
OUTSPOKEN

The official newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

May 2004

Editorial

Membership renewals are still trickling in and thanks to Rebecca we have a set of new, consistent data. At last count I think we have 75 members. A list of those who chose to have their number published is attached. Post it next to your phone and choose some one at random to call and go for a ride.

The majority of you approved of receiving the newsletter via a link rather than having a sizeable attachment pushed at you. After all, this is the way you get your phone bill, and so many other documents today. If anyone still needs help, please email or call me. Generally, if you can access our web site, and read the archived newsletters or view PDFs from other sources, then you *should* be able to get your newsletter.

Emil's organizing lots of rides and has proposed a novel format for road races. Please take a look and consider participating. I'll be there June 6th!

To contact me or to send your contributions to the newsletter, write to info@owensoundcycling.ca

Trevor Stokes.

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Trivia Night

What's a porbeagle? What do you call the little web between the thumb and forefinger? Which lung is larger: left or right? You know the answers to all of those questions? You should have been on the OSCC team at the Trivia Quiz. Rebecca, Jody, Emese, Barb, Greg and myself were there, costumed, according to the Sun Times article, as professional bike racers. When all the results were counted, we were somewhere in the peloton. But it was a lot of fun, and we all learned a lot


Trevor

President's Message

Hi folks, the Owen Sound Cycling Club is alive. The early season events have been very well attended. 22 riders for the TT on April 14th. I would like to thank all of the members and the WHSS and OSCVI mountain bike teams for the great efforts in getting the Sawmill Ski Trails back in shape. If anyone wants to schedule another trail clean up please let me know so we can post it and get proper permissions.

Tonight, April 21st we saw a dedicated group of riders do the first 15k TT of the season in less than desirable conditions. Heavy south wind, borrowed shoes and oh yeah rain. The 12 riders that completed the TT will be stronger and I am looking forward to following Stu next week.

By the way, I renewed my confidence in bike helmets. A couple of weeks ago while riding the west rocks I chose a new route around an old bump. Then to my surprise a rock appeared in my route and over the handlebars I went and I

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stopped 6 feet from my bike with a thump stopping with my helmet making the first contact with the Niagara Escarpment. Without the helmet the injuries would have been much worse so always wear your skid lid.

Greg

Drafting Marshals

We received this note from the events co-coordinator of the Ontario Cycling Association.

Triathlon Ontario has once again approached us to supply them with drafting marshals for the larger triathlons they sanction around the province. The drafting marshals will be instructed by OAT and the organizer regarding the exact duties. As far as I understand it, you basically get paid to ride your bike and ensure the triathlete competitors follow the rules of the race.

Each person who works the event will get paid an honorarium TBD. I know it's tough to make any money riding your bike - but here is a way for your club members to earn a little extra money doing something they will be doing anyway.

If you are interested, please contact Greg and he will forward names to the appropriate authorities at OAT.

Trevor

Group Ride Attacked

A brave group joined Emil for his ride on Easter Sunday. The pace was moving well as we approached the Lindenwood road and Emil out of the blue changes the route and the president missed the turn and ended up in Kemble. Even though I tried valiantly to bridge to the group, the group picked up speed and left me in the dust.

Zachary and I have discussed this and we will have radios in our ear next ride to ensure the miscommunication does not happen again.

Greg

Other Rides

Although it is not a club function, we do have 8 cyclists who are taking the Ferry to Tobermory and riding back.

Ruth Ann and I just signed up for the Peterborough 7/10, 7/11 Double Metric Century. A good deal at \$117 ea with two nights (Fri/Sat) accommodation breakfast (Sat), dinner and a concert.

John Brown

On the road again

Spring is in the air, it is getting warmer. That's a good enough reason for the Sauble Chicks to hit the road again. It's been a long winter, so it feels real good to be out riding!

We have had some great rides already, however one needs to watch the roads. Some of them are still very muddy, closed to traffic, but that made no difference to the Sauble Chicks.

At the end of their ride they realized how dirty the bikes were, and how much work it would be to clean them.

But all in all we had fun and that's what riding should be about!!!!!!

