

## HCC 2019 Member Questionnaire

Q1. HCC is a nonprofit club and currently, we have too much money in reserve. As we discussed at the AGM, we would like your suggestions as to how we can use some of these funds in our community. We would like the funds to stay local (Okotoks & Foothills) and somehow stay cycling related or sport emphasis. We'd love to hear your suggestions, please.

REPLY: The fees were set at the beginning of HCC in 2013, when there was a small number of members and no reserves. Our intention is not to keep accumulating nor to become a fundraiser for charity.

Our decision as executive to stop growing funds is to lower the annual fee to join HCC, just slightly above the cost needed for the club.

Thank you for the great responses, which have been reviewed. To get rid of excess funds over the next few years, we will be looking into the following options:

- (1) Member Coaching Clinics
  - a. Group Rides Skills
  - b. Bike Maintenance
  - c. Nutrition – Endurance
- (2) Subsidizing an Overnight Ride
- (3) Member Gifts
- (4) Todd Martin – donation to ReCycle Okotoks

All responses following:

- Perhaps feed stations (cookies, fruits, water, etc) during race events in the foothills. Running, Triathlon and Chinook cycling Classic. A great opportunity to promote the club in different aspects. Cross recruitment!!
- Cycling infrastructure in Okotoks? Winter indoor training venue rental to allow group rides in the off season?
- ReCycle Okotoks (Todd Martin) could use some help with consumable bicycle parts. Brake cable housing, brake cables, generic shifters, shifter cables, handlebar grips, bicycle chains (6,7,8 speed). He spends \$500-\$750 per year on such things and it's out of pocket as he does not sell bikes or accept cash donations from the public. Everything going out is free.
- Money towards fixing bikes for kids
- I would love to see some of this go towards members who race or maybe even sponsor riders who race. Could also be given away to members wishing to participate in fondos?

It should definitely be given back to those who provided it in the first place. Maybe even a reduction in fees for members who have been a member for multiple years?

- Enter club members in a charity ride and use some funds as a donation.
- I liked the suggestion of money towards charitable race program entry fees, maybe a proportionate amount of the entry up to a capped amount. Also, local charities like food bank and respite/palliative care.
- Bike maintenance course, Computrain course
- Use money to promote cycling in Okotoks and region - signage, schools, bike rodeo, etc. . Seed money for a fondo event.
- Kidsport Okotoks
- Salvation Army is always my favourite charity, most responsive and community based, with the lowest admin costs.
- I will have to think on this one. If I come up with any, I'll submit via email.
- I like the idea of using more funds for food at group ride events. If you're looking for community giving opportunity though perhaps hosting a free kids bike race would be fun.
- Foothills is hosting the 2022 Summer games, if this is the case Highwood Cycling club may be asked to look after the road cycling events and the triathlon course. HCC could prepare for this with race day event signs ie: "BIKE RICE IN PROGRESS" using HCC logo's
- Discovery house, Pacekids programs, Big time- Christmas
- I'm sure there are a couple of families in the Okotoks area who are very hard up financially. Maybe the excess funds could go to buy a few bikes for some of their children for Christmas or for spring time.
- Financial Grants for future junior aged racers to help them with the high entry cost into cycling.
- Have sent some to Paul
- Couple ideas: reduce club fees in future years please. Dedicate existing funds to enhancing future club trip rides through direct benefit to participants (ie. by way of club sponsored meals, bike service vouchers, a sag wagon service etc). Other things the club can look at in supporting its past and new members is to bring in a draw for professional bike fitting (this giving back directly to Ridley's) or specialist guest speakers on training performance or other related topics; please offer a subsidy on the club t-shirt (free) and sock/jersey purchase; host a once per season members with family event that's not just yearend AGM. HCC isn't a charity fundraising arm and I don't agree on habit of dispersing funds in this manner. If the club is going to make this practice part of fulfilling its mission, then it should be detailed in club bylaws and be upfront to prospective members.

- Two-wheel view or other bicycle related charities.
- Use it to help fund HCC cyclists doing special rides, like Cancer or MS. It's sometimes hard to reach these big fundraising goals. Not the whole fundraising amount, but if the person is short a few hundred...
- Bikes for local children that may need transportation. Sponsor a rickshaw bike for elderly home (High River home for seniors has one) <https://cyclingwithoutage.org/> . Sponsor a local junior rider.
- Foothills Advocacy In Motion Society (supports adults with developmental disabilities in Okotoks, High River and Strathmore)
- Minor baseball or help some local school with their sports programs
- Can we help stimulate/market more bike paths in Okotoks?
- That's a great question. I support cycling related, but have no good suggestions as of now... need to think more about that
- Donation to <https://www.twowheelview.org>. Donation to Boys and Girls club. (Also, if we change clothing suppliers, we will need money for artwork fees)

Q2. Currently, we have five communication platforms that we use. Just so you know, there is a purpose to each one.

**Website** is permanent information that basically changes annually, with a few important posts for individuals who don't have social media.

**Facebook** is for information that we are okay that public sees. We create our group events there but ensure that they are marked for members only. This is how a lot of our new members find us and think we look like a really fun group of cyclists.

**Instagram** is for pretty images, highlighting rides done by the group or by individuals. Members are welcome to send us photos to post. We'd love to share more!

