



WINTER FANATICS

Cycling Group

Linda Thomas will be communicating with all Freewheelers who are interested in cycling throughout the winter. If you would like to add or remove your name from the email list, please contact Linda at [Ride Organizer](#). Her email reminders include: date, start time, start location, ride pace, and predicted weather for all rides. Note: these reminders will be sent from her gmail account. If you are interested in leading at least 2 or more rides, please contact Linda. Winter rides can only exist if we help one another out!

Keep in mind:

- **All winter cycling participants must be vaccinated, as requested by the Ride Organizer.**
- These are not official Freewheelers rides.
- There is no Freewheelers insurance.
- Anyone can join in a ride, including non-members.
- Winter cycling depends on volunteers who are willing to lead and sweep rides. There must be a Ride Leader and Sweep on all rides. The Ride Leader will record the names of all riders and keep the list for contact tracing purposes. Those leading rides may make changes to a ride if desired.
- All rides take place based on a forecast of suitable weather and safe road conditions.
- The ride destination is decided by those present.
- The minimum number of riders for a ride to take place is two. Always ride safely and with a buddy during winter.
- Riders will ride at the pace of the slowest rider so no one is left behind. If riders get ahead, they should stop and wait for the slower riders. No one can be left alone on cold weather rides.
- The majority of the winter rides are posted as 'B' rides and are considered to be touring rides. Some rides may be posted as 'A' or 'C' rides. Riders must adhere to the published speed range for the posted ride. It is expected that riders will not race and will not challenge each other to increase the speed. For the comfort and safety of all riders, please ride within the published speed ranges (not average speed). Speed ranges: 'A' pace (26-30 km/hr); 'B' pace (21-25 km/hr); 'C' pace (16-20 km/hr).
- Bring your cell phone and your emergency contact information to all rides.
- [COVID-19 - Recommended Guidelines for Winter Activities](#) will be in place for the rides. All riders should follow all regional, provincial, and federal guidelines for COVID-19.

Linda will communicate ride dates/times for 'B' rides from HBP (Harold Black Park), JCP (Jaycee Park, St. Catharines) or L7 (Lock 7). Anyone thinking of riding from these locations should let Linda know so she can pass it on, so he/she will know whether there will be someone to ride with. Those who show up will determine the nature of the ride. Weekend, afternoon, and evening rides can run if there are volunteers to lead and sweep the rides.

Tentative days/times for rides (may change based on weather conditions):

- HBP 'B' rides: Wednesdays and Fridays at 11 am
- JCP 'B' rides: Tuesdays at 11 am
- L7 'B' rides: Thursdays at 11 am

'A' rides may take place if there is a Ride Leader and a Sweep. Anyone who is interested in leading an 'A' ride should contact Linda so she can communicate the information to the group.

'C' rides may take place if there is a Ride Leader and a Sweep. Anyone who is interested in leading a 'C' ride should contact Linda so she can communicate the information to the group.

Hiking Group

Rita Dillon, [Hike Organizer](#) or Dennis Munn, [Hike Organizer](#), or a Hike Leader will be communicating with all Freewheelers who are interested in hiking throughout the winter. If you would like to add or remove your name from the email list, please contact Rita at [Hike Organizer](#) or Dennis at [Hike Organizer](#). There are no regularly scheduled hikes. A hike takes place when someone suggests a hike location/date/time and volunteers to lead it. Wear appropriate clothing and bring water and/or a snack if you wish. Many hikers use trekking poles.

Keep in mind:

- These are not official Freewheelers hikes.
- There is no Freewheelers insurance.
- Anyone can join in a hike, including non-members.
- There is a Hike Leader. This is the person who suggests a hike location/date/time. The Hike Leader will record the names of all hikers and keep the list for contact tracing purposes.
- All hikes take place based on a forecast of suitable weather.
- Bring your cell phone and your emergency contact information to all hikes.
- [COVID-19 - Recommended Guidelines for Winter Activities](#) will be in place for the hikes. All hikers should follow all regional, provincial, and federal guidelines for COVID-19.

Hike Ratings:

- A - difficult, rigorous, hilly, uneven surfaces
- B - average, good surfaces, gently rolling terrain
- C - easy, generally flat, mostly on sidewalk or trails

How a Hike Leader Adds a Hike:

- Go to the last email/schedule received
- Click on REPLY ALL to send the email to everyone on the hiking list
- Update the SUBJECT line to include the date and time you are sending the email out
- In the schedule shown in the email, type in the START TIME, RATING, TOTAL ROUND TRIP DISTANCE, YOUR NAME AS LEADER, and any details you feel are necessary to describe the hike
- SEND the email while crossing your fingers that you properly entered all of the information