

The Official Newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

March/April 2006

OutspOken

HE'S
GETTING
FAT!

SHE'S NOT
PULLING HER
WEIGHT!

Sheryl & Lance

Splitsville!

Plus



Hangin' in



Gettin' Help



TT Guy



I'm Baack

Also: Registration, Meeting & Ride, April 8, 2006

What's Going On

Apr. 8, 12:30 pm - Registration, General Meeting & Ride
- Shallow Lake United Church

Apr. 12, 6:30 pm - 1st Road Time Trial, 10k - Annan

Apr. 15, 10:00 am - Sawmill Trail Clean-up

Apr. 19, 6:30 pm - Road TT, 10k - Shallow Lake

Apr. 19 - Jody's Birthday

Apr. 22, 10:00 am - Sauble Trail Clean-up - Sauble Ski Trails

Apr. 23, 1:00pm - Spring Fling Pursuit (MTB & Road TT)
- Shallow Lake and Sawmill Ski Trails

Our Fearless Leader

by Greg Nicol

The Owen Sound Cycling Club searched high, low, in the bathroom, various workplaces but nobody stepped up to take the role (more of a title) as president of the club so I will continue on in the position until somebody takes the ball. We do have some new recruits that have joined the executive in numerous roles.

Thanks to Tom Hakala for signing a long term contract to be the editor of the *Outspoken*, Lynne Vaughan-McDonald as the envelope stuffer and DeeJ and Tim with their sidekick John to organize some mountain bike events.

The OSSC is having a registration, general meeting and group ride Saturday April 8th at 12:30pm at the Shallow Lake United Church. This meeting is an opportunity for you to give you a voice to the direction of our club as it goes on ahead in the future. Please join us. See you on the road very soon.

Co-Editor's Ramblings

by Trevor Stokes

At least I think I'm the co-editor - I'm not sure what my title is any more. Tom Hakala has kindly taken over the work of laying out the newsletter. That's the most work, and was for me the hardest part. All that's left for me to do now is get it out to the masses. And Lynne Vaughan-McDonald has even taken over the printing, envelope stuffing and stamp licking part of that task.

I haven't even seen what's in the newsletter. I'm sure it's no longer the boring, Spartan, technical looking document it was for the last two or three years. Just in case no one else mentioned them, here are a few notices.

Web Site

I've done some spring cleaning of the web site. The Schedule page has all the dates and venues for the road time trials for the whole season. They will also be entered on the Yahoo Calendar, so those of you who registered will get an email reminder a day before each race. I assume they are also listed in this very newsletter, so cut out the list and post it on your fridge.

Club Sign-up Day/Meeting

In place of the Health Fair sign-up we are having a registration day on Saturday April 8, 2006 at the Shallow Lake United Church. Registration is from 12:30 to 13:00. Please print off all three forms (they are included at the end of this newsletter and on the web site www.owensoundcycling.ca, on the Forms page) and fill them out in advance.

At around 13:00 (1:00 p.m.) we will hold an all members meeting to discuss the season's events and the club's overall direction. I will prepare a large calendar. Just pick a date, or a recurring day of the week for an event or ride you'd like to organize. Write in your name and a short description. Greg will be giving us some guidelines for group rides - but they have to be planned well in advance and you have to state the rough area you'll be riding in. Emese and I will be leading our Monday night rides again, alternating between Owen Sound and Williamsford. But this should not preclude you from choosing a Monday for your own group ride. We'll just lead rides on the dates that are not taken.

After the meeting we'll go for a ride through the quiet country roads around the former Keppel Township. Also, bring cookies or squares to pass and juice will be provided.

Adopt a Road/Clean Up

GreyCounty assumed we would be continuing to take care of Grey Road 170 and Marlene sent us a stack of release forms. I'll announce a date for the clean up soon. Everyone who helps out MUST fill out a form, and the forms must be in Grey County's possession before we start the clean up. A "blanket" release form with everyone's names and just one person's signature on their behalf is not adequate. They recognize that collecting signed forms in advance can be cumbersome, but it's necessary to protect everyone involved.

The Assistant

by Tom Hakala

What the heck happened?!? I knew I should not have gone to that meeting! Suddenly I'm back, locked in this dark/dank office/broom closet on the tenth floor of the Outspoken World Headquarters, typing on this old keyboard and pasting pages together. I thought I gave this all up.

Just to clarify a few things, here is the real deal. I'm not exactly the sole 'editor' as Greg stated. Trevor Stokes has moved up to be our Executive Editor-in-Chief/Web-Meister and all-around good guy. With all those new duties poor old Trev asked for and finally received a little help. I have been assigned to be Assistant Copy Editor/Production and Layout Co-ordinator as well as the Assistant Custodial Engineer. Lynne Vaughan-McDonald will be the Circulation Co-ordinator in charge of our vast snail mail operation.... okay, so she is our official envelope lickier.

