



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 are 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.

Main Club nights are – **Chuggers** Monday 8pm (7pm on the first Monday of each month for run plus curry night) and **Chaingang** Wednesday 7pm and Saturday 9am. 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. Why go on a club run or ride and end up on your own?!

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 & Sports Club social events.

Chugger & Chaingang Membership is open to 18yrs and over and if you decide to join **you will be required to complete/pay the following:**

1 If you are not a Tennis, Badminton or Squash member of Barnt Green Sports Club ("BGSC")

The annual BGSC Chugger & Chaingang ("**C&C**") membership is £40 payable to BGSC. £30 of this is retained by BGSC to support its development. This will allow you to use the Club's facilities such as the bar, showers and changing rooms and to join in any social events at the Club. £10 is the C&C subscription. It is collected by BGSC on behalf of C&C and will be transferred to the C&C bank account. This is specifically to support the development of C&C activity.

New members will need to complete the BGSC 'New Member' Form. There is also a one-off fee of £10 for your access key fob and a one-off limited liability payment of £1.

2 If you are a full Tennis, Squash or Badminton member of BGSC you are not required to pay the C&C membership fee

All you pay is the C&C subscription which is £10 payable to BGSC. This is collected on behalf of C&C and will be transferred to the C&C bank account. This is specifically to support the development of C&C activity.

Methods of payment

Payments should be made to BGSC by Stripe or BACS (preferred methods), credit/debit card or cheque can be used at the bar. BGSC will provide details of payment when you submit your application or renew your membership.

To pay the £10 Chugger & Chaingang subscription fee please select this as a Checkout item when renewing your BGSC membership.

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