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# OUTSPOKEN

The official newsletter of the Owen Sound Cycling Club

[www.owensoundcycling.ca](http://www.owensoundcycling.ca)

June 2005

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## Editor's Ramblings

### Tobermory Trip

John Brown promised that the weather for this year's Tobermory trip would be better than last. That was a fairly safe bet. Last year we had a hail storm on the boat and strong winds and rain for the ride back to Owen Sound. This year we had dry, cool weather, with a south west wind.

There were two groups. John Brown, Tim Koker, DeeJ, Kim Lumley, Bev Johnston, John Huelshof, Ann West, Bill Moriarty, Peter Rissi, John Cameron and Laura Robinson sailed up to Tobermory on the Chi Cheemaun. Barb Krasovec, Emese Fabry and Anton van Dijk drove up in Rodina's van to get an early start on the ride back. Jason Gresel also traveled in the van, but rode down with the big group.



Rodina and Margot followed the early group's progress by cell phone, and checked up on the big group at strategic points down the peninsula.

We compared notes after the ride. Both groups were "buzzed" by the Cherry's tour bus. All of the other buses gave us a wide berth. This and being told to "get off the road" by a car driver were the only traffic related incidents.

### I screwed Up

I really messed things up last month. First, when I emailed the location of the May newsletter, the link pointed to the April edition. To make it worse, when I was making space for the latest newsletter, I deleted April 2005 instead of 2003. And then, when I was figuring out whom to mark active in my list,

now that the grace period has expired, I forgot to include the Yahoo address. Thanks to Margot and John Brown for pointing this out.

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## Adopt a Road

The road we adopted (between Shallow Lake and Copper Kettle) will be cleaned up by students from Hillcrest School as a fund raiser for the school. They will do the clean up June 4th. Grey County asked me not to schedule a clean up before then, other wise the kids would just stroll along the road with nothing to do. But we do still have to do our own clean up. I would suggest that we plan ours some time after the July 1st long weekend.

## Manitoulin Ride

You may remember that last autumn John Brown organized a Manitoulin ride. We took the first ferry to the island, rode around all day and caught the last ferry back. The ferry schedule at that time of the year is a bit limited. It's been suggested that we do the trip in the summer when there are later return sailings (but more traffic). Please let us know if you would be interested in such a trip and what month you would prefer.

## Upcoming Events

Wed. June 1	19 Km Aussie Pursuit, Annan
Mon. June 5	Trevor and Emese's ride. Williamsford Arena, 6:00 pm
Wed. June 8	15 Km TT, Shallow Lake
Mon. June 13	Trevor and Emese's ride. Owen Sound (Fifth Season), 6:00 pm
Wed. June 15	20.8 Km TT, Keble
Mon. June 20	Trevor and Emese's ride. Williamsford Arena, 6:00 pm
Wed. June 22	19 Km TT, Annan
Mon. June 27	Trevor and Emese's ride. Owen Sound (Fifth Season), 6:00 pm
Wed June 29	15 Km TT, shallow Lake

*Trevor Stokes.*

## President's Messages

### Executive Volunteers

The Owen Sound Cycling is recruiting. The executive is looking for fresh blood to bring comments to the executive. Also the current term of the executive has been a long one and it is good for every organization to have its executive change periodically. So if you have a couple of hours a month that are available contact me, Greg Nicol at [gnicol@city.owen-sound.on.ca](mailto:gnicol@city.owen-sound.on.ca) and tell me what you would like to do. Most of the executive discussion is done over email and we have around 4 meetings a year. I look forward to hearing from you.

### Spring Fling

With the cancellation of the Spring Fling the executive is looking for direction on what the members want to see from the club for mountain bike events. The whemmies are scheduled for September 10th. What type of event do you want to see on that day? Do you like the existing format or would you like to see a different format? Would you like a weekend of events in which we have teams and we have a road time trial on Friday night, a criterium on Saturday and an Aussie pursuit road race on Sunday over the same weekend in September for our road bikes and forget about the whemmies? Please send comments and suggestions to [gnicol@city.owen-sound.on.ca](mailto:gnicol@city.owen-sound.on.ca).

*Greg*

## Arrow Racing on Target at 1st Provincial Mountain Bike Race



Arrow Racing, a provincial cycling team from the southern Georgian Bay area, participated in the first Ontario Cup race at Mansfield on Sunday (May

1st. This report has been in a Sympatico induced time warp. Ed.) because. The race course was perfect for an early season primer as the sandy terrain rides well in all weather with few technical sections. With nearly 600 participants, fans were able to watch riders descend "Devil's Drop" and cheer as each was successful or groan when a rider crashed. Cycling participation in Ontario has dramatically increased this past year with record numbers attending the first provincial road race as well as the mountain bike race at Mansfield.

Arrow Racing visited the podium six times in the day with Mack Thomson, Owen Sound and Justin Zottl, Chatsworth, finishing 1st and 2nd respectively in the Pee wee division. KK Michener, Meaford took top honours in the Junior Expert division while Stephanie Adams from Wasaga Beach finished 2nd. Jane Thomson, Owen Sound placed 3rd in the Cadet Women category and her dad Scott completed the course in first position in the Masters Expert division.

