
OUTSPOKEN

The official newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

March 2004

New Editor – New Look

I have taken over editorship of the newsletter from Tom Hakala, who did an excellent job for the last three years. Prior to that, Tom was president for two years, and also produced the newsletter in the mid nineties. His most recent rôle was organizer of the Points Party. I know everyone joins me in thanking Tom for all his hard work over the years. Gone are the artsy photo effects and the snazzy fonts - replaced by a sleek (some say boring, Spartan, unimaginative) new look.

So who am I? – You ask.

I was editor of the Cambridge Harriers' newsletter for two years, but apart from that I don't really have any writing credentials or experience. So, please be patient and overlook any typos or grammatical errors. I don't really remember volunteering for this post anyway. I think I was caught off guard: when I was asked if I would like to be editor I couldn't reply because I had just finished the Kemble hill climb.

But, above all, remember that it is your newsletter, and you are all potential reporters and contributors.

Trevor Stokes.

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New Features

I plan to include a monthly "Everything you wanted to know about..." feature. Each month we'll try to find out just who our members are, their first bike, their rave rides, etc. Let us know whom you'd like to be grilled --- err --- featured next month.

President's Message

A new year is approaching and the OSCC boardroom is at full speed. The new executive is bringing fantastic new ideas for our club. We are still looking for someone to take the lead for mountain bike TT co-ordinator. This would mean running 1 TT a month through the season. Please let me know ASAP (Wardell) if you are interested.

The new prices have been set and what a deal they are. We have a two-tier price list. The first price is for our members insuring through the OSCC and is \$25. The second price is \$5 for people that are OCA/UCI insured. The price charge is due to the OCA/UCI riders have paid the \$22 insurance fee with their licence from the OCA so they do not need to pay for it again. The family package has changed to \$70 for 3 members, \$85 for 4 members and \$100 for 5 members. Families with OCA/UCI licences are \$5 per person. Please bring proof of insurance to sign up at the health fair or we will charge the full amount for insurance. This new structure will allow more riders to participate in our events.

FYI - A club member is not covered on their way to and from a club activity - only during the club activity.

I hope to have happier topics next month; insurance is not fun but a reality in our world.

I look forward to seeing all of our members March 20th at the Health Fair to sign up.

Yours truly,

Greg

Planning a ride?

Please let me know one month in advance so that I can allow the OCA to know. Also if you have something that you would like to plan please follow the procedure and file the appropriate paperwork with me so we and you are covered by the insurance.

Greg.

Points Party

Throughout last season, every time you attended or hosted a ride or volunteered your services for the good of the club you earned points. These points were tallied up and used to buy “stuff” at the annual points party, held on Feb 28th.

Club members acquired the ‘stuff’ by canvassing local businesses or searching their garages and basements for items to auction. Some members donated services such as a hair cut (specially targeted at Scott Thompson, who didn’t take the hint) and completion of a T1 tax return.

Our president, Greg Nicol, was the M.C. and auctioneer,



assisted by Arno van Dijk. Things proceeded fairly orderly until, with just one tray of Rodina’s excellent butter tarts left to be brought under the hammer,

members found themselves with dozens of un-used points. The room split into two camps as points were shared and hastily re-counted in a desperate bid to win the tarts. Since the spoils were then dutifully shared by all present, everyone was a winner.

Health Fair – Membership Sign Up

The Owen Sound Health Fair will be held on Saturday March 20th from 10:00 a.m. till 4:00 p.m. in the Bay Shore Community Centre. The club will have a booth there and old and prospective members can take the opportunity to sign up for the 2004 season.

Members’ Activities

We hear through the grape vine, that some of our members have big plans. Good luck to everyone.

Dan Whittle and **Scott Vining** are going to the worlds Triathlon early May in Portugal (Madeira).

Ann West/Bill Moriarty are going to Tucson, Arizona for an organized Tandem Tuesday Tour - I believe it is in March.

John Brown is traveling to Belgium to compete in the worlds Duathlon at the end of May.

Communications / Member Lists

There are a few really stupid questions. ‘Are you asleep?’ is one. Asking ‘Are you *not* receiving your Outspoken?’ in this very newsletter is another. Never the less, we need to get our distribution list in order. If you know of someone who isn’t getting the newsletter, or who has moved or changed their email account, please let me know at info@owensoundcycling.ca.

I have also set up a Yahoo Group. I think I announced it informally to everyone, and formally invited the executive to join and try it out. A Yahoo Group allows any member to email the whole club using just one email address - OwenSoundCycling@yahoogroups.com. I moderate the group, which means that only members will be allowed to join. This virtually eliminates misuse. There’s also a calendar, which I plan to use for the Time Trial schedule and other club events. Members receive an email reminder shortly before the event. We could also use it to co-ordinate group rides, share photos, etc.



