



CCB 2019 Rides and Activities

Beaconsfield Cycling Club (CCB)

<https://www.clubcycliste.com/>

<https://www.facebook.com/clubcyclistebeaconsfield/>

- Please check the CCB Website & Facebook Page for updates, as of Feb 1, 2019



2019 HIGHLIGHTS

Safety

Safety has always been a priority at CCB. In 2019, Group Leaders (GL) will be invited to an updated GL clinic, followed by a two-hour First Aid training session (with a free First Aid Kit).

Clinics

While you can expect the return of the very popular Repair Clinic in 2019, improving member's cycling abilities will be paramount with new dedicated clinics (Cycling Training in 2019, Efficient Cycling Technique and Climbing Clinics).

Rides For All Members

The Century (100 Miles) Ride will be better supported in 2019. New interesting and challenging rides (Quebec, Ontario and USA) are also planned for this year. Rides will be proposed with two or three distances to meet various abilities and distance cravings.

CCB is renewing itself in 2019 to engage returning members and new members to an exceptional cycling season, filled with new discoveries, friendships and best safe riding practices

Technology

Members will have access to Wild Apricot (CCB IT platform) iPhone and Android Apps in 2019, making it more convenient for ride/activity registrations. As well as being able to view who else is registered, members will see the participants' average speeds, allowing for easier formation of groups.

Social

CCB is proposing a few new initiatives in 2019, such as introductions to Velodrome cycling and gravel riding, as well as a flea market to allow members to trade their old gear. After some rides, members will be able to enjoy a free beer if they are wearing their CCB jersey.

Long Weekend

Looking to make things different and more successful in 2019, the CCB will not be proposing its own long weekend ride. Instead, the CCB will encourage members to participate in rides organized by well-established organizations. We can proudly wear our CCB jerseys.

CLINICS TO IMPROVE MEMBERS' SKILLSETS AND SAFETY

New Members Clinic

New members must attend one of the two compulsory clinics (held indoors and followed by a short ride, weather permitting). They will take place **Saturday April 6 and 13**. New members will learn peloton riding best practices so they can fully enjoy their riding experience. New members in the 20-23 and 24-26 km/hr average speed groups will be supported by a Group Leader on every Sunday ride until the end of May.

Group Leader (GL) Training Clinic

An updated GL training clinic will take place on **April 13**. Group Leaders will learn best practices and will participate in a two-hour First Aid course, led by a Paramedic from CPR Montreal. Attendees will receive a free First Aid kit. The First Aid course is limited to **22 members**.

Repair Clinic

You don't know your bike as well as you should? No worries. CCB has scheduled a mechanic-run repair clinic for you on **April 29**. Changing a flat will not be an issue anymore... and you could become a winner of a competition to take place after a ride, to determine who is the fastest at changing an innertube!



Cycling Training Today

This indoor clinic will review some of the main points of the current state of the art cycling coaching, thinking and practices. It will prepare members for the outdoor Efficient Cycling clinic to follow. The clinic will take place on **April 20**.

Efficient Cycling

This outdoor clinic will include a discussion on bike positioning, aerodynamics, individual technique (such as pacing, cadence, power delivery through pedal stroke), group riding placement, pulling at the front, situational awareness and practice. The clinic will take place on **May 11**.

Climbing

This outdoor clinic will take place **June 8** and will include: pacing, cadence and pedal stroke, rhythm, seated and standing techniques and recommendations... with a lot of practice.

BIKE & FUN

Nothing beats relaxing around a table with a coffee or beer after an intense bike ride with friends and cycling colleagues.

Gravel Bike Initiation

On **May 4**, the CCB will offer a Gravel Bike initiation at Bromont.

“Bike & Beer” Ride

CCB will offer 4 Bike & Beer rides in 2019. These rides are: Vankleek Hill on **June 16**, Bromont on **July 21**, Dunham on **August 18** and Magog on **October 5**, weather permitting.

Following the ride, **one beer will be free for riders wearing their CCB jersey** (from any year).

“Bike & Snack” Ride

On **June 23**, there will be snacks in the parking lot after the “Oka 2 Ferries” ride.

Velodrome, Gravel or Road Ride in Bromont

Something new for CCB on **July 21**. A Velodrome or gravel ride initiation will be offered to

interested members, in addition to a scenic road ride in the Bromont area.