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So what does this all mean to you the Outspoken reader? For one thing, we will be trying a few different layout ideas especially in this electronic age where the majority of you will be receiving this fine publication via email. I have already heard a few comments in this regard. While cross-country skiing this past winter, one of our members pulled me over to say that he has trouble reading the two column format on-screen. I agree there is a lot of up, down, up, down... so, I have tried a few pages using a single column layout. The downside seems to be that we lose a fair amount of space this way and it looks a bit gangly when printed. Let me know what you think.

Another suggestion was to put the by-line of the writer at the start of an article, apparently so the person can skip the boring stuff. Well, whatever the reason was, I thought it would not be all that difficult to accommodate the suggestion so the names are at the front.

Lastly, in our never-ending effort to get our members to participate (and to elevate the burden of me writing every bloody thing in this rag) we will be holding a writing contest next month and will be doling out a wonderful prize to the winner. All you have to do to enter is to write an article for the Outspoken and submit it to thoscc@bmts.com by April 19, 2006! The article or story can be about your cycling experiences, helpful bike tips, humorous pratfalls you have taken on the bike or any other cycling related tidbit that you can conger up. We will publish the articles or stories throughout the season (depending on just how big the flood of stories really is). You can type it in your email program (preferred), use an application like 'Word' or 'Quark', or if you are a true ludite, type or print clearly on a piece of nice clean paper and send it directly to me at: Tom Hakala, RR #2, Annan, ON NOH 1B0.

Spring Fling is Back April 23!!

by Rich Fletcher

By popular demand, the OSCC "Spring Fling" is back, dusted off and given a new, shiny format. We have taken a chapter from the Nordic ski scene and adapted it to make a fresh exciting cycling race. The race comes in two parts and is sure to please both roadies and mountain bikers alike. The "Spring Fling Pursuit" begins with a 10 km individual time trial on the beloved Shallow Lake course. After all have completed the ITT, we head over to the Whispering Pines to race the fabulous mountain bike trails in Hepworth. Since this is a combined race, each competitor's time from the time trial will determine his/her position and start time for the mountain bike portion of the pursuit. For example, Martin Kerr sets a blistering pace of 15:00 on the time trial and Scott Thomson comes in 5 seconds later. That means that Martin will start the mountain bike race and Scott will have to wait 5 seconds before he can begin. Martin would be considered the "rabbit" and the rider who crosses the finish line first will be declared the overall winner. Of course, age categories will apply. All participants are encouraged to do both parts of the pursuit but 2 person teams will be allowed if roadies wish to pair up with a mountain bike buddy. Make sure you mark this race down as an early season fitness blast and get all your friends to come out and

race or cheer. Remember you will need to be an Owen Sound Cycling Club member, hold a 2006 UCI racing licence/permit or be a member of Arrow Racing to participate. See you April 23!

Roderickson Goes Under the Knife

by Emil van Dijk

Club member Jack Roderickson, the pride of Chesley, suffered a serious knee injury during the off-season, tearing some ligaments in a hockey mishap. Always one to look on the bright side, Jack thought the end result might be an improvement as his Collingwood surgeon managed to find some less-aged donor ligaments in Ottawa to replace those torn by our veteran club-mate.

Unfortunately, a transportation error put the kibosh on Jack's dream of going under 20 minutes for 15km. The grade 10 co-op student delegated to send the donor ligaments from the Nation's Capital to the base of Blue Mountain failed to choose Purolator Courier. Instead Sleepy Sam's Shipping Service was contracted. By the time the package arrived in Collingwood the ice had melted and the ligaments were thawed, rendering them unfit for transplant.


Desperate phone calls were made and some new ligaments were found, but their origin remains a mystery. Once Jack recovers and is back on the road, which won't be until late August, we'll find out if he is better than ever, or as good as he once was. Speedy recovery Jack!!

Keppel Scramble & Backroad Ramble

Please circle Sunday June 4th on your calendar as this will be the day that the Keppel Scramble & Backroad Ramble takes place. Taking place over roads, backroads, trackroads, rail trail and a wee bit of single track in the townships of Keppel and Sarawak, the ride offers you the choice of a 60km loop or a shorter 30km loop. In order to allow you to ride at your own pace, a map will be posted on the website for you to download and take along so you can hammer or cruise at your leisure. More info in the next newsletter. *Emil*

Write a Story WIN A GREAT PRIZE

We are looking for contributors to Outspoken so we will award some lucky writer with a prize just for submitting a story to us. Send an email to thoscc@bmts.com or a written copy to: Tom Hakala, RR#2, Annan, ON NOH 1B0. Entries must be in by April 19th, 2006 to qualify.



