# **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!

# NOVEMBER 2022

SUN 20	<b>ST CRISPIN'S SUNDAY - 8.45am</b> Members' monthly meet at St Crispin's School, Wokingham. Observed rides for Associates and Social Runs for Full Members.
SUN 27	<b>RAMs FOURTH SUNDAY RUN</b> Details to be posted on Groups.io. Contact Dana or Ben with any questions at reading@tvam.org. Sign up on RAMs database.
SUN 27	<b>WOBMOB MONTHLY SOCIAL RUN</b> Full details on WOBMOB Groups.io calendar two weeks before the run. Sign up on WOBMOB database.
DECEMBER 2022	
SAT 3	<b>SAMs FIRST SATURDAY RUN (B)</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 4	<b>GNATs FIRST SUNDAY RUN (B)</b> Join the GNATs for their first Sunday of the month run. See GNATs database for run details and to sign up.
SAT 10	<b>RAMs SECOND SATURDAY RUN</b> Details to be posted on Groups.io. Contact Dana or Ben with any questions at reading@tvam.org. Sign up on RAMs database.
SUN 18	<b>ST CRISPIN'S SUNDAY - 8.45am and MOTOJUMBLE (see p6)</b> Members' monthly meet at St Crispin's School, Wokingham. Observed rides for Associates and Social Runs for Full Member

# Reminder that there is no Slipstream published in December so we would be grateful for notification of any runs, courses, events or trips to put in the calendar for 2023. Please email them to socialruns@tvam.org or slipstream@tvam.org

# FRI 30 LAST BREAKFAST RIDE OF THE YEAR (B)

Morning Ride of 120 mile round trip with breakfast stop somewhere. Depending on weather return to Basingstoke for 2pm latest. If it's icy or snowing – stay in bed. Meet at McDonald's, Basingstoke Leisure Park, Worting Rd, Basingstoke RG22 6PG at 9am for a 9.15am departure. Run Leader Mark Spittles 07753 931570. Limited to 10 riders – see calendar Groups.io for booking your slot.

## **JANUARY 2023**

#### 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.

#### **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.

#### **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.

## ST CRISPIN'S SUNDAY - 8.45am ANNUAL GENERAL MEETING - 12.30pm

Members' monthly meet at St Crispin's School, Wokingham. Observed rides for Associates and Social Runs for Full Member. Followed by the AGM. We encourage all members to attend.

Social Runs

Trip

Events Track D

Track Day/Training Run/Training Trip

### **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.