Velodrome: Members will be invited to participate in an introduction to outdoor track cycling (one fixed gear bike) at the Bromont Velodrome. Included in the TBD cost will be the Velodrome access, coaching, a FELT bike rental and a helmet

Gravel ride: You may prefer the Gravel ride. You do not need a special bike for the gravel ride, but 28-32 mm tires are recommended.

Road ride (90k): You know the drill.

This will be followed by a lunch and beer at a local micro-brewery. The plan is to finish our ride of choice around the same time allowing us to socialize and discuss our experiences.

One beer will be free for riders wearing their CCB jersey (from any year).



“Bike & Dinner” Ride

On **September 15**, we will have a nice ride around the Granby area. Come to the Opening Meeting to hear the latest food/drink details and information on **subsidies for members wearing their CCB jersey** (from any year).

Flea Market (Members Only)

Not sure what to do with your old cycling gear? CCB will give you the chance to clean out your garage with a flea market that will take place after a ride on... **Date TBD**.

CCB Clothing

CCB clothing can be purchased via Garneau’s site

https://garneau.com/ca_en/

Deadline for any order is April 12.

Please take note that some club social benefits will require the wearing of a CCB jersey (from any year).



LONG WEEKENDS, A DIFFERENT APPROACH

In 2019, CCB will propose a different cycling experience than the previous years' CCB-organized long weekends. The new proposed rides are run by established organizations that will provide a good mix of challenges and social experiences at a reasonable cost.

Note:

- each member will be responsible to register directly with the event organizer.
- some events will offer a group discount.
- once the number of participants is confirmed, registered members will be able to discuss meeting points, travelling and other points to ensure the best cycling/social experience.

Rideau Lakes Cycle Tour



When: June 8-9, 2019 (registration opens January 31)

Where: Ottawa

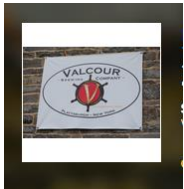
Cost: before March 31st, \$195 (Includes accommodation, Sat dinner and Sun breakfast)

What's so special: 200 to 420 km. Well structured. Large participation.

Want to know more: <http://www.ottawabicycleclub.ca/rlct/>

Will you be there? Tell us and see who else will be there

6th Annual VBC Century Ride



When: Saturday, July 13, 2019

Where: Plattsburgh

Cost: TBD

What's so special: 25 to 100-mile rides... free stuff and good road pavement quality

Want to know more: <https://www.active.com/plattsburgh-ny/cycling/5th-annual-vbc-century-ride-2018>

Will you be there? Tell us and see who else will be there

Grand Tour Desjardins



When: August 3 to 9, 2019

Where: Saguenay - Lac St-Jean, Qc

Cost: from \$865 before Feb 18, from \$910 before Jun 17 (Food and social activities are included. Up to 10% discount per groups of 10)

What's so special: established organization; excellent food (meat & vegetarian); fun evening social events. There are different ride distances and challenges for everyone (25 to 151 km). The routes are well indicated and patrolled. Mechanics, First aid stations and many food stops on the tour.

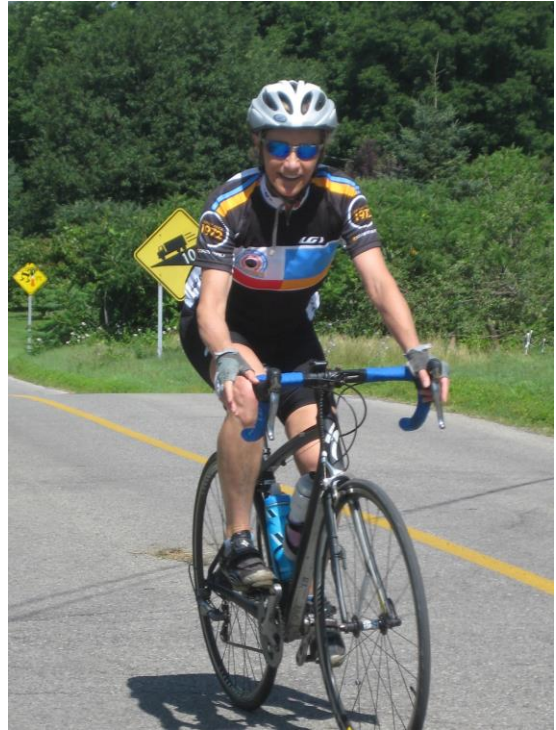
Want to know more: <http://www.veloquebecvoyages.com/e/destination-bike-adventure-the-grand-tour>

Will you be there? Tell us and see who else will be there

A LOT OF RIDES

New for 2019:

- Wednesday daytime rides are now scheduled weekly, starting **May 22**.
- The Sunday ride will be moved to Saturday if weather requires it and if no other formal ride is planned for that day. The announcement will be made the previous Thursday evening.
- The departure time for the Tuesday and Thursday evening rides will vary according to the sunset.
- There will be a choice of. distances for all rides.
- As for the Century ride, we want to ensure that many members will participate, so a SAG wagon service will be provided, should the distance become overwhelming.



