TVAM CALENDAR SOCIAL & TRAINING RUNS, TRACK DAYS, TRIPS & EVENTS 2022

If you have a run for the calendar please send details to socialruns@tvam.org. Keep an eye on the groups.io calendar for the latest news. Also check local teams.

JOINING LOCAL TEAM SOCIAL OR TRAINING RUNS

Many of the local teams now post their runs here. Many rides use either a database or an RSVP on the groups.io calendar to allow you to sign up for a ride, and it's now much easier to subscribe to a local team to participate. From the **allmembers** area click in the menu on **Subgroups** and look down the list at **Subgroups You Can Join**. Click to join, then you can access their calendar and run database to sign onto the run.

You can adjust subscriptions from that group afterwards to receive fewer or more notifications or unsubscribe from it. Easy peasy!

JUNE 2022	
WED 15	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
FRI 17 - SUN 19	WAGS IN WALES - ASSOCIATES TRIP Back in the calendar, a weekend in Wales for any Associates wanting some great roads and company to hone their skills. More details to come on Groups.io calendar or contact Mimi – mimiceej@hotmail.com
SUN 19	ST CRISPIN'S SUNDAY - 8.45am Members' monthly meet at St Crispin's School, Wokingham. Observed rides for Associates and Social Runs for Full Members.
WED 22	VALLEY OF THE ROCKS - EXMOOR (A/B+) A long day's ride to Exmoor (350+ miles). Due to distance any interested Associates should contact Mark before signing up. SatNav route available. Consider carefully if you can do the mileage. Return by 8pm. Meet Andover Services, A303 Westbound at 7.30am for an 8am departure. Run Leader Mark Spittles 07753 931570. Limited to 10 riders - see calendar Groups.io for booking your slot.
WED 22	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
SUN 26	RAMs GREEN TEAM RUN Details to be posted on Groups.io. Contact Dana or Ben with any questions at reading@tvam.org. Sign up on RAMs database.
SUN 26	WOBMOB MONTHLY SOCIAL RUN Full details on WOBMOB groups.io calendar two weeks before the run. Sign up on WOBMOB database.
Social Rui	ns 🗾 Trip 📕 Events 🚺 Track Day/Training Run/Training Trip

WED 29	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
JULY 2022	
SAT 2	SAMs FIRST SATURDAY RUN (B) Meet at Jenner's Cafe, Ray Mead Road, Maidenhead, SL6 8NP at 9am to join SAMs run. See calendar on Groups.io for any changes .
SUN 3	GNATs FIRST SUNDAY RUN (B) Join the GNATs for their first Sunday of the month run. See GNATs database for run details and to sign up.
WED 6	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
SUN 10	TRAINING RUN - hosted by WAGs (T) Join the WAGs T-Run. All Observers, TObs, Associates and Full Members welcome. Two informal observed runs in the morning for Associates/Tobs, also available to Full Members. After lunch there will be a marked social run. Meet 10am at Wantage Market Place, OX12 8AB. See groups.io calendar for more information.
WED 13	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
SAT 16	ADVANCED BIKE CONTROL (ABC) From slower manoeuvring through to higher speed control and advanced braking techniques. Held at RAF Odiham, Hook, Hampshire, RG29 1QT. This course is just £25 and you can book (and pay) via the TVAM webshop - tvam.org. See Groups.io calendar for full details. Any questions contact Chris Caswell - abc@tvam.org
SUN 17	ST CRISPIN'S SUNDAY - 8.45am Members' monthly meet at St Crispin's School, Wokingham. Observed rides for Associates and Social Runs for Full Members.
WED 20	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
THU 21 – SUN 24	OFF-ROAD WITH GLAMPING, MACHYNLLETH - IMPROVERS NICK SANDERS EXPEDITION CENTRE Contact phildon3@gmail.com
SUN 24	RAMs FOURTH SUNDAY RUN Details to be posted on Groups.io. Contact Dana or Ben with any questions at reading@tvam.org. Sign up on RAMs database.
SUN 24	WOBMOB MONTHLY SOCIAL RUN Full details on WOBMOB groups.io calendar two weeks before the run. Sign up on WOBMOB database.
Social Rui	ns 🗾 Trip 📕 Events 🚺 Track Day/Training Run/Training Trip

SUN 24	KEITH'S ANNUAL ISLE OF WIGHT FORAY (B+) It's a long day! Be at Chieveley services (M4 Jcn 13) at 7am for the briefing with a prompt departure at 7.30am. Back to Chieveley no earlier than 8.30pm. About 205 miles. Costs: Ferry £40 return, (negotiating a group rate - do not book your ferry ticket until told to). Limited numbers (20) so please RSVP to the calendar invite and email Keith Miller at mybikeruns@outlook.com. Once your place is confirmed Keith will email you directly with a 15% discount code for the ferry. See groups.io calendar entry for more details.
WED 27	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
AUGUST 2	022
WED 3	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
FRI 5 - SUN 7	WALES CAMPING AND TOUR Staying at a private campsite reserved for TVAM only near Hereford with a cook hut, firepit and BBQ. The event includes led rides on some of the best roads Wales has to offer as well as group rides there and back. The cost includes food for breakfast, soft drinks and evening BBQ's. £80 for the entire weekend. Limited to ten places. For further details or to book onto the event contact Damien Murray – damien.murray@yahoo.com or call on 07780 678483.
SAT 6	SAMs FIRST SATURDAY RUN (B) Meet at Jenner's Cafe, Ray Mead Road, Maidenhead, SL6 8NP at 9am to join SAMs run. See calendar on Groups.io for any changes .
SUN 7	GNATs FIRST SUNDAY RUN (B) Join the GNATs for their first Sunday of the month run. See GNATs database for run details and to sign up.
WED 10	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
THU 11 - SUN 14	OFF-ROAD WITH GLAMPING, MACHYNLLETH - BEGINNERS NICK SANDERS EXPEDITION CENTRE Contact phildon3@gmail.com
SAT 13	LUNCH IN WILTSHIRE (B) Approximately 130 miles round trip finishing at Sutton Scotney around 3pm. Meet at former Little Nellie's Diner, Newbury Road, Kingsclere, RG20 4TA at 8.30am for a 9am departure. Run leader Mark Spittles 07753 931570. Limited to 10 riders – see calendar Groups.io for booking your slot.
SAT 13	RAMs SECOND SATURDAY RUN Details to be posted on Groups.io. Contact Dana or Ben with any questions at reading@tvam.org. Sign up on RAMs database.