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Time Trail Talk

by Scott Thomson

The spring is approaching faster than Martin in aero position, and I have barely had time to think about plans for the coming season. Below is the tentative schedule for this year's road time trials, and it is fairly similar to the pattern that has developed over the past couple of years. We will begin the second week of April, and continue every Wednesday night at 6:30 until the end of September. Changes to the schedule are still possible. There is a plan to run a few mountain bike time trials on some Wednesday nights for those interested, and I will try to coordinate the road time trials to Shallow Lake if the mtb event is at Whispering Pines - one might even be able to squeeze in both if so inclined; or car pool to Shallow Lake with a dirty mountain biker friend.

Our roady participants seem happy with the time trial venues, mix of formats, and company. Hopefully we will continue to have sunny skies, warm temps, windless courses, and neverending PB's this year. Our Wednesday night sessions produced a number of participants in the largest ever Ontario Time Trial Championships this past fall. Congrats to Lynne Vaughan-MacDonald for 3rd place Master Women 40+, and Mack Thomson for first place Under 13 Men (and Under 15). Scott and Joe had less than stellar rides. Also competing were Jane Thomson, KK Michener, Nicki Van der Wielen, and John Brown (sort of?!). More this year? See you April 12!

- April 12 - 10K ITT Annan
- April 19 - 10K ITT Shallow Lake
- April 26 - 15K ITT Shallow Lake
- May 3 - 19K ITT Annan
- May 10 - 15K ITT Shallow Lake
- May 17 - 20.8K ITT Kemble
- May 24 - 15K Team TT Shallow Lake
- May 31 - 19K ITT Annan
- June 7 - 15K ITT Shallow Lake
- June 14 - 19K Aussie Pursuit Annan
- June 21 - 15K ITT Shallow Lake
- June 28 - 5K Hill Climb Epping + Potluck
- July 5 - 20.8K ITT Kemble
- July 12 - 19K ITT Annan
- July 19 - 15K ITT Shallow Lake
- July 26 - Shallow Lake Stage ITT - 10K road, 5K mtb
- Aug 2 - 19K Team TT Annan
- Aug 9 - 15K Aussie Pursuit Shallow Lake
- Aug 16 - 42K ITT Kemble
- Aug 23 - 15K ITT Shallow Lake
- Aug 30 - 5K Hill Climb Epping
- Sept 6 - 19K ITT Annan
- Sept 13 - 15K 2 UP Aussie Shallow Lake
- Sept 20 - 10K ITT Shallow Lake
- Sept 27 - TBA

Paul D. Matthies



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Offroad Time Trials

by Didier Peron

I have put together a preliminary schedule so that Greg could get a head start in acquiring the approvals from property owners. I used Scott's schedule to come up with an offroad schedule that sees every third Wed as a MTB- TT. I also threw in a few weekend events. I would like to caution members that this is preliminary and is to be confirmed at the AGM, i.e. the level of interest, whether to run parallel TTs, etc. I hope to see enough interest at the AGM such that we can have dedicated days for each event. The evening TTs would most likely start at 6:30 p.m.

Preliminary Off Road Schedule

- April 15th - Sawmills Trail Clean-up - 10:00 am
- April 22th - Sauble Trail Clean-up - 10:00 am
- Wed April 26th - MTB TT Sawmill
- Sat May 20th - MTB Race Sawmill
- Wed May 24th - MTB TT West Rocks
- Sat Jun 11th - MTB Freeride Tom Thomson Trail
(or backroad freeride)
- Wed June 21st - MTB TT Massey
- Sat July 1st - MTB Race Sawmill
- Wed July 19th - MTB TT Sauble
- Sat Aug 5th - MTB Race Sawmill
- Wed Aug 16th - MTB TT West Rocks
- Sat Sep 2nd - MTB Race Sawmill
- Sat Sep 9th - MTB Backroad Freeride
- Wed Sep 20th - MTB TT Sawmill

Frozen Water?! No More!

by Jason Rody

As most of you know I train a lot! In the winter I'm either x-country skiing or riding a trainer in a basement. Not much different than anyone else. Then there are the times in the winter when the roads are clean and the temperature hovers around 0 degrees, this is when I start riding outside again. Other than my feet, keeping warm normally isn't an issue. The problem is



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hydration. Water freezes if you leave it in a bottle cage. The back pockets of a jacket work to a point, but you can only carry so much. Well I stumbled across something to help. Looking in my closet the other day I spied a small thermos. I thought, hey, it's meant to keep things at the proper temperature, right! So I checked the bottle cage! It fits! Let's try it out. Well I'm happy to report that after 2 and half hours in the bottle cage the water was the same as when I poured it in. Not frozen! So if you feel the need to ride when it's cold and you still want to have some water with you, look around for a thermos that fits your bottle cage!

