
OUTSPOKEN

The official newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

March 2005

Editor's Ramblings

Not really much to ramble about at this time of year: at least not on the subject of cycling. I received Chris Carmichael's book *The Ultimate Ride* as a gift. I memorized the numbers and the sequence for the field test. That's the test you do to ascertain a datum on which to base the other workouts. I went down to the basement and did the test and nearly passed out. Only when I re-read the chapter the next night did I realize that I was supposed to repeat the whole thing. I suppose we'll see in the spring whether it's really working.

I'm looking forward to this year's TTs. Scott has worked out quite a schedule.

Don't forget the Health Fair and membership sign up – March 19th.

Trevor Stokes.

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President's Message

Welcome to the 2005 cycling season. 2005 will have a lot of pressure on it to be as successful as the 2004 record breaking year. Record numbers at TT's, group rides and club races were great to see and I expect to see the Owen Sound Cycling Club continue to prosper this summer.


Events to look for are - time trials at various venues every Wednesday night starting in mid-April including a couple of Epping 5km hill climbs that will challenge everyone, the Spring Fling Dirt Duathlon on May 7th at the Sawmill Ski Trails, Trevor and Emese's Monday night group rides, Emil's group rides and races and more.

If you are looking for something more, be sure to check out the Ontario Cycling Association schedule at ontariocycling.org for a complete list of events. The Owen Sound Cycling Club and its members are always a threat at an O-Cup or Interclub.

Remember, this is our club, run by us, for us. If you want to help out to organize a ride or an event go for it.

See you soon!!

Greg



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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 by Jason and used to buy “stuff” at the annual points party, held on Feb 26th.

This year, thanks to our generous sponsors and the hard work of Barb, we had more swag than ever. The items up for auction ranged from unidentified pieces of hardware (Deej buys anything that’s metallic and shiny – “My precious”) to a two night stay in Scott’s Blue Mountain chalet.

We’re not sure what it says about our members, but trays of cookies and muffins fetched bigger prices than art work and weekend getaways.

Just as in previous years, a lot of buyers found themselves with points left over when the last item was auctioned. The Thomson family – with hundreds of points – managed to outbid the combined points of the rest of the room. A batch of Emese’s muffins (minus one – Deej mistook them for part of the buffet supper) sold for over 600 points.

Rebecca organized a Guess the Legs contest. Club members provided pictures of their legs and the goal was to guess whose legs they were. Jane Thomson was the winner. She had an advantage (four of the 12 pairs of legs were hers, her brothers’ and father’s) but she also matched up most of the others, better than anyone else.

Thanks go to Greg for being auctioneer.


Health Fair – Membership Sign Up

The Owen Sound Health Fair will be held on Saturday March 19th 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

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and prospective members can take the opportunity to sign up for the 2005 season.

Sail to Tobermory – Ride Back – 2nd Annual

On May 5th the Chi Cheemann is going into service and the public has the opportunity to sail from Owen Sound to Tobermory aboard her. After last year’s – err – success (some of us nearly succumbed to hypothermia) -- John Brown is proposing that we sail up and ride back again. The price of \$36 takes into account that we don’t need the return bus ride! The buffet luncheon is \$9.00. Tickets are available at Springmount in the old Tourism Building (OSTC). Or call 1 800 265 3163.

Contact John Brown at 372-2502 for more information

Communications

I’ve been encouraged to promote the Owen Sound Cycling Club’s Yahoo Group one more time. These groups are used by soccer leagues, scout groups, families and clubs to ease communications. I set up a group for my extended family to exchange pictures and memories and an 80 year old uncle was one of the first to join – so it really isn’t difficult. It would make life much easier for me!

- € Currently I have to email to over 100 different email addresses. Sympatico requires that I break this into two or more sets, because they consider anything over 50 to be spam.
- € Some of you let your mail boxes fill up and others change provider and don’t let me know. Sometimes there are errors that block the whole transmission and I have to temporarily remove someone from the list.
- € Some of you want the newsletter but don’t want the TT results

- € When a member wants to announce something they often ask me to forward a note to the whole club.
- € Every Wednesday afternoon some one emails me asking where this week's time trial is.

All of these problems are solved by a Yahoo Group. Any one in the club can send an email to OwenSoundCycling@yahoogroups.com to reach every active member. No one other than a registered member can send email to the group. If you change provider, you update Yahoo with the new address. If you don't want individual emails you can opt for a daily digest or no email at all. You can always go to the web site to view archived mail. You automatically receive an email reminder of the time and location of all club events two days in advance.

I'll be re-sending invitations by email. . If you aren't familiar with Yahoo and don't have a Yahoo ID, don't press the "Join this Group" button. All *you* have to do is press REPLY and SEND.

