

SAVE THE DATE

RIDE COORDINATOR AND LEADER TRAINING SESSION

Trico Center, Seniors Room, March 19, 2020,
4:15 pm – 5:45 pm

We are adding rides this season to grow the club.

We would like you to come if you:

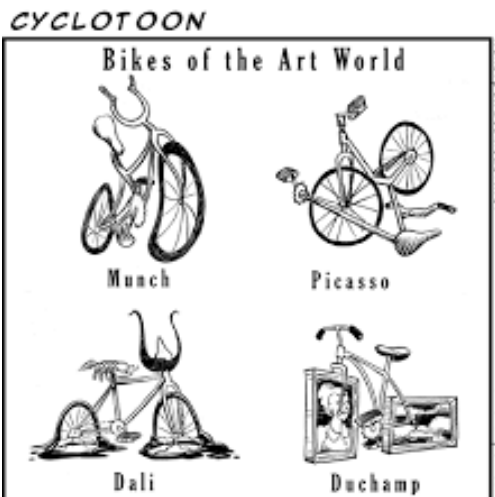
- Would like to learn about becoming a leader volunteer or
- Enjoyed being a leader last year and would like to help again this year or
- You would like to know more about helping with the coordination of trips or
- You would like to help facilitate more rides each week.

We have an exciting program for you:

- The joys of coordinating and leading – Murray Karn
- How to write up a ride – Hazel Banush
- How to make maps work for you – Brock Burwash
- A fun way to handle larger groups – Peter Bradbury

The Ride Coordination Committee:

Hazel Banush	Brent Daignault
Brock Burwash	Mary Gallagher
Peter Bradbury	Elaine Peek



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FLC CYCLING CLUB SPRING START-UP WORKSHOP

Saturday, April 4, 2020 - 10:00 am
to noon

NEW VENUE: Deer Park United
Church

77 Deerpoint Rd S.E. Calgary
Lots of parking available

NEW feature of the workshop:

- **Bike and accessories sale**

Leave your bike locked up on
your vehicle until after the
workshop, then display your
bike and/or accessories on the
lawn in front of the building.



New Things Are Happening with the Cycling Club Executive

NEW Executive organizational structure is being piloted.

Standing Committees for:

- Rides
- Events
- Communications

have been launched with one representative for each Standing Committee reporting to the Core Leaders group.

Where in the world has our Old Spokes cycling jersey travelled?



Check out the website to see our jerseys in **Slovakia** and **Holland!**

Email the FLC Cycling Web Content Coordinator at pamelalester@shaw.ca to submit your travel photos (and stories) to add to the adventures of our travelling shirts.

We will create archive history!

Does this remind you of 'Where's Waldo' Old Spokes style??

We have developed a **NEW** mission & values statement



Committee News

The Rides Committee:

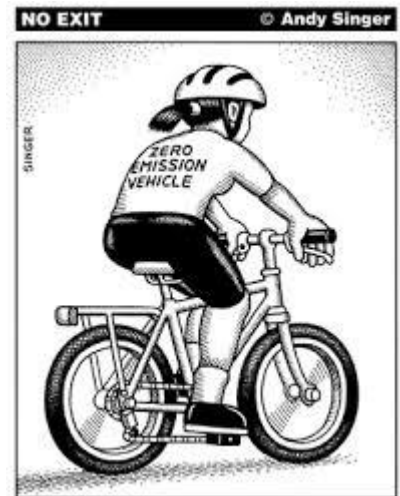
- refreshed the definitions for each Ride Level
- **NEW** Guidelines for E-bikes used on our Club Rides. See website.
- Developing Season Schedules

The Events Committee:

- **NEW** expanded role
- helping to host the Start-Up Workshop.

The Communications Committee:

- **NEW** newsletter
- **NEW** business cards for members to share with interested cyclists
- **NEW** Club banner
- **NEW** announced the Start-Up Workshop in Community Newsletters



The FLC Cycling Club

*Promotes health and fitness for cyclists 55+
Safe – Courteous - Fun*

Forward to a 55+ friend who loves cycling!