Does anyone else have some early season tricks for keeping comfortable? I'm always looking for new ways to extend the outdoor riding season. *(Send your ideas to Outspoken and win! Ed.)*

Jakob's Cross Country Ride

by Jakob Van Dorp

2006 marks both the end of my undergraduate career and the one hundredth anniversary of the Canadian Bible Society. The first gives me reason to celebrate and praise God for his providence; the second offers both a broader context for thanksgiving and a means to do so. Lord willing, this Canada day will see me joining up with other cyclists (60 going the whole way, up to thirty joining for each week, and up to ten for a few days here and there) to make up a peloton of one hundred riders heading from coast to coast. Our nine-week adventure will end in St. John's, Newfoundland on the labour day weekend after covering 7,800 kilometers.

The Canadian Bible Society works both at placing Bibles in people's hands and producing resources to aid in communicating the Gospel to those they seek to serve. Funds raised from this year's event will go towards meeting the needs of specialized ministries working in Canada's urban cores, prisons, and with First Nations and youth. Our overall fundraising goal is \$500,000, of which I am responsible for \$5,000.

If you are able to offer financial support in this journey, I ask you to consider what you can offer, and to make donations online at www.bikeforbibles.ca, in person, or via my permanent address (below). Consider sponsoring me for a particular day's journey if there is a place we will be traveling or a date in the summer that

has significance for you. We will be staying in Owen Sound on Thursday, August 3rd.

Please do not hesitate to contact me—I would love to hear from you, attempt to answer your questions, and for those of you spread far and wide in this land, to let you know when I will be passing through your area!

Jakob Van Dorp
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Warton, Ontario N0H 2T0
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Lance and Sheryl Split

by Clive Leatherlips

After a few years of sharing their lovenest hide-away in Austin, Texas, former cycling legend Lance Armstrong and his lanky, warbler girlfriend, Sheryl Crow, have called it quits. Amazingly, they had only months before, announced their engagement and elaborate wedding plans. Armstrong popped the question in Sun Valley, Idaho, in late August in a proposal Crow called "very romantic." Now the much anticipated wedding of Lance Armstrong and Sheryl Crow is officially off.



The couple, who released a joint statement through Armstrong's spokesman to OUTSPOKEN, are calling it quits after two years of dating and an engagement that lasted a little over five months. "After much thought and consideration we have made a very tough decision to split up. We both have a deep love and respect for each other and we ask that everyone respect our privacy during this very difficult time," the statement said.

Rumors of trouble began surfacing around Christmas, but the couple insisted there was no truth to them and that they were moving forward with wedding plans for this spring. Earlier last fall, an eagle eyed OSCC member spotted the duo decked out in OSCC colours riding a tandem along County Road #1 with an obvious black cloud over their heads.

Other rumors that were circulating around the OSCC that Crow was preppers were completely off base... that turned out to be that other celeb couple... ummm, Brad and that one with the lips!

The marriage would have been Crow's first. Armstrong and wife Kristin divorced in 2003 after five years of marriage; they are parents to son Luke, 6, and twins Isabelle and Grace, 4.

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The Joy of Interclubs

by Mike Hodgins

There have been major changes in the halls of power at the OSCC. Apparently, I have been appointed the Interclub Representative. I should have known something was up when the large Oakley-sporting men in double-breasted black spandex arrived on my front door. They took me for a ride down town to the bowels of OSCC HQ. I was convinced that I really wanted the job. We're still negotiating the benefits package, not to mention a job description. Part of my duties appears to be the justification of the inclusion of the OSCC as one of the clubs which are inter.



Ahhh, Interclubs. How do I love thee? Let me count the ways. I can still remember my first races. This was at least a dozen years ago - back when I was young, foolish and doing triathlons. This was about 4 B.C. (Before Children). Back when I had time to train for three things at which I was not particularly good. I'm not sure what possessed me, but I decided to go out to an Interclub road race. I was hooked from the word "go". I've always found that time trialling is a very inward experience - just you with your head down watching your front wheel and a few yards of road ahead, thinking about how much harder you can push without vomiting. Road racing is a much more social experience. You watch the wheel of the person in front and think about how much harder you can push without vomiting. Just kidding. Riding in a large group is really thrilling. The speed often seems effortless. It's easy to maintain 35 to 40 km/h in a well-oiled paceline. It's also a sensory extravaganza. Sight: the bright colours of the jerseys, the sunlight glinting off of the bikes, the terrain zipping by. Sounds: the whirring of chains and cogs, the hum of the tires on the road, the rhythmic breathing of the other riders, the occasional snorting blast of snot-rockets. Smells, which I don't think I'll enumerate here. You'll just have to find out for yourself. Anyway, it wasn't too long before I decided to drop all that silly swimming and running, which I wasn't particularly good at, and concentrate on riding - which I'm still not particularly good at. It has been a great twelve years.

Interclubs are a great way to start road racing. The "Interclub" part has just recently been defined by the OCA as a race series between the members of a maximum of three registered cycling clubs. In our case, the clubs are Newmarket, the newly formed Barrie club and the OSCC. All you need to participate is your OSCC membership and \$5.00 per race. The money goes toward drinks and snacks at each race, and prizes at the end of the series. The latter are pretty decent - top of the line helmets, bike computers, tools, accessories and clothing. Over the years, even a mediocre rider like yours truly has scooped jerseys, arm warmers, leg warmers and a subscription to VeloNews.