Paul D. Matthies

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If you are familiar with Yahoo Groups, follow the link from the Club web site's home page. Alternately, you can go directly to the group...

<http://groups.yahoo.com/group/OwenSoundCycling>

...and request membership. I'll receive an email and approve your request. Otherwise, email me and ask me to invite you to join.

There are two levels of Yahoo Group membership. To be able to send and receive email, all you need to do is register your address. Don't enter any personal information if you don't feel comfortable. If you want to be able to manipulate the calendar, post pictures or files, etc. then you need something called a Yahoo ID. Follow the instructions on the Yahoo site.

I have used Yahoo Groups for business and for staying in contact with ex work colleagues. I belong to one moderated by the BBC – so I don't think there's anything to worry about.

Road Racing Anyone?

Over the last couple of years the turnout for club road races has been less than stellar. Road races are those events that feature mass starts as opposed to individual start time trials. There are probably a couple of good reasons for this apathy, such as not being able to keep up and having no realistic chance of winning.


At the last executive meeting the topic of how to generate more interest in road racing was raised and a possible solution was put forward. In cross-country running there is, in addition to individual awards, also a team prize. This is awarded to the team with the lowest combined score based on overall placing. For example a team with racers finishing 2nd, 4th, 5th and 6th would receive 17 points (2+4+5+6=17) and would beat a team with finishes of 1st, 3rd, 7th and 8th for 19 points (1+3+7+8=19).

Soooo, if we applied this format to road races by creating teams, each with a selection of fast, faster and fastest riders in them, it would give riders of all abilities the motivation to continue racing right to the end to ensure the best possible point total for their team. The teams would be made up on the spot based on who shows up for the race, which could either start en masse or with short intervals in between groups of equally matched riders. For example the fast riders (of different teams) could start five minutes before the faster

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riders, giving them a bit of a head start and spreading the field out a bit for safety.

So as not to interfere with the Wednesday night time trials, these road races would take place on the weekend. If you are interested in participating in a team road race, or assisting in one (remember, five points for volunteers) please contact Emil at 376-5303 or emil@bmts.com.

Please consider what day (Sat. or Sun.) or time of day is best, and what distances you would feel comfortable with. Any suggestions or comments are welcome. If the number of respondents is low, the races will not take place.

Emil

Ed: If you know of a suitable route (good road surface with little traffic and no lights or cross roads), please share that with us too.

Sail to Tobermory – Ride Back

On May 6th the Chi Cheemann is going into service and the public has the opportunity to sail up to Tobermory aboard her. John Brown proposes that members sail up and ride back. Departure from Owen Sound is 1030, arriving in Tobermory at 1500. A fast ride back should get you home by 1900 – before it gets dark!

The price of \$35 takes into account that we don't need the return bus ride! Tickets can be bought from the Owen Sound Transportation Company.

Contact John Brown at 372-2502 for more information.

Advertise in this Newsletter

For \$35 (small) or \$50 (large) you can reach our discerning members and their families for an entire cycling season. Both prices include a space on our web site, with a link to yours, if

you have one. Please contact info@owensoundcycling.ca for more details.

New Women's Hour Record



Leontien Zijlaard-Van Moorsel demolished the Women's Hour Record, with a stunning ride of 46.065 kilometers on the track in Mexico City. The attempt took place at 9:05am on Wednesday, October 1, 2003, in near perfect conditions: no wind and 17.5 degree temperatures.

Leontien had set herself a schedule whereby she would ride at 46.310 km/h, which would allow her to comfortably surpass Jeannie Longo's mark of 45.095 kilometers. A crash while warming up delayed her attempt, but she was ready to ride by 9:00 am, and set off at 9:05 am.

The ride went perfectly according to plan: After 10 minutes she was 275m up on Jeannie Longo's mark; after 20 minutes she was 384m up; after 30 minutes she was 525m ahead; after 40 min she was 728m up; after 50 min she was 830m in front; then she lifted her tempo to eventually finish nearly a

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kilometer ahead of the Frenchwoman.

Visibly emotional after her storming ride, Leontien told *Outspoken*, "I am very happy with this record, but it was very hard." Before heading off to crack open the champagne with her coach and husband Michael Zijlaard and attending Dutch diplomats, Leontien paid tribute to the woman whose record she had just demolished. "Longo is a very great rider," she said, "but I am very pleased to have surpassed her."

