

The Official Newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

September 2006

OutspOken



Wheremmys

- Also*
- **The Club BBQ**
 - **Sympaticwoes**
 - **The Tri Worlds**

What's Going On

Cut this out and pin it up somewhere that you can remember where you put it. Read it instead of calling Trevor!

Sep 2, - MTB Race - (Moved to Sept. 9)

Sep 4, 6:30pm - Rec. Ride - CANCELLED

Sept 6, 6:30pm - 19K ITT Annan

Sep 9, 10:00am - MTB Race, Sawmill Trails, Hepworth

Sep 10, 4:00pm - OSCC Club BBQ, Thomson Residence, RSVP - 519-371-0544 or email: sthomsom@bmts.com

Sep 11, 6:30pm - Rec. Ride - Williamsford Arena

Sep 13, 6:30pm - 15K Aussie Pursuit Shallow Lake

Sep 13, 6:30pm - MTB TT Sawmill Trails, Hepworth

Sep 18, 6:30pm - Rec. Ride - O.S. Farmer's Market

Sep 20, 6:30pm - 10K ITT Shallow Lake

Sep 23, 10:00am - Squire John's SmartRisk Charity Road Ride, 100 & 50 km, Squire John's Store, Craigleith

Sep 24, 1:00pm - Whemmys Enduro, Sawmill Trails, Hepworth

Sep 25, 6:30pm - Short Rec. Ride - Williamsford Arena, Then to Trevor & Emese's house for snacks.

Sep 27, 6:30pm - TBA

Lastly, we are staying 3 hours from the Alpe d'Huez and I hope to conquer it in Sept 3rd.

Off to Race

We'll be off - Matt Barfoot, Jarmila Vazac, Laura Armstrong and I are heading out to Lausanne, Switzerland for the World Triathlon Championships. Oh yeah, Amy is coming too. The boxes have been borrowed and loaded for the bikes. A car has been rented for a day trip to Paris. I am not sleeping - I am very excited. What an opportunity! We get to race in Europe. All of us have been training very hard and we have set our goals high.

The race is an Olympic distance triathlon. 1.5km swim, 40km bike ride on a hilly course (imagine a hill in Europe) and a flat 10km run. We qualified for the race at the national championships back in July.

You can watch us live at triathlon.org on Sept. 2nd. For more information on the race and the venue go to trilausanne.com for more information. Remember Switzerland is 6hrs ahead of Owen Sound time. So you will need to be at your computer before 7:00 a.m. Owen Sound time to see Matt and I and mid morning for Laura and Jarmila.

Will I conquer the Alpe d'Huez? Maybe a better question is will Amy drive the car up the mountain?

Full report at the BBQ.

Trevor's Ramblings

by Trevor Stokes

I hope everyone's still enjoying the summer and the club's activities. I also hope no one went to the wrong location for a time trial in August. Some tar and chip and last minute schedule changes made things complicated. Remember - I'm only the messenger. We also had some crazy weather and a cancelled time trial and Monday night ride. But otherwise all events are well attended. The new, Walter's Falls time trial course is a big hit. Thanks to Scott for scouting that out.

Can you believe I was domestique for world class cyclist? He's a super time trialist but he got a bit behind on a hill on a recent ride, so I paced him back to the peloton. He said I "did good". Oh - did I mention that he is 74 years old? We were down in Cambridge and rode with the Sunday morning group. Al Blakey, whom some of you have met at our place, had just returned from Corner Brook where he placed 3rd in the world Duathlon Championships, up against tough competition from the U.K., New Zealand and the U.S. I noticed that Jimmy Georgas was second in his 80+ age group at the same event. He was faster than Al on the bike, but our friend was much faster on both runs.

Emil wore an historic OSCC shirt to a recent group ride; the one where the letters form a cyclist. From a certain angle you can only see CSC. I pointed this out to Emil. I think he had visions of riding on the Dave Zabriskie - Jens Voigt team. That was until I asked if it stood for Correctional Services Canada.

HEEELLPPP!!!

I'm still getting email from members (or others) that requires a timely response. E.g. requests for directions to TT's hours before the event, or forwarded emails requiring a quick turn around.