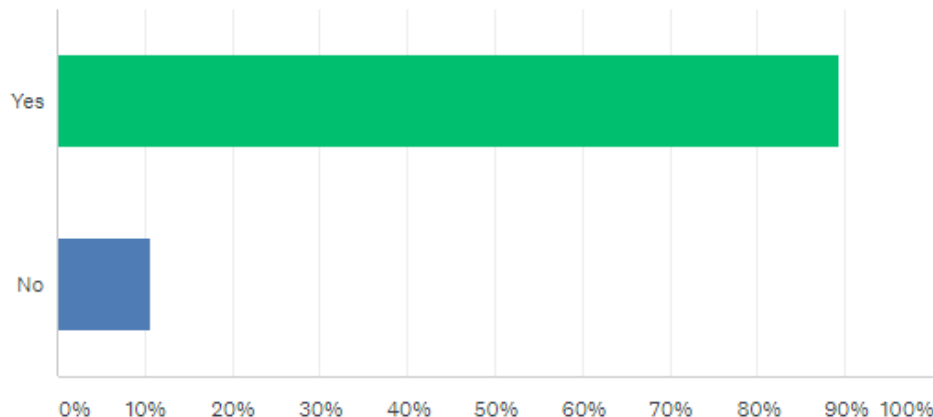
**Emails** are sent monthly during the season, summing up what is to come. Sometimes, there's an extra one or two in the month with a sale or event. We try not to spam you. Some of our members are missing information because on registration, they've said NO to email communication.

**Strava** is currently most active and private to current HCC members. Each April 1st, old HCC members are removed from the group. Posts by members are allowed and events are posted here.

Currently, we are using Strava HCC group as our primary means of club communication. The rest of the platforms are being used but at least now you have an understanding of why there are five. Do you think that Strava is the best platform for communication within our club? If not, what would you suggest?

89.36% Strava

10.64% No - other

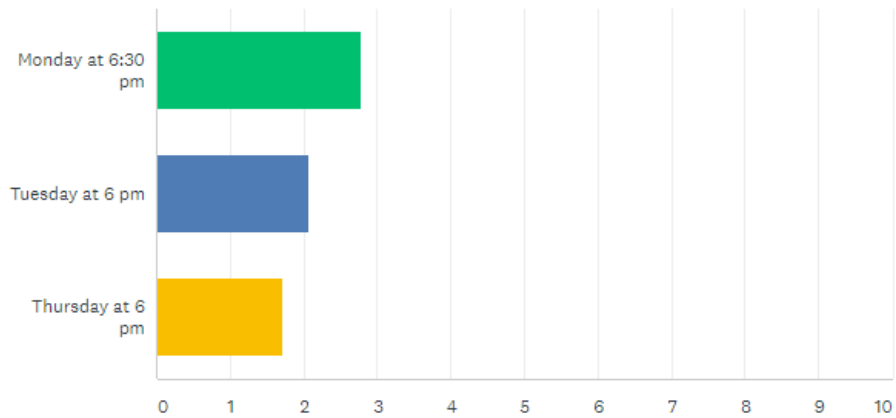


REPLY: 89% of you think that Strava is the best for of communication within our club. Please ensure you are a member of HCC Club on Strava and check for posts, rides and updates throughout the season. Only club members will be allowed on this private group.

All other platforms will stay status quo.

- If everyone is on Strava, then it is a good communication tool. However, I think facebook or messenger is a great communication tool. Instagram - don't use it Email - use it daily for work and personal communication
- Strava and emails I think work the best for club directed activities and information.
- But have not downloaded yet
- I do think that Strava is our best communication platform, but I might offer one suggestion. What if we were to send out Calendar invites (meeting requests in Outlook lingo) for club rides and special events? This is good for two reasons; one, it is easy to keep track of who will be attending and two, these serve as good reminders for those of us who keep a lot of information in our electronic calendars.
- A free group messaging thread like WhatsApp or GroupMe could be nice. It allows more immediate communication than Strava.
- Website is the best place to have club, news letters, and contact information Strava' not the place for that,
- Use Facebook as well
- Never visit website but do appreciate and want the monthly email as a heads-up service as strava not so useful this way and awfully cluttered these days.
- You never miss a post with Strava. FB gets bogged down, and easy to miss something. Email is great for the overview.
- Email
- Website would be great or a club forum. No facebook please, not everybody uses it.

Q3. Multi-Surface Ride Night - We are wanting to incorporate an additional ride night for this group. You will need a drop bar bike (gravel/cx), clip pedals and tire size of 32mm or greater. What evening would you like for ride night? Please rank. If this does not apply to you, please click N/A.