Arrow Racing, formerly the JAW Racing Team, consists of 24 members from Chatsworth, Collingwood, Markdale, Maxwell, Meaford, Owen Sound, Thornbury, Walkerton and Wasaga Beach. Be sure to check out [www.arrowracing.ca](http://www.arrowracing.ca) for full results and learn more about the athletes and races they will be attending this season.

*Rich Fletcher*

### Arrow Racer Martinek Third at Ontario Cup Race #2

Stephanie Martinek's hard work and determination finally paid dividends when she finished third in the women's Senior Elite division at Albion Hills yesterday. (This report was also delayed. Long story, but I'm blaming Sympatico's tech support. Ed.) Finishing just seconds out of second place, the Collingwood native completed 2 laps in one of the toughest races this season will offer. Most mountain bike races consist

of 4 to 5 short laps but this “enduro” style course consisted of one long 22 km lap. These races tend to be longer than usual and more grueling because of the extra time needed to complete the required distance. “No one works harder in training than Stephanie”, says Shane Kilfoyle, owner of Squire John’s and sponsor of Arrow Racing. “She is a great inspiration to the younger riders on the team, showing them that hard work, focus and determination will benefit them greatly not just in their competition but in other parts of their lives”. Martinek, as a master, competes in the highest category in mountain biking against women who are in their twenties.

Collingwood has always been a “hotbed” for good mountain bikers and “up and comer” Rachael Mirvish is no exception. Mirvish is starting to make waves in the province with a second place finish in the Senior Expert division.

Owen Sound’s Scott and Mack Thomson continue to be Ontario’s best Master and Pee wee riders respectively,



winning their second races of the season, while Jane Thomson finished third in her category. Meaford’s KK Michener has the overall lead in the Junior women category and

finished second on Sunday behind arch rival Sarah Coney from Uxbridge. The two competitors are “1 and 1” with Michener winning the first match handily.

Owen Sound’s Jason Rody competes in the male Senior Elite division and has shown considerable improvement in his races for 2005. Jason has consistently been in top 20 in the Ontario in his competitions to date.

Check out [www.arrowracing.ca](http://www.arrowracing.ca) for full race results.

*Rich Fletcher*

### **Michener Tops Podium in First Provincial Road Race**

Arrow Racer KK Michener has started the 2005 cycling season where she left off last season with a first place finish in the Junior Women category at an Ontario Cup Road Race held at Mosport raceway near Bowmanville. This race was Michener’s first road race as she has dominated the mountain

bike circuit in Ontario last year. “I think it is important to get to know the other cycling disciplines so I can become a more complete rider,” stated Michener. She completed the 72 kilometer race in just over 2 hours riding the 4 km race track 18 times. “I liked the course so much, I decided to ride one more lap just as a cool down. I was also a little nervous in the beginning and tried to remove a thermal layer under my jersey when the whistle sounded to begin my race. I totally missed the start and had to ride the entire race solo without the help of other riders to protect me from the wind.” As the race progressed, Michener caught and passed her competitors to capture the win.

Arrow Racing, formerly the JAW Racing Team, is a non-profit competitive cycling team with 24 riders from the Georgian Triangle area. Arrow Racing wishes to thank Squire’s of Collingwood, Intrawest, Ice River Springs, Tyrolean Village, Nutrition House and Bernard’s Fine Cars of Flesherton for their continued support of amateur cycling in Ontario.



Here’s a picture of Athens Olympic silver medalist Marie-Helen Premont with Meaford’s Scott Burgess and KK Michener.

Here is another picture of Michener riding through the “rock garden”. Michener recently participated as part of Team Ontario in this Canada Cup race at Bromont PQ.



*Rich Fletcher*

## For Sale

"Honest Martin's Basement Blowout Sale"

- Duegi Lightning road shoe, size 41.5, blue, red, silver, made in Italy, used 1x on the trainer \$30.
- Duegi Invicta Mtb shoe size 42, brand new, never worn, \$30.
- VP "look style" clipless road pedals with red floating cleat, used 1x on the trainer, \$30
- Manitou Axel suspension fork, in good condition, 1 1/8 threadless steerer will fit smaller frame, \$50
- Concorde Time trial bike, ready to ride, with a mixed bag of older components, includes spd pedals and trans-x adjustable aero bars, 53 cm Columbus steel frame will fit anyone with \$200
- Selle Italia Prolink saddle, with carbon rails in excellent condition, \$20
- Bell suspension seat post (similar to Rockshox) 25.0 will shim to fit any size frame, \$10

Call Martin at 534-0799 or email [wmtvkerr@bmts.com](mailto:wmtvkerr@bmts.com)

## Contributors

Greg Nicol, Rich Fletcher.

Anyone can contribute to the newsletter. Suggestions: Race successes, bike trips, maintenance tips. I'd really like to know more about etiquette, riding in a group, pace line formations.

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