



SHAPE INTERNATIONAL CYCLING CLUB

<https://shapecycling.com>



February 2024

SICC Email Newsletter

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Message from SICC President.

Welcome to the first SICC Newsletter of 2024. We hope to release these regularly throughout the season in order to keep members up to date with club activities. You will see the importance of joining the SICC Map My Tracks application in order to have visibility of upcoming rides and events. I urge all members to join this group. We eagerly await the clock change and the start of our weekly SICC rides. This season we are planning to finish at least 1 ride per month at the B3's for post ride refreshment. More to follow.

Club Rides 2024

Weekly Club Rides 2024: Please use the SICC Map My Tracks (MMT) App to register for member only rides. If you do not have access to the SICC MMT app follow the instructions below. All weekday rides depart at 1800 promptly from the SHAPE Main Gym.

Monday Social Ride: Non club members are welcome to join us outside gym on Mondays at 18:00—this ride is posted on the SICC facebook page.

Tuesday members only club ride: The route and average speed will be advertised on the SICC MMT app.

Wednesday newcomers and potential members ride: Non-members are able to join this ride for a max of two rides prior to submitting an application to join the club **Membership 2024 – SHAPE International Cycling Club (shapecycling.com)**

Thursday members only interval training ride: The route and average speed will be advertised on the SICC MMT app.

Weekend members only club rides: The routes, departure location, time and speed will be posted on the SICC MMT App.



Mallorca Training Camp 2024

In March 2024 SICC are planning to conquer the beast that is Sa Calobra! The annual pre season training camp is due to depart Belgium on 20th March for 7 days cycling in the sun. There is a lot of cycling chatter of PB's and beer. Pino's



Mallorca training spin sessions on Thursday's in the SHAPE gym are proving to be a big hit.



Dates for Diaries.

20th—27th March Mallorca pre season training camp.

13th April Amstel Gold Race.

1st May Mons-Chimay-Mons. This ride will be funded by SICC for club members. Ride details are included on the SICC MMT App.

7th September SHAPEFEST. SICC is hoping to run the incredibly popular 'Power Challenge' again this year. Closer to the time there will a call for volunteers to represent SICC on the stall. There will (of course) be beer provided courtesy of our sponsor.



SICC Spinning Sessions

SICC has successfully negotiated with SHAPE gym pre booking for SICC members on Pino's Thursday spinning sessions. Pino has designed the sessions specifically for cyclists.

Pre-booking spin sessions is via the SICC MMT app. You will need to get yourself registered for the gym spin booking app to enable Pino to include you, the link can be obtained from the gym. We hope participants will join Pino in their SICC jersey for these sessions.

Map My Tracks APP

As a member you can really increase your participation and enjoyment in our rides by joining the SICC Map My Tracks group. To do this you first need to create an account with Map My Tracks (<https://www.mapmytracks.com/sign-up>). Afterwards request to join the SICC group at this link: <https://clubs.mapmytracks.com/shapecycling-bel>. Once verified as a current member, you will be granted access by an admin. You can then view, join and create your own rides.