Nr. Two Sauble Chick

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Interclub Races

The following table is taken from the Newmarket Cycling Club's website. Thanks to John Brown for pointing it out. More detail, such as maps, etc. are available on their site at www.neptune.on.ca/~eagles/

<i>Date</i>	<i>Location</i>	<i>Start Time</i>	<i>Distance</i>	<i>Description</i>
April 25	Interclub Race #1 - Dundalk	10:00 AM	60 km	3 laps; flattish
Sunday May 30	Interclub Race #2 - Oro	10:00 AM	60 km	Meet at Oro Fairgrounds
Sunday June 20	Interclub Race #3 - Beeton	10:00 AM	60 km	Hilly
Sunday July 11	Interclub Race #4 - Orillia	10:00 AM	60 km	Hilly
Sunday August 8	Interclub Race #5 - Epping	10:00 AM	60 km+	Hilly
Sunday September 12 (Date to be finalized)	Bikeland Classic Road Race	10:00 AM	55 km+	Moonstone

Bike/Walk to Work Challenge

Owen Sound is hosting the Bike/walk to Work Challenge again this year. It will run between May 17th and June 28th. The concept is to encourage people to ride or walk to work rather than driving that gas guzzling pick-up or mini-van. What you have to do to take part is pick up a ballot at Owen Sound City Hall, The Health Unit, Jolley's Alternative Wheels or from your employer. Every day that you ride or walk you fill out a ballot and give it to your employer to sign. Your employer will drop the ballots off in a ballot box at JAW (or you may have to if your employer is too small or not able to do so). Each week there will be a draw for prizes too numerous to mention, but at the end of it all there will be a grand prize of a brand spanking new bike from Jolley's Alternative Wheels. As 'they' always say, You can't win if you don't enter... so enter often. That means ride often.

Remember riding to work makes you feel better and gives you more energy to work all day. You save on gas and cut pollution. It is easier to get around town on a bike and easier to park. you see far more on a bike than in a car, so your attitude is better and more positive. You will not have to curse that jerk that is just sitting in the lane in front of you when the light changes.

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There are many good routes and short cuts that will save you time and help avoid heavy traffic. In an effort to address this The Owen Sound Bike/Walk to Work Committee has come out with a route map to help you get

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to work the easiest way. They should be available soon at City Hall, JAW, The Marine and Rail Museum and other spots throughout the city.

There will also be a number of events taking place to celebrate the Bike/Walk thing. At 8:00 a.m. there will be a kick-off event at Owen Sound City Hall. An events Flyer will also be available at the same locations as the maps. The flyer lists umpteen events that will happen between May 17th and June 28th that involve both walking or cycling. Now there are no excuses, so get out and ride.

Tom Hakala

Short Track XC/Dirt Crit MTB Race

Sunday, May 16th - 10AM, Whispering Pines, Hepworth

Sunday, May 23rd - 10AM, Whispering Pines, Hepworth

Meet at the ski trail parking lot. A short (20 minute) race over a non-technical, flattish course. Categories to be determined.

Hello, Any Road Racers Out There?

If you enjoy road riding and have at least a wee bit of competitive fire burning in your gut, but feel that if you're not up amongst the leaders that racing is meaningless, then consider the TEAM ROAD RACING CONCEPT.

How It Works: A bunch of riders show up for a race. They are divided into equal teams. Team Red has Fast Freddy, Reliable Ray, Stellar Stella, Sweet Caroline and Turtle Ted. Team Blue contains Speedy Gonzalez, Steady Eddy, Marvelous Matilda, Gorgeous Georgette and Slow Moe.

Ted, Moe, and the ladies start off first, followed five minutes later by the other four. Halfway through the race, the faster group catches the early starters. Stellar Stella is able to match the faster pace and rides with them. At the finish Speedy Gonzalez out sprints Fast Freddy, followed by Reliable Ray, Steady Eddy and Stellar Stella. A few minutes later, the remaining ladies, who have broken away from Ted and Moe, battle it out for sixth, with Matilda leading in Sweet Caroline and Georgette.

The current standings are: Team Red = Fast Freddy - 2nd, Reliable Ray - 3rd, Stellar Stella - 5th, Sweet Caroline - 8th, for a total of 18 points.

$(2+3+5+8=18)$.

Team Blue = Speedy Gonzalez - 1st, Steady Eddy - 4th, Marvelous Matilda - 6th, Gorgeous Georgette - 7th, for a total of 18 points. $(1+4+6+7=18)$

So, the teams are tied and it all boils down to Turtle Ted and Slow Moe. They have stayed together and approach the finish. Ted starts the sprint with 200 meters to go. Moe grits his teeth and catches Ted's wheel. With 100 meters remaining Moe tries to come around. At 50 meters they are neck and neck. At the line it's....too close to call. We'll have to check with the photo finish judge.

Hopefully that gives you the idea. The first race is at 10AM on Sunday, June 6th at Kemble, over a distance of 60km. If you need more info, give me a call at 376-5303 or emil@bmts.com.

