

RIDES & EVENTS



Rides Captain Report 2014-15

We are about halfway through our busy season with those rides completed being successful.

The LRR this year saw about 70 riders that had a great ride and we also attracted several riders from off-island. The decision by the committee to move the ride to the Northside and change its format seems to have gone over very well and with a bit of tweaking should be a go for next year.

The opening banquet & ride was a great success and should probably be repeated next year in the same format and venue at the Mira Boat Club with a ride of about 30 K.

Several small rides are taking place, and while not attracting huge crowds, are working. The WOW rides are highly successful. The big rides left for this season are the Across the Highlands, CT4D, and the Recovery Ride in September.

J.P. Martin, Rides Captain



CBRM Bike Week Report

CBRM Bike Week 2015 was a great success! VCB held Can-Bike sessions in Sydney and Baddeck, had a great attendance at the Flag Raising at the Civic Centre, and held two information sessions at the Farmer's Market. VCB also held four rides and had an information session at the Mayflower Mall! Another success was the Children's Wish presentation at Lawton's Drugs, Sydney.

Community Giving

Velo Cape Breton supports non-profit community groups such as ACAP Cape Breton, with the installation of bike racks. VCB also made a donation to support ACAP Cape Breton this past year.

VCB has bike racks ready to install for free at not-for-profit locations in CBRM. Make your request to info@velocapebreton.ca. VCB looks forward to installing many more bike racks across the community!

The Recovery Ride, a 3-day cycling trip around the scenic Cabot Trail, is a fund raiser to for a scholarship fund for sexual abuse survivors. This ride is the brainchild of Dr. Kent Cadegan of Glace Bay who devotes much of his family practice to the treatment of abuse survivors. 2014 saw the ride celebrate its 11th year and the organizers look forward to many more years of riding and raising money.

We hope you can join us for the 2015 Recovery Ride on Friday, September 18 to Sunday, September 20, 2015 - 6:00pm. This will be a fully-supported ride around Cabot Trail over 3 days.

In 2014 and in 2015, VCB promoted a ride as part of the Mussel Fest in Englishtown. Funds raised from registration were used to maintain the community hall. Also, VCB held three bike rodeos as part of the CBRM summer Fun Van program.

VCB supports other chapters and encourages them to develop their capacity to become self-sufficient and continue their growth in their communities!

Social Events

Social events do not require a bicycle! Come out and learn, chat and eat with us...

- Bike Repair Clinic at CB Farmers Market, Swap, Sale & Repairs: tips to maintain and do basic repairs on your bike
- Annual Opening Banquet (Sydney Chapter)
- Awards at Potluck Banquet
- Parade participation
- Presentations to community groups and schools

Ride Events

Ride events require a bicycle! Grab yours and join us...

- Rlver Ride & Brunch Season Starter
- Kelly's Klimb
- Out on the Mira Spring Fling Ride
- Ride of Silence
- CBRM Bike Week
- Lobster Roll Rides
- Ride and Write
- Englishtown Mussel Fest
- Participation in CBRM summer Fun Van program
- Miner's Pick Ride in Historic Glace Bay
- Canada Day Poker Ride & Garden Party
- Da BIG RIDE



- Art's On the Mira
- Across the Highlands MTB Challenge
- Grand Phare, Fortress of Louisbourg
- Bike & Brunch in Isle Madame
- WOW "Tour dah Tarten"
- Out on The Mira Fall Fling Ride
- Jingle Bells of Christmas

Tours

Tours are multi-day Ride Events!

- Cabot Trail in 4 days
- Tour du Lac Bras d'Or
- Recovery Ride Around the Cabot Trail
- Heartland Tour

Programs

Our programs take place over a specified period of time -- more fun on your bike!

- Intro to CAN-BIKE (3-Part Program)
- Tuesday's WOW (Women on Wheels) Rides
- Thursday's Show-n-Go Rides
- 52-Week Bike Challenge
- SummerFit Challenge

It is the policy of Velo Cape Breton to have a Ride Leader on scheduled Ride Events. The role of the Ride Leader is to manage the ride to ensure a safe and enjoyable experience for everyone. If you are interested in becoming a Ride Leader, please contact us!

To learn more about the Initiatives, Education and Advocacy of Velo Cape Breton, please visit velocapebreton.ca!