

Bike Banter

Old Spokes - FLC Seniors Cycling Club

New Member Orientation



Hand out our business card to anyone interested in joining us. Get a supply of cards from Ride Leaders, and keep them handy!

Cycling Club Executive and Committees

The FLC Cycling Club is fully operated by volunteers. View the list of these committed members in our website:

<https://www.flcseniors.ca/cycling/executive> This includes Core Executive members, Chairs of committees, with committee members and those in charge of Member Services.

Our Website Offers 24/7 Services

Be sure to click on each linked page within our website to read about how we operate, and what you need to know as a new member. Signing up to join a ride is done through this site.

Message from the President

Welcome to all new members to our club. We look forward to getting to know you as you join us on our rides.

Our club promotes health and fitness with an emphasis on socializing. As you will have seen on our webpage, there are a variety of rides offered each week. We encourage you to start where you feel you might be comfortable and if you find the rides to be too difficult or too easy you can always switch levels for the next ride. You need to find the level that is 'just right' for you.

If the ride is full, sign up for the Waitlist. Keep checking back to be sure you are moved up to the ride list before arriving at the ride starting point!

We are a volunteer organization, and all leadership positions are filled with volunteers. We occasionally post requests for volunteers for the various committees. We encourage you to get involved and share the expertise you may have to benefit the club.

We are particularly in need of ride leaders. It may sound intimidating if you haven't led a ride before, but if you watch the leader on your first few rides you will see that it is not that difficult. You may know some routes that will be new to the group.

Please feel free to contact the ride level coordinators via their season schedules contact information if you have any questions about ride leading. Talk with others in the club about how we operate.

We are hoping for a long warm summer so we can get out and enjoy Calgary's many pathways! Don't forget to keep checking the webpage to find rides to sign up for!



- Three levels of rides
- Choose for your level of ability
- Daily ride opportunities
- Pedal assist e-bikes welcome
- Explore Calgary and beyond



www.flcseniors.ca/activities/cycling
email: cycling@flcseniors.ca

Come & Join Us!



FLC Seniors Cycling Club

Our club is nicknamed '**Old Spokes' Cycling Club**'. We are dedicated to recreational cycling throughout Calgary and neighbouring communities.

FLC Seniors Cycling Club Membership

Membership in our club is open to seniors age 55+ and partners age 50+. Memberships are available online for new members and renewals. Membership fees are \$15 for the FLC Seniors Club and \$5 for the FLC Seniors Cycling Club, non-refundable, valid for the year from September 1 to August 31.

You must have both of these memberships to participate in club events.

Choose Your Level of Riding Ability.

We have three levels: Easy (Level 1), Moderate (Level 2), and Intermediate (Level 3) for rides ranging in distance from less than 20 km to more than 40 or 50 km, at speeds to fit the capabilities of the group, and with hills varying from none to a few. We stop for breaks and regrouping as needed; the rule is no one is left behind. Pedal-assist E-bikes are welcome.

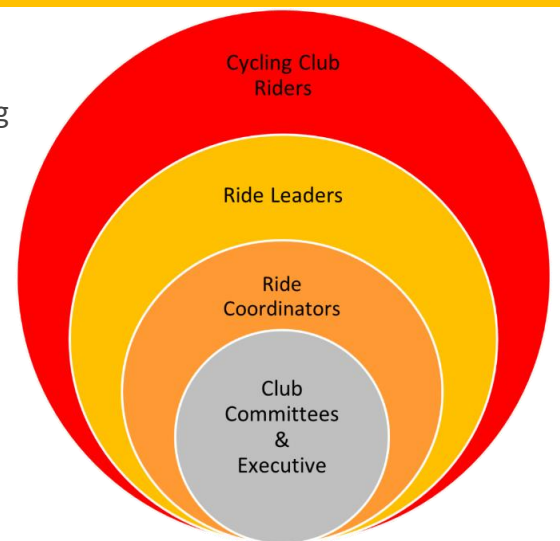
On the website click on Ride Signup <https://www.flcseniors.ca/cycling/rides> for

- a more detailed description of the ride levels
- to view Season Schedules
- to access rides posted for sign-up

Cycling Club Succession Plan

To thrive and grow, the FLC Cycling Club has a succession plan. Cycling Club Riders are encouraged to pay attention to routes their Ride Leader takes during their rides, with an intention to eventually become Ride Leaders themselves. As you get to know Club members, Ride Leaders can become Ride Coordinators who plan Season Schedules for Levels 1, 2, or 3, by recruiting Ride Leaders.

