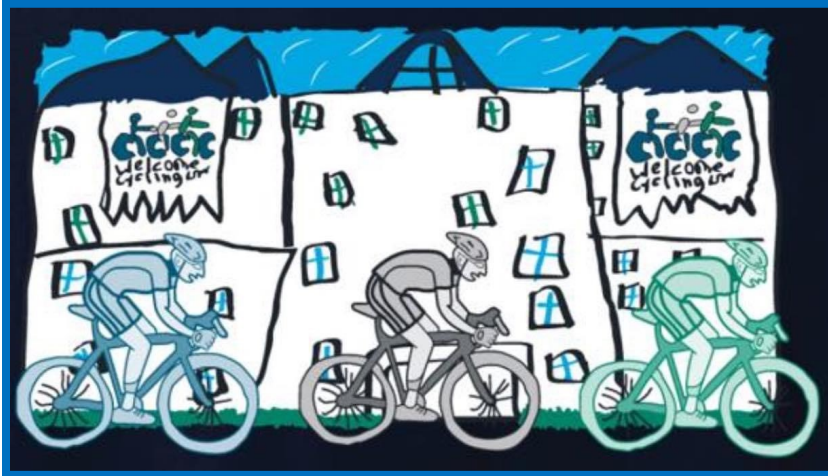


COOK CHILDREN'S CYCLING CREW



WHAT IS THE CCCC?

We are the Cook Children's Cycling Crew; not a club, not a team, but a Crew!

The 'Crew' has been around since 2016 with the mission of creating an inclusive, and friendly, group that welcomes riders of all levels to participate, (this includes you!). Because of this, we have both fast and slow, new and old. Anyone with a direct connection with Cook Children's is welcomed to join (Family/Friends/Etc.). Through riding, we live out the importance of good healthy exercise and community. This is who we are and we hope you join! If you haven't had a chance to ride with the crew, there is surely be a way right for you just around the corner!



For live updates on rides, upcoming events, and community, be sure to join our Facebook Group 'Cook Children's Cycling Crew'!

(This is a private group and all members have been approved to join.)

TYPES OF RIDES

WEEKLY | QUARTERLY FAMILY | EVENT

Hardest pedal to take is always the first one. It's always far easier, and more fun, with a good crew beside you!

Let's ride bikes together!

You can find more information on our CookNet page within HealthyMe Interested in starting a group in your area? Have additional questions? Reach out to **Drew Derton** (drew.derton@cookchildrens.org)



Don't forget to record your ride's stats using the Strava app! We currently have a 'club' under the name 'Cook Children's Cycling Crew'.

(If you don't record it on Strava...did it really happen?)

