

CCCTS Fraser Valley Chapter

November 2018 | Volume 1, Number 4

Christmas Lunch



~SAVE THE DATE~

Wednesday December 12

AGM at 11:00 am

Lunch at 12:00 noon

Location: Ricky's ABC Family Restaurant,
2160 King George Hwy, South Surrey

The annual luncheon is a time to enjoy great camaraderie, lots of laughs and reminisce with a few pics of our adventures and misadventures over the year.

Highlights



- Christmas Lunch
- Annual General Meeting
- Winter Riding
- Leaderless Rides
- Tire Maintenance
- Contact Information

1st Annual General Meeting

Wednesday December 12

11:00 – 12:00 pm

Location: Ricky's ABC Family Restaurant, 2160 King George Hwy

DOOR PRIZES

Open to all CCCTS members.

Voting members are only those who have selected Fraser Valley as their home Chapter

Purpose of meeting

- to seek membership approval to formally establish the Chapter and, if so,
- to seek membership approval of the proposed Chapter Constitution, and
- to choose an Executive Committee.

AGM Agenda, Proposed Constitution and related information will be emailed to CCCTS Fraser Valley members in late November

Getting Ready for Winter Riding (from MEC)

Dressing for winter bike riding takes care – layer too much, and you'll overheat, wear too little and you'll swear you'll never be warm again. But with the right gear and some willingness to experiment, the winter road is yours.

- **Layers are essential** - a close-fitting, breathable base layer under your jersey or shirt keeps your core warm without overheating.
- **A waterproof-breathable shell** and **seam-sealed, waterproof pants** are great for our wet climate. Look for pants with reflective details that are cut slim through the lower leg and ankle. **Thermal and water-resistant cycling tights** also work well in the cold.
- **Headbands** provide good warmth and ear protection while allowing plenty of airflow. In colder conditions, a slim beanie worn under your helmet provides warmth without too much bulk.
- **Neck warmers** are a popular option. Combined with a beanie or headband, a breathable neck warmer can be pulled up to cover your chin when needed.
- In colder temperatures, choose **weather-resistant gloves** with moderate to heavy insulation. Cycling gloves often have durable leather or padded palms, and a fleecy snuffle patch on the thumb is a nice addition. Extreme temperatures call for split-finger or lobster mitts - they combine the warmth of mitts with glove-like dexterity for shifting and braking.
- In wet climates **shoe covers or booties** will keep your shoes dry and add warmth. For extreme temperatures, opt for **insulated booties** with a water-resistant shell.

Leaderless Wednesday Rides

Many Ride Leaders are seeking the sun during the winter season, and winter rides are frequently cancelled due to weather or road conditions. So, there will be 'leaderless' rides planned from December 5 until the end of January 2019.

- As usual, a weekly email will go to members along with a designated route
- People who want to ride that day would come to the departure point (even if the weather isn't good, some people may still choose to ride)
- Someone would volunteer to be the ride leader (with fewer riders in the winter, leading becomes an easier task).



Fraser Valley

Chapter Information

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Ride Coordinator

Neil Moroney
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Newsletter

Leslie Beleski, lbeleski@shaw.ca

Steering Committee

Clark Woodland, Neil McNeill,
Chris Hodgson, Janet Whitehead
Jenni Lynnea, Leslie Beleski

Tire Maintenance and Replacement

Having a flat tire or, worse yet, a blow out on a bike ride is, at a minimum, an inconvenience but, more importantly, it creates a significant risk of a crash or a collision with a fellow cyclist. Thus, it is a good idea to carefully check your tires after each ride or before the next one for cuts or damage in the tread or sidewall and/or sharp objects (e.g., small piece of glass or metal) that may have got imbedded in the tire but haven't yet punctured the tube. Or, if you ride over glass fragments on the road, it is a good idea to stop and inspect your tires.

It's very important to replace your tires when there are visible signs of damage or the tires are reaching the end of their life. It's unwise to ride on tires that have exceeded their safe riding life just to defer spending a little money. There are a number of YouTube videos on how to determine when tires should be changed. Rear tires tend to wear out more quickly (and get more punctures and road damage) than front tires because they are more weight-bearing. When a rear tire is ready to be replaced, some riders will move their front tire to the rear wheel and put a new tire on the front.

It's a good idea to keep a log of the distances you ride so you know how far your tires have gone. Depending on tire type and quality and riding conditions, tires can last up to 6,000 km.