
OUTSPOKEN

The official newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

July 2005

Editor's Ramblings

Adopt a Road / Clean Up

I have tentatively scheduled the clean up for Saturday, July 23. Please let me know if you can attend. Last autumn we were finished by noon and that was with a very small team. With a good turnout, and because Hill Crest school did a clean up earlier this spring, it should go very quickly.

Grey County promised that the signs bearing the club's name would be installed soon, but I see it hasn't happened yet.

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Picnic

On Wednesday, July 6th our TT schedule takes us to Epping for a hill climb. The meeting place is Epping Lookout, the small historical site and conservation area. After the race Scott has planned a potluck picnic. I don't think we need to co-ordinate this in a big way. Just bring what ever you think is appropriate for after a ride, and bring sufficient for yourself and your own party.

Average times for the course were about 15 minutes last year, so we should have plenty of time after the race to enjoy the view, the food and the company.

The Epping Lookout is on the east side of county road 7, about 5 Km south of the junction with county road 40.

See also "TT Talk", page 4.

Club Jerseys

Several new members have shown an interest in getting our colourful club jerseys. I've asked around and we think a minimum order of 16 is required. The club has to pay for those in advance, so we would need committed buyers. We are also not sure if too much time has elapsed since the original order. If so, Sugoi may have to charge us again for setting up. Please let me (info@owensoundcycling.ca or 794 4322) know if you would be interested in buying a jersey. Would anyone volunteer to actually place the order and manage the distribution?

Upcoming Events

Mon. July 4	Trevor and Emese's ride. Williamsford Arena, 6:00 pm
Wed. July 6	Hill Climb, Epping Lookout. Followed by picnic
Mon. July 11	Trevor and Emese's ride. Owen Sound (Fifth Season), 6:00 pm
Wed. July 13	20.8 Km TT, Kemble
Mon. July 18	Trevor and Emese's ride. Williamsford Arena, 6:00 pm
Wed. July 20	15 Km TT, Shallow Lake
Mon. July 25	Trevor and Emese's ride. Owen Sound (Fifth Season), 6:00 pm
Wed July 27	19 Km TT, Annan

Race Results

I've reworked the on-line race results. I have kind of turned the data around so that you can easily see your personal best time (PB) for our favourite venues and distances. I have gone back to the earliest results that I had. That means part of 2003, 2004 and 2005 have been included. You can see your all-time PB, seasonal bests for 2003 & 2004 and your times so far for the current year. All of this is linked from the schedule page of our website. The web pages are actually Excel spreadsheets exported as htm. Those of you who want to crunch the data further, can save them locally and open with Excel.

The process was mostly manual, so please check the accuracy of your own results and let me know of any mistakes.

Trevor Stokes.

President's Message(s)

Executive Members Sought

The names of future executive members have been coming in fast and furious, just not to anyone on the executive. The president is looking for someone with fresh ideas and great leadership to become a part of the OSCC executive. This is our club and it is important that all members have a say and that the existing leadership does not get stale. So please forward your name to me and I will add it to the list of quality folks that are already working on your behalf to make the club what it is.

Whemmies

Due to a wedding and a hectic race schedule I do not have the time to run the Whemmies this fall. The interclub schedule, Labour Day weekend, a wedding and the provincial mountain bike championship are all taking me away from the chance to organize the event. If someone would like to step up and organize the Whemmies please contact me. I do have a OSCC fundraiser cross country ride planned for the 10th of September if no one steps up to the plate.

Greg

Arrow Racing Participate at MTB National Championships

Michener Double Flats and still finishes 12th!

Three Arrow Racers traveled to Mont. Ste. Anne Quebec this past week (*Report received June 12, 2005 – Ed*) to participate in the National Cross-country Mountain Bike Championships. Mont. Ste. Anne has held the World Championships as well as an annual World Cup race and has become known to the world's best riders to be a very challenging and technically difficult race venue. Many riders come to this race with much trepidation because of the difficulty of the terrain. Rocks predominate with many drops and steep downhill sections in the course. This year's 5 kilometre lap was a similar course to last year's race with the climbing limited to two 1 kilometer sections with the first uphill section right after the start of the lap. The competitors raced from 1 lap to 6 laps depending on age and category.

Stephanie Martinek and Rachael Mirvish, both from Collingwood and KK Michener of Meaford, participated in Canada's biggest and most important mountain bike race of the season. "A good result at Nationals means getting the opportunity to represent Canada at the upcoming World Championships", says Michener. "All competitors prepare and plan to be at their very best for this race". The start line can be pretty anxious as all riders have their sights set on wearing the "red and white".

Mirvish raced on Saturday in the Senior Expert division and had an excellent 4th place finish. This result was even more impressive as she competed with a broken hand, which was injured at Mt. Tremblant 2 weeks prior.

Martinek and Michener competed on Sunday and both finished in 12th position in their respective categories. Martinek, competing in the toughest female category, raced against Marie-Helene Premont, Alison Sydor and Kiaro Bisaro, three of the best female mountain bikers in the world. Martinek has continued to improve her results because of her hard work in training.

