

VELODONNAS OPEN HOUSE

Tuesday, April 7, 2026

6:30pm @ Sport Manitoba

Welcome Everyone!



Land Acknowledgement



Agenda

- Introductions
- About us
- Membership
- 2026 Events & Info
- What ride is best for you?
 - What to expect
- Purchasing Gear
- Q&A and Wrap-Up
- Gear-up/Kit swap/Sell and Social Time



About Us



- **OUR MISSION:** To inform, instruct and inspire female cyclists of all abilities.
- **OUR VISION:** We want to see more women with the skills and confidence to be effective leaders in our cycling community.
- **OUR PROMISE:** We are dedicated to providing opportunities for women to gain riding confidence on the road or trail. Our riding time together will focus on skill development but we'll mostly be having a good time and supporting each other.

www.velodonnas.ca



Club Leadership 2026

President: Kerrie Abel

Vice-President: Jane Payment

Treasurer: Joanna Tyrna

Secretary: Linda van de Laar

Ride Coordinator: Catherine Mitchell

Social Media and Website Coordinator: Allison Zimmer

Social (off-bike) Coordinator: Moni Robertson



Other Positions

MCA Club Representative - Kerrie Abel (our president)

Gear and Clothing Coordinator - Linda van de Laar (our secretary)

Ride and Clinic Leaders

Race Organizers

Road Leaders (North): Cindy, Sandra

Road Leaders (West): Kerrie, Lucy

Road Leaders (South): Karin, Jane, Josie

Gravel Leaders: Camille, Catherine

Mountain Bike Leaders: Julie, Marielle, Linda

Intervals Leader: Joanne

CycloCross Training Leader: Karin

Winter Fat Bike Leader: Julie

Novelty Ride Leader: Joanne

Race Organizer (Mountain Bike): Gillian

Race Organizer (CycloCross): Donna

Girls Mountain Bike Camp Leaders: Meghan, Moni

Clinics: Moni, Karin

Membership

- \$35/year for Velodonnas club membership
- You must also be a member of the Manitoba Cycling Association (MCA)
 - General Membership - minimum requirement
 - Provincial Race License - allows you to race at all races within MB (category specific)
 - UCI Race License - allows you to race in your age/ability category at all races (MB, Nat, UCI sanctioned)
- Not sure? Free, one-time try-out is an option. Join us for your first ride without paying for a membership!



**MANITOBA
CYCLING**
ASSOCIATION

Membership - Daughter Deal

- Daughters are FREE with their mom's membership (ages 11-17)
 - Adult (mom's) supervision is required until age 13
 - Group road ride limited to 13+ (contact ride leader for exceptions)
 - Same ride rules apply to daughters - base level of fitness and skill is expected (i.e. Velodonnas membership is not intended to be an alternative to Kids of Mud Learn-to-ride/Learn-to-race programs)
 - MCA memberships are always required



**MANITOBA
CYCLING**
ASSOCIATION



2026 EVENTS & INFO

What we do & when we're going to do it!

What we do...

- Weekly Group Rides
- Skill Clinics
- Novelty Rides
- Girls Mountain Bike Camp
- Endurance Rides
- Races
- Off bike social activities

Weekly Group Rides

- Weekly Group Rides
 - Monday Night Road (MNR): spring/summer
 - Tuesday Gravel: spring/summer/fall
 - Wednesday Mountain Bike: spring/summer/fall
 - Thursday Interval Training: spring
 - Thursday Cyclocross Training: fall
 - Sunday Fat Bike: winter

Clinics

Cost: Free for Velodonnas Club members, open to non-members (by donation, \$10 suggested)

Typically 2 - 3 hours

Skills We Cover:

- **Basic Bike Skills** - pedaling, shifting, braking, cornering, getting out of the saddle
 - Saturday May 9th (Assiniboine Park)
- **Road** - riding in a group, drafting essentials, pacelines & echelon practice, group communication
 - Monday June 8th (generally South MNR, subject to change)
- **MTB** - wheel lifts, clearing obstacles, line choice, slow speed manoeuvring & ratcheting, pressure control, positioning out of the saddle
 - Wednesday June 24th (Bison Butte)
- **Cyclocross** - mounts, dismounts, bike carries, mass starts, hurdles and run ups
 - Thursday August 27th (Whittier Park)

Other Rides and Events

Novelty Rides:

- Gravel
 - Town of Birds Hill to Birds Hill Park (July 23)
 - 50 Shades of Gray-vel (August 21)
 - Gravel 80km (May 30)
 - Gavel 100km (TBD)
- MTB
 - Grand Beach (TBD)
 - Halloween (Oct 28)
- Road
 - Interval Nights (Thursdays - Spring-Summer)
 - Summer Solstice ~80km (June MNR)
 - Velodonnas 100! (July 18)
 - BOTH KM and MI this year!