The Interclub is designed to have something for everyone. It is a series of six races that start in mid May and end in early September. The courses are 60 to 80 km and usually last about 2 hours. It may sound like a long go, but as mentioned above the efficiencies afforded by a paceline make it a lot easier. Generally, the only time that you're really putting out much effort is when you're driving. By the time you start to fade, someone has pulled in front so you can ease off a bit. You gradually slide to the back, pause for smoke and a beer and then rotate toward the front for another pull. When it's working, it's simply awesome.

What makes the Interclubs really fun is that the races are handicapped. The field is divided into several groups according to experience and ability. The slowest head out first and subsequent groups follow at timed intervals. The plan is to try to have everybody arrive at the finish at the same time, so that it looks like the Tour de France on a flat stage. However, handicapping is a dark art and it's very unusual to have someone from each group racing for the finish line. Over the course of the series it all seems to work out. Points are awarded for your overall position as well as your position within your group. You also get points just for showing up - hence, my success over the years.

I've always ridden with the slower groups. The same bunch shows up year after year. It's great to make those connections with other clubs. At our end of the pack, the emphasis really is on fun. Nobody takes it too seriously. Generally we work pretty well together. Newcomers are always welcome. Everyone is expected to do at least some of the work, but no one objects to weaker riders taking a few pulls. However, a miraculous recovery to a blazing sprint finish might be frowned upon - especially if you do it more than once. For real keeners, and superior life forms like Martin, there are much faster groups. I'm not sure how much fun they have. But, they sure are fast. It's always a reality check when you're zooming along with your group, feeling like maybe you could get a wildcard spot in the Tour, and the scratch group blasts by like you're standing still. We always try to grab on. A few of us will even manage to stay with them for a while. But, there's always a hill where I will invariably execute my patented "Off the Back®" move. I then drift back to finish the race with the

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mere mortals. We still end up sprinting for the line. I have years of rivalries with guys ten years older than me. We're all Tom Boonen.

So..... consider this your invitation to come out and try a few Interclubs. Don't be intimidated. They really are a ton of fun. It's a great excuse to keep training. ("I'd really love to cut the grass/paint the house/visit with your parents/(insert your task here) but I really need to go out for a bike ride. There's a race coming up.") It's also a great excuse to wear your spiffy OSCC jersey. Unfortunately, if there isn't a bit more yellow and blue out there on the Interclub starting lines this may be the last year that Owen Sound will be included. OSCC participation for the last few years has been marginal at best. If things don't improve, it has been suggested that it would be best for the series to find a club with more interest in road racing. This is not meant as a threat. I certainly won't be offended if we drop out. It would be very easy for the few of us to continue as members of Barrie or Newmarket. I am more concerned about the lost opportunity for OSCC members to have an easy entry to the wonderful world of road racing. The next Lance has to come from somewhere! It would be a great tragedy if it was supposed to be an Owen Sounder and he/she simply never had the chance to discover their inner Lanceness. I'd be happy to organize a few training rides with the emphasis being on technique – ie. pacelines – rather than conditioning. I also usually have space for one or two other riders, but I get to pick the tunes. If you're not keen to ride but would still like to take in the atmosphere, OSCC is hosting the Dundalk and Epping races. We'll need a few bodies to help with registration, marshalling and timing.

Here is the Schedule:

May 7 - Dundalk – Flat but snowy
May 28 - Oro Short – Fairly flat, some long hills
June 18 - Beeton – Somewhat hilly
July 15 - Oro Long – Same as Oro short, but longer
Aug 13 - Epping – One great long hill, and several smaller ones
Sep 10 - Moonstone – Fairly hilly

Please give me a call or email if you're at all interested in any aspect – riding or officiating.

Mike Hodgins, Phone: 372 2557, Email: hodgins.m@sympatico.ca

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 - 3) Argon 18 Radon road bike; light blue aluminum frame and carbon fork; mix of 105 to duraace; ?small-medium?
 - 4) Cannondale Petite/XS aluminum mtb frameset with Fatty Headshok Fork; gloss red; small woman or larger child mtb
- Contact Scott T 371-0544 or sthomson@bmts.com

Dreaming of Clara

Olympic athletes show their mettle by helping aboriginal kids

Tue Feb 28 2006

By Laura Robinson (Reprinted from the *Winnipeg Free Press*)

FOR the last 19 days we have watched as Canadians -- mainly women -- have taken themselves to a new place. As Winnipeg's own 5,000-metre speed skating gold medalist Clara Hughes said after her stunning race on Saturday, "I just felt like my body and brain went to a whole other planetary system." Watching Hughes, teammates Cindy Klassen, cross-country skiers Beckie Scott, Sara Renner, and Chandra Crawford, and, of course, the women's gold medal hockey team, allowed all of Canada to go to new places with them.

