

VELODONNAS OPEN HOUSE

Monday, April 8, 2024
6-9pm @ Sport Manitoba

Welcome Everyone!



Agenda

- About us
 - Introductions
- Membership
- 2024 Events & Info
- What ride is best for you?
 - What to expect
- Gear
- Q&A / Wrap-Up
- Tire Change Demo (& group participation!)
- 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 2024

President: vacant position

Vice-President: Karin McSherry

Secretary: Sara Aysan

Treasurer: Leah Bracken

Social Media Coordinators: Kerrie Abel, Allison Zimmer

Ride Coordinator: Linda van de Laar

Social Events Coordinator: Gill Cooper



Ride Leaders & Other VIP

- **Ride Leaders:**
 - Monday Night Road (North): Cindy Brown & Sandra Ott
 - Monday Night Road (West): Kerrie Abel & Lucy Payette
 - Monday Night Road (South): Karin McSherry & Ann Rivera & Moni Robertson
 - Tuesday Novelty Rides: Jackie Demchuk & Nancy Kroupa
 - Wednesday Night MTB: Marielle, Julie, Chantelle, Linda, Kerrie, and more...

Ride Leaders & Other VIP cont'd

- **Race Organizers:**
 - Gill Cooper (MTB)
 - Donna Sulz (cyclocross)
- **Girls MTB Day Camp:** Meghan Rafferty, Moni Robertson
- **Gear Gal:** Linda van de Laar

ride@velodonnas.ca

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 a ride!



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



2024 EVENTS & INFO

What we do...

- Weekly Group Rides
 - Monday Night Road (MNR) North, West, South - spring/summer
 - Wednesday Night Mountain Bike (different local locations) - spring/summer/fall
 - Cyclocross (TBD) - fall
- Skill Clinics
 - Any bike - Basic Skills Clinic
 - Mountain
 - Road
 - Cyclocross
- Novelty rides (new 2024)
- Mountain Bike Girls Camp (TBD)
- Summer Solstice 80 km Road Ride (June MNR)
- “Velodonnas 100” Endurance Road Ride (100 mile or 100 km)
- Off-Season Indoor Trainer Rides (through Zwift/Rouvy/etc group)
- Fat Bike Rides
- Races

Clinics

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

Typically 2 - 3 hours

Skills We Cover:

- All - pedaling, shifting, braking, cornering, getting out of the saddle
- Road - riding in a group, drafting essentials, pacelines & echelon practice, group communication
- MTB - wheel lifts, clearing obstacles, line choice, slow speed manoeuvring & ratcheting, pressure control, positioning out of the saddle
- Cyclocross - mounts, dismounts, bike carries, mass starts, hurdles and run ups

2024 Events Snapshot

Clinics:

- **Basic Bike Skills**
Sat, May 4, 10am, Assiniboine Park
- **MTB Beginner and Intermediate**
Wed, June 5, 6pm, Bison Butte
- **Intro to Group Road Ride**
Mon, June 3, 6pm, Jeramie's No Frills (St Anne's)
- **Cyclocross**
Mon, September 9, 6pm, Whittier Park

Novelty Rides:

- Road Bike Debut (April 16)
- Grave Ride to Beaudry Park (May 12)
- Floodway Adventure (Jun 11)
- Fun Team Time Trial (July 16)
- Great Canadian Trivia Ride (August 14)

Social Rides:

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

Races:

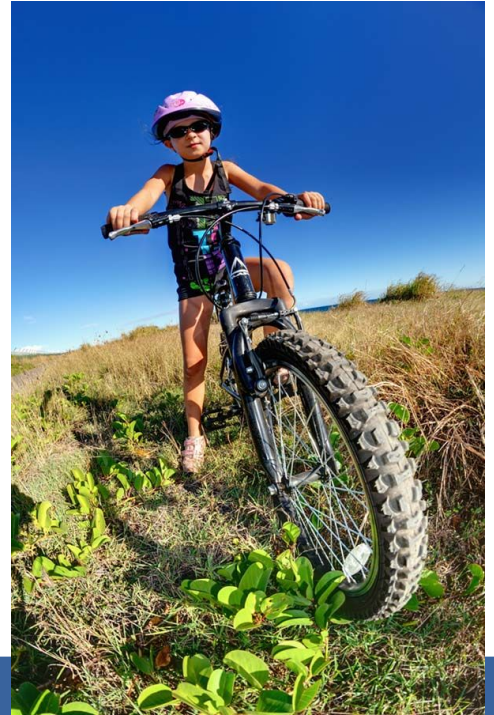
- MTB Wednesday Night Race (Date TBD)
- VeloCross (October 6)

What to bring...