Races:

- MTB Wednesday Night Race (April 29)
- VeloCross (October 3)

Social Rides:

- Bikes and Brews (June 20)

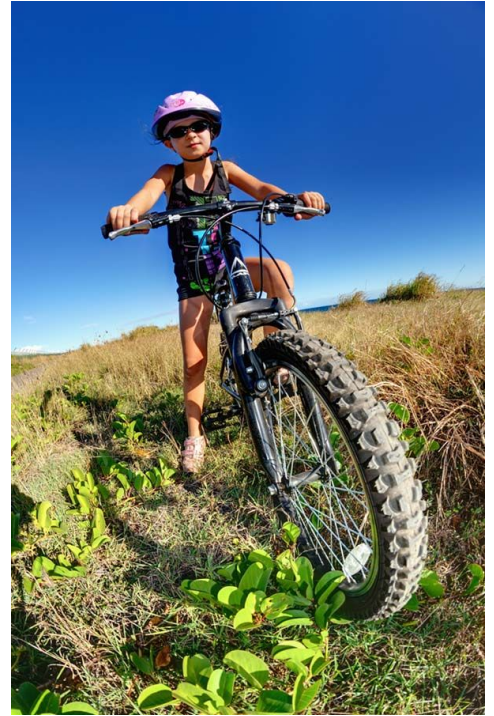
Off bike social activities:

- TBA

...and more to come!

Girls MTB Camp!

- Administered by the MCA with Velodonnas' support and in conjunction with The WRENCH
 - **WHAT:** girls event for cycling, team building, and skill building - on and off the bike!
 - **WHO:** girls 8-13yo with some cycling experience
 - **DATE:** August 17-21, 2026
 - **LOCATION:** TBA
 - **WHY:** to inform, instruct, and inspire



WHAT RIDE IS BEST FOR YOU?

What to expect...



What to expect: All rides

- Experienced and supportive ride leaders.
- Assistance and support from experienced and long-time Velodonnas members.
- Desire to push yourself/be pushed outside your comfort zone.
- “No drop” - we ride together as a group or have designated meeting spots or “sweeps” to ensure everyone is safe
- See Spond event for
 - Bike Requirements
 - Location
 - Updates



What to expect: Monday Night Road (MNR)

- Base level of fitness and skill. Average pace is 25-29 km/h, for a ~30-40 km ride.
- Road capable bikes with drop handlebars only (no flat bars).
- Desire to push yourself/be pushed outside your comfort zone.
- If you're not sure, come to the road clinic or contact us for an evaluation.

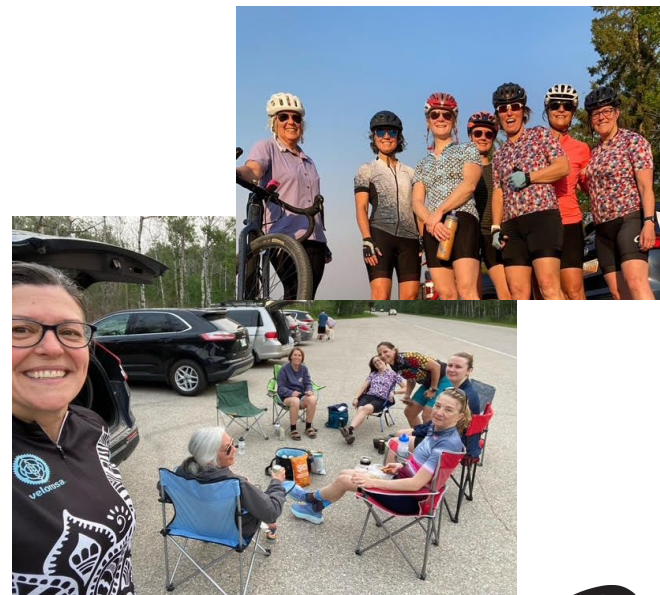
Locations:

