



## **CYCLEFIT CHICKS CLUB MEMBERSHIP DETAILS**

**CYCLEFIT CHICKS cycling club's mandate is to offer women of all ages and all cycling levels a non intimidating cycling environment in which to learn how to become stronger more confident cyclist, through our group rides, social events, technical rides, helpful and knowledgeable coaches. We welcome ALL women to our club, join us and become a better and more confident rider. We also are committed to volunteering and supporting our local sporting events.**

**Members from other teams are encouraged to join. Wear your team jersey, benefit from the network and club clinics. It's about bringing the community of female cyclist together.**

### **CLUB membership \$100.00**

**This option is for women of all levels and ages who are interested in becoming part of a growing WOMENS cycling club.**

Club membership includes:

- Club insurance
- FREE Bike Skills 101. As a new member you MUST register for one of the clinic dates. This is to ensure that all club members feel confident riding within a group, know and understand the etiquette of group riding for future group and club rides. Returning members are also required to take the clinic, which is a great refresher to start the season. Clinic dates:

Saturday, April 25	9-1
Saturday, May 2	9-1
Saturday, May 9	9-1

- A discount on the purchase of a new club jersey featuring our 2009 sponsors (we will be offering a list of Kit items you can pick from, see below)
- Sponsorship discounts on products: POLAR, Carboom power gels, Cliff Bars, Cytomax, Salon NICCO and more
- A 2hr bike maintenance workshop, offered for club members only – Friday, May 8. 6-8pm @ location TBA
- Club technical rides (will be held on Monday nights)
- Women on Wheels Group Rides on Wednesday nights
- Discounts on CycleFit Chicks Bike SKILLS clinics. Members will be given the first opportunity to register for the clinics, before opening to the public
- Club social activities

**\*Volunteer commitment of 10 hours is strongly encouraged**

**Those who volunteer during the season will receive a \$30 coupon in the Fall towards the club registration in 2010.**

## **JUNIOR Development:**

This year we are encouraging junior female riders from the ages of 13-18yrs to join the CHICK CYCLING Club, and explore the growing world of cycling.

Participate in the Monday night technical rides and the Wednesday night women's group ride.

We will ensure that a club member is always there to help and assist in the development of your cycling skills. No cycling experience required. We will teach you everything you need to know. A buddy system will be put in place, if you are on your own and not accompanied by a family member.

IF you have previous race or training experience, either as a Kid of Steel or some road cycling, and if you're interested in joining the road or triathlon team:

PLEASE contact us directly. We will require further information on your previous race experience and level. We will then pair you up with a more senior CHICK team member as your mentor.

## **Volunteer component:**

As our club grows, it will be necessary to involve every member in its success. One way to achieve this is through volunteer activities both within the club and in the community. Volunteer opportunities within the club include:

- **Leading group ride(s)- Saturdays or Sundays**
- **Volunteering at CycleFit Chicks clinics, workshops or races (maintenance clinic, learn to ride, learn to race clinics). No experience required.**
- **Being a board member, treasurer, secretary, website designer, clinic coordinator, team manager, race coordinator, volunteer coordinator for local triathlons, duathlons and kids of steel races, social events coordinator and whatever else that might arise.**
- **There will be a team leader in charge of each volunteer assignment. They will recruit members to volunteer at specific events. All volunteer contributions throughout the season will be noted.**
- **Those providing at least 10 hours of volunteer service will not only be promoting the club and women's cycling in Ottawa but will also be provided with a \$30 discount on next year's club registration.**

In the community, we as a club have made ourselves available to two local race organizations to act in a volunteer capacity: Somersault Productions and Kids of Steel. We hope to have a strong Chicks' presence at all designated local races put on by these two groups. We will also hopefully be conducting our own Cyclo-cross race series this September and will need volunteers for those events.

Please see "Volunteer Schedule" on the CHICKS home page. All designated races and dates are indicated.

We look forward to a great deal of volunteer participation this year. Last year's efforts were greatly appreciated by the race coordinator and most importantly and whole-heartedly by the race participants. For all Somersault and kids of Steel races, we hope to make our stations fun and motivating for all who participate, both as a volunteer and race participant. Club volunteers are encouraged to wear CHICKS jersey when volunteering at an event.

Having a strong volunteer presence will ensure that the club grows every year.

Please note:

**CHICKS club jersey and shorts will be available for purchase in the spring. Should you want to purchase your jersey and shorts at the time of registration, please indicate the proper sizing (Jerseys will be ordered from a new company in France this year – MSTINA.IT)**

**50% deposit will be required at the time of your order.**