
OUTSPOKEN

The official newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

September 2005

Editor's Ramblings

Here it is: Funnier than Psycho, more chilling than the Shimano Deraileur Setup Manual and shorter than the Road Traffic Act¹ - the September edition of the Owen Sound Cycling Club newsletter. Lots of good news this month.

KK will be in Italy as you read this. Jarmila qualified for the worlds. Other club members have had a very successful mountain bike season. Others have been competing in duathlons and triathlons.

I hear the BBQ was a big hit – thanks to Greg and Amy - and turned into a car show. Sorry I couldn't be there with the Morgan.

I received several requests, via the club web site, for information about routes in our area. They came from Michagan, Quebec and other parts of Ontario. I hooked up one group with John Brown (see response). Usually I promote Tom Hakala's book and the Jolley's database. Just confirms what we all know – this is a great area for riding.

Webmaster Falls on Sword

For a few weeks the web site was still announcing the original date for the Whemmy's and may have caused some confusion. As you read last month, the race was rescheduled and taken over by Arrow Racing. It is now on **October 2nd**.

In my defense I will say that I been waiting for an updated application form. Had I received the form sooner, I would surely have updated the web page at the same time.

Luckily, without the entry form there wasn't a lot of detail on the web site. I think any one who stumbled over the web page would have contacted me for more information – and no one did.

Thanks to Margo for pointing out the error.

Anonymous Submission

An anonymous, hand written letter arrived at the Outspoken offices this week.

"For publication in the O.S.C.C. newsletter. What's in a name? Who the heck were Ned Sprockethead, Hans Leatherbutt and the Rad Dad anyway?"

"Anon"

Hand writing experts are examining it, but it remains a mystery.

I think I know who is behind all of those pen names. And I certainly know who Sepp Schrägkettenwinkel was.

Does any one else know who they all were?

Planning Session

I have a suggestion. How about having a planning session early next season? It would be open to all of this year's members, and would give everyone an opportunity to shape the club's activities for the year. We could set dates for the regular happenings (Spring Fling, BBQ, Whemmy).

When I rode with a group in Cambridge, at a similar meeting we assigned two people to every weekly group ride. It was their responsibility to choose a route (various meeting points on the edge of town), produce a map and check the roads for construction. They led the ride and were responsible for accounting for everyone, even if the group split into fast and not so fast.

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¹ With apologies to Douglas Adams.

Upcoming Events

Mon. Sept 5	Emese and Trevor's ride. Owen Sound (Fifth Season). 6:00 pm. Start without us if we are still sailing.
Wed. Sept 7	Shallow Lake 15k ITT
Mon. Sept 12	Should be Williamsford, but Trevor & Emese not available. Would someone like to lead? Either Williamsford or Owen Sound.
Wed. Sept 14	Annan 19k ITT
Mon. Sept. 19	Emese and Trevor's ride. Owen Sound (Fifth Season). 6:00 pm. Maybe the last one. Let's go to Shorty's afterwards!
Wed. Sept 21	Shallow Lake 2 Up TT
Mon. Sept 26	Emese's ride. Williamsford 6:00 pm
Wed Sept 28	Shallow Lake "Pairs"

Trevor Stokes

Many thanks to everyone who attended the Monday night rides. I have enjoyed them and it got me out more often. A special thanks to Lynne who came out to Williamsford for additional mid-week rides.

Pink Panther

WIFE SAYS I DO!

A couple of weeks ago my wife informed me that she wanted a bike. Finally, the words that I have wanted to hear. So quickly I had to make sure she was serious and we performed the ceremony below. Pictures to follow.

I, Amy, take you my new bike, to be my ride, to have and to ride from this day forward, for rain or shine, for richer, for strong headwinds and tailwinds home, for big hills and group rides, for poorer, for health, to love and to cherish; from this day forward until death do us part.

In the presence of a good support crew, our family and friends, I offer you my solemn vow to be your faithful rider. I promise to ride unconditionally and to cherish you for as long as we both shall live.

I will cherish our union and love you more each day than I did the day before. I will trust you and respect you, laugh you on, loving you faithfully through good weather and bad, regardless of the hills we may face together. I give you

my hand, my heart, and my love, from this day forward for as long as we both shall live.

In the presence of the neighbours and our friends I take thee to be my bike, promising to be a loving and faithful rider so long as we both shall live.

I now pronounce you bike owner. You may ride your bike!

Greg and Amy

President's Message

What a month for the Owen Sound Cycling Club. The members of our club are being appointed to ride for the country, setting new club records for women's courses and placing high in O-Cup races and triathlons.