- South - Jeramie's NOFRILLS
- North - Bird's Hill School
- West - Assiniboine Park Duck Pond



What to expect: Interval Training

- Improve performance, muscle power and overall endurance
- Road capable bikes with drop handlebars only (no flat bars).
- Cadence drills, hill repeats, short sprints, etc
- Start and end together
- May ride on your own



Location: Birds Hill Park, Chickadee trailhead entrance



What to expect: Tuesday Gravel

- 30-40km, no drop ride.
- Unlike road rides we may not stay together, but there will be a designated sweep.
- Bike Requirements: drop handlebars (no flat bars), suggest 30mm+ tire width for comfort.
- See Group Ride Guidelines on website.

Location: Changes weekly, primarily west side of the city



What to expect: Wednesday MTB

- Base level of fitness and previous off-road riding experience.
- Mountain bikes with knobby tires (no cruisers or hybrids). Front suspension is strongly recommended.
- Controlled pace, 60-90 minutes in length.
- Opportunities to improve your skills on the trail.

Location: Changes weekly, dependant on weather/trail conditions.



What to expect: Cyclocross Training

- HIIT/SIT style workouts on grass/gravel.
- Bring your Cross bike of course, but any bike will do for this training!
- Designed to prepare you for CX races but non-racers are welcome!
- Desire to push yourself/be pushed outside your comfort zone.



What to expect: Winter Fat Bike

- Base level of fitness and skill, experience at least mountain biking singletrack.
- Bikes with fat tires (minimum tire width 3.8”), expect to ride low PSI (to conditions).
- It is WINTER. Dress for this type of riding. Reach out with questions.
- Have a way to keep your water from freezing if you can.
- And...we live in Winnipeg, so you can expect some cold-weather cancellations. (Weather policy is on our website.)



What to bring...

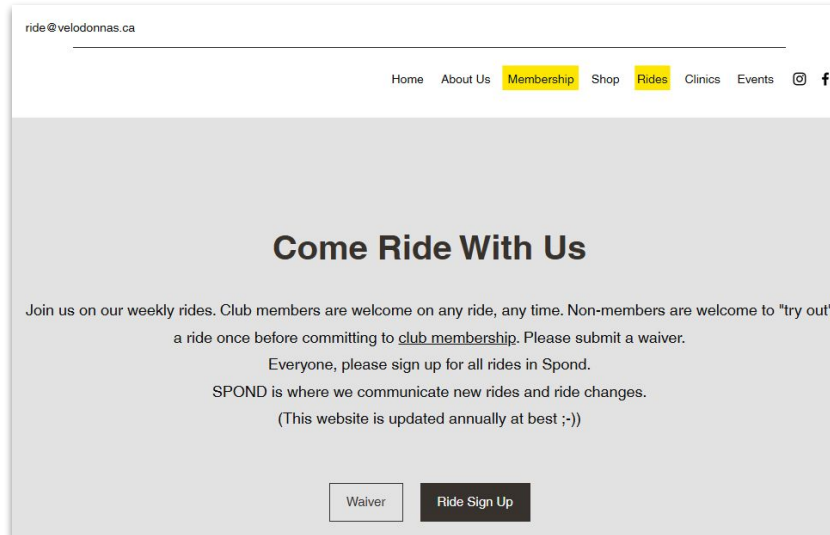
- HELMET! - mandatory unless MCA has granted you a Helmet Exemption
- Appropriate bike for terrain (rides with a bike requirement have this listed in Spond)
- Fluids & energy
 - 1 bottle/hour - just water for <60 mins and electrolyte/carb replacement for ride >90 mins
 - Energy! Eat something every 45 mins (if riding >90 mins)
- Some bike tools
 - Multitool!
 - Spare tube, tire levers, pump or Co2
- Lights - front and rear
- Proper clothing - dress for the weather, closed toe shoes
- Some form of ID, especially when riding solo
- Cell phone or back-up plan
- First Aid supplies, allergies (insect stings)

Where can I sign-up?

Sign-up for all rides and events in Spond!