KK Michener, racing as a first-year Junior, had two flat tires and still managed to finish her race. "I'm disappointed about

the technicals but proud of the fact I fixed my flats and finished the race”. Mountain bike racing is totally self-sufficient, requiring competitors to carry extra tubes and tools to make repairs during the race. In a phone interview, Michener stated she was probably in 4th or 5th position when she encountered her first flat. “This course was so much fun; I was feeling really good all through the race. Right now I just need to relax and take some time off, then refocus for the Canada Cup races out west in July.”

Check out www.arrowracing.ca for full results, athlete profiles and supporting sponsors.

Rich Fletcher

Thomson Wins Ontario Cup K-W Classic Road Race

Arrow Racer and Owen Sound native Jane Thomson not only demands respect on the dirt but now is becoming known as a top rider on the road competing in her first Ontario Cup Road race of the season.

The 2005 version of the K-W Classic took place on the original scenic 4.6 km loop featuring some challenging terrain including the infamous S-curve into the final corner. Riders descend a high-speed 700m downhill section, negotiating one corner along the way, then ascend two torturous climbs per lap with the main climb featuring a short but extra steep sting near the very top.

Thomson completed the 50 km course in just under 2 hours. “It was pretty hot out there today with lots of groups racing hard. There were lots of crashes going on because of the tight corners and a huge number of riders in different categories”. Thomson managed to stay out of the crashes to chalk up the win and receive \$100 for the win.

Rich Fletcher

Recumbent Racing.

We had two (or more?) recumbents at our TT races recently, ridden by Fred Schlenker and Dave Robinson. They have turned in some very respectable times. This must have prompted the newsletter submission from new member, Doug Miller!



The first recumbent on the World Velodrome race circuit smashed all existing records. The upright bicycle industry lobbied hard to have recumbents banned from UCI competition and a year later UCI caved in and banned recumbents from all UCI regulated racing. Of course, recumbents still hold all the speed records.

Doug Miller

Saugeen Shores BMX Club/Track

Based out of Port Elgin, Saugeen Shores BMX Track & Club is currently in its 4th year of racing. Over 75 cyclists ranging from 4 - 40 yrs of age take on the grueling one lap track of jumps, bumps and corners every Sunday at 1pm. The track itself takes on changes every year, to improve safety and to make it more interesting for the riders. Saugeen Shores BMX track is also open to the public for free on non-race days. This year the track has already hosted an OCA 4 Cross MTB event as part of the OCA 4 Cross series, and in September it will host the two day Provincial BMX finals. Along with Sunday racing, Saugeen Shores BMX also hosts Tuesday night BMX coaching clinics for any OCA member. Chappell's Racing will also be running its summer BMX camps five different weeks throughout July and August. These camps are based in a BMX setting but serve as a way to educate riders in all aspects of cycling safety, both off and on the road. Several other programs also make stops at the Track. Local gym classes, summer sports camps, and of course Martin's Bike Shops 5 days in the Dirt all make use of the facility. The public is always welcome to stop by and watch some racing, enjoy a burger at the food booth or help out with a local cycling program that continues to grow each year.

Joe Chappell / Saugeen Shores BMX president

To Whemmy or not to Whemmy!

I keep hearing rumblings from different local cycling people and especially the OSCC Executive that mountain biking is dead and the road is the only way to go. On the other hand I get reports from the Arrow Racing guys (and girls) that participation is up at "O" Cup events and that like Mark Twain the death announcement is a wee bit premature.

The culmination of this blithering comes down to the club executive contemplating replacing the Whemmys Enduro with a weekend of road racing events. I think this is a big mistake. I know that the Spring Fling was cancelled because of lack of entries and we have not held any mountain bike races or rides so far this season. On the other hand I think the Spring Fling was never a huge draw, plus this year there was a conflict with an "O" Cup and I think some other events (like I was working or something). As far as the mountain bike events go I think that we need to have someone step forward and host a race or at least a few rides. (I would do it but I am really a crappy mountain biker and my back is sore.)

One idea that has been proposed is doing a road race weekend. This idea has been kicked around for many years and who knows it may be a success. I do recall Emil trying road races from time to time in the past and the participation has always been on the light side to say the least. I do not think that we will see the numbers for a road race event or events that the Whemmys have drawn in the past. Plus road races take a great deal of organization in order to partly or completely close roads.

The Whemmys has always been a money-maker for the club as well as a big booster for membership. It gives the club recognition in the community through family groups, school and business teams. Mainly, the reason why I think it should be continued is that it is plain fun. The Whemmys gives a guy like me (see reference to crappy mountain biker) a chance to take part in a race and not totally embarrass myself because I am just part of a team. It is also a chance for local hotshots to show their stuff. The top people go for the golden saddle and the rest of us have a fun day. I didn't do the Whemmys last year (first time since it started, I believe) because I had to do that boring thing called working the weekend. This year I will do everything I can to take part (I had better now that I opened my big mouth). Just make sure it does not fall on the same day as an "O" Cup or high school race.

