



Cape Cod Cycling Club

"All Kinds of Cycling for All Kinds of People"

March 2024 Newsletter

Hi Folks,

Trying BikeReg's email creator for the first time, so bear with any growing pains or mistakes. :)

As I'm writing, I'm looking out my home-office window at sunny, albeit windy skies for what seems like the first time in weeks. I was lucky enough to spend most of the month of February in Florida, and was really getting used to almost daily riding and long stretches of sunny days. Hopefully those are coming to New England at some point soon?

We had our first club meeting of the year last Thursday, March 7th at the Portside Tavern in Hyannis. I won't re-hash all the talking points again here, but will attach Aliicia's fine meeting report and let you read it on your own.

I will make a point to stress the importance of having member participation and volunteering. Particularly, we're looking for folks to step up – even once a season – to help lead or sweep rides. As we approach 100 members, if even half of you agreed to help out once a year, we'd be pretty well covered and avoid burnout among ride leaders and the board. The board of directors is small and we can't be at all the rides, every week, all season long; it's not sustainable both physically and mentally. The Monday beginner/recovery ride from Craigville should be fairly well covered by myself, Aliicia and Phil most weeks. We would love volunteers to help out with the Thursday night ride from Kalmus and be flexible about which speed group you might be asked to take out. Additionally, we'd also love some volunteers for the Sunday Mashpee ride. If we can find some "champions" for that ride, we may be able to bring it back to more of a weekly event instead of its current ad-hoc schedule. If you feel like you can volunteer, please reach out to the club's email (or mine) and let us know what dates might work for you: capecodcyclingclub@gmail.com.

It's been expressed to me privately and at meetings that more people would volunteer if they felt like they knew the route or knew some of the rules and standards that C4 likes to follow at a group ride. Most of our ride routes can be downloaded now and put on a head unit to help out. We'll try to put together a quick document that we can share, but I would encourage you to come to rides and ask questions, either in the parking lot before or after or during the ride at breaks as topics come up. All questions can be asked in a neutral way that doesn't make anyone feel singled out. Chances are that if you have a question, someone else does as well.

Just a few quick highlights and/or additions from the meeting notes:

Meeting Bylaw Vote: The return to monthly meetings was passed overwhelmingly by membership both online and in-person. **As such, the next meeting is scheduled for Thursday, April 4th at 6PM at the Portside Tavern in Hyannis.**

Scholarship: Deadline for scholarship applications is April 1st. (If you spoke to me at the meeting about volunteering to review applications, could you please send me a confirmation email of your intent: dthempel@gmail.com.)

Sponsors: Deadline for payment by sponsors is April 1st. We can be a little flexible here, but if you're a current member *and* a sponsor, please submit payment soon(ish).

Kit/Race Credits: Apparently, April 1st is a big day around here! :) It's also the deadline for getting your volunteer and race events in to the race team for 2024 kit credits. Get on it!

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Pedalpalooza: As part of the Second Summer Cycle build-up, an indoor cycling event is planned for April 6th from 9am until noon at the Hyannis Youth and Community Center. C4 is considering sponsoring this event at the "bronze" level which gives us a vendor table. I thought it might be fun to combine that with a small team (we'd need 6) to ride the indoor bikes for 25 minutes each. There is an entry fee, but proceeds go towards the local Youth Athletic Foundation charity. If you're interested in riding and/or volunteering at the C4 table (you'll be there anyway?), please reach out to me or the general club email address. You can find more information at this BikeReg link, but please send your interest to me or the club first BEFORE doing any registration: <https://www.bikereg.com/pedalpalooza> .

As always, if you have questions, concerns or comments that you'd like to bring to the club's attention, please contact the club email or mine directly. Both are included in this newsletter.

Think Spring!

Doug

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2024 C4 Board of Directors

Doug Hempel - President
Kim Pzegeo - Treasurer
Alicia Furrer - Secretary
Richard Poire - Director
Michele Kjoller - Director
Phil Kirby - Director
Jamie Cook - Director

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Our mailing address is:

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Hyannis, MA 02601

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Attachments:

<https://www.bikereg.com/BR/a/18805/2024-03-C4-Club-Meeting-Notes.pdf>

<https://www.bikereg.com/BR/a/18805/2024-C4-Board-Responsibility.pdf>

<https://www.bikereg.com/BR/a/18805/Cycling-Medicine-Program.pdf>

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