REPLY: This one's easy...welcome MONDAY at 6:30 pm...your new Gravel Ride Night. 😊

#### Q4. Club Rides - Current club ride descriptions are posted as follows, copied from our HCC website:

Ride schedule:

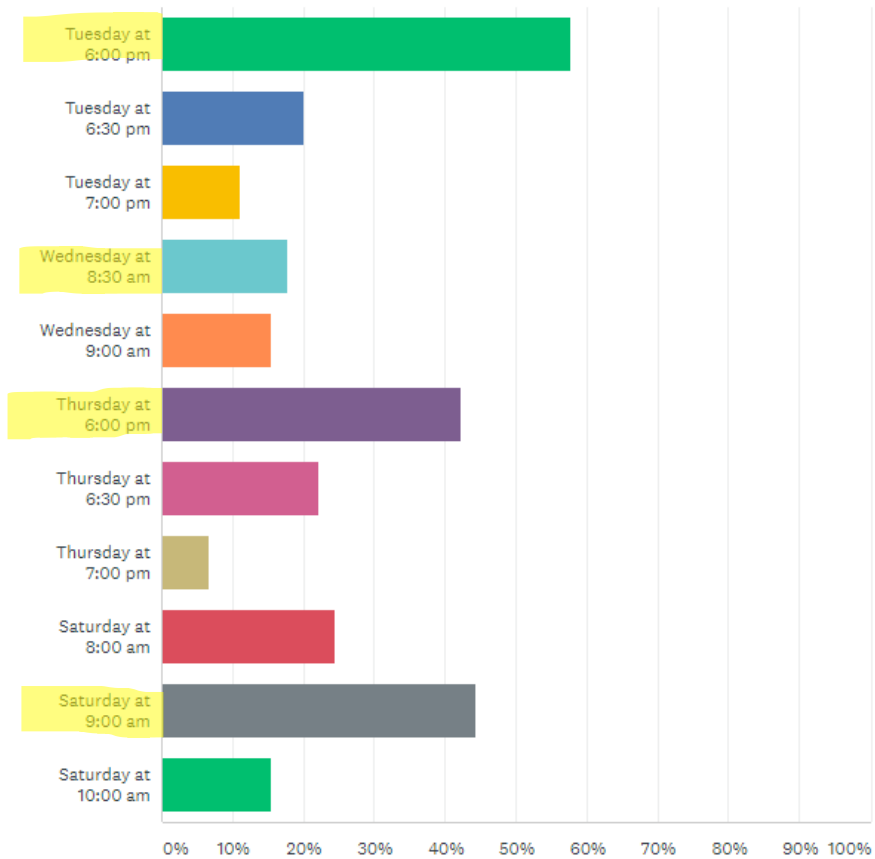
Tuesday Social Ride – 6 pm from Ridley’s Cycle. Our social ride is our most popular ride group. With an average pace of 23-28 kph, no one gets drops. Use this ride to explore different roads, learn favourite routes and meet other local cyclists.

Wednesday Ride Group – 9 am from Ridley’s Cycle (summer ride start 8:30 am for June & July) Pop over to the Wednesday Ride page to learn more about this group. Average pace 23 – 27 kph.

Thursday Ride, consisting of 2 pace groups – 6 pm from Ridley’s Cycle. This is a great night for a different style of ride. For faster riders, enjoy your own hammer group. Time to take some KOMs, raise your heart rate and to push yourself in this group with an average pace of 30+ kpm. The second group is for everyone else who aren’t able to (or don’t want to) ride at 30+ kph. Still expect to work hard at your own level.

Saturday Endurance Ride – 9 am from Ridley’s Cycle Early season rides begin with a 50k distance and will build through the season. Often as rides get longer, groups will split into two distances. To come out on an Saturday, please be physically able to ride for approximately 2 hours. These are the rides that we really get to explore the countryside.

Please choose your preferred times for club rides. Choose one per each day that you ride with the club.



REPLY: 2020 Ride times are as follows:

- Monday: NEW Gravel 6:30 pm
- Tuesday: Social 6:00 pm
- Wednesday: Wednesday Ride Group 8:30 am
- Thursday: Hammer Night + Other Groups 6:00 pm
- Saturday: Endurance Ride 9:00 am



Q5. Week Night Ride Restructuring - We want to know what you think about the week night rides. If you don't participate regularly in club rides, which ones and why not? What would need to change so you could ride with the club more frequently? If you're frustrated about the pace, group size, routes, distance, etc., please tell us about it. Traditionally, Tuesday is "no-drop" ride and Thursday is "drop" ride. What is your expectation of "no-drop" and "drop" rides? Here's your chance to tell us how to make these club rides THE BEST.

REPLY: These were great comments and thank you for the feedback. We have started reformatting Tuesday and Thursday ride groups and creating several months of routes that we will be posting for these ride nights. Our club has grown large enough to now have 3 groups, that can have 3 different paces and distances. Watch for details that will be unveiled by Kick Off Night (mid-March)

TUESDAY & THURSDAY – Group A, B & C

WEDNESDAY - Group B/C

SATURDAY - Group A/B & B/C

- I work in downtown Calgary so making to the weekend evening rides is difficult. I'm also not clear on if TT bikes can be used for group rides (I don't ride aero in the group unless I'm on the front).
- I work in Calgary and cycle commute from downtown to Douglasdale before driving to Okotoks. I do not get home until 6:00pm
- Too late a start for each
- I think it would be best to have designated ride groups for all rides (A, B, C, etc). With as many riders who participate in our club it gets difficult to have a full group No-Drop ride. Also, if the depart times started later I would be able to make the weeknight rides more frequently. Anyone coming from Calgary (and there are more coming all the time) find it very difficult to make a 6:00 ride if they only get off work at 4:30/5:00.
- I think it currently works well
- In my first year riding with the club I have been quite happy with the format(s) as they exist. I ride regularly on Tues's and find that even in the "no-drop" format, there are usually two groups that regularly - most weeks - regroup through the ride to keep people together, I can choose to ride out with the front group, or take it easy and hang out with the second group depending on the night. I would love to ride more often on Thurs's but kids, etc prevent it most weeks.