LEANDA GRACE ROSS 1959 - 2005

Our hearts go out to club member Jack Roderickson, whose dear friend and life partner, Leanda Ross, passed away suddenly on January 2nd, 2005. Her death occurred only two days before her 46th birthday.

"You are born for a short adventure of beauty, love, and lasting laughter" from a poem by Leanda

MTB Contributor of the Year - Richard Fletcher

On Saturday November 20th 2004, at the Ontario Cycling Association "Cycling Celebration" in Toronto, Rich Fletcher received the award for "mountain bike contributor of the year".

This award is given to the member who exemplifies dedication and commitment to the MTB racing community.

Richard has been involved with JAW Racing since its affiliation/inception (as Jolley's Alternative Wheels) three years ago. An avid Master Expert rider, he is also a commissaire, organizer, manager and coach. Along with JAW Racing he has continuously supported countless OCA events,

including the 2nd annual JAW School MTB Series bringing many new youngsters into the sport.

Other OCA 2004 Award winners


- Road Female Athlete of the Year Merrill Collins
- MTB Male Athlete of the Year Martin Lazarski
- Road Male Athlete of the Year Darko Ficko
- MTB Female Athlete of the Year Sue Trimble
- BMX Female Athlete of the Year Lee Ryckman
- BMX Male Athlete of the Year Bob Rowley
- BMX Contributor of the Year Martin Sharpe
- Road Organizer of the Year Multi Laser Inc.
- MTB Organizer of the Year Chico Racing
- Road Contributor of the Year St. Catharines Cycling Club

Vic Michener / Emil

TT TALK

Well, another season of Wednesday night time trials is soon upon us. We will kick off the season on April 13 with a very short, but hopefully intense, 5K at Shallow Lake, progressing to 10K the next week, and settling in at 15 K Shallow Lake

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for the rest of the season. Shallow Lake remains the OSCC stalwart venue. The new venue at Annan was well received and is favoured more in the schedule over Kemble(3). The Kemble course is the toughest, and slightly longer. This may be the reason it always has a lower attendance, but I think there is a perception that the "Kemble Mountain" is dangerous – please feel free to descend at your own pace as it factors least into your time. Not everyone has the #^*!/#! to stay on their aerobar like Ken (& Greg?). We will be doing one TT in reverse up the mountain and around the loop this year, similar to last year's Team TT, and possibly a 40K. The Annan course will remain unchanged, having a nice mix of speed and rolling hills. It was discovered that the wind affects this course the most as there are no significant changes in direction on this road. One night I averaged a record speed on the way out, only to be more than 5 minutes slower on the return. Shallow Lake is also unchanged. The Wardell's have graciously offered their driveway at the start for staging (in

addition to the hecklers bleacher area). This should reduce the crowding at the side of the road, and keep some of the passing motorists happy. Please try to line up single file at the side of the road at all starts, and clear the finish area when completed.

Looking further into the season, there will be the usual complement of Australian Pursuits (sorry Rody, you can't be in the

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sprinting group at every pursuit), and Team TT's. For new members, an Aussie Pursuit is a time trial handicapped individually for every rider based on their previous times. Riders are sent off at varying intervals and may catch, or be caught, and work with other riders. This usually ends up with a small to moderate sized group of riders coming into the finish area for a sprint just as they are catching the riders that departed early, and just behind are following groups and individuals, all finishing relatively close together (then Martin and Scott bringing up the end and never catching anyone). Last year saw Jane Thomson surprise everyone early in the season at Shallow lake by not getting caught, followed by Jason Rody winning the group sprint over Tim Koker. Then Mark Cochrane powered through the course at Annan with Greg Nicol to finish sprinting 1-3 with John Cameron 2nd, followed by a good sized group. Jason Rody got his redemption at the final Aussie at Shallow Lake, winning in a sprint with Ken Avery (showing us a glimpse of his former track sprinting skills) followed by Emil Van Dijk, and group. The Team TT format also returns. Participants can form their



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own group of 2-5 riders, or be grouped according to ability by the organizer. Last year's June 30 shallow Lake Team TT saw a record 47 participants. Kudos to Martin Kerr for soloing in ahead of the fastest team. Instead of a very short (but excruciating) hill climb at Kemble Mountain, we will be traveling to the Epping Hill in the Beaver Valley at the beginning of July for a Wednesday night hill climb TT, followed by a potluck with a view at the covered picnic area. Riding and Eating! This venue was used for the first time last fall on a cold and breezy night with the sun setting on us, and Andrew Erb stamped his approval on the 5K climbing course, besting the resurrected Emil Van Dijk, and venerable Martin Kerr by over a minute, followed by the rest of us mere mortals. It's great to have a constantly climbing course with times between 10 and 20 minutes.

