



White Clay Bicycle Club - January Meeting Minutes January 8, 2024

Attendees:

Attending	Committee Member
<input checked="" type="checkbox"/>	Deanna Cain (Acting President; Communications)
<input checked="" type="checkbox"/>	Bill Ebbott (Acting Vice President, Shorefire)
	Rita Law (Ride Captain)
<input checked="" type="checkbox"/>	Mike Katz (Safety & Education)
<input checked="" type="checkbox"/>	Martin Lesser (Treasurer)
<input checked="" type="checkbox"/>	Allison Wong (Webmaster)
<input checked="" type="checkbox"/>	Holly Maddams (Social Group Activities)
<input checked="" type="checkbox"/>	Brian Donovan (Icicle)
<input checked="" type="checkbox"/>	Fred Hartman (Doublecross)
<input checked="" type="checkbox"/>	Dinesh Mistry (Savage)

Meeting commenced 7:05pm at via Zoom

November, 2023, meeting minutes approved.

Committee Reports

- a) Treasurer
 - No report
- b) Ride Captain
 - No report
- c) Communications
 - No report
- d) Social Group Activities
 - Annual Meeting in February will be virtual to save funds
- e) Website
 - No report
- f) Safety & Education
 - No report

Ride Reports

- a) Icicle
 - Sites approved and moving forward
- b) DoubleCross
 - Sites approved and secured. moving forward
- c) Shorefire
 - No report
- d) Savage
 - No report

Miscellaneous Old Business

- a) Discussion of survey results to implement best practices for major events.

Miscellaneous New Business

- a) February EC meeting will be virtual and include the Annual Meeting
- b) Rates for membership and Major Events approved
 - Membership - \$20.00 individual/\$25.00 family
 - Major Events - Basic entry - \$40 member/\$50 non member
 - Normal discounts and premiums would be applied
 - No discount or free passes for volunteers
- c) Presentation by Shaun Gundel on bicycling fitness
 - Cyclists do not need big weights
 - Resistance training to isolate muscle groups. Cable machines isolate different muscles
 - Balance pods for foot issues
 - Recovery, stretching hamstrings, glutes, lats, lunges benefit cyclists
 - Focus on core for everyone. Not just the abs but all around the core. Planks are the easiest and effective core training. Rotation of the core should be focus.
 - Zone 2 and 3 in the winter. Intervals once a week.

Meeting moved to adjourn at 8:35pm