Tom Hakala

TT TALK

The TT season is half way through. Thanks to Pam Hearn-Erb for her continued timing support, and to Mary Thomson for filling in when necessary. We had an early start to the season at the beginning of April for the 5K, with a surprising number of riders in attendance - 39! This large number meant there were riders finishing while riders were still starting, complicating timing ; but we got an accurate time for everyone. A surprise visit by Josh Hall, of the Jet Fuel Coffee team, showed us how fast one can go on a mountain bike with slicks! Excellent attendance continued into May, even when the weather was not cooperating. Many nights have had recumbents in attendance, culminating with a team of 3 at the Shallow Lake Team Time Trial - Team Barcalounger. It is actually amazing what can be ridden on a recumbent. Ian Miller and I rode with Dan McCormick at The Kolapore Uplands trails when he was riding his Cannondale suspended recumbent, and were in awe as he descended a steep scree covered slope in the woods at speed. Big PB nights have been May 18 (23 riders, 13 PB's) at Annan, and June 8 (36 riders, 19 PB's) at Shallow Lake. Both nights headed out into light northerly breezes returning with a tail breeze - the first was a cool 13oC, and the second warmer at 21oC. Most TT's are seeing more PB's than previous years - is this due to an infusion of new talent, or more motivation/training?

Highlights include Emese's Annan Aussie Pursuit win where she took almost 2 minutes off her PB to solo in for the win, followed by Lloyd Hutchings also taking a large chunk of time off of his PB to finish second. The sprint came for third place with Andy Barton getting an early jump 2 or 300 yards out, and Mack Thomson besting Laura Robinson by a tire followed by Kate Manwell and Susan Frook. Mack wanted to go when Andy jumped but had not positioned himself well and got boxed in. Another highlight has been the attendance and speed of our younger members. Mack has averaged over 34kph at Shallow Lake and 33kph at Annan, and Justin over 33kph at Shallow Lake - Lookout Big Boys! A women's Annan course record was set by Susan Frook June 22, only to be bested the same night by Lynne Vaughan-MacDonald. Well Done Ladies!!

The July 6 TT revisits Epping at the top of the Beaver Valley. This is a 5K hill climb TT. It is not very steep and can be easily managed with a road bike double chain ring setup. The climb starts at the bottom of the Beaver Valley near Talisman and has a number of gradual rises, finishing at the Epping

Lookout Conservation Park. Parking is at the top at the Conservation Parking Lot on County Road 7. This runs south from Meaford. You can also get there crossing over 40 and then south on 7. It's not far. Plan on a Potluck Lunch to follow - Bring some food/drink! There are covered picnic tables and a great view!

The Reverse (direction) Kemble TT was well received, and the weather held off though it threatened rain - only 16 riders. Thanks to Mary and Fred for supervising the corners at Lake Charles and Wolseley. The Kemble Mountain Climb at the start is tough, but the course seemed much easier/faster after that. Except for that loong false flat back into Kemble at the finish. We attack this course again July 13, but I will not be there - Anne is competing at the Canadian Highland Dance Championships in Antigonosh, Nova Scotia.

Lots of TT's left this season, and many more PB's will be seen -? Maybe tonight?!

Scott Thomson

Classifieds

BIKES FOR SALE - NEED POKER MONEY

1. Road bike - Giant TCR carbon composite frame and fork (size medium = 55 to 59cm conventional frame) as used by various pro teams. Dura Ace 10-speed, Kysrium SSC SL wheelset. Light. Strong. Smooth. Stiff. Magic. \$3500.
1. Road bike - Giant CFR Pro carbon frame and fork (57cm). Mix of Dura Ace and Ultegra 9-speed components. Excellent bike for racing or recreational riding. \$1500.
2. Mountain bike - Giant MCM carbon hardtail (size medium). AMP fork. Top notch selection of components. Excellent lightweight race bike. \$1500.

To purchase any or all of these beauties, call Emil at 376-5303 or emil@bmts.com.

For Sale: The Thomson's have gone Disc Brake only and are selling off their collection of XC Race Wheels. Included are New all black American Classic (the lightest!), almost new black Mavic Crossmax SL tube/tubeless, almost new white (pbo) spoke Spinergy Xyclone Race, older style New and used front Mavic Crossmax, used Mavic Crossland, and 2 sets of used Yellow Cane Creek wheels.

Call or email for prices - 371-0544 or sthomson@bmts.com

For Sale: Medium Yellow Martec Superbike Carbon Monocoque Frameset (frame and fork) for TT's or Tri - lightly used - I never got around to building it. \$400!

371-0544 or sthomson@bmts.com

Contributors

Joe Chappel, Rich Fletcher, Tom Hakala, Doug Miller, Greg Nicol and Scott Thomson.

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