But that is not everything our club does. We also spend a lot of money at bike shops. This year must be precedent setting for new bikes and new riders. Every week someone seems to have a new bike, frame or set of wheels. New members are starting to get comfortable and look like they really enjoy strutting around in less than they would at the beach.

I look forward to seeing you at the rest of the events scheduled and if you want to lead a ride just let me know.

Take care,

Greg

Nawash Invitational Mountain Bike Race

Many thanks to Emese Fabry and John Cameron for volunteering at the Third Annual Nawash Invitational Mountain Bike Race. It went on as planned despite the tornado warnings and at times torrential rainfall, but the rain and mud were warm, and what kid doesn't like that? Over fifty children from the Under Six age category to teenagers fourteen and fifteen years old participated. Cyclists came from Chippewa of the Thames, Kettle Point, Chippewa of Saugeen and of course, the Chippewa of Nawash. Many stayed for the entire weekend to attend the pow-wow, which was our hope.

Owen Sound Cycling Club members shone. Tianna Fillo won the girls 12-13 event, while Krista LaValley was second. Doug Jones won boys 12-13, and Sky Hawk Kade won boys 14-15. Plans are already underway for next year's event, and two other communities now want to host mountain bike races. Thanks again to the Owen Sound club

for providing caution signs too, and to Jolley's, Garb and Gear, Martin's, Mountain Equipment Coop, and Outdoor Gear Canada for so many fabulous services and prizes.

Laura Robinson

Ride for Karen

I want to let you know about a century ride coming up in early September. The ride attracts a good cross section of cyclists from Southern Ontario. The event will be held on Sunday September 11, 2005 and will feature two routes - a 25km course and a 160km century ride through quiet roads in York, Peel and Caledon.

Started in 2002, the Ride for Karen is a yearly cycling event that is held as a tribute to the life and legacy of Karen Tobias and to raise money for charities that help people living with cancer, and those who care for them. In the last two years the Ride for Karen has raised more than \$150,000, which was used to help build and furnish new cancer care facilities, provide much needed resources for cancer support centers and send kids with cancer to camp.

Three children's cancer camps have been selected as the recipients of the proceeds from the 2005 Ride for Karen - they are Camp Quality, Camp Oochigeas and Camp Trillium.

All details of the event and registration are available online at www.rideforkaren.com. Entry fees are \$50. Event day registration is \$60. If you raise more than \$200 in pledges (which can be solicited and collected online), entry fees are waived. Entry includes lunch (for the 160km), a feed station and after-ride BBQ. The ride is supported. Cyclists should be prepared for a hilly, but fun and scenic 160km. Last year cyclists took between 5 and 7 hours to complete the ride. The largest group on the road (about 75 cyclists) finished in just over 5 hours. Check out the rider's comments section and photos from our past rides.

Any questions email me kris@rideforkaren.com or take a look at www.rideforkaren.com.

Cheers,

Kris

Kris Tobias
Ride for Karen Organizer
416 216-5173

www.rideforkaren.com

Dr. Cranks says "Fight the Bite"! (or not)

No, this has nothing to do with mosquitoes or West Nile. Whether you're male or female, the CYCLING bug can bite! There are two distinct species of this bug; 1) A mountain species (Biggus Hillus) and, 2) An urban or road species (Asphaltus Pavementus). Check the signs and symptoms below to see if you have been bitten by either of these bugs:

You have more bike socks than regular socks in your drawer.

It occurs to you that the only times you've ever gone for a waxing were before a time trial.

You're proud of all those bruises, chain ring tattoos and scrapes that cover your legs (and other parts).

Your dining room is really the bike room.

You check the local weather for wind speed/direction to decide road or mountain bike.

Sock shopping involves looking for bike socks that won't clash with work pants (brown bike socks are hard to find!)

Instead of artificial flowers in a basket on the buffet, you have an arrangement of colorful water bottles.

You have one purse...and 4 Camelbacks.

You have more bike shoes than dress shoes, and more jerseys than dresses.

You preface a visit to any new doctor with the statement: "I am not a victim of domestic violence".

You get inordinately excited when the ER doc examining you after your latest crash confesses he's a mountain biker too and starts to compare scars.

You have bike lube in your purse and tampons in your camelback.

All your vacations are planned around biking and bike destinations.

You have more bikes than all of your neighbours combined.

You have a four person family and there are over 15 bikes in the household.

You spend \$15-20 on a good sports bra but wouldn't consider spending that much on a regular bra.

You spend more than 10% of your annual income on new bike purchases (never mind getting to races, race entry fees, and food).

All purchases are equated to bikes. (I could go to dinner... or I could buy the Sidi socks...)

You have to move a Camelback, helmet, and gloves before someone can sit in your car.

