


Thursday, January 18, 2024 at 17:19:10 Eastern Standard Time

Subject:  ABEX Cyclist Family Email #3
Date: Thursday, January 18, 2024 at 5:09:08 PM Eastern Standard Time
From: Liza Daisley <ldaisley@abilityexperience.org>
Attachments: image001.png, image002.png

Hello and Happy mid-January!

I hope this email finds you ready to embrace the adventures that 2024 has in store for us. It's great to see the energy and commitment many of our team members have already poured into their preparations for their upcoming summer events.

Last weekend, several dedicated cyclists dove into fundraising workshops in Pittsburg and Birmingham concurrently with Pi Kapp College for Chapter Officers, and we're pleased that many more are gearing up for an immersive training experience in Dallas this weekend. For those unable to attend in person or who were engaged in Officer training, online modules will be made available to ensure everyone has the chance to build their fundraising skills. Now it's time to turn up the heat!

By now, our team members should be hitting the halfway mark of their fundraising goals. It takes significant effort, and we're delighted to offer this in-person training opportunity to enhance their understanding of successful fundraising strategies.

Summer cycling teams are at full capacity! If you missed the Kick-off webinar last month, we strongly encourage you to catch up by watching the [VIDEO](#). A second webinar will be scheduled in the coming weeks, providing important insights into the programs. Both webinars are valuable for a deeper understanding, and additional resources are accessible on the [Team Participant Center](#).

Safety is paramount at The Ability Experience. Our cyclists join us with diverse biking experience, but *all* undergo comprehensive training. Completion of learning modules and logging minimum biking hours on Strava are essential components (training rides not logged in Strava do not count!). Thanks to our partnership with [Braveheart Coaching](#), we ensure professional fitness and endurance coaching, prioritizing safety and capability for all team members.

We urge our team members to take ownership of their journey with us. Your interest and involvement can make a significant impact! By now, they should be registered and active on Classy for fundraising, as well as Strava and Braveheart for training. Feel free to ask them about their experiences with these platforms - your support can keep them focused and motivated to achieve their goals.

We are grateful for your continued support. Please feel free to reach out at any time. I am here to answer your questions!

Kind regards,

LIZA DAISLEY

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The Ability Experience office at the Kelley A. Bergstrom Leadership Center of Pi Kappa Phi has moved! Please note our new address above.