



**WOMEN'S
CYCLING
ULSTER**

NEWSLETTER

**MAY
2022**

Welcome to the first Women's Cycling Ulster newsletter, packed full with information about female specific training, events, races and plans for the future.

Who are we?

We are a bunch of enthusiastic, bike riding volunteers from across all disciplines who are passionate about building an empowered and supportive female cycling community. A place where women come together to learn from each other and enjoy all that cycling has to offer in terms of physical, social and mental wellbeing.

Our purpose is to provide a focus for the increased participation of women in cycling across the Province, and the development of those already involved by:

- Developing and engaging with programmes to increase the involvement of women and girls in cycling
- Developing the skills and confidence of new riders
- Developing opportunities for encouraging new female coaches into cycling at all levels
- Providing an introduction to, and training in, both leisure and competitive events
- Providing opportunities for a multi-disciplinary approach through liaison with discipline specific Commissions, try it out days, cross-discipline coaching days etc.
- Concentrating on introduction to, and participation in, competitive events

To deliver against these objectives we have created a full programme for the year, with some activities already successfully completed, and others still to come.

OFF-ROAD PROGRAMMES



So far this year we have trained a new cohort of 'Gearing Up' coaches and trail cycle leaders who are in the process of launching a series of 'Women on Wheels' programmes across the Province. These 8 week courses are designed to introduce new riders to the Mountain Biking discipline, while also building skills and confidence.

We would encourage riders from other disciplines to sign up and give it a go, and please spread the word outside of the Cycling Ulster community to encourage more women to enter the sport. Full details of the WoW Off Road programmes will be posted on the Women's Cycling Ulster social media pages. You can sign up at the links at the end of this newsletter to make sure you don't miss out on further info such as launch dates and registration details.

We have hosted a series of specialist coaching days for Enduro rides, looking to enhance their skills prior to competition.

For the summer season, some of our ride leaders and coaches will be hosting a number of 'smiles not miles' social rides; a great opportunity to get out and meet some new ride buddies and explore some new trails. Again, keep an eye on social media for further details.

We are also working with the riders at the amazing Lisburn BMX club to put together a BMX specific Women on Wheels programme, which we hope to be able to launch this year. We'll keep you posted on our progress.

ROAD & TRACK PROGRAMMES



We have been equally busy with lots of programmes already delivered and lots more to come.

We have trained another cohort of ride leaders and supported them and their clubs in launching and delivery the Women on Wheels programme across the Province. New riders are taking part in the programmes as we speak, and their 'graduation' will see them put it all into practice when they cross the start line at the Emyvale sportive on 12th June.

We are hoping to launch a social cycle series at some point later in the year. The idea will be to just turn up at an agreed location and join a group spin at a social pace, with a coffee and scone stop en route. A great way to ride new roads, meet new friends and have a bit of craic. We are also looking at options to host group rides at a series of sportives, with WCU reps/ride leaders being available to host fellow cyclists who would like some company out on the route. Again, keep an eye on social media for further details and please do get in touch if you or your club would be willing to get involved in helping to host one of these social spins.

On the track we are hoping to be able to organize some dedicated women's sessions at Orangefield, for both experienced riders and total beginners who want to have a go.

For the more adventurous and speedy amongst us we have been running a women's race league, and have already held a number of races aimed at first time entrants. This is a great way to dip your toe in the water and see what racing is all about. Yes, it's fast and furious, but it's a great buzz and we would love to see more leisure cyclists making the crossover.

There are still a few more races left in the calendar so why not have a go? Feel free to contact us for more advice and guidance if you're not sure whether it's for you, but curious all the same

BIG DAY OUT

To further our objective of building a 'female cycling community' we also have a cross-discipline project in the planning. Our hope is that this will become the jewel in the WCU crown and our annual flagship event.

On 15th October we will be hosting the first ever women's festival of cycling in Ulster – our WCU 'Big Day Out'. We are really excited about this project and have lots of cool stuff planned.

Please check in with us on social media regularly for the official launch and registration - places will be limited so you won't want to miss out.

The day will be packed full of bike riding, coaching, guest speakers, guest riders, technical and wellbeing workshops, great food, new friends, laughter and smiles.

This year it will all be packed into one day; next year we hope we will be able to make it bigger and better and host an action-packed weekend for you to enjoy.

Together we can make this happen and put Women's cycling in Ulster firmly on the map.



15TH OCTOBER



FINALLY FOR NOW...

Phew, that's a lot to have covered in our first edition. We hope you have found it of interest and that we will see you at one of our events or programmes soon.

Don't forget to follow us on [Facebook](#) and [Instagram](#) for all the latest news about our programme of events, as well as updates from across the female cycling world. Please share our posts far and wide so we can grow our community and following.

We'd love to hear your feedback and ideas so please do contact us at cuwc@cyclinglester.com with all your suggestions for how we can create a welcoming, active and powerful community of women on bikes.

We are always on the look out for more people to work with us on the Women's Commission, both male and female. If you would be interested in getting involved please drop us an email to the same address: cuwc@cyclinglester.com

Keep those wheels turning.