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2024 Registration opened on Thursday, 1-Feb-24; the first 300 to <u>register</u> by **Thursday**, **15-Feb-24**, will receive a free Castelli club jersey. Don't delay as there are only **SIXTY** free Castelli club jerseys left!

2024 Survey: A reminder to complete the <u>survey</u> if you have not already done so!

The **2024 Castelli Store** will be opening soon; Castelli is a European fit so best to measure yourself against the <u>sizing chart</u> and order accordingly.



Preliminary design of the 2024 Castelli club jersey.

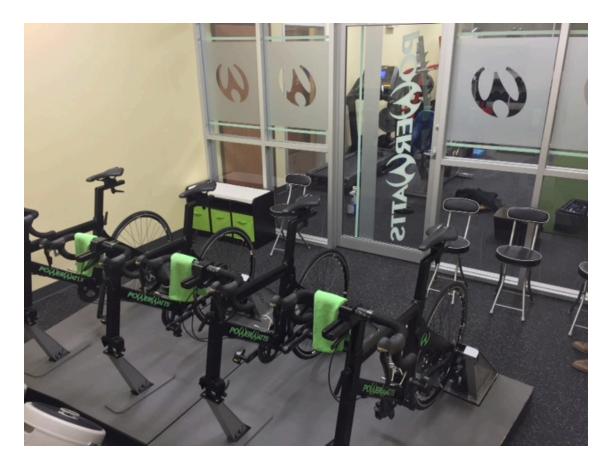
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Past Issues

sessions.

Day	Date	Time	Торіс	Location
WED	21-FEB-24	7:00 pm	Mallorca/Mallorca 312 Grand Fondo/Potent Mar Hotel	Virtual
WED	6-MAR-24	7:00 pm	Bike Mechanics 101 for WOMEN ONLY Tire changing, tire pressure & lubing (Max 12 Participants)	Kamikaze
WED	13-MAR-24	5:30pm	Strength/Cycling Training for Peri/Menopausal Women	Virtual
TUE	19-MAR-24	7:00 pm	RL Seminar on using the Cycle Club app	Virtual
TUE	25-MAR-24	7:00 pm	Using RWGPS & Loading your Garmin	Virtual
SUN	12-MAY-24	9:00 am	Ride Basics for WOMEN ONLY Gearing, Group Riding & Signaling	Agnora
SUN	2-JUN-24	8:30 am	Group Riding Skills	Agnora
SUN	9-JUN-24	8:30 am	Cornering & Bike Handling Skills	Agnora
SUN	16-JUN-24	8:30 am	Climbing & Descending	Agnora
SUN	23-JUN-24	8:30 am	Bump & Grind	Fisher Fields

Free class offered by PowerWatts: The <u>PowerWatts</u> system is superior to other platforms in terms of improving your cycling skills and efficiency. Find out more by booking your free class and if you want to bring some friends, a custom session can be arranged. Classes run daily 7 days a week. For more information, contact Noelle Wansbrough on <u>nwansbrough@rogers.com</u> or text 705-441-2617.





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