

Old Spokes  OJ's

CYCLING

CALGARY FLC SENIORS CLUB

The FLC Seniors Club cyclers offer three opportunities for active 55 year old plus cyclers to see Calgary and Region from many different pathways. We contact each member each week by email or telephone to inform them of the different meeting locations from warmer weather in April until the snow flies in October.

Faster and further cyclers called Old Spokes depart every Tuesday and Wednesday from the same locations with different leaders.

A more leisurely group of cyclers called the OJ's (Old Jokes) cycle Tuesdays for 20 to 30 kms with a lunch break.

Location: Calgary and vicinity (The starting points will vary and participants are expected to reach these points by their own arrangements)

When: Tuesday and Wednesday at 10:00 AM until the afternoon.

Contact & Coordinator: Murray Karn 403-236-8837

