



Cape Cod Cycling Club

"All Kinds of Cycling for All Kinds of People"

May 2024 Newsletter

Hi Folks,

Our May meeting was held on the 16th at the Portside Tavern in Hyannis. I'll include the full meeting notes as an attachment here (along with a few others) and highlight some items below.

Scholarship: We were pleased to be able to host one of our scholarship recipients at the meeting and distribute a check for \$500 to each of our recipients. In the photo below are Michele Kjoller and Phil Kirby from the board and also members of the scholarship review committee with one of the recipients, Brynn Dille from Sturgis High School. I'd also like to thank Andrew Maker for being our at-large member of the review committee. Congrats also to Adrianna Kelsch from Sandwich High School who was unable to attend due to a work commitment.



Guest Event: We've invited Richard Fries (of Best Buddies fame) down for a ride and a bit of a clinic on best practices. Date and time are yet to be determined, but it may coincide with an existing ride, maybe on a Thursday night. Richard will go over some of his ideas on group riding and then we'll head out. I would LOVE to have people who regularly volunteer as ride leaders attend this event. All are going to be welcome, but this is especially suited to ride leaders or those aspiring to help the club out now and in the future. More details when we have them. This may end up being another BikeReg event that we ask you to register for. We may collect a small fee as a token of thanks to donate to Best Buddies or ask for a donation from club funds.

Club Rides: Monday and Thursday rides are in full swing and gaining in attendance as the weather improves (finally?). If you find yourself helping out on group rides, I would ask that you give at least a quick safety brief in the parking lot before each ride (hand signals, ABCQuick bike checks, and general rules of the road). I've been trying to adopt a practice learned from Best

Buddies (sense of theme, here?) of giving hand signals "up high" instead of a casual flick down at your side. (Do what the guy on the LEFT is doing in the picture below.) Try it out and let me know your thoughts. I'd also ask that you remind folks that they should either be members or have signed a waiver to ride. Attached below is a PDF of QR codes that you can have on your phone and offer up to people. We've never stopped people from riding without the waiver, but it IS in our insurance requirements, so please at least ask in the parking lot or ride start location.



C4 Merch: We have quite a bit of C4 physical merchandise for sale. We're trying to keep [the store on the website](#) up to date, but know that we have five 10th Anniversary Baseball Hats, eighteen 10th Anniversary Visors, five C4 Baseball Hats, and a whopping twenty-nine C4 Beanie caps (we ran out, re-ordered and now have a bunch). Get your holiday gifts early!?

Please read through the meetings notes attached here for additional details on the items above and other things that I didn't specifically highlight. Reminder that our Facebook group is probably the place to go for any updates on rides due to weather.

As always, if you have items for the board, please email capecodcyclingclub@gmail.com.

Safe Riding and See You Out There!

Doug

Upcoming Rides and Events

- June 1st – Best Buddies – <https://www.bestbuddieschallenge.org/>
- June 2nd – Tour de Barnstable – <https://racecancer.org/tdb>
- June 9th – Jack Harrison / C4 Memorial Ride – <https://www.bikereg.com/jack-harrison--c4-memorial-ride>
- June 29th – Lagers for Lungs – <http://www.AutumnEscape.org>
- August 18th – Falmouth Road Race – **VOLUNTEERS NEEDED**
- August 18th - Cycle Against Suicide – <https://www.bikereg.com/cycle-against-suicide-pilgrim-tour>
- September 15th – Second Summer Cycle – <https://www.bikereg.com/63117>
- September 15th – Habitat for Humanity Ride for Homes – <http://habitatcapecod.org/ride-for-homes>
- September 27-29 – Lung Association Ride – https://action.lung.org/site/TR?fr_id=25689&pg=entry

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

Our mailing address is:

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 Hyannis, MA 02601

**Habitat Cape Cod's
Ride for Homes**
Walk • Run • Ride

Sunday, September 15th
Aptucxet Trading Post, Bourne

Scenic Routes
Ride: 12, 20, or 40 miles
Walk/Run: Along the Canal

*Choose your pace & distance,
then join us for a fun-filled BBQ!*