The triple Olympic gold medallist has devoted virtually her entire year to this attempt, at an estimated cost of €150,000. Van Moorsel tried to break the Hour Record at sea level in Manchester two years ago, but fell well short of Longo's mark. With this success, she has now won everything in women's cycling: three Olympic gold medals, nine World Championships, two women's Tours de France, and more than 30 national titles.

The 33-year-old Dutch queen of cycling intends to go on for one more year and represent her country at the Olympics in Athens in order to defend her titles.

N.B. Under new UCI rules, hour record attempts are made using a standard track bike without aero bars or disc wheels. Aero helmets are not permitted.

Everything you wanted to know about... Greg Nicol

The first in a new series, intended to help us get to know our fellow club members. Greg volunteered to get the ball rolling and be the first member featured.

Greg: My family of Amy, Zac and soon to join us baby look forward to each and every issue of the *Outspoken* just to see what is going on in the real world. My real job is Fire Prevention Inspector for the Owen Sound Fire and Emergency Services.

Outspoken: How long have you been a member of the OSCC?



Greg: I have been a member of the Owen Sound Cycling Club for four years. I have been lucky enough to be the President of our club for 2 of those years.

Outspoken: What was the first bike you owned?

Greg: My first bike was an orange Raleigh road bike, which my mom and dad bought used from Jolleys. It

was great for doing the papers with.

Outspoken: Do you have a preference – Road or Mountain?

Greg: I have always enjoyed riding any type of bike. I now, thanks to the local crime element, have two Cannondales. (Ed: His original bike was stolen, so he bought a new Cannondale.) One for road riding and the other my more favourite type of riding: my Scalpel.

Most of my riding is training for my next Triathlon wherever that is but I am always game for a west rocks or sawmill trails ride.

See you soon on a bike near you.

Former Editor Surfaces Again

Though it seems a little weird, it is kind of nice to be on the outside looking in. Trevor Stokes is now at the helm of this ship and taking it in new and wonderful directions. I will be sending in my two cents from time to time and I hope there are other members out there that will support Trevor as well.

What I really wanted to do this month was bring you up-to-date on the trail that we are trying to build between Owen Sound and Meaford. As some of you may remember, last September we finished the first phase of the first section of the trail. This is the part that goes from the Bayshore Community Centre to the Owen Sound Soccer Fields. In some respects, this sounds like something quite insignificant. For the trail committee it


was a very significant, because we now actually had a trail to call our own. For three years we have been dreaming, meeting, planning and soliciting, but never actually building. That changed when the first section was built. Now things are starting to happen. We have gotten together with the Grey/Bruce Pet Hospital to develop a pet memorial for the trail. A kiosk is in the works (thanks to the Owen Sound Order of Good Cheer). We started blazing the next section of the trail, which we hope to complete this season. It will take us to Hibou Park if all goes as planned. Ongoing meetings are taking place with The City of Owen Sound and the Municipality of Meaford and the final route is starting to take shape as we head toward the Big Apple. One of the most important parts of our massive puzzle has now been determined... that is our name! The trail committee held a contest to name our trail last fall. Jim Merriam of the Sun Times was kind enough to publicize the trail-naming contest in the paper. Amazingly, 114 people submitted ideas for naming the trail. Many of the entrants attempted to combine

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Owen Sound and Meaford into the name, which, believe me, is no easy task. The best attempt in that category was "The MEOW Trail" (MEford and OWen Sound). After much deliberation, the committee chose "The Tom Thomson Trail" or TTT as the best name. Three people submitted that name but Bob Tucker of Owen Sound was the first one to suggest it so he was awarded the grand prize. After more investigation, the name Tom Thomson Trail looks like a perfect fit. The well-known Canadian painter, Tom Thomson, grew up south of Leith on a farm that the trail will skirt around as it heads toward Annan. After talking to Tom's surviving relatives, the committee discovered that Tom would often walk the route of our trail when he went to town.

A grand opening is planned for sometime in the spring or early summer and we hope to see OSCC members join us in celebrating our new trail. We may also need help in clearing bush at some point this season. I will keep you posted of times and dates. Hope to see you on the trail.

Tom Hakala

Carmichael Training System Videos

The club has purchased the full set of Chris Carmichael's training videos. There are videos on Climbing, Criterium, Time Trial, Sprinting and MTB Riding. They should be arriving soon and the executives are working out how to set up a lending scheme. For a preview, got to <http://www.trainright.com>

Time Trial Talk (TTT)

Welcome all new and old OSCC members. Included is the tentative Time Trial Schedule for the start of the season. We will be starting earlier than in past seasons. I know that I am always counting down the days to the first time trial, and May seems too far away. There will be a graduated start to the season 5k, 10k, 15k, 19k, so come out early and don't be intimidated by your lack of fitness, or time on the bike. We will all be in the same state, unless you're the Erbinator and have been living on your bike for 3 months - Go! Erb! Go! Rumour has it that The Erbinator will usurp the Time Trial Throne from Martin and Scott T.

