



BARNT GREEN CHUGGERS & CHAINGANG - Running and Cycling Group

Based at Barnt Green Sports Club, Margesson Drive, Barnt Green, B45 8LR



Formed in 2005 The Barnt Green **CHUGGERS** (Running) and **CHAINGANG** (Cycling) Club provides sessions for all abilities and aimed at those just wanting to stay in shape, as well as those wanting to improve their running, cycling and fitness. Covering two of the disciplines, we can also help those wishing to start Triathlon.

We are principally a social & recreational club and don't focus on competition. Therefore, we don't provide fully coached sessions, but advice and guidance is provided by our volunteer run and ride leaders, who have supported many over the years to improve and take part in organised events. We pride ourselves on having a vibrant social calendar that helps keep members engaged, including getting together after club sessions in the Sports Club Bar, or attending social events organised throughout the year.

The local Worcestershire countryside provides some of the best running and riding around, and club sessions take full advantage of this. Club sessions are arranged in speed/distance ability groups (ranging from slower/shorter runs & rides ideal for beginners in Group 1, to further and faster in Group 5) so something for everyone! Each group is led by a run/ride leader who manages the pace of each group and ensures groups set out and return together.

CLUB SESSIONS – **Chuggers** Monday and Wednesdays 7pm (plus curry night on first Mon of month) and **Chaingang** Wednesday 7pm and Saturday 9am.

CHUGGER & CHAINGANG MEMBERSHIP (open to 18yrs and over)

Being based at Barnt Green Sports Club means that BGSC membership is required. The Chugger & Chaingang category of membership offers numerous benefits including year-round led runs & rides, advice on your running and cycling, use of the BGSC changing facilities, bar and social facilities along with attending Chugger & Chaingang and Sports Club social events.

New members will need to complete a BGSC 'New Member' Application Form online (membership details below) and are also required to pay a one-off fee of £10 for your access key fob and £1 limited liability payment.

1. If you are NOT a Tennis, Badminton, Padel or Squash member of Barnt Green Sports Club

The annual BGSC / Chugger & Chaingang Membership along with CH&CHG Subscription fee is £41, payable to BGSC. The £31 Sports Club / CH&CHG membership element is retained by BGSC to support Sports Club development. The £10 CH&CHG subscription element (also collected by BGSC on behalf of CH&CHG) is specifically to raise funds to support CH&CHG activity.

2. If you ARE a full Tennis, Badminton, Padel or Squash member of BGSC you are not required to pay the annual CH&CHG membership fee

All you pay is the £10 CH&CHG subscription fee which BGSC collect on behalf of CH&CHG.

METHODS OF PAYMENT

Existing Members – Payment to BGSC. Preferred method of payment is by Stripe or BACS via the renewal email link although credit/debit card or cheque can be used at the bar. Please add your CH&CHG £10 Subscription fee as a checkout item on Stripe.

New members - Will be provided with payment details upon joining and completion of application form.

For further information on any of the above, to book an intro ride or attend your first run please contact Chuggers & Chaingang Membership Secretary Kate Gallimore - kategallimore@googlemail.com