

HORIZON 100 CYCLING CLUB

HAPPY EASTER



It's the beginning of April and the Horizon 100 riding season is about to start. This week's blast of cold weather is a bit discouraging, but we are days away from being on the open road.

April events:

- Saturday April 7th - 9:00am - First Saturday Morning Ride of 2018! Leaves from Rotary Park (see below)
- Saturday April 14th - 9:00am - Saturday Morning Ride leaving from Rotary Park
- Saturday April 21st - 9:00am - Saturday Morning Ride leaving from Rotary Park
- Tuesday April 24th - 6:30pm - TNT information session at Bike Universe
- Saturday April 28th - 9:00am - Saturday Morning Ride leaving from Rotary Park
- Saturday April 28th - 1:00pm - Road Ready Boot Camp - Day 1 - at Holliston Park (see below)
- Sunday April 29th - 1:00pm - Road Ready Boot Camp - Day 1 - at Holliston Park (see below)
- Monday April 30th - 6:30pm - Horizon 100 2018 Open House at Outtabounds

A one page summary of the Horizon 100 calendar for 2018 is available [HERE](#).

Saturday Rides

Saturday rides start on April 7th and run every Saturday through the summer. Rides in April and May leave from from [Rotary Park](#) at 9:00am sharp.

At the beginning of the season, the weather and road conditions are variable and the start of the ride may need to be changed. During the month of April, participants should check the club website at <http://www.horizon100.com>, or our [Facebook Page](#) to verify the start location before the ride.

At the start of the season, please make sure you dress appropriately for the conditions, with particular attention to keeping feet warm.

April can provide the most beautiful morning rides of the season. We are looking forward to seeing everyone.

Road Ready Boot Camp

The Road Ready Boot Camp will run on Saturday, April 28th and Sunday, April 29th from 1:00pm to 4:00pm. Participants are expected to attend both days. The Boot Camp will be held at [Holliston Park](#) at the corner of Grosvenor Ave and 3rd St.

The Road Ready Boot Camp is a great introduction to group road cycling for new members. For individuals who are interested in road riding but who feel intimidated, the Boot Camp will build confidence to get started. This is also a great refresher for veteran riders starting the season.

Thank you

Last week, the final indoor ride of the season was held on Sunday evening. Horizon 100 would like to thank Chris Yeo and everyone else who helped make these rides successful. Thanks also to everyone who participated.

Also thank you to Helene for hosting the Horizon 100 Potluck supper last week, and to everyone who attended and brought food to share. It was a great evening and a wonderful meal.



2018 Mountain Experience Ride

The 2018 Mountain Experience Ride is taking place June 8th-11th, 2018. Starting and ending in Nelson, B.C., this will be a 4 day tour through the Selkirk Mountains. Participants will need to use June 7th and June 12th for travel to and from Nelson.

There are only 3 spots left! Members who are hoping to attend are encouraged to register as soon as they can. More information, and a link to the registration, is available [HERE](#).

Evening events in April

There are two evening events scheduled for April:

Tuesday, April 24th at 6:30pm there will be a TNT information session held at Bike Universe. Tuesday evenings, from May through August, Horizon 100 and Craven Sport Services provide a structured workout program to increase fitness and endurance called Tuesday Night Training (TNT). Reserve time on the 24th of April to come learn about the benefits of interval training and what to expect in the months ahead.

Monday, April 30th at 6:30pm the annual Horizon 100 open house will be held at Outtabounds (105 Ave B South). This is a come and go event. More information will follow soon.

QUESTIONS?

Anyone with any questions or comments is encouraged to contact us. Please do not hesitate to get in touch. Emails can be sent to communications@horizon100.com.