

CYCLEFIT CHICKS TEAM MEMBERSHIP DETAILS

TEAM membership \$200*

Which team will you be racing under (please pick one):

Each team has certain requirements and commitments to the team/club (please see below)

ROAD

TRIATHLON

Membership includes:

WINTER

- **FREE** Team training rides:
Wednesday nights at Eurosport –Tacx trainers (bring your bike) 7-9pm
Sunday afternoons at CycleFit -Long Rides 3-7pm
- 10+ spin classes to be used at CycleFit from February to April (more will be issued if needed). Upon registration you will be assigned 10 spin classes to be utilized at CycleFit. These spin classes expire Sept 1, 09 and are not subject to in studio promotions.
- Winter Coaching (Feb – March) will include a general program with a focus on base building and endurance, bike form, pedal stroke technique and cadence, for everybody to follow
Coaches: Jim Glover, Level 4 and Sylvie Level 2 Cycling Coach
- Discount on the purchase of a club jersey (shorts and jersey) see jersey order on the CHICKS website
- **PRO DEALS** through EURO-SPORTS on road and tri bikes, helmets, sun glasses, accessories, wheels, and more
- Access to significant sponsorship discounts including POLAR, Carboom power gels, Cliff Bars, Cytomax, REFORM clinic, Salon NICCO and more

SPRING / SUMMER

- **FREE** Bike Skills 101. As a new member you **MUST** register for one of the clinic dates, in order to ensure or renew your group riding and bike handling skills. Clinics will be held on the following dates:

Saturday, April 25	9-1
Saturday, May 2	9-1
Saturday, May 9	9-1
- A bike maintenance workshop will be offered for club members only - Friday, May 8. 6-8pm @ location TBA
- Team technical rides-race strategy (will be held on Monday nights)
- Women on Wheels Group Rides on Wednesday nights
- Discounts on CycleFit Chicks **SKILLS** clinics. Members will be given the first opportunity to register for the clinics, before they are opened to the public
- Club social activities

Race registrations

Road Team: July 18- OBC Grand Prix race registration

Triathlon: Aug 22 Quebec Championship Time Trails

***Volunteer commitment of 20 hours. Those who volunteer during the season, will receive a \$50 coupon in the Fall towards the team registration of 2010.**

The following is NOT included in the CHICKS TEAM membership fees:

- FQSC Race Licence: See CHICKS home page for download of licence application
- Race registrations- except for the OBC Grand Prix and Time Trial for Quebec Provincials – Race registration will be completed by the club director.
- Accommodations & transportation for races
- OBC membership to participate in weekly time trials (Tuesday & Thursday)
- NRC Criteriums
- Personal cycling coaching for summer months

RACE TEAM REQUIREMENTS:

As a ROAD racer or TRIATHLETE, there are certain races and responsibilities that are required of you as a team member.

RACE schedule:

The official Quebec race schedule has been released. See race schedule below for mandatory and optional races.

ROAD racers:

Race requirements are to compete in 3 road races this summer, two of which will be mandatory and one of your own selection.

Participation at the NRC criteriums will be strongly recommended. These practice rides are excellent for becoming familiar with group riding at race pace and building strong bike handling skills.

Team riding nights with the coach will take place on Mondays, where race strategy will be discussed and practiced with the team.

TRIATHLETE racers:

Race requirements are to compete in two mandatory time trial races this summer.

Participation at the OBC Tuesday or Thursday Time Trials will be strongly recommended.

**Road racers can complete or train in Time Trials and vice versa, as both groups will be encouraged to train together. There are several training options during the week, developing a training plan will be crucial, in order to avoid burnout and over-training.

Hiring a coach for the summer to provide more personalized coaching will be an asset. Jim Glover and Sylvie D'Aoust can provide personal coaching services through the summer months. Please inquire.

SPRING Training Camp: Highly recommended for team members who are serious about racing this summer.

All details will be posted on the CHICKS website.

Virginia

April 13-18

OFFICIAL RACING SCHEDULE

** Super Prestige

Date	Race	Type	Location		
APRIL 26	GP Ste-Martine	Road	Ste.Martine, QC	TEAM (optional)	Would be a great first race of the year. Especially after the spring training camp!
MAY					
May 3	GP Brossard **	Crit	Brossard, QC	TEAM (optional)	
May 9	GP Granby **	Time Trial	Granby, QC	TRI MANDATORY TEAM	
May 30-31	GP Charlevoix **	Stage Race	Charlevoix, QC	TEAM(optional)	
JUNE					
June 6 & 7	Rideau Lake Tour	TOUR	Ottawa-Kingston	CLUB representation	
June 14	Preston Street	Criterium	Ottawa, ON	TEAM (optional)	
June 26-28	Coupe des Amerique **	3 day stage race	Sutton, QC	TEAM (optional) HIGHLY recommended	Prologue Time Trial Short Race Long Race
JULY					
July 18	OBC Grand Prix	Road	Gatineau, QC	MANDATORY TEAM RACE	3 loops
July 19	Provincial Criterium championships	Criterium	Ottawa, ON	TEAM (optional)	
AUGUST					
Aug 8	GP Les Cèdres	Road	Les Cèdres, Que	TEAM (optional)	
Aug 8	http://www.mssociety.ca/ontario/bike_ottawa.htm TOUR for MS	TOUR	Ottawa to Kempville	CLUB representation	
Aug 20	GP Gentlemen	2 person Team Time Trial	Ste-Marthe	TEAM & TRI FUN race	
Aug 14-16	GP Ste. Marie de Beauce**	Stage Race	Ste. Marie de Beauce	TEAM (optional)	Time Trail Hill Race Road Race
Aug 22-23	Quebec Championships **			MANDATORY TEAM Race & TRI	Time Trail Road Race
SEPTEMBER					
CycloCross	Series				

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.

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

Please note:

If you choose to join the CHICKS RACE TEAM, you must wear the team jersey to all races and events.

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 on the registration form (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.