

Fast Old Guys Cycling Club

F. O. G. Cycling Club

Fast Old Guys

F.O.G. Mission Statement

"The Fast Old Guys Cycling Club Inc. was created in 1992 to promote masters cycling in Manitoba. This goal is accomplished primarily through weekly club rides and through participation in organized competitive and non-competitive events. Active participation in these events will develop riding skills and cycling etiquette. While masters cycling is the primary focus of the club, club rides are open to all riders in promotion of the club values of good sportsmanship and healthy competition through active participation in recreational and competitive cycling."

President - Gary Edwards
 VP, Secretary/Treasurer - Rene Ammann
 Director of Racing and Events - Bill Ralph

FOG MANITOBA IS DEDICATED TO IMPROVING FITNESS THROUGH CYCLING

This is a ride comprising a diverse group of older and younger riders of both sexes, and racers. All ages are welcome for this very friendly ride, that goes at a moderate pace, north to Lockport Manitoba. The pace for the first 20-km is limited to 35 km/h. After a meeting at Lockport the group decides the route and general pace for the rest of the ride. Note: The pace will increase to 35 km/h and beyond. Faster as the season progresses. Known as a fast road bike ride, the FOG ride length will vary from 50 to 140 km. Shorter length, turnaround points exist, at various points in the ride.

If your interested in FOG and perhaps joining us for one of our rides, or want ride information, please email our club secretary Rene Ammann at FogCycling@shaw.ca or Allison Riddell at riddell.ak@forces.gc.ca

Due to insurance regulations, C.C.A. general membership and/or racing license and/or FOG membership is now required to ride with FOG.

[Click here for a printable FOG application form. \(2006 Version\)](#)

[Click here for printable Waiver form](#) (must be filled out)

Saturday Morning Rides

2006 Ride Schedule	
March and April	Rides start at 10 am (sharp)
May	Rides start at 9 am (sharp)
June, July and August	Rides start at 9 am (sharp)
September	Rides start at 9 am (sharp)
October and November	Rides start at 10 am (sharp)

Thursday Afternoon Rides

FOG members also ride most every Thursday at 18:00 hours. [6:00PM] The starting point is in the south part of the city at St. Mary's Road and Highway 100. [Perimeter] Park on the frontage road in the Southwest corner of the above intersection. The route will go south to St. Adolphe and beyond. This will be a fast ride with relative short warm-up period.



The Meeting Place (pictures above)

We meet at the Royal Canadian Legion located on the frontage road on the south side of the Perimeter Highway (101). This road is located east of Henderson Highway in the north suburbs of Winnipeg.

Club rides will be open to all riders. The only requirement is that you wear a helmet that conforms to CSA or ANSI and Snell standards. A road bike is suggested. Join our rides, and find out just how friendly the group is!

Our club was formed in order to promote cycling for cyclists at the Masters level. We have had great success for many years and I assure you, you will have a great time whenever you come out to our Saturday morning rides. If you would like to become a member, phone Rene Ammann at 256-6825 or [print a membership application](#) located on this page.

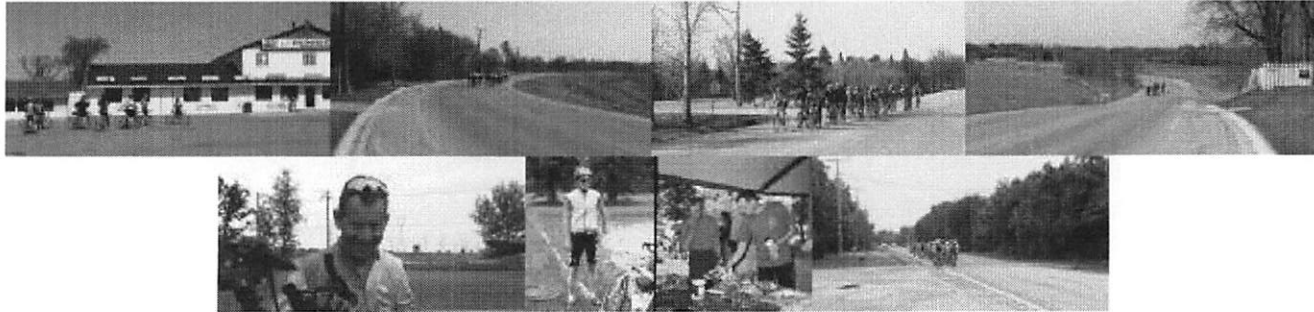


Our 2004 Fast Old Guys Club Photo (click on picture to enlarge)

Ride News

Our club rides now start at the Legion located on the frontage road on the south side of the Perimeter Highway (101) just east of Henderson Highway. Our members assured each other that we will make an honest effort to control speed to ensure that the entire group will stay together on the way to Lockport Manitoba. (Around 35 km/h) At Lockport more experienced and fit riders and those that think they are, will likely extend the ride further north and/or east. Distance and time will increase as the season goes along. As a rule we stop for coffee at the end of our ride. This is an excellent opportunity for socializing. You will hear some amazing stories. Some true, some not. We always welcome new and visiting local/out of town riders. **Due to insurance regulations, M.C.A. general membership and/or racing license and/or FOG membership is now required.**

Fog Ride Pictures: (various locations, place mouse pointer over picture for location, click on picture to enlarge)



Shorts & Jerseys

Supply is limited, depending on size for Club Members only. They are available for purchase at our club rides or by calling our club secretary Rene Ammann. Orders for more are placed at various times of the season depending on demand. Orders must be paid for in advance, in accordance with club policy.

Membership

To make our Club stronger we urge all members to look out for potential new members. If you know of anyone that may enjoy riding with us and share a day of fun and fitness please inform that person of our activities and encourage them to join FOG.

Due to insurance regulations, FOG membership is now required which now includes appropriate insurance.

Memberships are just \$50. FOG Custom Jerseys, Jackets and Shorts are available to members only.



