own bike as they don't have any to spare.

### DO THEY HAVE ANY OTHER SOCIAL ACTIVITIES?

CycleOut London has one monthly social and they are considering making it two due to popular demand, usually in quieter pubs and bars. They also have two annual socials typically hosted at members' houses in addition to the AGM.

### HOW DO I JOIN AND HOW MUCH DOES IT COST?

Membership is a bargain at £10 a year. You can join online at [cycleoutlondon.org.uk](http://cycleoutlondon.org.uk). Their day, weekend or weekly trips are kept at minimal and at cost.

*For more information go to: [cycleoutlondon.org.uk](http://cycleoutlondon.org.uk)*

## NASSER TELL OF CYCLEOUT LONDON

### WHO ARE YOU AND WHAT DO YOU DO OUTSIDE CYCLEOUT LONDON?

My name is Nasser Tell, and I'm a project manager in the engineering and construction, oil and gas business. I'm also a volunteer publicity officer for the club.



### HOW LONG HAVE YOU BEEN A MEMBER OF CYCLEOUT LONDON?

I've been in the club circa seven years and been cycling for nine years.

### WHY DID YOU JOIN CYCLEOUT LONDON?

Cycling is a fun, healthy activity and the club has amazingly nice people. I enjoy the opportunity to be out with the club, be it for a full day, half a day or a full week. It provides an opportunity to meet new and interesting people. I'm not much into bars, drinking or a night owl so this club is perfect for me. Having said this, we do our share of partying other than cycling especially during our trips.

### WHAT HAS BEEN YOUR MOST MEMORABLE RIDE?

Our last Majorca trip and the ride I and three others challenged ourselves in Sa Colba - one incredible place where champions like Bradley Wiggins practise. I also have fond memories from our trip to Sardinia and the stunning rides along the coastline.