- Tuesday ride should have a rule that we stay together NO DROPS. New members should be encouraged to start on Tuesday's to get to know everyone before they move to a Thursday ride. This should be the Law. Thursday is for the speedsters and people get dropped. This Should be made clear before each ride.
- Tuesday is no longer a social ride. Unorganized and always starts late. Be nice if routes were planned ahead as we seem to just repeat the same ones 2019 was horrible. If 2020 is the same not sure I will join HCC
- It would be great if there was a lead person (rotated?) so that there could be no drop option on Tuesday and Wednesday
- Tuesday ride: routes are always the same, we need variety! Also the average set pace should be respected.
- Pretty happy with the rides as they are. Reminders at the start of what "drop" and "no drop" means might be useful. Occasionally a "no drop" ride can start to feel like a Hammerfest when people get over-excited!
- I like no drop Wednesday rides to learn a variety of different routes in the area
- I am a slower rider and do not like the "no drop" rides. It makes me even more uncomfortable to hold riders up in any way. I don't feel there is a place currently in the club for slower riders.
- Share routes on Strava, even optional routes, prior to the ride. That way, if dropped or a HCC member stays with someone dropped, they will know the route.
- This was my first year with the club. I hadn't really done much more than the odd mountain bike ride over the past few years, so I was just getting back into road riding again. Next year I plan on adding the endurance rides on Saturday. As a new comer, I was a bit intimidated to start with the Saturday group this past year. I might add the Tuesday evening ride as well, now that I have met some great people cycling on Wednesday mornings.
- Thursday is a tough day for me. The kids have scouts, so I'm committed to transporting them at 7pm.
- I have only attended your thursday drop rides. I go to these looking for a hard workout and to measure my fitness compared to others. It'd be great if there were 3-5 established routes, so the route is known to everyone and you can go off the front or get dropped and not worry about staying with one of the people that know the route.
- In my case, I would be able to make a lot more of the club rides if they were to start a bit later. With work schedules and kids, etc., it is quite hard to make it for 6:00 p.m. on the weeknights. In terms of pacing, I generally think things have been pretty good. The drop rides on Thursday are always awesome, especially when you can get into groups of equal ability. I personally think that the best way to handle no drop (social) rides is to encourage the group to stop or wait at certain points along the route. This way not everyone has to ride at the exact same pace and those who might want to go for a specific Strava segment can do so without the rest of the group worrying about being

dropped. We may also want to split into a couple of different pace groups for social rides to better accommodate both faster and slower riders. It would also be great to see pacelining encouraged more. It doesn't seem to happen all that often, but some of the most fun rides have been where the group has really focused on working together and maintaining the paceline as long as possible, thus gaining both fitness and technical skill. Maybe at the start of each ride, someone such as the ride leader takes it on to start the paceline and keep the group motivated to work together. I've noticed in the past that Tom is very good at this, but I'm sure others are as well.

- I love the Thursday rides most and appreciate when things get competitive. The biggest challenge for me is getting back from work and to the ride by 6pm. Starting a little later would be appreciated even if only by a half hour.
- Tuesday is "no-drop" ride the pace of this ride dose needs to slow down, or it will discourage new riders from joining and staying all season long
- Would be great to have the weekday rides start at 7pm, to allow the Calgary folks to get home, grab a quick bite and head to Okotoks.
- Love the Thursday hammer night.
- My early season cycling fitness made it hard to ride the Tuesday rides and ride Wednesday morning. Could we post a short distance option on Tuesday for a few weeks next spring? It might attract new riders who haven't trained indoors consistently.
- It all seems fine to me as it is
- I am generally unavailable on Thursday evenings but like to try to keep up with the hammer group. I would like to see a social and a hammer group ride on Tuesdays also
- It's important to continue offering both styles of rides. Newer and slower riders need a ride they can handle and where they feel welcome. Faster riders naturally ride and show up more often and end up being the core of the club. They need a ride where they get off the leash and have some fast fun both for morale and training purposes. Without a social ride clubs slowly but surely lose their flow of new cyclists. Without a fast ride clubs slowly but surely lose their core members.
- Poor group ride structure and pacing on Tuesday's especially. Also training rides on Thursday. Probably biggest frustration is seeing lack of ride communication, clear group splitting and demonstrated leadership in maintaining safety within and adequate spacing between slow and fast groups of proper size. Given group ride sizes, HCC needs to get a handle on that ...for obvious reasons.
- I can't make Tuesday's and usually not Saturday's. No drop just means we make sure someone waits at intersections etc and all get back. It does not mean riding together the whole time. A drop means here is the route, keep up if you want/can but otherwise see you at the end
- I don't feel I can keep up with the social rides, never mind the Thursday or Saturday endurance. Everything is hammer time for me, despite working really hard. I would like to do some of the fun out of town rides, but worry I'd be a liability for the group. If I knew