1. Visit us at velodonnas.ca
2. Choose Membership to register for our club
3. Choose Rides to be directed to our Spond App to sign-up for your first ride

www.velodonnas.ca



The screenshot shows the website's navigation menu with 'Membership' and 'Rides' highlighted. The main content area features the heading 'Come Ride With Us' and a call to action to join weekly rides. It includes a waiver link and a 'Ride Sign Up' button.

ride@velodonnas.ca

Home About Us **Membership** Shop **Rides** Clinics Events Instagram Facebook

Come Ride With Us

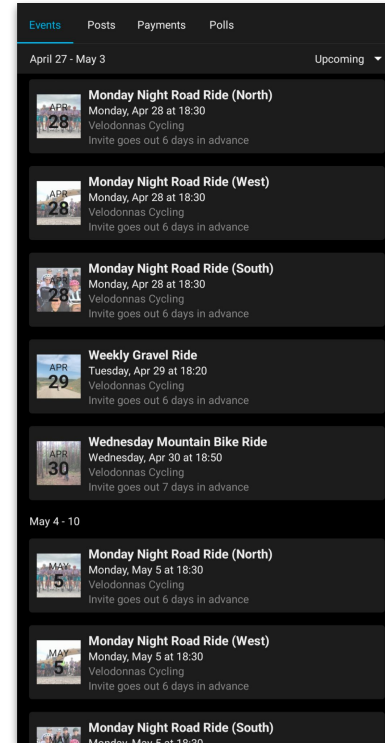
Join us on our weekly rides. Club members are welcome on any ride, any time. Non-members are welcome to "try out" a ride once before committing to [club membership](#). Please submit a waiver.

Everyone, please sign up for all rides in Spond.

SPOND is where we communicate new rides and ride changes.

(This website is updated annually at best ;-))

[Waiver](#) [Ride Sign Up](#)



The screenshot shows the Spond app interface with a dark theme. The top navigation bar includes 'Events', 'Posts', 'Payments', and 'Polls'. The main content area displays a list of upcoming rides for the period of April 27 to May 3. Each ride entry includes a date, time, and a button to 'Invite'.

Events Posts Payments Polls

April 27 - May 3 Upcoming

- Monday Night Road Ride (North)**
Monday, Apr 28 at 18:30
Velodonnas Cycling
Invite goes out 6 days in advance
- Monday Night Road Ride (West)**
Monday, Apr 28 at 18:30
Velodonnas Cycling
Invite goes out 6 days in advance
- Monday Night Road Ride (South)**
Monday, Apr 28 at 18:30
Velodonnas Cycling
Invite goes out 6 days in advance
- Weekly Gravel Ride**
Tuesday, Apr 29 at 18:20
Velodonnas Cycling
Invite goes out 6 days in advance
- Wednesday Mountain Bike Ride**
Wednesday, Apr 30 at 18:50
Velodonnas Cycling
Invite goes out 7 days in advance

May 4 - 10

- Monday Night Road Ride (North)**
Monday, May 5 at 18:30
Velodonnas Cycling
Invite goes out 6 days in advance
- Monday Night Road Ride (West)**
Monday, May 5 at 18:30
Velodonnas Cycling
Invite goes out 6 days in advance
- Monday Night Road Ride (South)**
Monday, May 5 at 18:30

How to stay informed?

- Spond - stay informed about upcoming events and rides, RSVP, and share photos
- Sign-up for our email list at www.velodonnas.ca
- Follow our social posts
 - Instagram (@velodonnas) and Facebook (follow our page *and* join our group)
 - Velodonnas Facebook Page - for club communication to the public
 - Velodonnas Facebook Group - for group member communications to each other
- Ride leaders are responsible for communication to riders, through Spond
 - You can message them directly too!
 - Can't make the ride - PLEASE make sure you change your status to decline and message the ride leader.

GEAR

2027 Kit Order
Currently In-Stock Items



2027 Kit order

There is (*discount*) in numbers!

To best take advantage of group-buy discounts, our Jakroo kits are for purchase every-other-year only.

Keep an eye on our socials for updates.