One new event may be back to back Hill Climb TT's near Blue Mountain/Collingwood on a Saturday night and Sunday morning, with a nearby pasta feed/bonfire/stay over near the IntraWest Village. More on that later.

Highlights of last season? Turnouts – up to 47 riders – old, young, new, experienced, male female. June 16th, perfect conditions, 20 PB's for 33 riders. Getting older, thinking slower, but going faster. New participants (and their bikes), with dramatic improvements. Veteran participants with tiny hard earned improvements. Pam's timing. Smiles and positive feedback.

Lows of last season? "Head's Down" Karl colliding with Gord "The Roadside Mechanic" while riding someone else's fabulous new bike (sorry John!). (Names have been changed to protect the not so innocent – and I have not yet received a letter bomb.) The "Switch" will not return in that format. (Mack was too sore from riding an adult's bike without lowering the seat.) One rained out Wednesday night at Annan – Jason Rody and Mark Brown rode out in the teaming rain and wind, and did the course on their own – actually I think Mark drove 50k from somewhere south, locked his keys in the car, rode to Leith to use a phone for CAA, and got poured on, then did the course. An early May Shallow Lake TT proceeded with after a group weather decision, and completed in rain and frightening lightning – some riders abandoned and others just kept on riding back to town.

I am looking forward to a new season. The tentative schedule has been submitted, but may change during the season. TT's will start at 6:30 throughout.

Best of riding.

Scott Thomson

Time Trial – Tentative Schedule

All races begin at 1830. If you join the Yahoo Group (see above) then you will receive an automatic reminder email two days and again three hours before each event. Never again will you go to the wrong location or make a desperate five o'clock phone call to find out where the TT is.

Date	Venue / Distance / Type
April 13	Shallow Lake 5k ITT
April 20	Shallow Lake 10k ITT
April 27	Shallow Lake 15k ITT
May 4	Annan 19k ITT
May 11	Shallow Lake 15k ITT
May 18	Annan 19k ITT
May 25	Shallow Lake Team TT
June 1	Annan Aussie Pursuit
June 8	Shallow Lake ITT
June 15	Kemble 20.8k ITT
June 22	Annan 19k ITT
June 29	Shallow Lake 15k ITT
July 6	Epping 5k Hill Climb
July 13	Kemble 20.8k ITT
July 20	Shallow Lake 15k ITT
July 27	Annan 19k ITT
Aug 3	Shallow Lake Aussie Pursuit
Aug 10	Annan Team Tt
Aug 17	Shallow Lake 15k ITT
Aug 24	Kemble 20.8k ITT
Aug 31	Epping 5k Hill Climb
Sept 7	Shallow Lake 15k ITT
Sept 14	Annan 19k ITT
Sept 21	Shallow Lake 2 Up TT
Sept 28	Shallow Lake "Pairs"

Interclub 2005

The InterClub series is on again for the coming season. If you want to experience grass-roots road racing, give this series a try. Events range in length from 60 to 80 kilometers and, thanks to a sophisticated handicap/points system, even if you're not the fastest you still have a chance to win.

Although the schedule has been determined, the intricacies of insurance and affiliation still have some wrinkles remaining.

These should be ironed out by the end of March and an update will be published in the April newsletter.

The schedule below is different from the tentative schedule that some of you may have already received. All events are on Sunday.

April 24 th	10:00am Dundalk
May 29 th	10:00am Oro
June 19 th	10:00am Beeton
July 10 th	10:00am Oro
Aug 28 th	10:00am Epping
Sept 11 th	10:00am Moonstone

Anyone wanting to be on the Interclub mailing list, please contact me at emil@bmts.com.

Emil van Dijk

Royal Roads

Nice to see all of you who turned out for the points party. Not. Alas, for the first time Ned was unable to attend as I have left the Ice Cream City. I.....what's that? You weren't expecting an article from me this year? I said I was quitting? Well, not exactly mi amigos. I said there wouldn't be any more Ned Sez. Tons of wiggle room. Clinton could have 100 women in a loophole that big.

So I have moved to Guelph, the Queen City. The city that isn't, I call it. Geez, it's unbelievable. I'm riding along the street, and people I have never seen before in my life wave at me. Everybody speaks and smiles, it's like living in a small town, but with all the extras e.g. cinemas, bookstores, university, cafes, malls, bike lanes. People are just so darn polite, it remains to be seen if Ned will truly fit in. Why just today on my way home a car blew a red light into an oncoming left turn advance green. Cars just stopped and let him past and NOBODY BLEW THEIR HORN!!!!!! Why, in 5 months Ned has only had to swear at 2 or 3 drivers. It's unbelievable.