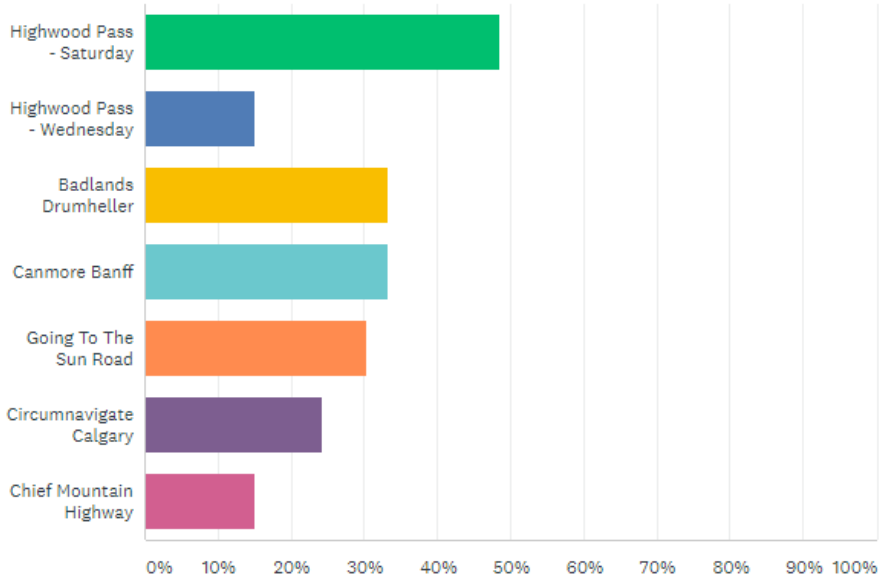
how fast the groups will be travelling, then I'd be more comfortable signing up. The Strava post might say "Banff Ride No Drop" but if only 30 kph riders show up, that's a very different day out from a group of 23 kph riders. No one wants to get stuck with someone travelling 5-7 kph slower than their average (and no one wants to get stuck with that fast group either). Perhaps people could sign up A) to the group ride, and B) to kph ranges (20-24, 24-28, or 28-32). That way, everyone knows how fast the various groups will be travelling. I feel I'm missing out because I'm scared I won't fit in speed-wise and drag down the entire group.

- No drop means no drop. Stronger riders encourage weaker riders. Don't come if you want to GET YOUR WORKOUT in for the week. If your goal is to grow the sport, you have to have a welcoming mindset. Routes need to be decided upon beforehand with a clear leader and expectation. I would ride more if it was more welcoming.
- Good rides and variety and splitting in groups based on abilities
- Well the social ride is not that social... pace is more 28 than the 23 to 28
- Leave Thursdays as a fast night. If we ride to the slowest rider on this night, we are going to lose people who want to come out and push themselves with other riders. This is a night to test your cycling legs and lungs. If you get dropped don't cry about it just finish your ride and work harder and harder. I enjoy trying to keep up with the fast group. And if I get dropped then, I work at a hard pace on my own and make it a solo ride. Also, we need to change the start time to 6:30 for July / August when the days are longer, gives people a chance to get home from work. Make Sunday your dedicated gravel ride day. These types of rides are going to take longer than a Monday night would allow. We need more people to step up and decide on some routes for our weekday rides, not just the usual people who always decide on rides.
- I'm a regular and I love the week night rides (Tue & Thu)!
- Weather was my biggest issue, nothing anyone can do about that

Q6. Special Event Rides - We regularly have great turnout for our special event rides. In 2019, we had the following scheduled:

- Okotoks Discovery Ride (cancelled weather)
- Nanton-Chain Lakes (cancelled weather)
- Highwood Pass - Saturday and Wednesday
- Chief Mountain Highway - new
- Badlands Drumheller – reversed
- Canmore-Banff - changed due to weather
- Going to The Sun Road
- Circumnavigate Calgary

What did you participate in? Please check.



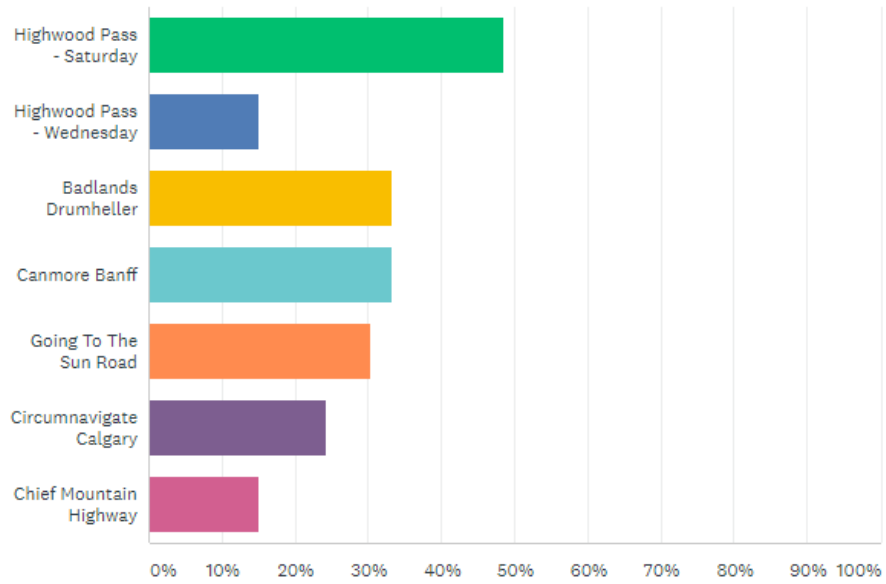
| ANSWER CHOICES              | RESPONSES |    |
|-----------------------------|-----------|----|
| ▼ Highwood Pass - Saturday  | 48.48%    | 16 |
| ▼ Highwood Pass - Wednesday | 15.15%    | 5  |
| ▼ Badlands Drumheller       | 33.33%    | 11 |
| ▼ Canmore Banff             | 33.33%    | 11 |
| ▼ Going To The Sun Road     | 30.30%    | 10 |
| ▼ Circumnavigate Calgary    | 24.24%    | 8  |
| ▼ Chief Mountain Highway    | 15.15%    | 5  |
| Total Respondents: 33       |           |    |