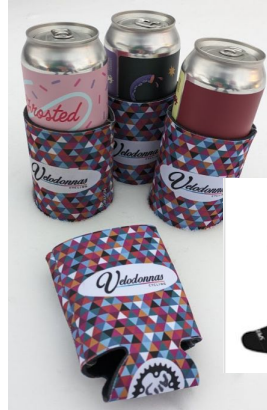


Team Store

We don't plan to open our team store again until 2027. We'll update here and on our socials when we do.

In-Stock Clothing and Gear

- Bucket Hats
- Ballcaps
- T-shirts
- Crewnecks
- Koozies
- Water Bottles
- Stickers
- Socks
- Tote Bags



Order for local West End pickup at velodonnas.ca/shop or use the link in our Instagram bio.

Note: we have bottles (\$10) and stickers (\$2) here today for purchase. Etransfer or exact cash only.





Wrap-Up

Q&A

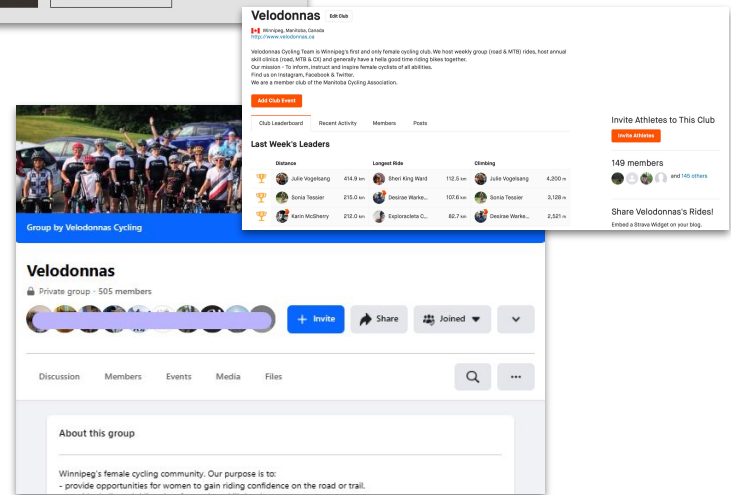
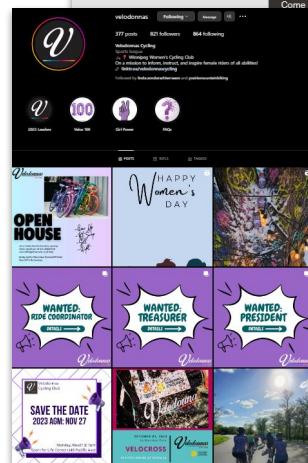
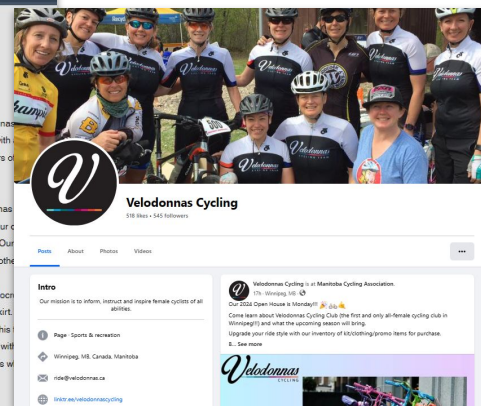
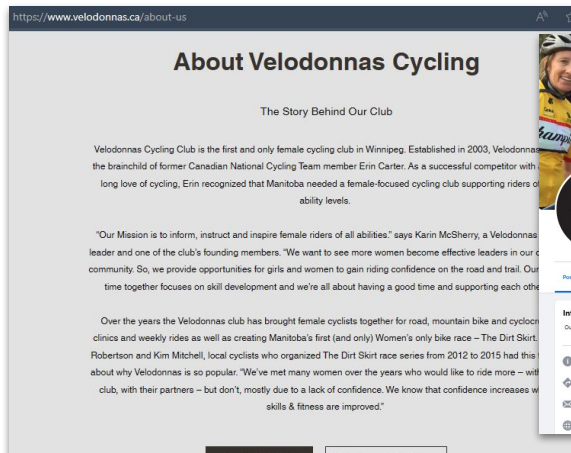
Stay Connected

Question & Answer Time



Stay Connected

- www.velodonnas.ca
- ride@velodonnas.ca
- Strava
- Spond
- Instagram (@velodonnas)
- Facebook
 - Group
 - Page





Thanks for coming!

Gear-up/Kit Swap/Sell
Social Time