

VELODONNAS OPEN HOUSE

Monday, April 7, 2025

6:30pm @ Sport Manitoba

Welcome Everyone!



Land Acknowledgement



Agenda

- About us
 - Introductions
- Membership
- 2025 Events & Info
- What ride is best for you?
 - What to expect
- Purchasing Gear
- Q&A / 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

Velodonnas

CYCLING



Board of Directors 2025

President: Karin

Vice-President: Kerrie

Treasurer: Leah

Secretary/Gear Gal/Ride Coordinator: Linda

Social Media Coordinator: Allison

Social Events Coordinator: Moni



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!



Membership - Daughter Deal

- Daughters are FREE with 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



2025 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 (TBD)
- “Velodonnas 100” Endurance Road Ride (100 mile or km)
- Races
- Off bike social activities (cross training, bowling, paddling, etc)

Weekly Group Rides

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

Clinics

Cost: Free for Velodonnas Club members, open to non-members

Typically 2 - 3 hours

Skills We Cover:

- **Basic Bike Skills** - pedaling, shifting, braking, cornering, getting out of the saddle
 - Saturday May 10th
- **Road** - riding in a group, drafting essentials, pacelines & echelon practice, group communication
 - Monday June 9th
- **MTB** - wheel lifts, clearing obstacles, line choice, slow speed manoeuvring & ratcheting, pressure control, positioning out of the saddle
 - Wednesday July 9
- **Cyclocross** - mounts, dismounts, bike carries, mass starts, hurdles and run ups
 - Thursday August 28

Other rides and events

Novelty Rides:

- Gravel
 - Bois-des-Esprits and Beyond (May 10)
 - North of the Park (June 7)
 - Town of Birds Hill to Birds Hill Park (July 24)
 - 50 Shades of Gray-vel (August 21)
- MTB
 - Grand Beach (May 17)
 - Halloween ride (October 29)
- Road
 - Interval Nights (Thursdays - Spring-Summer)
 - Summer Solstice ~80km (June MNR)
 - Velodonnas 100! (July 19)

Races:

- MTB Wednesday Night Race (Date TBD)
- VeloCross (September 29)

Social Rides:

- Bikes and Brews (June 22)
- Velos All Ride Meet-up (Date TBD)

Off bike social activities:

- TBA (bowling, group work out, etc)

...and more to come!

Girls MTB Camp!

- Collaboration with Core Coaching and Velodonnas
 - **WHAT:** girls event for cycling, team building, and skill building
 - **WHO:** girls 8-13 with some cycling experience
 - **DATE:** TBA
 - **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.

MNR 3 locations

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



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 30+ tires for comfort.
- See Group Ride Guidelines on website.

Locations: Start locations will vary - 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.
- Locations change week to week, always 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.



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
- Bike computer! (Did it really happen if it's not on Strava? But the answer is - YES IT DID)
- 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 ride@velodonnas.ca. The navigation menu includes Home, About Us, Membership, Shop, Rides, Clinics, Events, and social media icons for Instagram and Facebook. The main content area features the heading "Come Ride With Us" and the following text: "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 ;-))". At the bottom, there are two buttons: "Waiver" and "Ride Sign Up".



The screenshot shows the Spond app interface. At the top, there are navigation tabs for Events, Posts, Payments, and Polls. Below this, a date range "April 27 - May 3" and an "Upcoming" dropdown are visible. The main content is a list of rides, each with a date icon, title, time, and "Invite" status. The rides listed are: "Monday Night Road Ride (North)" on Monday, Apr 28 at 18:30; "Monday Night Road Ride (West)" on Monday, Apr 28 at 18:30; "Monday Night Road Ride (South)" on Monday, Apr 28 at 18:30; "Weekly Gravel Ride" on Tuesday, Apr 29 at 18:20; "Wednesday Mountain Bike Ride" on Wednesday, Apr 30 at 18:50. A section for "May 4 - 10" follows, listing "Monday Night Road Ride (North)", "Monday Night Road Ride (West)", and "Monday Night Road Ride (South)" on 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

2025 Kit Order
Currently In-Stock Items



2025 Kit order



JAKROO

New this year:

- Navy Cadence Pro Bib (7)
- Black Cyclone Thermal Bib (3)
- Barrier Wind Jacket (2)
- Epic Wind Vest (5)
- Bodo Neck Wrap (8)

Returning:

- Forza Classic Road Jersey (4)
- Flow $\frac{3}{4}$ MTB Jersey (1)
- Flux MTB Shorts (6)



2025 Kit order

Info:

- Opens May 1st
- Closes May 21st
- Volume discounting
- Dynamic Price Drop
- Free Guaranteed Size Recommendation Service
- 14 day Turnaround
- Delivered to home address

Store visible now!

velodonnas.ca/shop

Keep an eye on our socials for updates.