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**Q7. Special Event Rides - If you don't participate in special event rides, why not? Please give us suggestions about NEW special event rides we can incorporate for 2020 or what we can do improve existing special event rides.**

**REPLY:** We will take the responses into consideration as we plan 2020 Special Event Rides. If anyone would like to lead a ride, please contact Paul ASAP.

- The events sound great & fun. I enjoy the fun ride posts, I just need to be more social and to commit.
- schedule conflicts kept me from doing any special events
- Publish schedule early.
- Scheduling conflicts
- A group (Multi group?) ride either at an event (eg Chafe 150) or a different area (eg BC or the US) that would involve a couple of nights away from home. Needs to be memorable and affordable.
- Wednesday have it two levels two leads
- I was restricted due to other scheduling but would have liked to go to all special event rides. Other rides we could think about are: Lake Louise to Bow Summit An overnight camping trip (Revelstoke Mountain) I will likely be doing Golden Triangle again if anyone is interested Maybe hosting our own "invitational Fondo" to replace MEC Fondo? Could even do the same routes.
- We try to attend
- Kids! Will try to participate in more next year...
- Enter a fondo as a club. Gravel or Road.
- Keep up the great options. I look forward to being able to keep up/meet those ride skill levels.
- Timing didn't work for me this past year. Banff to LL would be a good one
- I work on Saturdays
- Lake Louise to Peyto Lake/Bow Summit
- More Banff-Lake Louise-Canmore-Kananaskis-Waterton rides. Suggested an air BnB ride, 2-3 days riding.



- Quite honestly, I didn't think I had the fitness to do any of them.
- I try to get to the special rides but shift work and family life can interfere sometimes.
- I think the club is doing a great job with these offerings. It's a shame so many were cancelled due to weather.
- I think it would be fun to do the Icefields Parkway ride again. It seems to me that we did that one in 2017 and it was pretty spectacular. Also, could the Chafe 150 in Idaho be incorporated to be one of our special event rides?
- I would love to participate in more rides, but my challenge is just my family schedule. I plan to make as many as possible in 2020.
- Work keeps getting in the way of my ride time
- Add some gravel specific rides
- Joined late in season, already had other commitments. Great ride though, will definitely do more next year
- I missed all of the special events rides this year. It seemed like I had a schedule conflict each time, but I think they are a great idea and there are some great routes. Maybe an epic 200 or 300 km route could be added or a condo / race where other clubs or individuals could join us.
- The rides are great, my own crazy schedule is the problem.
- Highwood, Drum & Montana were great. Looking to monthly group gravel rides.
- Just time conflicts.
- It seems it is only the hard-core fast riders going to these special events. See above. We need to make them more inclusive. Have an option for lunch for coffee for the social riders - these are cues that the ride will be fun. The slower riders will still get it done, but just take longer.
- Just couldn't make those dates.
- I've been too busy to join the Special Event Rides, even though I really enjoy them. Going to The Sun Road, was one of my favourite rides of the year!
- No suggestions
- Something in the 20-25 kph and perhaps 50 to 75km
- Overnight trip. Ride out from Okotoks - Canmore. Eat, drink and party. Ride back Canmore - Okotoks. (Highwood Pass route)

Q8. Making Our Rides Safer - We have mandated tail lights on all club rides, recommend the use of front lights, ask members to respect single file, use hand gestures (not the middle finger kind) and keep pace lines short. ie. less than 8 or 9. What other mandated safety rules or recommendations would you like to see implemented for 2020?

REPLY: Believe it or not, we do have Ride Guidelines on our HCC website, but obviously they need to have more presence (currently under New Member tab). We will move them.