We found wonderfully inspiring, thoughtful, intelligent athletes, who took the centre of a national stage that is normally occupied 24-7 by NHL hockey players. When the men's hockey team lost to Switzerland, I asked one of the educators at the school where I am a Nordic ski coach how she felt about the loss. "Who cares about the men's team?" this serious hockey fan replied. "They're just NHL players. The women are going to the finals." That afternoon lessons were postponed as students watched our women win the gold over Sweden.



I coach at Cape Croker First Nation Elementary School, which is in the heart of Ontario's snowbelt. It sits on the shores of the Bruce peninsula; a strip of land that divides Lake Huron and Georgian Bay, 250 kilometres northwest of Toronto. The real name for this place is

Neyaashiinigmig -- Land Nearly Surrounded by Water in Ojibway. When prairie storms come over Lake Huron, the community receives blankets of snow as the front picks up moisture, and the kids in the school look forward to criss-crossing the playground in their cross-country skis.

Since 2003 they have represented the community -- the Chippewa of Nawash -- in district and provincial meets, lining up at the start line as the Niish Nobbie Nordics (the winter version of their team's summer name -- Niish Nobbies -- when they replace the boards with knobby tires and fly through the woods on their mountain bikes). As a skiing and cycling neighbour just south of the community, I could not help but realize just how many talented athletes there were in the school. We started a one-day bicycle safety workshop that has turned into a going concern cycling and Nordic skiing club.

But how do you get eager, talented little athletes to the startline when they live in a First Nation community that struggles with poverty and economic disparity, and a good pair of kid's skis cost nearly \$200, and bikes are far more expensive? Enter Clara Hughes. And then enter Sara Renner, Beckie Scott, Lori-Ann Muenzer, Michael Barry -- all great Olympians who take their responsibilities to the next generation seriously.

When we started the Niish Nobbie cycling team, Clara was still a world-class cyclist as well as a champion speed skater. She organized the national cycling team on our behalf and the school would receive boxes of cycling jerseys, sweatshirts, and knapsacks, all signed by their national team owners, who were happy to donate them to our fundraising auctions. After the 2004 Athens Olympics, gold medalist Lori-Ann Muenzer, and national team member Michael Barry added their racing jerseys. This, combined with the generous donations from our sponsors -- Outdoor Gear Canada and Mountain Equipment Co-op -- allowed our kids to arrive on the startline with equipment that matched their considerable talent.

Nordic skiing's Beckie Scott and Sara Renner helped this season with signed World Cup posters -- much sought after items at our auctions. And they added one more inscribed to the Cape Croker School Ski Team that became adorned with newspaper articles when they won a silver in the team pursuit.

Three years ago we kept something else for the school's athletes, and a good thing too. We had kids who could use a racing jersey or two. And so our up and coming cyclist, Tianna Fillo, in Grade 5 in 2003, received one of Clara's racing jerseys. She stuck to cycling, even though she didn't have a bicycle of her own, and used a school bike. She stuck to skiing, even though she didn't have skis of her own, and used school skis. Tianna won the regional elementary school junior girl's cross-country skiing title that first year, and won it the next year, too. In 2005 she moved up to senior and added that title to her list of accomplishments. Last week she took the senior title again and on Thursday she contests the Ontario title, where she came seventh last year. In 2005 she also became the senior girl's Ontario Elementary School Mountain Bike Champion.

"It's neat," she says from her home in Neyaashiinigming. "It's very cool to know that you have something from someone who has accomplished so much. Watching the Olympics makes me proud to be Canadian. I can be proud to be Canadian and Ojibway. I don't think there's any problem with it."

When we scrape away the drugs and gambling, the overpaid, spoiled professional athletes, and the gross objectifying and commercialization, sport remains a rich land whose inhabitants speak a language that exists far beyond the social constructs that divide us so cruelly and ridiculously by race and sex. It exists in Clara's other planetary system. Tianna, her teammates, and the rest of the citizens of the Earth who don't divide humans by race and gender before they consider whether or not they are worthy of attention, saw the strength, grace and wonder of true Olympians.

The last thing the Niish Nobbie Nordics will do before they go to the Ontario championships on Thursday is touch the poster of Sara and Beckie for good luck. The team placed third in the district races, and is nervous but excited about the provincial contest. Tianna will don the jersey she inherited, knowing she is connected to a champion.

Laura Robinson is a former national-level cyclist and cross-country skier. Her writing on sport has won many awards. She is currently working with Winnipeg's Buffalo Gal Pictures and APTN on a film version of her play, *FrontRunners*.

***Footnote: Tianna Fillo did race with Clara's jersey on on Thursday, March 2 at the Ontario Elementary School Nordic Ski Championships and took the gold! We will see this up and coming athlete at more Owen Sound CC events this year.