The Rides Committee, consisting of all Ride Coordinators, develops ride guidelines and policies and provides Ride Leader and Ride Coordinator training. The Chair of this committee serves on the Club Executive.



As a new initiative in 2022, **Ride Leader Training** is provided on the [Ride Sign-Up page](#) of the website. All potential Ride Leaders are encouraged to browse through these materials and use them as a guide to your progression as a Ride Leader.

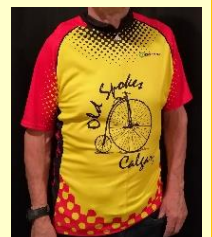
Old Spokes Name Tag

A great way for club members to get to know your name. Wear visibly on all rides. Useful at Club social events.



Old Spokes Cycling Jersey

Become identifiable as a club member and ambassador on Calgary pathways and out of town rides. See [Travel Log](#) about our jersey's international travels.



Interested? Contact cycling@flcseniors.ca. Those who handle orders will follow-up with you.

Cycling Club Rules and Riding Guidelines

- Review the [Club Guidelines](#) on our website.
- While there, check out how to equip yourself and your bike, bicycle maintenance, and cycling maps.
- Wearing a well fitting **helmet is mandatory on each ride**. Be sure to wear it over your forehead to protect your executive functioning.
- Fill out the [medical information card](#) and **carry it on all rides**.
- Pedal-assist Ebikes with a speed limit and 500-watt maximum power complying with City and Provincial pathways' regulations are welcome.
- Rides typically start in the morning. Riders should bring water, lunch unless ride details specify otherwise, dress appropriately for the forecasted weather, and bring an extra bicycle tire tube, pump, and any emergency equipment you may need.
- **Please arrive about 15 to 20 minutes before the posted start time** for the ride to join the group orientation, and be ready to leave at the posted start time.
- **Be sure your bike is tuned up**, chain oiled, brakes checked etc. before joining your first ride with us as a new member. We recommend annual tune-ups to enhance your riding experience and to prevent mishaps on club rides.

Safety first Our rides are well organized and led by experienced leaders and seconded by sweeps. Ride to ensure your own safety and the safety of other cyclists around you. If you need to stop, move off the pathway to enable riders behind you to keep their momentum.

Ride Sign Up

- Leaders post rides on the website for members to sign up. Rides occur between April and October.
- Rides are normally **posted 2 weeks in advance** of the ride date. Sign-up for each ride normally available at **8 am one week prior** to the ride date.
- **Sign up early** – rides fill up fast. Continue to **sign up for the Waitlist**. Usually additional groups are accommodated via tandem rides. Then the Waitlist is moved into the Ride group.
- **To view and register** for upcoming rides on our web page, click on the **Sign-Up buttons**
- **To cancel** do so as soon as possible to provide notice and space for another rider; enter your membership number using the same sign up button and click on the cancel button.
- A leader who cancels an event will send a notification to all registered riders by 8 am on the morning of the ride.

The Bike Banter Newsletter

Is published regularly, and circulated via email to club members. Keep your finger on the pulse of the Club, view Annual Report issues and more.

Facebook - Old Spokes Group

Is a club members-only private Facebook page. You can send a request to join this group.



Old Spokes - FLC Seniors Cycling Club

Promotes fitness and community for cyclists 55+
www.flcseniors.ca/activities/cycling
Email: cycling@flcseniors.ca
Facebook: Old Spokes