<http://highwoodcycling.com/blog/index.php/new-members/>

- I think we could utilize our website better. Safe or not so safe roads in the foothills for cyclists. Club members safety commitment for sharing the road.
- As much as I hate to say it but perhaps route selection criteria (lack of a decent shoulder on 547 makes it not very well suited for group rides as an example).
- Use correct signals for turning so cars understand - as per Alberta regulations - its left arm.
- Single file for within city limits (no 2 abreast). Designated ride leaders who will ensure their groups safety and ensure nobody gets left behind.
- None
- Make sure everyone is single file, some this year where two abreast through town. Make sure everyone knows what's expected of them when there are "car up" or "car back " Especially new members. Maybe have a list of road rules emailed to new members when they join.
- Members actually follow our regulations
- Possibly instructions to riders on use of mirrors? Consider posting messages on public pace pod, IG, local radio stations from the club about how we are intending to respect the road and automobiles. That might help annoyed drivers be more understanding
- All is good
- none
- Attack bird deterrents.
- Not stopping at junctions to wait for other, stop a safe distance past the junction. Provide a route briefing at the start so we all know where we're going, no sudden route changes.

- I have no new suggestions.
- Can't think of any other suggestions. I believe these are sufficient.
- None
- I can't think of one.
- I don't think it should be mandated due to the cost but it would be nice if more riders had radar units. I'm getting one for next year.
- Pack riding & Cornering clinic with a focus on safety, etiquette, how to anticipate when the pace is changing and what to do to make keeping up easier.
- Implement 2 departures on Tuesday's (6pm & 615) for slow (under 25kph) and fast(er) groups.
- I think we are pretty good overall.
- I find people make bad decisions when stopping on country roads. Bunching up into the road when stopped. Stopping at the top of a hill with no sight lines for the vehicles. Riding 3 abreast on windy days and not looking for cars (too windy to hear them). I saw a line of cars behind the fast group because they were chatting and not paying attention to the cars coming up behind them. So... education on where to stop. How to stop. Why group herding frustrates other vehicles. Not doing ourselves any favours.
- Nothing you do enough.
- Just use common sense. Pay attention to other riders around you.
- good
- They are fine
- Recommend that new riders are given a little more information/affirmation around how to ride safely in the pack

Q9. HCC Kits - Over the past two years, we have used Garneau for HCC Kits. If you purchased a kit and are happy with it, please tell us what you liked. If you're unhappy, please tell us what you were unsatisfied with. If this does not apply, type N/A. Please give us any other kit feedback pertaining to the brand GARNEAU.

Kit Supplier for 2020 - We are considering a switch to another supplier. If you have experience with semi or custom group orders from another company, please provide details below. At this point, Sugoi Custom is #1 for consideration, so if you've worked with them before, please let us know about your experience.

REPLY: Staying with Garneau, but bringing Fit Kit back so everyone can try on for sizing.

- Padding in bibs(shorts) is great
- I've been a club member with Foothills Nordic for 5 years. We have used Apogee sport (made in Canada) national team supplier. This year we used Borah still very happy.
- I ordered Kit in 2019 and really liked it. Good fit and kit has held up well.
- I used Sugoi for biathlon kit and loved it. I find the Garneau jerseys ok but opt out of using their bibs. I have no experience with Sugoi cycling kit.
- Out of any brand I've worn, Garneau has had the best fit as well as the best durability. I've worn multiple other kits including Sugoi and haven't been as happy with the product. The only other brand preferred more than Garneau has been Assos.
- I find Sugoi kit good quality.
- Sounds good!
- Sugoi's quality has taken a big nose dive over the past 10 years. Other clubs have gone away from Sugoi to LG.
- Garneau, best chamois, decent bib short fit. Jerseys with zipped pocket, a must have for my collection of ids and money.
- I LOVE the Garneau HCC kits! The materials seem to be of very high quality and overall this is probably my best fitting and most comfortable kit. The Code Sports one is good as well, but the fit seems to be a bit looser and the colors have faded over time.

- I haven't worked with Sugoi Custom but I do like their bib shorts. I'd like for the HCC kits to be re-styled to be more hip and current.
- My issue with Garneau is the rear pockets are too high, it's very hard to get a gel out when racing or riding in a pack, Sugoi have nice one day event jerseys, I always have seams come loose, they don't last. Jakroo is still my choice of kit supplier
- The Garneau shorts are my favourite and they have seen a lot of use last summer. I purchased Jakroo custom kit for my business and they are not as comfortable.
- I'm happy with the kit I own from 2019
- I've struggled to find bib shorts that I find comfortable and have not bought a Highwood kit because I wasn't able to try the bibs on for quality and comfort before I bought. I find Assos bibs the best that I've tried but they are pricey. Not sure how to solve this for my needs
- Happy with LG quality but less expensive is worth trying.
- I tried on a medium before purchasing my kit. The Top (Marked M) fits just fine. The shorts were TINY! They had NO size markings at all. I swear I was given an extra small, and not a Medium. With no size marks, how could I return it or even make a case that I was given the wrong shorts? These things aren't cheap, and it's pretty disappointing to not be able to wear a brand-new pair of shorts. Custom made or not, they should have the size printed on them somewhere, just to ensure quality control.
- Jakroo
- Liked
- Kit was good
- HCC kits are great. I love the fit and Garneau is great quality. The bib shorts are outstanding.
- N/A I'll wait to hear back from the group on who I should contact. Just don't want to use a cheap brand like we did when we had Jakroo. Good kits cost money.
- My former team back in Ontario has used both, I always preferred Garneau.

Q10. Spill Your Guts - This is your turn to share. Please add anything else you'd like to share. We welcome your comments, feedback, suggestions, etc. This is your space to share with us how we can meet your needs as a community based, member driven club. Thank you for taking the time to do this!