All club members are welcome at time trials. Road or triathlon bikes are certainly the preferred style, but mountain bikes can also be ridden, with or without slicks. Time trials are an excellent means of gauging your bike fitness, and are very

Free tech clinics for OSCC members. Check Web Site for details.

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personal. Once a time is established for a given venue, one can work at constant improvement and results are visible. There is a surprising learning curve given the simplicity of the event. This has more to do with awareness of your physical limitations than improved technique. Feel the pain in "The Race of Truth"!!

The time trials in April will start at 6 PM rather than the usual 6:30 start for the rest of the season. This will allow enough daylight for the time trial and possibly the trip home if you are so inclined.

Scott T.

Ed: Schedule conveniently located on the next page: the last odd page of the newsletter. You can cut it out without destroying any of the valuable articles. See – your new editor thinks of everything 😊

The Rising Cost Of OSCC Membership

As a member of the Club for several years and a member of the Executive for most of that time, I have seen OSCC membership increase from \$10 to \$25. There is only one reason for this and that is - INSURANCE.

At the last executive meeting, we looked over the cost of running the club and ensuring our members are protected. It costs less than \$3 per member to run this club, but it costs \$22 to insure each member. Actually, the cost to run the Club has gone down over the years and we are putting on more events each year. You get a lot for your \$3. But if you are going to pay \$22 to be insured on OSCC rides, there is only one way to get your money's worth - ride, ride, ride. Go to time trials, enter races, get out there on every ride you can. Who cares if you ride well or not - every time you ride, you are screwing the insurance company. If you only ride once, the insurance company is making a killing off of you - do you really want that? I didn't think so.

If you really want to screw the insurance industry (and who doesn't), organize a ride and get lots of people to show up. That will show them. Just make sure it is an OSCC ride. Talk to Greg Nicol or Trevor Stokes to get the ride authorized and published. Then go riding. And remember, every time you turn the pedals, that insurance is looking like a better deal.

Kent Greer

Spring Fling, Again

As spring approaches, a young cyclist's mind turns to - running and riding! Yes, once again, it is time to start some serious training so that you will be ready for the Spring Fling, the first opportunity you have to show off your lily-white but oh-so-strong legs by running 3 km, then biking 12km, then running again. Unless, of course, you have a friend who is a runner. Then you can share the work and the glory.

The Spring Fling Dirt Duathlon is scheduled for 2 May at the usual location (Sawmill Trails next to Whispering Pines Campground). Race starts at 2 pm sharp. Entry form is included in this newsletter. Buy your membership at the Health Fair and throw in an extra five bucks for your Spring Fling entry fee. It will cost you 10 bucks on race-day.

Thanks to my generous sponsors: Jolley's Alternative Wheels and Ron Oatt Shoes. Tons of draw prizes after the race and handmade wooden medals for first, second and third in each category.

Pre-ride is Saturday at 4pm. Before that, trail marking and clearance will start early in the morning. Get a jump on the competition - show up early Saturday, do some trail maintenance, scout out your best lines, score some valuable OSCC points.

Kent Greer

Classified Ads

For sale: Lockable bike carrier for two bikes, with crossbars for VW Beetle. \$200.

Also looking for a bike trainer.

Please call John Huelshof, 422-2460.

Time Trial Schedule

The schedule is also posted on the Yahoo Group calendar, with email reminders set up for two days before each race.

Cut out and save.



Time Trial Schedule		
Date	Distance / Type / Venue	Start
April 7	5k Shallow Lake	1800
April 14	10k Shallow Lake	
April 21	15k Shallow Lake	
April 28	19k Annan	
May 5	15k Shallow Lake	1830
May 12	20k Kemble	
May 19	15k Shallow Lake	
May 26	19k Annan	
June 2	15k Shallow Lake Aussie Pursuit	
June 9	20/40k Kemble	
June 16	15k Shallow Lake	
June 23	19k Annan	
June 30	15k Shallow Lake 2 or 3 team time trial.	

Contributors

Thanks to Greg Nicol, Tom Hakala, Kent Greer, Emil van Dijk and John Brown for contributing to this edition of the newsletter.

Ed: What happened to all of last year's contributors with the strange names? (Fahr)rad Dad, Sepp Schrägkettenwinkel, Leatherbutt, Ned? Maybe Tom invented them all?