

CCCTS

Fraser Valley Chapter Bulletin

August 2019 News Bulletin



You're invited to the CCCTS Fraser Valley Chapter

Summer Pot Luck BBQ

Friday August 23rd @ 3:00 pm ... until whenever!

Location: 13451 27 Ave, South Surrey

Directions >> [Hodgson House](#) (lots of room for parking in the driveway and cul-de-sac)

Your hosts: Chris and Margaret Hodgson

Phone: 604 541 2382

What to Bring: Whatever food you like, serving spoons, beverages and **garden chairs**. The hosts will provide BBQ chicken for all, paper plates, glasses and utensils. The BBQ's will be in full operation so meat or fish would be appropriate additions.

Volunteer Duties: We'll need help before and after the BBQ. Let us know if you can help☺

RSVP to CCCTSFraserValley@gmail.com

2019 CENTURY RIDE

Sunday, August 25th, 2019 7:00am START



Departing from: The parking lot of the W. C. Blair Rec. Centre, 22200 Fraser Highway in Murrayville.

Directions >> [Blair Pool](#)

The old parking lot is now a construction site but there's lots of free parking in an adjoining lot.

The **Century Ride** has three loops totalling 100 miles (162.5 kms)

Loop 1 (53.5 kms) departing 7am, (Fort Langley and to the end of River Road and back)

Loop 2 (72 kms) departing 10am, (Zero Avenue and back north to Fort Langley - and a stop for lunch at a favorite deli)

Loop 3 (37 kms), departing around 2:30-3:00pm, (on the flats to Aldergrove and back)

- You can choose one, two or all three loops - whatever you prefer! There will be a short break between loops.
- Remember to carry lots of water & snacks.
- Route maps will be posted on the FV CCCTS website
- It's exhausting but fun, and bestows guaranteed bragging rights on all finishers.

Please note: This is a challenging ride and average speeds will exceed the 22 kph of our weekly rides with the first loop being at 25+ kph, then settling back a bit. Those planning to do all three loops should train with several 100+ km rides over the next few weeks.

ALL CCCTS Members are invited! Hope to see you there!

For more information contact Chris Hodgson (604) 541-2382 chodgson@telus.net