



**AUDAX
UK**

long distance cycling

Membership Secretary: Mike Wigley



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Audax Membership

Dear Bernard

Welcome as a member of Audax UK. Please find enclosed:-

- The 2014 Handbook
- A recent copy of Arrivéé, our quarterly magazine
- An AUK car sticker

**Your Members' only access
to www.aukweb.net:-**

Membership Number: 12345
Password: xx99xx

Your Membership is valid until the end of December 2015. We will send you a Renewal reminder with the Autumn issue of Arrivéé.

Your Membership also includes 3rd-party insurance while participating in AUK events. However, we strongly recommend that you obtain insurance for your other cycling requirements (such as that provided by CTC).

Please take the time to have a look at the website www.aukweb.net. Click on

- **Members** then **MyDetails** to view (and if necessary) your personal details. Please ensure your address remains current otherwise you will miss out on Arrivéé deliveries
- **Calendar Events** to enter events using a very useful personalised event entry form
- **Permanent Events** for a list of rides you can do at any time
- **About Audax UK > FAQ** which we hope should cover any questions you might have
- **Hints & Tips** then **Preparation for a Randonnée** for some useful notes from Simon Doughty, a specialist long distance cycling coach

As well as fun and companionship, Audax riding is about personal challenge. We hope that you'll find the opportunity from time to time to stretch your own limits, perhaps riding in areas you haven't visited before, or tackling some of the longer distance rides.

Best wishes and happy cycling

Mike Wigley

Audax UK Membership Secretary

Audax United Kingdom Long Distance Cyclists' Association

Incorporated in the UK as a company limited by guarantee Reg No 5820055 Reg Office Timberly, South Street, Axminster, Devon, EX13 5AD

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| <p>Safety</p> <ul style="list-style-type: none"> • Ensure your bike is roadworthy • Check that your lighting works • Ride within your capabilities • Follow the rules of the road • It's <i>your</i> responsibility to decide if the weather conditions are suitable for cycling | <p>Self-Reliance</p> <ul style="list-style-type: none"> • Carry tools and spares for simple repairs • Ensure you are familiar with your route • Carry a map just in case you get lost • Carry suitable spare clothing • Carry drink and some food |
| <p>Consideration For Others</p> <ul style="list-style-type: none"> • Enter the event before the closing date - usually two weeks in advance – to help the Organiser plan the catering requirements, and to warn cafes how many to expect • Enter Permanent Events as early as possible, and please bear in mind that Perm Organisers might be away from home on a long touring holiday • Always support commercial controls (IE buy something!) - we depend on their goodwill • Show appreciation for the unpaid time and effort of the organisers and helpers • If you fail to complete the event, sort yourself out but please try to pass a message to the organiser so that she/he knows not to wait unnecessarily for you | |
| <p style="text-align: center;">EVENTS PREVIOUSLY RIDDEN AS A NON-MEMBER</p> <p>All validated rides may be used to qualify for the various awards and badges listed in the Handbook, and are listed on the website results service. You may even use events ridden as a non-member but you will need to claim these, using the form in the Handbook.</p> <p>Events are listed at www.aukweb.net>Results and Awards>Individual Rides Lists. For rides completed before you joined AUK you will be shown as a non-member but you can have these included in your Individual Rides List by listing them in an email to the Recorder (see inside back cover of the Handbook). List the event name, start place and date, but note that we can only do this for events completed in the current season (Oct-Sept).</p> | |
| <p style="text-align: center;">ORGANISING AN EVENT</p> <p>We only run events that a volunteer is prepared to organise, and many of them originated when a gap in the variety of rides available in a particular area was recognized. If you have a favourite ride that you would like to share with the rest of the long distance cycling world, have a look at www.aukweb.net > Organisers > Organising an Event.</p> | |
| <p style="text-align: center;">CONTACTING AUDAX UK</p> <p>To get in touch with our officials please see www.aukweb.net > Contact Us. To get in touch with an Event Organisers, most have given their contact details on the event page in the Calendar or Perms list.</p> <p>Please remember that Audax UK is run entirely by volunteers who may be away on holiday, busy with work or family matters, or even out on their bikes, so it may take some time to get back to you. If writing or emailing, please include "AUK" in the address or subject line.</p> | |
| <p style="text-align: center;">Glossary</p> <p>AUK Events are cycle rides registered with AUK.</p> <p>The AUK Calendar is the list of cycle rides registered with AUK and published in Arrivee and on the AUK website.</p> <p>A Brevet can be:</p> <ul style="list-style-type: none"> (i) a certified ride ; (ii) the card carried on such a ride; or (iii) the award for successful completion of such a ride. <p>Brevet de Randonneurs Mondiaux (BRM) is a term registered to Audax Club Parisien (ACP), used to describe a cycling event of 200, 300, 400, 600 or 1,000 km, controlled through a series of time and distance checks by means of a 'brevet card'. BRM events are registered with ACP, appear in the Randonneur Mondiaux Calendar published by ACP and, when held in the UK, also appear in the AUK Calendar.</p> <p>Randonneur Mondiaux events (RM) as above but registered with Les Randonneurs Mondiaux (LRM) and at least 1,200 km.</p> <p>Brevet de Randonneur (BR) describes an event registered with AUK, similar to BRM but subject only to AUK Regulations.</p> <p>Brevet Populaire (BP) describes an event of lesser distance and/or speed than a BR. Permanent events are BR or BP that are registered with AUK but not calendared and can be ridden at any time by arrangement with the organiser.</p> <p>Audax Club Parisien is the club which initiated the Brevet de Randonneur style of cycle ride.</p> <p>Les Randonneurs Mondiaux (LRM) is the group of national organisations authorised by ACP for the administration of BRM and RM events in each member country.</p> | |