



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 technical rides, social events, group rides, helpful and knowledgeable coaches. We welcome ALL women to our club, join us and become a better and more confident rider. BEGINNERS WANTED! We are also committed to volunteering and supporting our local sporting events.

Members from other cycling clubs and teams are encouraged to join. Wear your team jersey, benefit from the networking and club clinics. After all it's about bringing the community of female cyclist together.

CLUB membership \$100.00

Returning club members receive 10% off the club membership rate.

Returning members who VOLUNTEERED during the summer will receive \$30 off the club rate.

Thank you Ladies, your time was appreciated.

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 and MANDATORY: Bike Skills 101. As a new or returned club 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:

Sunday, May 2	9-1
Sunday, May 9	9-1
Sunday, May 16	9-1

- A discount on the purchase of a new club jersey featuring our 2010 sponsors (we will be offering a list of jersey items you can pick from, see below)
- Sponsorship discounts on products: Re-Form massage therapy clinic, EURO-SPORTS bike shop
- 2x 2hr bike maintenance workshop, offered for club members only – Max 10 ppl
Friday, May 7. 6-8pm @ EURO-SPORTS
Friday, May 21: 6-8pm @ EURO-SPORTS
**Members must sign up for these two clinics in advance

- Club technical rides (will be held on Monday nights)
- Women on Wheels Group Rides on Wednesday nights
- Weekend club rides
- Club social activities
- **Discounts on CycleFit CHICKS Bike Skills Clinics:**
 - **Learn to Race**
 - **Learn to Time Trial**

***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.

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, the club has partnered with two local race organizations: Somersault Productions and Kids of Steel. 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.

It is important to offer local assistance and encourage other participants in their races.

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.