WED 17	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
SUN 21	ST CRISPIN'S SUNDAY - 8.45am Members' monthly meet at St Crispin's School, Wokingham. Observed rides for Associates and Social Runs for Full Members.
WED 24	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
SUN 28	RAMs FOURTH SUNDAY RUN Details to be posted on Groups.io. Contact Dana or Ben with any questions at reading@tvam.org. Sign up on RAMs database.
SUN 28	WOBMOB MONTHLY SOCIAL RUN Full details on WOBMOB groups.io calendar two weeks before the run. Sign up on WOBMOB database.
WED 31	GNATs MIDWEEK EVENING RUN (B) Midweek evening run. See GNATs database for details and to sign up.
SEPTEMB	ER 2022
SAT 3	SAMs FIRST SATURDAY RUN (B) Meet at Jenner's Cafe, Ray Mead Road, Maidenhead, SL6 8NP at 9am to join SAMs run. See calendar on Groups.io for any changes .
SAT 3	POETS CORNER (A) A run across North Hampshire, Wiltshire and Dorset on some fantastic roads, 165 miles, further details to follow. Meet at McDonald's, Basingstoke Leisure Park, Worting Rd, Basingstoke RG22 6PG at 8.30am for a 8.45am departure. Run Leader Mark Spittles 07753 931570. Limited to 10 riders – see calendar Groups.io for booking your slot.
SUN 4	GNATs FIRST SUNDAY RUN (B) Join the GNATs for their first Sunday of the month run. See GNATs database for run details and to sign up.
SAT 10	RAMs SECOND SATURDAY RUN Details to be posted on Groups.io. Contact Dana or Ben with any questions at reading@tvam.org. Sign up on RAMs database.
SAT 10	ADVANCED BIKE CONTROL (ABC) From slower manoeuvring through to higher speed control and advanced braking techniques. Held at RAF Odiham, Hook, Hampshire, RG29 1QT. This course is just £25 and you can book (and pay) via the TVAM webshop - tvam.org. See Groups.io calendar for full details. Any questions contact Chris Caswell - abc@tvam.org
Social Ru	ns Trip Events Track Day/Training Run/Training Trip

30 TVAM SLIPSTREAM

SUN 11	TRAINING RUN - hosted by RAMs (T) Join the RAMs T-Run. All Observers, TObs, Associates and Full Members welcome. Two informal observed runs in the morning for Associates/Tobs, also available to Full members. After lunch there will be a marked social run back to Calcot ending 4.30pm approx. Total run mileage 100 miles. Meet at McDonald's Calcot RG31 7SA at 9am for a 9.30am departure. Sign up on the RAMs database. Organisers Mel Hakhnazarian 07971 007 448 and Ness Boudier 07909 888 953.	
SUN 18	ST CRISPIN'S SUNDAY - 8.45am Members' monthly meet at St Crispin's School, Wokingham. Observed rides for Associates and Social Runs for Full Members.	
FRI 23 - SUN 25	WELSH WANDERS After a fantastic April visit to Wales we are doing it all again! This weekend combines great roads with a friendly and relaxed social atmosphere. Based at the Hotel Commodore in Llandrindod Wells, the format of the long weekend is a full day riding on Friday; a full day ride out on Saturday and then a more direct ride back to England on the Sunday. If you've never been to Wales before then it's time to visit, and if you have then you know how good the roads are. Price for the weekend is £100 per person sharing a twin or double room and £120 for a single, inclusive of Friday and Saturday night three- course dinner with coffee/tea, and a full breakfast on Saturday and Sunday. Everyone is welcome. Contact waleswanders@gmail.com to register your interest or to get more information.	
SUN 25	RAMs FOURTH SUNDAY RUN (C) Details to be posted on Groups.io. Contact Dana or Ben with any questions at reading@tvam.org. Sign up on RAMs database.	
SUN 25	WOBMOB MONTHLY SOCIAL RUN Full details on WOBMOB groups.io calendar two weeks before the run. Sign up on WOBMOB database.	
OCTOBER 2022		
SAT 1	SAMs FIRST SATURDAY RUN (B) Meet at Jenner's Cafe, Ray Mead Road, Maidenhead, SL6 8NP at 9am to join SAMs run. See calendar on Groups.io for any changes .	

TVAM Run Ratings

- A: Skilled/progressive for confident riders on all types of road.
- B+: Progressive pace for the confident, focused rider.
- B: Medium paced, relaxed ride.
- C: Suitable for first timers or those looking for a MORE leisurely pace. No overtaking within the group.
- T: More formal training run observed/social ride with an element of coaching.