While driving you can never NOT look at the other car with a bike rack and bikes going by.

Whenever you come into a little extra money, biking stuff comes immediately to mind (even though your underwear really needs to be replaced).

You stop using the vitamin E that the Dr. recommended on your scar because you're afraid it's going away.

You decide on a new bike, and put the old one up for sale. Under description (size, drive train, etc), you write "female ridden" and cackle maniacally remembering the trees you've crashed into, the helmets you've split, the stream crossings, the up-to-your-hubs-mud you rode through, the snow, the expression on the mechanic's face the last time you brought it in for a tune-up.

You wonder if anything in your arsenal of power food helps with cramps (Endurox? PowerBars? Gatorade? Dammit!!!)

You paid more for your bike than your car.

You clean your bike more than you clean your car.

The only middle-of-the-road views you have are while cycling.

You hear someone had a crash and your first question is "How's the bike?"

You have stopped even trying to explain to your wife why you need another bike...you just go buy another one and figure it will all work out in the divorce settlement.

You convert your car's brake & gas pedals to clipless.

You see nothing wrong with discussing the connection between hydration and urine color.

Biker chick means black spandex (not leather) and a Colnago (not a Harley).

You see a fit, tanned, Lycra-clad young woman ride by, and the first thing you check out is her bike.

You empathize with the roadkill.

Your bike has more miles on its computer than your car's odometer.

You have more bike jerseys than dress shirts.

You can tell your wife (with a straight face) that it's too hot to mow the lawn, and then jump on your bike for a time trial.

Your kids bring a rear derailleur to "Show & Tell".

Your car sits outside your garage because your garage is full of bikes and cycling gear.

You tailgate semi-trailers to get the drafting effect.

You don't worry about all that winter weight you put on because you'll skim weight in the spring by purchasing carbon fiber components.

You trained your dog to use a camelback.

Ken Avery

Bikeface Cycling

Bikeface Cycling is now open in Durham with a full range of great rides...road, recumbent, mtn, bmx, comfort, hybrid, and handcycles.

Expert repairs and tuning to all bikes. A full line of parts and accessories.

Bikeface Cycling was born in Charlottetown, PEI, in '99. Its owner, Doug Miller now brings Bikeface Cycling back to the town of his youth and birth. A grand opening duet with Chicory Commons will happen September 25th.

Bikeface Cycling

157 Garafraxa St. South
Durham,
369-2449

John Brown / Group Ride

I just wanted to drop a note to your club and thank John Brown for organizing a group ride this past weekend. We came up from Erie, PA and he was kind enough to take us for a 34 mile round trip ride including some spectacular views along shores of the Georgian Bay. John we hope to see you next summer on our return trip.

If anyone from you club happens to head south of the border, stop in and see us. We'd be happy to return the favor.

Charlie

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Siegel Consulting

If you are interested please contact Greg Nicol and we will see if there is enough interest within the membership to have a group mental skills training presentation. The individuals will need to pay for their own involvement.

Greg

Proposed approaches for Sport Psychology consultation and support with the Owen Sound Cycling Club. The Mental Skills Training program is most effective for groups of 15 - 20 athletes to allow for individual discussion and interaction. Sessions are of 1- 1½ hours in duration.

1. Mental Skills Training

Goal Setting – Athletes are provided with educational approaches to the effective use of goal setting and developing an effective goal setting process for training and competing.

Mental Preparation – Athletes are provided with educational and applied approaches to the use of mental preparation techniques and develop a pre-competitive script to consolidate the mental preparation process.

Relaxation Skills – Athletes are provided with educational and applied approaches to the use of relaxation skills for training and competition.

Visualization Skills – Athletes are provided with educational and applied approaches to the use of visualization skills and associated techniques.

Focusing/Refocusing Plans – Athletes are provided with educational and applied approaches to the use of self-talk strategies in the development of a focusing plan for competition and planning for difficult or unexpected situations in the development of a refocusing plan.

Post-Competition Evaluation – Athletes discuss and assess their use of mental skills, technical skills and tactical skills in their competition and use the evaluation for preparation for subsequent competitions.

Applied Session – Athletes are provided with a guided imagery approach as a motivational tool which incorporates progressive relaxation and guided imagery work, the latter which is usually based on the previous development of a pre-competitive script.

2. Counseling – Athletes are provided with support, if required, on eating disorders, competitive stress, overtraining/staleness/burnout, depression and related issues.

3. Test of Attentional and Interpersonal Style (TAIS)

The TAIS identifies an athlete's attentional style profile and provides an overview of psychological characteristics that are relevant in the training and competitive environments. Typically, athletes complete the scale over the internet and are then provided with consultation support on how to most effectively utilize their attentional style profile and psychological characteristics assessed with the scale to enhance performance. Please see rembisz.com or enhanced-performance.ca websites for further information on the TAIS.

