

# BCC Club News



December 2018

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## UPCOMING SPECIAL EVENTS

*Judy Kuban, Events Director*

### WINTER EVENTS:

Depending on the winter weather conditions, we will be organizing some hiking/snowshoeing/cross-country ski days. If you are interested in participating and receiving notifications of these events, please email the events coordinator, Judy, at [events@bramptoncyclingclub.com](mailto:events@bramptoncyclingclub.com) to be added to the list.

### COMING IN JANUARY:

Brampton Cycling Club is introducing a 10-week pilot program to help boost your cycling strength for your spring riding!

These high energy, fun, and challenging workouts, led by BCC Member and Level 2 Competitive Coach, Drew Stephen, will boost your metabolism, tone your muscles, and maximize your fat burn!

In order to adequately gauge member interest for this new program, please sign up to reserve your spot before December 31<sup>st</sup>. Email Judy, BCC Events Coordinator, at [events@bramptoncyclingclub.com](mailto:events@bramptoncyclingclub.com).

- Sunday mornings, Jan 27 to Mar 31, 9:00-10:00 am
- Special rate for BCC Members: \$50/person for 10 weeks (covers gym rental costs)
- Dynamic group setting in a local Brampton fitness gym
- HIIT workouts
- Pilot program is limited to the first 15 people to sign-up

## CLUB CLOTHING REDESIGN?

*Doug Richards, Membership Secretary*

As we plan for our 2019 season we want to review our club clothing kit.

BCC has used the same design from Louis Garneau for a few seasons. We are looking for member input on whether we should continue with the same design or consider a change. Please provide us with your thoughts on the current kit pricing, design and quality on the *Club Forum* (Clothing > Club Kit for 2019). This will help us gauge the level of interest in considering any changes.

## SHORTER RIDES IN 2019?

*Steve Juniper, VP Touring*

Should we add “shorter” Saturday club rides to the 2019 Touring Schedule? This issue was raised at our 2018 AGM and I’ve been discussing it with a number of our members. When I put together the BCC’s 2019 touring schedule I am considering adding shorter Saturday rides for our Easy Rollers, Touring, and maybe Classic tour groups. I’ve added a new topic on this issue under *Club Rides* in the *Club Forum* so any members interested can provide their feedback.

## **PRESIDENT'S MESSAGES**

*John Bachmann, President*

### **A GREAT YEAR END SOCIAL**

Thanks to Judy Kuban for organizing and MC'ing a rousing finish to our season at the Terra Cotta Inn. Extra thanks to Jamie Flinn for providing the music. If you haven't seen the photos on the *Club Forum* they are [here](#).

### **DAYTIME RUNNING LIGHTS (DRLs)**

At our AGM the topic of making DRLs mandatory for all riders came up for discussion but was not adopted as a club policy. Regardless it is quite apparent that more and more members are voluntarily mounting these lights on their bikes. To provide member who might be considering doing so with more information, club member Drew McVeigh has written a short article on the topic that is posted on the *Club Forum* under *General Discussion*.

### **HOLIDAY GREETINGS**

Finally, may all of you enjoy a safe and happy *Holiday Season* and welcome in the *New Year* in style! I look forward to seeing you out on the road in 2019!