Thanks to this months contributors: Greg Nicol, Trevor Stokes, Rich Fletcher, Emil van Dijk, Jason Rody, Scott Thomson, Didier Peron, Jakob Van Dorp, Mike Hodgins and Laura Robinson

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Owen Sound

Please indicate the number and type of membership

Num	Membership Type	Cost	Amount
	Full membership, with insurance through OSCC	\$30	
	Family of three	\$70	
	Family of four	\$85	
	Family of five	\$100	
	OCA/UCI insured elsewhere (proof required)	\$5	
	"Snail Mail" surcharge	\$10	
Total			

2006 Owen Sound Cycling Club **Membership Application Form**

Last Name:

First Name:

Mailing Address:

Postal Code:

Telephone:

Email Address:

(PRINT CLEARLY IN CAPS AND LOWER CASE)

Send newsletter via: ☐ Email/Internet (free) ☐ Snail mail (\$10.00 surcharge)

Members' Age Groups:

☐ Under 14 ☐ 15 to 18 ☐ 19 to 34 ☐ 35 to 49 ☐ 50 to 64 ☐ 65 +

Publishing Release

I agree to have my name, phone number and email address published in the newsletter: ☐ Yes ☐ No

Signature: _____

Important Waivers (Please read and sign)

Included with this membership are two waiver forms.

- The Release, Waiver and Assumption of Risk Form. Each member must fill out and sign their own waiver. It must be witnessed by someone 18 or over. Parents/Guardians complete the same form for each child.
- The Insurance Waiver Form must also be filled out and signed by each member.

Under Age 14 Owen Sound Cycling Club Policy

It is the policy of the Owen Sound Cycling Club that individuals under the age of 14 must be accompanied at club rides or events by a parent or guardian.

I acknowledge that I have read the above and understand my commitment.

Signature of Parent/Guardian: _____ Date: _____

Please make cheques payable to the **Owen Sound Cycling Club** and send them, with completed forms to:
Rebecca Hilts, 1856 3rd Avenue West, Owen Sound, Ontario N4K 4R8

NAME: _____ AGE: _____ ADDRESS: _____

NAME & DATE OF EVENT: _____

WAIVER, RELEASE & INDEMNITY

I _____ understand and agree that my participation in events, programs, races, or activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association and/or Provincial Associations and Various CCA Clubs and Members registered with CCA is conditional upon my execution of this document.

1. I am aware that cycling, and in particular competitive cycling, endurance and BMX racing, involves the possibility of injury or death.
2. I accept these risks, and all others arising from these events and programs, even if arising from the **negligence, gross negligence or negligent rescue** by those associated in any way with the **Canadian Cycling Association** events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").
3. I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year.
4. I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safely continue for any reason.
5. I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against **Canadian Cycling Association, and all other Releasees** from all liability for any loss damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability Act, on the part of the Releasees.
6. **I AGREE NOT TO SUE and I further agree TO INDEMNIFY AND SAVE HARMLESS** the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in these events or programs.

I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

SIGNATURE: _____ DATE: _____

PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT

I have read and understood the above waiver, release and indemnity, and have discussed the same with the minor person signing above. I am satisfied the said minor understands the waiver and release and his/her obligations as set out. In consideration of the participation of my minor child/ward I too agree to waive, release and indemnify the Releasees in the terms set out above.

I am aware that by signing this agreement I am waiving substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees.

SIGNATURE _____ DATE: _____

RELEASE, INDEMNITY, WAIVER, CONSENT, AND ASSUMPTION OF RISK
(Must include witness signature)

A. I, _____; (use A if 18 years or older) or

B. I/We, _____ (use B if participant is under 18 years) being the parent(s)/legal guardian(s) of _____ (herein "my/our child"), hereby acknowledge and agree that, in consideration of:

A. my participation; or B. the participation of _____

in cycling programs, races or activities, whether occurring in the near or distant future, organized, operated or permitted by Canadian Cycling Association ("CCA") and Ontario Cycling Association ("OCA"), or both ("Associations") or to which either has issued a permit ("Programs"):

1. I/we release the Associations, their members, officers, directors, employees, independent contractors, agents, affiliated clubs and associations, and volunteers ("**Releasees**") from all liability, recourse, proceedings, claims, and causes of action of any kind whatsoever, in respect of all damages, personal injuries, death, or property losses ("**Loss**" or "**Losses**") which I/we may suffer arising out preparation for or participation in Programs ("Participation"), notwithstanding that any Loss was caused solely or partly by negligence of any Releasee.

2. I/we agree to indemnify and hold harmless Releasees from any and all damages or losses as a result of any claim, demand, cause of action including those involving negligence that may be made or initiated by, or on behalf of my/our child, arising out of my/our child's Participation.

