Membership Benefits:

- Ontario Cycling (OC) medical insurance for sanctioned events within Canada i.e. Club rides.
- Approximately 22 weekly road and gravel rides, open to all members.
- Ride Leaders (RLs) for A, B & C groups.
- Member training clinics.
- Access to review and download all routes via the CCC library on Ride with GPS.
- Access to the Cycle Club app for visibility of A, B & C rides (participants & RLs), social events, announcements, etc.

Thornbury Gravel Rides:
CCC is pleased to offer Thornbury Gravel Rides every Tuesday out of the Beaver Valley Community Centre; currently these rides start at 10 am, moving to 9 am beginning of May but note these are B level rides of 40 – 65 km.

Training Clinics:
For the third year running, CCC is offering training clinics beginning Sunday, 26-May-24 at 9 am; this is a five-week program open to new and old members alike. This season, we will focus on two programs during week #1 and weeks #2 - #5:

- Week #1 is a refresher of riding basics covering riding in a group, pacelines, gear usage, stopping and starting, how to stow/transport your bike and much more.
- Weeks #2 - #5 covers advanced rider training led by Andrew Stewart. As a semi-retired racer, Andrew has a long history of rider training intended to develop on-bike skills, track stands, bunny hops, riding in a straight line, looking back, advanced cornering, etc. Andrew plans to work on new skills each week which will be a fun way to wrap up your riding for the week.

only; the old Strava Club was deleted on 30-Apr-24.

Gary Poyntz | Ride Leader Coordinator