In-Stock Clothing and Gear

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



Order for pickup using our Google form at velodonnas.ca/shop or linked in our Instagram bio.





Wrap-Up

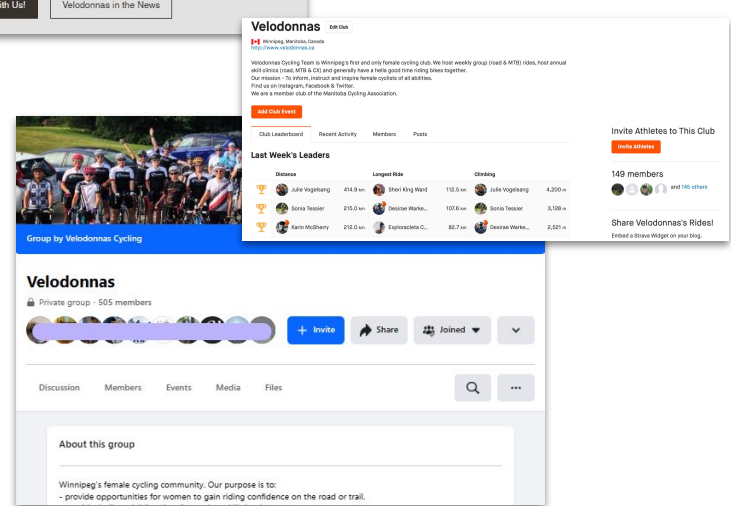
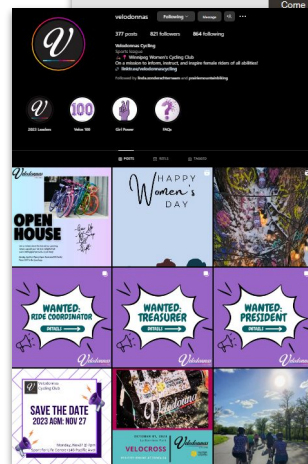
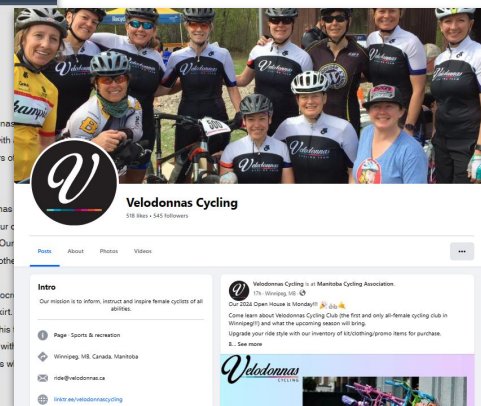
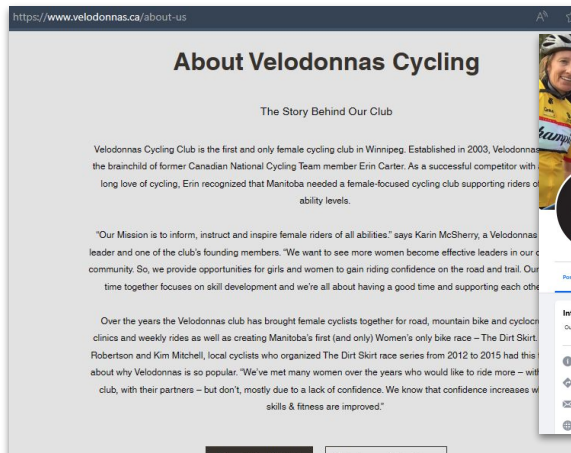
Q & A

Gear-up/Kit Swap/Sell

Social Time

Stay Connected

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



2025 Events Snapshot

Clinics:

- Basic Bike Skills (May 10)
- Intro to Group Road Ride (June 9)
- MTB Beginner and Intermediate (July 9)
- Cyclocross (August 28)

Races:

- MTB Wednesday Night Race (Date TBD)
- VeloCross (September 29)

Social Rides:

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- Halloween MTB (October 29)

Off bike meet ups

- TBD (bowling, group work out, etc)