Emil van Dijk

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Time Trial Results

April 4th Shallow Lake		
mm.ss.d	5 Km	Km / H
07:27.0	Scott Thomson	40.27
07:59.0	Scott Vining	37.58
08:13.0	John Brown	36.51
08:15.0	Greg Nicol	36.36
09:00.0	Trevor Stokes	33.33
09:01.0	Fred Milsum	33.27
09:05.0	Stu Manwell	33.03
09:25.0	Colin McIver	31.86
09:36.0	Rob Halpin	31.25
09:37.0	Kate Manwell	31.20
09:37.0	Rebecca Hilts	31.20
10:14.0	Susan Frook	29.32
10:19.0	Shannon Moise	29.08
10:43.0	Mack Thomson	27.99
10:52.0	Jane Thomson	27.61
13:33.0	Jeffrey Thomson	22.14

April 14th Shallow Lake		
mm.ss.d	10 km	Km / H
14:56.0	Scott Thomson	40.18
15:36.0	Scott Vining	38.46
17:16.0	John Brown	34.75
17:24.0	Ian Miller	34.48
18:06.0	Kim Lumley	33.15
18:18.0	Stu Manwell	32.79
18:28.0	Trevor Stokes	32.49
20:06.0	Kate Manwell	29.85
20:38.0	Susan Frook	29.08
20:45.0	Mack Thomson	28.92
20:45.0	Shannon Moise	28.92
22:03.0	Jane Thomson	27.21
22:19.0	Josh Fletcher	26.89
	Rocky. Liam, Noah	
22:36.0	Moise	26.55
22:51.0	Emese Fabry	26.26
25:56.0	Steven Anderson	23.14
26:38.0	Orleen Anderson	22.53
	5 km	
14:13.0	Jeffrey Thomson	21.10

April 21st Shallow Lake		
mm.ss.d	15 km	Km / H
21:47.0	Scott Thomson	41.32
25:08.0	Ian Miller	35.81
25:21.0	Greg Nicol	35.50
26:24.0	Bev Johnstone	34.09
26:28.0	Stu Manwell	34.01
28:03.0	Trevor Stokes	32.09
	Lynne Vaughan-	
28:04.0	MacDonald	32.07
30:04.0	Mack Thomson	29.93
31:39.0	Kate Manwell	28.44
	DNF Kim Lumley	
	DNS Scott Vining	
	5 km	
12:59.0	Jeffrey Thomson	23.11

Road Rash Treatment

A friend of mine recommended this treatment. She had a nasty MTB crash and says the road rash healed much quicker. I have a link to the article from the club web site, but I thought it might be good to put it in print too.

Please note that although the Internet article states...

R. S. Basler, MD, Garcia, M.A. and Gooding, K.S reviewed the subject in Vol 29, No. 4, April 2001, THE PHYSICIAN And SPORTSMEDICINE.

... no one in the Owen Sound Cycling Club has endorsed it (or recommended against it). It's reproduced "as is".

Like many other things in this modern age, change has hit here too. We've said before that most road rash can be healed in a week if you go about it right. Let it stay dirty, or get infected, or let it dry out and scab over, and it may take a long, long time and leave an unsightly stain when it is finally healed. That much is still true; but our past recommendation to scrub well, cleanse with hydrogen peroxide and cover with antibiotic ointment is now revised.

First, you need some supplies. And it would pay you to get them now, before grief comes your way. Make a small rash-aid package for your medicine chest. You can get this stuff at a full-service pharmacy - call ahead; neighborhood pharmacies won't have the dressings. Find a new spray bottle at the Dollar Store to prevent accidental

contamination from an old one you may find around the house.

- 0.9% sodium chloride solution
- Spray bottle
- 4" X 4" gauze pads
- Johnson & Johnson Bioclusive Dressing, or Spenco 2nd Skin, or 3M Tegaderm. Prefer the Tegaderm.
- Paper Tape

To deal with fresh rash: Get your post-ride shower (ouch!), not scrubbing the abrasions. Then, use the spray bottle of sodium chloride solution to clean up the abrasions, only gently scrubbing with the gauze pad if absolutely needed to remove visible gravel, etc.

The rash needs to be CLEAN - if it's not you're going to have to grit your teeth and make it clean with the gauze and salt solution. Let the wound dry. Place the semi permeable dressing over the wound, drying the surrounding area and attaching the film with adhesive tape on dry skin. If you are using sheets too small to cover the wound, Tegaderm, for instance, will adhere to itself and can be shingled over the wound area. The dressing can remain in place for a week, but it might be better to change the dressing after a few days. (The wound should not be allowed to dry out until it has healed.) **For signs of infection or if you need a tetanus booster, see your doctor.**

You may find yourself sweating under the dressing when you work hard on subsequent rides. Using paper tape to secure the edges of the dressing will keep it from falling off, and you may find you want to replace the dressing if it is particularly wet.

A thought: if you find yourself in the ER because you have trashed more than some skin, you might want to get pushy with whomever is about to clean up your road rash, hoping to get the treatment outlined here.

