

HAMILTON *Cycling Club* Inc

www.hamiltoncycling.com



Issue one- Wednesday, April 8, 2009

THE Newsletter

CLUB RACING FOR 2009.

The Hamilton Cycling Club has been running weekly events and a few weekend events for many years, and for a very long time we've had a great lack of volunteers. So this year we will be trying to recruit as many members as we can starting in May. Executive members will be the first to get the wheels turning with this idea so that we can provide safe, well run events. Once the season is under way, the time keeper of our events will be asking the participating membership if they would be willing to volunteer once or twice through the four month period of our season.

If we as a club can create an efficient volunteering system, we can add more weekend events to our calendar starting in 2010. This will also be a great benefit to us for the 40 km Time Trials we host, since we will be adding a 20 km option on race day for those who do not wish to race 40 km that day, that is if we can gather the right amount of help. If anyone wishes to offer their help for our club events, you may contact Henry at squirreltruck@hotmail.com or call (905) 628-2786.

Thanks...See ya out there!

Q- What has a trunk and two wheels?

A- An elephant on a bike!

hahahahaha!

Q- Any good Cycling jokes?

A- [Send them](#) to us to put in future newsletters.

INVENTORY BLOWOUT

The Hamilton Cycling Club is thrilled to announce that we have redesigned our team kits and will be receiving the new kits ([1](#), [2](#), [3](#)) soon so we are clearing out all our old stock at deep discounts. All items have been marked down to half price. If you are interested in picking up some bargain cycling gear including jerseys, shorts, bibs, skins now is the time. We will be selling these items and the Good Friday road race and through our website. Act fast as there are limited sizes and quantities. Look for a picture of our new kits in an our next newsletter.



Hamilton Cycling Club has a Facebook page!



On our brand new [Facebook page](#) you will find many exciting features like Events, Photo's and Videos. You can even contribute by uploading your own content to share with other people. So far We have 22 people who are fans. You should become a fan so you can participate in the great new information sharing medium.

[HTTP://HAMILTONCYCLING.COM/](http://hamiltoncycling.com)

LINKS:

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Good friday Road Race 2008

SPRING TRAINING

This March Break our family travelled to Hilton Head South, Carolina for a Triathlon training camp with the Fighting Koalas. Hilton Head is located on the boarder of South Carolina and Georgia, right on the ocean. A few people flew in to Hilton Head but we chose to drive the 17 hours to get there. We rented a 5 bedroom home off vrbo.com that was 3 houses away from the ocean. It was gorgeous. Our training consisted of swimming most mornings, followed by a cycle with running and games taking place in the afternoon. One of the highlights of the camp was a grueling brick workout. The cycling was great. Hilton Head is very flat but it has paved bike paths and wide bike lanes on almost every road. It is a very cycling friendly community. On 2 evenings we rode with local bike stores. There are many small bike stores scattered around Hilton Head and we spent a day visiting most of them. The beaches are beautiful and our kids spent many hours playing

on the beach digging and flying kites. If you are looking for a great family destination that is very cycle friendly I would highly recommend Hilton Head.

-If you or someone you know has a story about a great cycling destination let us know or write an article!

Its 2009 and there is so much to look forward to.

This year we have a lot of great things to look forward to. We have new cycling kits because you can never be too stylish. We have more events and weekly rides than ever before. We even have a great new Social page within Facebook so you can share your favourite rides, cycling news and tips.

The [new cycling kits](#) are totally redesigned Louis Garneau cycling jersey's.

We have so many events going on that you can participate in a club activity every week. Get into cycling even more with The HCC now!

UPCOMING EVENTS!

THERE ARE SO MANY EXCITING EVENTS TO LOOK FORWARD TO THIS YEAR.

[Good Friday](#) Road Race is almost here. Lap race is great for Spectators to enjoy. Friday April 10th. Minimum \$3000 prize purse.

[Time trials on white swan](#) road are great fun races for people of all ages to enjoy- Tuesday May 5th at 7:00 pm & Friday August 28th.

[The Sydenham Triple Hill Climb](#) is a challenging race uphill X3! Thursday May 14th at 7:00 am & Thursday August 20th

[The Ayr Road Race](#) is a fun 48 km race. Saturday June 6th at 9:00 am