REPLY: Thank you for sharing your feedback, HCC members! The full survey is available to read on our website.

- Love the club, very encouraging Great way to meet new friends. Somehow to separate into groups so the faster cyclists get a decent ride in.
- Website makeover would be nice. A site that cyclist in the foothills would go to be in the know! Local weather/winds, link to road closures or maintenance. Links on cycling events. Maybe monthly Ridley tech tips. Training tips for all Levels. Intro to competitive cycling with the Club.
- Thank you for all you do. This is my first year with the club and I enjoy being part of this cycling community
- Due to my schedule, I can only ride on Wednesday mornings. I have really enjoyed the people and the pace of the group.
- I've really enjoyed this club. I have learned so much. The club is inviting and friendly. It's a great place to meet other cyclists and even learn how to become a better rider. It would be cool to take riders who want more to the next level. Maybe host some racing workshops or even dedicate a night to certain disciplines like pace-lines, time trials, hill climbing, etc. Obviously, this won't be for everyone, but could be exciting for those who want a bit more? Just an idea.
- I love being a part of this club. Sonya has been great and so motivating. Keep up the great work executive.
- Had a great season in my first year with the club, and am looking forward to 2020
- The club need to be more social and welcoming to new members. Stay together on the social ride and be social. Make sure everyone knows the cycling etiquette and practice safe cycling and make it enjoyable. There's nothing worse than joining a club only to go home after your first ride and think you've joined a club that leaves you behind and on your own. That's not a club it's demoralizing.
- Spilled it in other question but just didn't feel this year was a group. Nobody made decisions for Tuesday routes. Leaving at 6:15 or later because unorganized for route or waiting on other riders coming late. Post possible routes ahead of time like Saturday rides. Repeating same route over and over and not being social ride might as well go out earlier on my own instead of waiting for late riders and doing reroutes I don't like.

- I'd like to find ways to help enhance newbie rider's skills so that they don't have to have Theo-assist. Maybe small amount of funds towards intro training courses (but still charge a small fee to have riders respect the value of the offering). Resources of how to ride better, faster, more efficiently- both for off and on-road training options, equipment, and skills training.
- Please remember this! Whatever you do you cannot please everyone, keep doing a great job and thank you for everything
- Encouraged to continue riding but still feel like I don't have a group of a slower pace. I guess training through winter months would help.
- Great people, and very welcoming, however, not for everyone.
- Potluck was a great idea and event, nice that it was open to spouses.
- Nothing, thanks for your efforts. I'll be bikepacking and gravel riding as well next year so lots of bike time.
- Looking forward to a gravel ride night. Hoping it's not going to replace the Thursday drop ride.
- I love HCC! Joining the club this year helped me make big gains in my cycling. The members are awesome and I feel a good sense of camaraderie. I look forward to being a member for years to come.
- I think an event day polo shirt (NO Tee Shirt) would be great to have to wear after a race or other cycling functions. I'm thinking all green with black shoulders and sleeves. I'm thinking black sleeves so that you can wear long sleeved base layer underneath if needed.
- Paceline training from an experienced member.
- Through my short membership keep up the good work, I can't wait till next year 👍
- The Wednesday morning crew has been very helpful in developing skills. I'd be interested in a 15 or 20 minute practice session on a specific skill once per month on a night ride.
- I could organize a ride from Vélo café with coffee stop in either Cochrane or Bragg creek. Mimosas at Vélo café post ride!! Thank you, guys, for your time, the fun rides and the great organization. Makes this club unique!
- Even though I don't ride with Highwood club all that often I think it's a great club. Communication is good through Strava and I really like the members. Thanks for asking for the feedback and thanks to the executive for the service and effort that each of you provide to help make this a great club.
- Some racing opportunities would be nice. So thankful for the executive. Great job everyone. Go HCC 2020!!!

- I've greatly benefited from having Sonya as a ride leader. I probably would not have taken up riding without her guidance and patience. She is strong, and amazing, and always positive. It will be a very different Wednesday experience without her. I'm missing her already. Theo is the BEST sweep ever!!! I have said this before, but I highly recommend that Theo teaches a "how to sweep" course. He is SO good at rounding up stragglers, bringing them up to the rest of the group, and then checking on the rest of his flock. Riding sweep is a real talent. It's not just about riding beside someone who is at the back, it's about breaking wind for them so they have enough gas to get back with the group. Theo is a master at setting a good pace. He starts out a bit slower, and then ramps it up once everyone is warmed up. It really helps to keep the group together. The people in the HCC are so nice and amazing. It's a great group of people, and everyone is really positive. The Executive does a great job of organizing rides, getting merchandise, and keeping everything light and fun. So thankful to have this group in our community.
- When the groups are small the "waiting up" could be a bit more enforced. Overall, I love the rides with the club and I am looking forward to next year
- Something to encourage people that start to better train...
- We need more information about us through Ridley's cycle. Maybe we can have a sign in the window that says "Home of Highwood Cycling Club. We need some place we can hang out after rides.
- I'm super happy with HCC; it's such a great gang of people and great cyclists. If you can, then please make the weather warmer for longer and make every ride evening full of sunshine.