Ned Sez

So the first race of the 2004 Interclub series is over, and Ned came in.....well, actually, Ned didn't come in. In fact, Ned didn't go out. 2 degrees above freezing, and rain? Ned don't think so. Does that mean Ned has become a wimp? Maybe, maybe not, but one thing Ned isn't, apparently, is a prognosticator.

A win for George Hincapie was predicted for Paris-Roubaix, but a top ten finish was all he could muster. Oh well, Georgie, Duclos-Lasalle didn't win until he was 38. Keep it up dude.

Is it ever going to warm up? For more than one day in a row, that is? In spite of the crappy weather, Ned is heartened to see so many of the youth of the Ice Cream City riding bicycles this year. BMX, to be sure, but bikes nonetheless. One grade 8 laddie is riding into town from about 4 km out, going home for lunch, then back into town. Another youngster was seen at Markdale Ford heading into Markdale. They're riding around the streets in gangs. This is great, but will we be able to keep them?

Perhaps not, but we will get them back. As Ned is EXTREMELY fond of telling people under 20, by the time they're my age they will be riding bicycles whether they want to or not so they might as well start now and get used to it. Long-time readers of this column will recall in April 2001 a rant about an impending fuel crisis. Ned recently came across a statement that it takes the energy of 7 gallons of gasoline to produce enough hydrogen to do the work of one gallon of gasoline (California physicist David Goodstein, "Out of Gas: The End of the Age of Oil").

Kids, get your parents to tell you what a gallon is.

Ned

Everything you wanted know about... Richard Fletcher

Richard is coach and manager of the JAW Racing Team. You may have seen the eye-catching trailer at local races, and more recently at our weekly Time Trials. Our reporter caught up with Richard recently.

Outspoken: When did you start cycling?

Richard: I was a late bloomer, a hockey player who finally came to his senses. I started riding when I was about 30.

Outspoken: Why did you start to cycle?

Richard: I have always been active and when I started to get "roly -poly" I knew I needed to do something that didn't require having a group of people. Vic Michener and I would get out and ride our mountain bikes a couple times of week. We were bad! But we had a lot of fun!

Outspoken: You coach and manage the JAW Racing Team, a provincial MTB team. How's that going?

Richard: I'm really enjoying seeing the improvement in our riders. We have 20 local cyclists between the ages of 11 and 47. We race at all the Ontario Cups and the nearby Canada Cup races. A highlight this year is to take the team to Nationals in Mont Ste. Anne.

Outspoken: Why were you interested in forming this team?

Richard: Cycling is where it's at! I've been fortunate to have been coached in different sports by many people who gave their time and effort to me. Now I can do the same. I feel volunteerism is really important. With everyone putting in longer work hours, people have less time to help out. I also race myself and enjoy the challenge of trying to become better.

Outspoken: Why a racing team and not just a club?

Richard: We need to encourage our youth to get out and participate in a sport that they can do for their whole life. Some get freaked about racing, this fear of finishing last. To me it's not about winning. I love the quote, "you don't learn anything living in the fat comfortable middle of where you are." By pushing yourself, taking risks, you start to realize the great potential in yourself. Racing does this.

Outspoken: Any highlights to share?

Richard: Andrew Erb's success as an elite cyclist. Here is an athlete with a great talent and he is fully committed to the sport. Watch this guy, someday he will be on the National team!

Outspoken: Any regrets?

Richard: I wished that the JAW Racing Team was around when Matt Martindill was a junior. He is such a talented cyclist and could have used the support from a team at the races and training.

Outspoken: You've been cycling now for over 10 years, why is this the first year you have joined the OSCC?

Richard: I have always participated in many of your great MTB events throughout the years but on Wednesday nights we always traveled to Hardwood Hills to participate in their weekly series. I didn't realize that there were many other great benefits being a member of your club. You will see most of the JAW Racing Team belonging to the OSCC as well. Look for us at time trial night, many who will be riding mountain bikes!

Members' List

This attached list is current as of 2004-04-26 and only includes those members who chosen to have their numbers published. These pages will not be included in the newsletter that is archived on our website. It is only in the temporary copy in the download area. If you would like electronic copy for your contacts or address books (CSV, Outlook Export, Plaxo), please email me at info@owensoundcycling.ca

Contributors

Thanks to...

John Brown, Richard Fletcher, Emil van Dijk, Tom Hakala, Margo Huelshof, Steve Lidkea, Greg Nicol, for contributing to this month's newsletter.

We have so many talented members. If you have something to say or some special knowledge to share (fitness, bike maintenance, trails, etc. etc.) please submit an article. Even a complaint! Everything's welcome. What about race results? If you competed in a race, please let us know .