- HELMET! - mandatory unless MCA has granted Helmet Exemption
- Appropriate bike for terrain
- 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
- Road ID or 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?)
- First Aid supplies, allergies (insect stings)

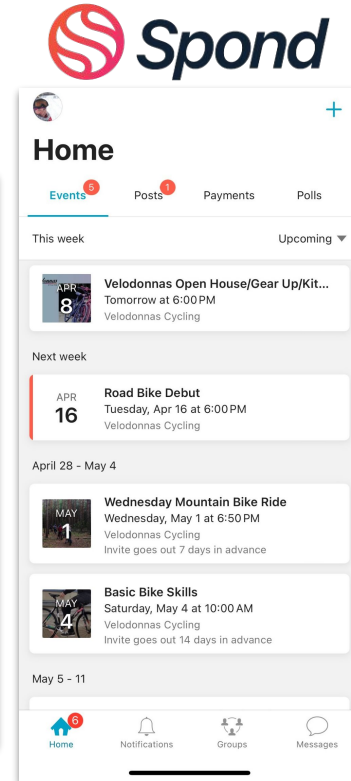
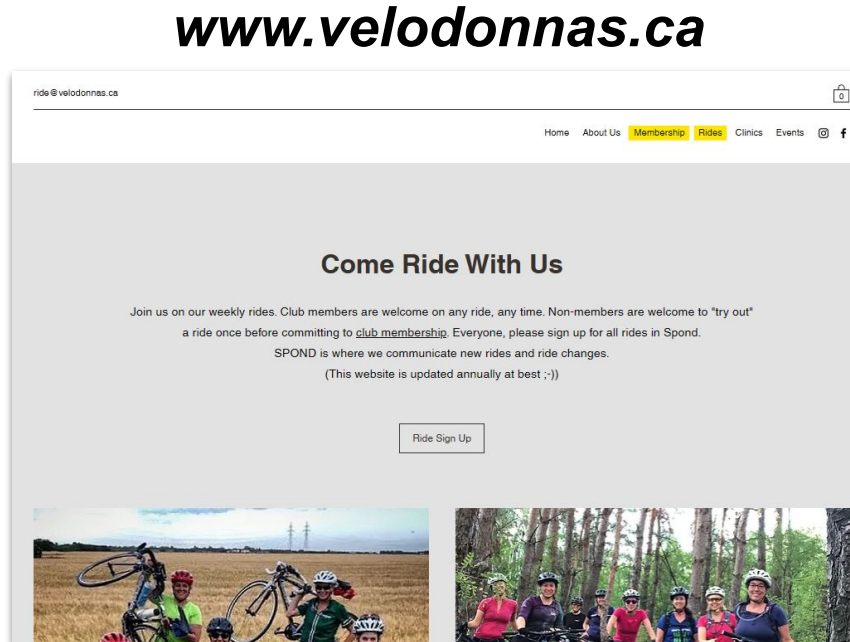
Girls MTB Day!

- Collaboration with Core Coaching and Velodonnas
 - **WHAT:** girls day 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



Where can I sign-up?

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!



WHAT RIDE IS BEST FOR YOU?

What to expect...



What to expect: Monday Road

- Base level of fitness and skill. Average pace is 25-29 km/h, for a ~30-40 km ride.
- Desire to push yourself/be pushed outside your comfort zone.
- This is a “no drop ride”.
- Experienced and supportive ride leaders.
- Assistance and support from experienced and long-time Velodonnas members.
- See Group Ride Guidelines on website.
- If you're not sure, come to a clinic or contact us for an evaluation.



What to expect: Wednesday Intervals

- Ready to roll at 7:00 PM
- Meet in BHP - Chickadee lot, roadside
- Expect to get stronger!
- Warm up together at a controlled pace.
- Intervals designed to be completed on your own. Faster riders can turn around and meet up with slower riders during the rest periods.
- Warm down ride together back to meeting place
- You'll need your own time-keeping device to know when to start/stop each interval.



What to expect: Wednesday MTB

- Base level of fitness and previous off-road riding experience.
- A desire to push yourself/be pushed outside your comfort zone.
- 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.
- Experienced and supportive ride leaders.
- Assistance and support from experienced and long-time Velodonnas members.
- Mountain bike with knobby tires (no cruisers or hybrids) and min. of front suspension is required.



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
- 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!



GEAR

V

Kit, Clothing, and Gear



- Remaining

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

- Re-order?

- Hoodies
- Toques

- New?

- Considering an update to our cycling kit
- Considering a bulk-order t-shirt or hoodie





Wrap-Up

Q &A

Tire Change Demo

Gear-up/Kit Swap/Sell and Social Time