AUDAX UK
long distance cycling

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Audax UK Membership

Welcome as a member of Audax UK. Please find enclosed a recent copy of Arrivée, our magazine. Arrivée is published quarterly and you should contact me if you haven't received your copy by the third week of February, May, August or November. Additional copies and back issues may also be obtained.

The AUK Membership year runs from January to December. We will send you a Renewal reminder with the Autumn edition of Arrivée.

Your Membership also includes 3rd-party insurance while participating in AUK events (for UK residents only). However, we strongly recommend that you obtain insurance for your other cycling requirements (such as that provided by CTC to its members). Overseas members will need to provide their own insurance cover.

Please take the time to have a look at the website **www.aukweb.net**. Here are some useful items to click:-

- **Members** then **MyDetails** to view (and if necessary amend) your personal details. Please ensure your contact details remain current otherwise you will miss out on your Arrivée mailings and emailed postal voting papers.
- **Calendar Events** to enter events using your personalised event entry form
- **Permanent Events** for a list of rides you can do at any time
- **About Audax UK** > **FAQ** which we hope should cover any questions you might have
- **Hints & Tips > Preparation for a Randonnée** for some useful notes from Simon Doughty, a specialist long distance cycling coach
- **Results and Awards** for a list of riding incentives and a record of your completed Audax rides
- **Official** > **AUK Regulations** for some light bed-time reading
- Please also keep an eye on the Members' only forum **http://forum.audax.uk/**

As well as fun and companionship, Audax riding is about personal challenge. We hope that you'll find the opportunity from time to time to stretch your own limits, perhaps riding in areas you haven't visited before, or tackling some of the longer distance rides.

Best wishes and happy cycling

Mike Wigley

Audax UK Membership Secretary