Cost

Service	Price
Group Mental Skills Training	\$100.00/session
Full Mental Skills Training Program	\$700.00
Individual Mental Skills Training	\$80.00/session
Counseling	\$80.00/session
TAIS administration and consultation	\$180.00/test

Note: Typically, when complete funding is provided, sport organizations cover the cost of the Mental Skills Training program. Counseling and TAIS consultation fees are provided on a sliding scale basis for athletes and families of athletes who are unable to provide the full amount for these sessions. TAIS administration fees are \$100.00/test and are charged to Siegel Consulting by Enhanced Performance Systems (EPS) and therefore this fee must be charged for

each test completed. Coverage of travel expenses is also appreciated, if possible.

Drafting Tip by Penny Pumpitup

You are riding and sitting in close behind the person in front of you. It feels easier than riding by yourself but how can you tell if you are sitting in the best spot for drafting? The sweet spot, the perfect drafting place behind a person, can be a bit elusive to find and it requires some experimenting with positioning relative to the rider in front of you. What is the secret to finding the best spot to draft? Use your ears. Take the time to listen carefully to the wind whipping past your ears when you are riding out in front. The sound will be constant and steady. Now, slip in behind a rider and listen to the difference. If you are in a good drafting place, the sound of the wind will no longer be steady but much more gentle, eddying, wafting...It is hard to describe but the difference in sound is very noticeable. While still riding behind somebody, move your bike to the left or right and listen to the difference as you move in and out of the sweet spot. The best spot to ride has the least amount of sound to it. Trust me it works. I know because I spend a lot of my time drafting.....

Penny Pumpitup

Racing the World

Four years ago Jarmila Vazac decided to get fit again. Now she is competing for Canada in the world triathlon championships

Jarmila Vazac's office is mere meters from a swimming pool, yet it took the Stone Tree Golf and Fitness manager six years before she took her first dip.

She wasn't much better at making it into the gym, even though it was in the same building. But that all changed at age 47 when Vazac grew tired of sitting in her office all day.

"I wasn't doing much (physically) because I was working and working all of the time," said the 51-year-old Vazac, who worked as a fitness instructor and ski instructor when she was younger. "I was starting to fall apart and gaining weight.

"Here I was 47 and it was not me anymore. I thought that I needed to come physically active again because I did not want 50 to be the end of my life".

Her 50s are anything but the end for Vazac, who has reached a first at age 51 by qualifying for the Canadian team competing in the world triathlon championships in Hawaii on Oct.15.

Vazac finished in second in the women's 50-to-54 division at the Caledon Triathlon July 30 with a time of 2:53:56, which earned her a spot on Canada's team for the 2005 Ford Ironman Triathlon world championships.

"It's really nice because you have to walk of the nations," said Vazac. "It's like the Olympics for old people like me."

She's one of 18 women in her age group going from Canada for the Olympic distance triathlon – 1.5-km swim, a 40-km bike ride and a 10-km run. It's a shorter distance than the Ironman triathlon, which has a 3.84-km swim, a 180-km bike ride, and a 42.195-km run.

"Running is the hardest for me," said Vazac. "Swimming comes easiest and then the biking is my love. We have (poster of Tour de France champion) Lance Armstrong on the wall (at Stone Tree's gym in front of the bikes) so I look at him a lot."

Vazac ran her first event at age 47, entering Kinkardin's women's only race at the urging of one of Stone Tree's fitness instructors.

"I just got hooked," said Vazac, who did the duathlon (biking and running) in her first event.

"I was a little afraid of the swimming at the first time. Then I said what the heck, I used to be on the university swim team (in the Czech Republic) so I'll try the swimming too. I had a very good placement in the next one and I wondered how good I could do if I really started training for it."

Vazac missed qualifying for the world last year by one spot, finishing fourth at Caledon, which is one of three qualifying races in Canada.

"I set this goal (the worlds) last year when I was fourth," she said.

"I thought if I trained more and worked harder that maybe I could get to the world Championships and I did."

Vazac came to Canada in 1990 and settled in Guelph. She moved to Owen Sound on 1996 to manage Stone Tree.

"Just two weeks after we came to Canada, we were at Guelph Lake and were people coming out of the water in wet suits," Vazac said remembering her first exposure to a triathlon. "I was so jealous of them. I never thought I'd be like them."

By **Bill Walker**, Sun Times Sports Editor

Classifieds

(54) Trek E9 Time Trial Bike (red) \$2200.00 or best offer

Joe Chappell, 519-881-6229.

Contributors

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