-Informal Saturday rides will be scheduled when no other ride is scheduled for that day.

- Members will be able to register for rides via the CCB Wild Apricot App on their iPhone or Android smartphones.

2019 PLANNED SCHEDULE

Subject to change. See CCB website for latest information/changes

Opening meeting
March 26, 7:00 PM DDO Community Center, Door 5, 12001 boul de Salaberry, DDO

CCB Schedule Calendar

April			
Date	Ride	Parking	Distances
Sunday rides			
14-Apr	Ile Bizard	Colisée	37-43
21-Apr	Ile Perrot	Colisée	39-44
28-Apr	Les Cedres	Colisée	45-59
Tuesday-Thursday evening			
Starts on April 9, John Abbott, 5:30 PM			
Saturdays			
Every Saturday at 10:00 at Colisée (not on calendar when another CCB ride takes place the same Saturday), starting April 20			
Special activities			
06-Apr	CLINICS: New Members (1)		
13-Apr	CLINICS: New Members (1)		
13-Apr	CLINICS: Group Leaders (1 Hr); 1st Aid Course (2 Hrs) (2)		
20-Apr	CLINICS: Cycling Training today (Indoor)		
29-Apr	CLINICS: Bike Repair		
	1) Compulsary Clinic: New members to choose one		
	2) Maximum 22 members. A 3 hours clinic.		
Other			
12-Apr	Last call for CCB clothing		

CCB Schedule Calendar

May			
Date	Ride	Parking	Distances
Sunday rides			
05-May	Chutes a Blondeau	Rigaud	47-77-99
12-May	Hudson	Colisée	69-74-92
19-May	St. Benoit	Colisée	75-86-105
26-May	Ormstown	Chateauguay	79-97
Wednesday rides			
22-May	Glen Robertson	Coteau du Lac	62-88
29-May	Rigaud:Cht-a-Blondeau	Rigaud	75-99
Tuesday-Thursday evening			
John Abbott, May 1-23 6:00 PM , May 28 6:30 PM			
Saturdays			
Every Saturday at 10:00 at Colisée (not on calendar when another CCB ride takes place the same Saturday)			
18-May	St-Chrysostome	Chateauguay	79-98
Special activities			
04-May	SOCIAL Bromont (1)		71-90(Gravel)-113
11-May	CLINICS: Efficient Cycling (Outdoor)		
20-May	Ste-Anne de Prescott (Holiday ride)	St-Lazare	48-81-101
	1) Wear your jersey (any year) for a free beer		

CCB Schedule Calendar

June				
Date	Ride	Parking	Distances	
Sunday rides				
02-Jun	Williamstown	Williamstown, ON	56-76-107	
09-Jun	St-Polycarpe	Colisée	80-114	
16-Jun	Vankleek Hill (SOCIAL) (1)	Vankleek Hill	68-79-111-131	
23-Jun	Oka 2 Ferries (SOCIAL) (1)	Colisée	102	
30-Jun	Mirabel	Colisée	87-90	
Wednesday rides				
05-Jun	Rigaud:Cht-a-Blondeau	Rigaud	75-99	
12-Jun	Vankleek Hill	Rigaud	69-99	
19-Jun	Coteau-du-Lac	Coteau du Lac	76-98	
26-Jun	Coteau-du-Lac	Coteau du Lac	72	
Tuesday-Thursday evening				
John Abbott, 6:30 PM				
Saturdays				
Every Saturday at 9:00 at Colisée (not on calendar when another CCB ride takes place the same Saturday)				
15-Jun	Hog Ride	Champlain	85-99	
Special activities				
01-Jun	Alburgh (Islands)	Alburg,VT	91-101-106	
08-Jun	CLINICS: Climbing			
08-Jun	Rideau Lake week-end			
24-Jun	Long Sault (Holiday ride)	Williamstown, ON	67-106-134	
29-Jun	Joliette	Joliette	77-114	
1) Wear your jersey (any year) for a free beer at the PUB				

