

Team Glow – Official Constitution / Aims & Objectives



“Women 'glowing' with cycling pleasure and achievements”

The objective of Team Glow is to increase the number and range of cycling opportunities for women in the North West of the UK. We are doing this by supporting women as ride leaders and networking across existing groups of women cyclists to maximise our collective strengths and knowledge. Our core values are inclusiveness, empowerment and progression. We are creating the space, support and challenge for women to enjoy their cycling skills and experiences.

During 2011 “Team Glow” operated as “100/100 Glow” an informal organisation which was guided by a small group of people with a common aim. As of 7 October 2011 “Team Glow” was officially launched and formally constituted as an unincorporated association. A number of members form the Team Glow Steering Committee. The Steering Committee exists to act as ‘parents or guardians’ of Team Glow and its Constitution. The key roles in the Steering Committee are:

- Chairperson
- Treasurer
- Social Secretary
- Web & Technical Advisors
- New Membership Co-ordinator
- Ride Leader Training Co-ordinator
- Existing Membership Co-ordinator
- Ride Calendar Co-ordinator
- Brand and Communications Co-ordinator

Two steering group members act as two account signatories for the purpose of the Team Glow bank account with Co-op Bank..

With the exception of Treasurer (currently Glynis Francis), all roles are allocated to Steering Committee members on an “as-needed” basis. The Steering Committee meets a minimum of 4 times per year to review developments and agree actions for the following quarter. All members are invited to participate in the Steering Committee.

Team Glow also has a growing network of trained ride leaders to ensure more cycling opportunities are available to all groups of women throughout the North West. The objectives of the ride leaders are aligned to those of the Steering Committee. Ride leaders have access to a separate FaceBook page.

The 2017/18 membership fee is £20 / £10 per annum – the key benefits of which are:

- A calendar of rides, social events and workshops e.g.. nutrition, strength training, turbo training
- Access to a wealth of technical cycling related information & expertise via our website and Facebook page
- Feel a part of cycling sisters and the wider cycling fraternity in NW
- 20% discount at Cycle Logic bike shop in Chorlton
- Support for each other in cycling events and challenges
- Tailor made GLOW training rides, cycle tours and training camps at cost price
- NOW, networking on wheels
- Affiliated Membership of Cycling UK
- Annual October celebratory GLOW event

Team Glow is a not-for-profit organisation with all excess funds being spent on cycling related investments to deliver the objectives of the Group. Examples include further ride leader training, first aid courses, bike maintenance courses, website development, online mapping licenses & affiliation to broader national cycling bodies.

Team Glow Ethos

- GLOW members are invited to 'give what you can and take what your need'. It is a self-directing group funded by the investment of members. We take our lead from the aspirations of our paid up members
- We work to create a female friendly cyclist culture that is supportive and inclusive. We are sociable and have social gatherings throughout the year
- We sit between Breeze and a range of British Cycling road cycling groups - we have cycling sisters in Macclesfield Wheelers, Manchester Wheelers, Lancashire Road Club, Cycling Dykes, Chester Fabulous Ladies, South Manchester CTC, Chelford Chicks and more.
- We organise regular and progressive rides, tours and cycling holidays. Most of our rides are on the road but there are occasional mountain biking rides.
- We support and encourage members to become ride leaders at a time and level that suits individuals. Once you are a ride leader we aim to support you in expanding your cycling and leadership skills. There are no formal qualifications or requirements for ride leaders. We aim to follow the Cycling UK guidelines.
- We embrace challenge and improvement and support members to GLOW with the cycling pleasure and achievement they aspire to from commuter, to leisure cyclist, to hill climber, to time trialling, to competition cycling.
- We maintain a website for general information and public news and offer rides and a discussion forum through Facebook
- We aim to start each ride with a briefing of what a rider can expect in terms of the route, the speed, the distance, the terrain, the number and whereabouts of stops and the anticipated return time.
- We will endeavour to ride at the pace appropriate to the grade of ride and it is everybody's responsibility to check that the person behind them has seen a change of

direction before moving on. Generally speaking we will keep the ride moving forward and will re-group from time to time. On hill climbs women ride at their own pace and we will agree on a safe place to regroup.

- We are not qualified bike mechanics, but aim to help with mechanical problems you may experience on a ride but we do expect that your bike is maintained and in a ride-able condition. We do expect all participants to wear a helmet and wear appropriate clothing for the conditions and to bring their own drink, snacks, food, lights (if appropriate), spare tube and pump. We will share tips and experience within the group.
- We assume that all attendees to our rides are familiar with the terms and conditions of participation in our events. Details of these can be found on our website and when becoming a paying member of the group via the online payment system with British Cycling.
- We GLOW!

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