

# CCCTS

## Fraser Valley Chapter Newsletter

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October 2021 | Newsletter

### Fraser Valley Chapter AGM (ZOOM)

**Monday November 22<sup>nd</sup>, 2021.**

**10:00 am** – FV Chapter Business | **10:30 am** – Slide Show Presentation

**FV Steering Committee and Executive for 2021-22** - Want to be more involved with the Fraser Valley Chapter? Contact Neil McNeill ([neilmcneill47@gmail.com](mailto:neilmcneill47@gmail.com)) or Clark Woodland ([clark@woodland.bc.ca](mailto:clark@woodland.bc.ca)) to talk about upcoming opportunities.

### Change in Weekly Email Ride Notification

**Weekly Ride Emails to be Discontinued Beginning February 2022**

When the 2022 riding season begins in February, get your up-to-date weekly ride information from one source - the **CCCTS website**. The weekly ride emails will be discontinued.

The CCCTS website has a calendar for each chapter. The Fraser Valley Chapter calendar has all the information cyclists need for weekly rides. Click on the calendar date and, the name of the leader, starting point and time, distance and a short description appear. If a ride is cancelled, the information is posted no later than 7:30am the day of the ride.

#### How to Access Ride Information on the Fraser Valley Ride Calendar

1. Log In to the CCCTS Website using your User Name/Email Address and Password -  
**CCCTS Website link:** <https://cccts.org>
2. Go to **Local Chapters > Fraser Valley > Calendar**
3. Click on the **Ride Name** (in **Green**) on the date of the ride you are seeking ride details.

If you have any questions or would like assistance to access the FV ride calendar, please contact Clark Woodland ([clark@woodland.bc.ca](mailto:clark@woodland.bc.ca)) or Leslie Beleski ([lbeleski@shaw.ca](mailto:lbeleski@shaw.ca)).



### Fall Ride Program



**FALL RIDES:** Scheduled Fraser Valley Chapter Wednesday Rides will be cancelled in December and January as winter conditions make cycling less enjoyable and there is reduced member turnout. Members are encouraged to continue riding on their own or with friends.

## FALL SOCIAL RIDE – October 20, 2022.

**SAVE THE DATE for a fall social ride.** Two starting points and times gives riders a choice in distance and elevation along with an opportunity to socialize at the Delta Golf Course (11550 Ladner Trunk Road), which is located about 4km from Mud Bay Park.

**9:30am:** Bakerview Park - 78km

**10:00 am:** Mud Bay Park - 55km

Delta Golf Course licensed bar and patio is a closed-in deck area and indoor dining restrictions apply – bring your Vaccination QR code and photo ID with you. They offer a full menu so, enjoy a beer or a hot chocolate and perhaps a well-deserved snack while enjoying the company of other riders!

*Please leave your personal snacks in your bike bag while at the golf course.*

### NEW YEAR'S DAY RIDE

Weather permitting, the annual New Year's Day will be held on Saturday January 1<sup>st</sup>, 2022. Ride details will be posted on the FV Ride Calendar in mid-December.



## CCCTS and "Vaccinations"

At the September CCCTS Board Meeting, the following requirement was passed:

*"Beginning October 1 2021, participants in all CCCTS club activities must be fully vaccinated for COVID 19."*

**NOTE:** When members renew their yearly CCCTS Membership you will be asked to declare that you have been vaccinated.

The Vaccination requirement extends to all CCCTS activities including Weekly Rides, Hub & Spoke and Tours.

## Ride with GPS Tips

### PRINTING Ride with GPS CUE SHEET – FOR VISUAL CUES

1. Log In to **CCCTS Website** (<https://cccts.org>)
2. Go to **Ride with GPS Library** (Under TOURS or HUB & SPOKE)
3. Filter for **Fraser Valley Rides**; Click on the **name of the ride**
4. Once you are viewing the ride, Click '**More**' and **Print** the 'enhanced' cue sheet.

### Ride with GPS ON YOUR PHONE – FOR AUDIO CUES

1. Download the **Ride with GPS app** to your phone
2. Log In to **CCCTS Website**
3. Go to **Ride with GPS Library** (Under TOURS or HUB & SPOKE)
4. Filter for **Fraser Valley Rides**; Click on the **Name of the Ride**
5. Click on the orange button "**Send to Phone**"
6. Go to the Ride with GPS app on your phone:
  - a. Go to **Library** and locate the ride
  - b. Click the 3-dots and '**Download for Offline**'
  - c. When you're ready to ride, go to your rides listed in '**Offline**'
  - d. Click the orange button '**Navigate**'



NOTE: You may have to change a few settings on your phone to ensure your volume is turned up etc. If in doubt – ask a fellow rider for assistance.

***Now you are ready to ride ... or perhaps, lead a ride!***