3. I/we acknowledge and agree that:

(a) cycling exposes participants to many risks and hazards ("**Risks and Hazards**"), some which are foreseeable, some of which are not;

(b) as a result of Risks and Hazards, I/we or my/our child as a participant may suffer serious personal injury, even death, as well as property loss;

(c) I/we freely and voluntarily assume all Risks and Hazards, and that my or my/our child's Participation is entirely at my/our own risk;

(d) no Releasee assumes any responsibility for my safety or the safety of my/our child during the course of Participation;

(e) I/we have read this document, fully understand it, and am/are voluntarily signing it;

(f) I/we will be forever prevented from suing or otherwise claiming against any Releasee for any loss or damage connected with any property loss or personal injury I/we sustain during Participation;

(g) I have been given opportunity and encouragement to seek independent legal advice prior to signing this document;

(h) the Associations would not permit Participation by me or my/our child unless I signed this document, which need not be brought to my attention for each Participation; and

(i) this document is binding on myself, my heirs, my executors, administrators, personal representatives and assigns.

Date: _____/_____/2006

Applicant's Signature (I am 18 years old or older: if not, Parent(s) or Legal Guardian(s) must also sign below)

Parent's(s') or Legal Guardian's(s') Signature

Relationship: Parent(s) X Legal Guardian(s) X

Witness Signature (MANDATORY)

Print Name (of witness)



ARROW RACING & OWEN SOUND CYCLING CLUB

OSCC

IN ASSOCIATION WITH



PRESENT

SPRING FLING PURSUIT 2006

Sunday, April 23, 2006

SOLO OR 2-PERSON TEAM ROAD TT & CROSS-COUNTRY MTB RACE

RACE START TIME: 1 PM

RACE DAY REGISTRATION AT WHISPERING PINES MTB RACE SITE FROM 11 AM TO 12:30 PM

LOCATION: TIME TRIAL AT SHALLOW LAKE UNITED CHURCH FOLLOWED BY MOUNTAIN BIKE RACE AT WHISPERING PINES, NEAR HEPWORTH, ONTARIO. FOR MORE DETAILS GO TO WWW.ARROWRACING.CA

ENTRY FEE: \$10 FOR SOLO OR \$15 PER TEAM PRE-REGISTERED, \$15 & \$20 ON RACE DAY. FOR INSURANCE REASONS YOU MUST BE A MEMBER OF THE OWEN SOUND CYCLING CLUB, ARROW RACING OR THE ONTARIO CYCLING ASSOCIATION. OSCC MEMBERSHIP COSTS \$25.00 per INDIVIDUAL.

PRE-REGISTER BEFORE April 19, 2006 BY MAILING YOUR ENTRY TO:

Rich Fletcher – RR 1 Meaford, Ontario N4L 1W5 OR e-mail entry to fletch@arrowracing.ca

MAKE CHEQUE PAYABLE TO OWEN SOUND CYCLING CLUB.

MANY DRAW PRIZES AVAILABLE COURTESY OF Squire John's, COLLINGWOOD, ON

PURSUIT DESCRIPTION: The format for this competition is a combined 10 km road time trial with 3 laps of a 4KM mountain bike course. Participants are encouraged to race solo but 2 person teams are allowed. Mountain bike race will begin after the time trial is complete at approximately 2:30 pm. Start position in mountain bike race will depend on time trial result. Results will be combined time for both time trial and mtb race.

RELEASE, WAIVER AND INDEMNITY: Read carefully before signing.

I understand that an approved cycling helmet must be worn during this pursuit race. In consideration of your accepting my event application, I for myself, my heirs and assigns do hereby release and forever discharge the Owen Sound Cycling Club, Arrow Racing, concerned land owners, municipalities, sponsors, organizers and all other parties of and from any claim whatsoever arising out of my or my family's participation, whether as a spectator, participant, competitor or otherwise, at any time and notwithstanding that same may have been contributed by or occasioned by the negligence of the aforesaid. I further undertake to hold and save harmless and agree to indemnify all the aforesaid against any and all liability incurred by any or all of them arising as a result of or in any way connected with my participation in the event. I realize that there are inherent risks to any sporting activity, including cycling, and hereby assume those risks. By submitting this entry I acknowledge having read, understood and agreed to the above waiver, release and indemnity. I warrant that I am physically fit to participate in this event, and that all my equipment is mechanically fit and is suitable for use in this event.

ONE PERSON PER ENTRY FORM

Name: _____

Team Name (if applicable): _____

Address: _____

Postal Code: _____ **Phone Number:** _____ **E-mail:** _____

Emergency Contact Name & Phone Number: _____

RACE CATEGORIES (Put an X in the appropriate box) (Age as of December 31, 2006)

AGE	Male Solo	Female Solo	Combined Age	Male Team	Female Team	Mixed Team
Under 12			Under 24			
12-15			24-30			
16-18			31-36			
19-39			37-79			
40 and over			80 and over			

Date: _____

Signature: _____