CCB Schedule Calendar

July				
Date	Ride	Parking	Distances	
Sunday rides				
07-Jul	Dundee	St-Louis de Gonzague	91-111	
14-Jul	La Presentation	La Presentation	53-71-124	
21-Jul	SOCIAL See special activity below	Bromont	74-90-113	
28-Jul	Laggan	Rigaud	62-87-107	
Wednesday rides				
03-Jul	Grenville	Rigaud	88	
10-Jul	North Lancaster/Williamstown	Coteau du Lac	76-98	
17-Jul	Vankleek Hill	Rigaud	69-99	
24-Jul	Coteau-du-Lac/Dalhousie	Coteau du Lac	70	
31-Jul	Coteau du Lac/Ste-Marthe	Coteau du Lac	79	
Tuesday-Thursday evening				
John Abbott, until Jul 25 6:30 PM, Jul 30 6:00 PM				
Saturdays				
Every Saturday at 9:00 at Colisée (not on calendar when another CCB ride takes place the same Saturday)				
06-Jul	Lyon Mountain	Hemmingford	107-149	
27-Jul	Drummondville	Drummondville	117-133	
Special activities				
July 1st	St-Donat (Holiday ride)	St-Donat	82-99-116	
13-Jul	VBC Century	Plattsburgh	40-80-121-161	
21-Jul	Bromont Gravel (SOCIAL) (1)	Bromont	74-90-113	
1) Gravel Initiation, food and beer, bring your jersey (any year)				

CCB Schedule Calendar

August				
Date	Ride	Parking	Distances	
Sunday rides				
04-Aug	St-Augustin	Colisée	69-75-99	
11-Aug	Caledonia Spring	Rigaud	78-107-123	
18-Aug	Dunham (SOCIAL) (1)	Dunham	73-91-115	
25-Aug	Glen Robertson	Coteau du Lac	62-73-88	
Wednesday rides				
07-Aug	Coteau-du-Lac/Glen Robertson	Coteau du Lac	83	
14-Aug	Coteau-du-Lac/St-Rédempteur	Coteau du Lac	71	
21-Aug	North Lancaster/Williamstown	Coteau du Lac	76-98	
28-Aug	Coteau du Lac/Glen Robertson	Coteau du Lac	87	
Tuesday-Thursday evening				
John Abbott, until Aug 15 6:00 PM, Aug 20 5:30PM				
Saturdays				
Every Saturday at 9:00 at Colisée (not on calendar when another CCB ride takes place the same Saturday),				
10-Aug	Windmill Ride	Ellenburg, NY	68-79-102	
24-Aug	2 Prisons ride	Ellenburg, NY	67-79-110	
Special activities				
03-Aug	Grand Tour	Saguenay	3 and 7 days tour	

CCB Schedule Calendar

September				
Date	Ride	Parking	Distances	
Sunday rides				
01-Sep	St-Columban	Colisée	67-90-119	
08-Sep	Ottawa River Tour	Rigaud	73-98-112-126	
15-Sep	SOCIAL See special event below	Granby		
22-Sep	SOCIAL See special event below	St-Lazare		
Wednesday rides				
04-Sep	Coteau du Lac/St-Rédempteur	Coteau du Lac	71	
Tuesday-Thursday evening				
John Abbott, 5:30 PM				
Saturdays				
Every Saturday at 10:00 at Colisée (not on calendar when another CCB ride takes place the same Saturday)				
07-Sep	Champlain Island	Alburgh, VT	91-101	
21-Sep	Beekmantown	Champlain, NY	81-100	
Special activities				
02-Sep	Vankleek Hill-Maxville (Holiday ride)	Vankleek Hill	62-85-116	
15-Sep	Granby Dinner (SOCIAL) (1)	Granby	76-100	
22-Sep	CCB Century (2)	St-Lazare	100-161-198	
1) Stay tuned for info on venue, food, drinks, subsidies if you wear your jersey				
2) Sag wagon will escort us, food and drinks on the road				

JOIN US

Would you like to join us? We are looking forward to seeing you!

For more information, contact us at either:

- info@clubcycliste.com
- <https://www.facebook.com/clubcyclistebeaconsfield/>

Register as a member directly on our website www.clubcycliste.com



You want to know more?

Is the CCB for me: <https://www.clubcycliste.com/join-us/~english>

Our Club: <https://www.clubcycliste.com/Our-Club/~english>

Club Statement: <https://www.clubcycliste.com/ClubStatement/~english>

Code of conduct: <https://www.clubcycliste.com/CodeofConduct/~english>

FAQ: <https://www.clubcycliste.com/FAQ/~english>