Of course, there's one in every crowd. A couple of weeks ago, after a heavy snowfall I was heading for work (at 6 a.m. You know, I'd forgotten how much fun it was to ride in -25)

and there was that big ridge of slush down the center of the lane that you sometimes get. Folks here are usually pretty good, even on a wide 4-lane street they'll hang back until there is plenty of room to get by. Most folks. There were a few that just had to squeeze by, giving poor Ned a big scoosh of the nasty stuff. A minivan did it with a red light just up ahead. So when it stopped I pulled up to the driver's window and waited. The woman driver saw me and put down the window. I said, "Did you really have to drive through the slush back there and drench me?" If she says sorry, it's over, right? But oh no, the big hero husband in the passenger seat snarls, "Well, what the hell are you doing riding a bike in the winter anyway?" then tells her to put up the window which she does. Ned of course can't speak, struck dumb as he is by such audacity. But the light turns green so I jump into a quick lead, intending to get in front of the van and slow it down. But the woman tries to get by on the right and her van begins to brush poor Ned's thigh. Cccrrrrrrkkkkkk. How'd ya like that taste of bar end baby?

I love riding in the city.

Contributor! Me?

Well it's been an exciting winter. Two rides come to mind I think, and both of them involved a lot of somebody else dragging my sorriness out the door, just so you all know what kind of shape I'm in come spring.

Ok, let's be entirely clear: I'm shaped more like one of those bubbly black marks you see on the sidewalk than a walking ball of skeletal muscle like some cyclists I know, err, like the particular cyclist who harassed me out the door those two times... you know who you are Jason Rody.

The first time we went out was, ooh, sometime in february, early february, on one of those sad (climate change? says who) days that were plus zero or thereabouts. Since it had literally been since september for me, I was worried about actually touching my bike; like it might fall apart, or that I'd have heart failure just thinking about saddling up. Not so far from the truth, as it happened. I staved off heart failure almost to the end, when Rody decided to put me through the works and do a one man pace-line back to Owen Sound, but my bike fell apart in the first 15 minutes. My rear shifter cable broke. Probably something to do with neglect (I think my bike was trying to tell me who's boss, but I showed it by not fixing it for a month, and counting). No loss, Jason was all convinced

that single speed workouts are great, so he joined me and stuck his chain about two up from the bottom of his cassette and we hammered out to Kemble. Make the right hand turn back to Owen Sound and "Oh! what the expletive deleted expletive deleted is this expletive deleted!".

Apparently february in Canada, even on the climate change days, involves snow; for us it was just all concentrated in about one kilometre of road south of Kemble (you know the place, with the wide open fields and crosswinds...). I don't know about you studs, but I think 6 inches of snow on a road bike tire with one hard gear is a little over the top. Or a little on the side as it were, more than once I saw things from that perspective, and a lot more than once I was waiting by the side of the road for cars to pass. I like to wonder what they thought of 2 geeks in lycra in 6 inches of snow on bikes in the middle of grey county nowhere that day.

My other memorable ride happened just last night (that's probably the only reason it's memorable actually, so forgive me), and happened inside. I had company again, of a different sort; Thomas Paine joined me for this one. My normal training partner said he was going to be there, but was about 45 minutes late, so me and Paine got acquainted, way too acquainted as far as it concerns me. Not that it does concern me: we have to read a big Thomas Payne essay for school. Dig this:

Paine had been in the Americas for all of 11 months when he published a 67-page pamphlet on exactly why a war of independence with England was a good thing. Sorry, we're talking 1700's here, and I'm READING this crap, on a spin bike, at the Y, by myself, with a blue bandana and an Owen Sound Cycling Club jersey on my back, immersed in punk rock through my headphones. I think three quarters of my english class can organize a better essay than this numbskull, and I don't know about ye rest of grey county, but proof by direct example from the bible is just a little bit out of this world for me. Sure, maybe Samuel and Gideon were right honourable chaps, but relate this to the 18th century for me Thomas, where are you going old man. Better yet, fit it into a 21st century workout, gaah I think I went crazy, but that test is today so I hope I retained something.

So, I hope somebody read this far because here's the important part...

Since winter looks to be here, I want to throw out a little idea. Who wants to ride their bikes inside?? Nobody, right, well if you change your minds I have a space and a stereo and I need

some freaking motivation, so I don't care who you are, but email me and I'd like to put together a weekly get-together-to-ride-inside. erbhurt@gmail.com.

So yeah, please do it; since we'll all be riding on the spot anyway it really doesn't matter what your trip is or how fast/slow you are.

Plans are zero at this point because I need input, thanks.

-your friend in winter Andrew noPaine Erb

Contributors

Thanks to Greg Nicol, Emil van Dijk, Scott Thomson, Vic Michener, Steve Lidkea, Andrew Erb, Greg Nicol for contributing to this edition of the newsletter.