I work full time from home. My email traffic may be monitored. I'm seriously thinking of turning off info@owensoundcycling.ca and Trevor.Stokes@sympatico.ca during business hours or direct them to a different machine. Please try to plan ahead, or contact the organizer of the event directly. If there really is missing information in the newsletter or on the web site, please tell us. The times and locations



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Our Fearless Leader

by Greg Nicol

Hey Gang - What a month. The club has used a great new venue for the second time in Walters Falls which is quickly becoming a favourite but do not forget a ride home. Didier and the mountain bikers continue having strong turnouts at the tts and races. The Epping interclub was well attended by both riders, onlookers and volunteers.

Things to look forward to this month from the OSCC are the BBQ at the Thomson's on September 10th (what luxury vehicle will Mr. van Dijk drive this time??), Whemmies hosted by Arrow and live updates from Europe of how Laura Armstrong, Matt Barfoot, Jarmila Vazac and I are doing. Hopefully we can report great things.

of most of the events are there. Admittedly, there are no maps or detailed directions to some of the newer TT locations on the web site, but Scott usually describes them when he announces a new venue.

I have no problem with phone calls about the status of the rides we lead, if the weather is questionable, etc.

Adopt-a-Road Clean Up

Thanks to everyone who turned out to help with the road clean up.

Greg Nicol

Zach Nicol

Anne Louise McArthur

John Huelshof

Margo Huelshof

Trevor Stokes

I propose that this effort was worth double points to the dedicated few who turned up!

Club Jerseys

I suggest we do the second cleanup on Saturday October 14th.

That's the week after Thanksgiving. Let's try to get at least eight participants. If you already signed the waiver you don't need to do so again. They are on file with Grey County.

It took a while, but I have a list of members who said they would be interested in club jerseys. So far the total order would only be for 12 jerseys. If we want the same pattern and colours as the current jersey then this would have to be a "full custom" order because Sugio no longer carries the same un-printed jersey. My understanding is that we could have our name and logo on one of Sugio's current stock jerseys for less.

How to proceed?

Broken Man Triathlon

Several OSCC members competed in the unique Broken Man Triathlon at the end of July.

As we have reported in the past, the triathlon is "broken" because each stage is treated as a separate race. Only when all the swimmers have finished (and recovered) does the run start. And by the time the bike stage is started, all participants know their cumulative times from the first two stages. To make it even more interesting, the bike stage is draft legal.

You can also sign up for any of the individual stages. You don't have to do all three.

I think all of the OSCC members who competed this year, were only registered for the bike race.

I'm afraid I don't have the results at hand and they are not yet on the Cape Croker web site. Suffice it to say, that Emil van Dijk was first over the line in the bike race, all of the other OSCC members did the club proud. We also came away with very nice T-shirts.

This event deserves to be much better attended. It's local, it's a beautiful location and it's an opportunity for riders of any ability to compete in a road race.

Collingwood Ride

You may remember that the ride to Collingwood was planned for May 18th. It poured all day and John Brown and Peter Rissi were the only ones to do the ride. John Huelshof and Margo followed them and watched them get wetter and colder.

Photo: Margo Huelshof



This time John timed it perfectly. The weather was ideal and were all at peak fitness. John and Ruth-Anne had driven the van and Didier's trailer to Blue Mountain the day before and ridden back on the tandem. Margo drove there on the day of the ride, taking spare clothes etc.

All that was left for John Brown, John Cameron, John Huelshof, Tim Koker, Joe Lehmann, Brian Low, Reg MacDonald, Lisa Murawsky, Didier Perin, Lynne Vaughan-MacDonald, and me was to ride! There were some tough up-hill climbs and exhilarating down hill runs. We regrouped a few times and stopped to take photos, but still managed to keep a respectable pace.

Photo: John Brown



Once in Collingwood we were met by Margo and enjoyed a meal at Windy O' Neil's in The Village. All eleven bikes were carefully packed in the vehicles for the drive home.

Thanks to John for organizing the trip and to Margo for doing the driving and keeping track of shoes, clothing, car keys, etc.

The Assistant

by Tom Hakala

I have made a number of changes since the last issue. Most of them are not detectable to the average Outspoken reader. For one thing I landed a new iMac. After pointing out the smart Mac ads on TV, showing pictures, charts and graphs on their merits as well as whining and faking all sorts of ailments the boss finally reneged. Unfortunately, along with the new computer came a new layout program, one that I am not familiar with. One that I am in the process of learning how to use. One that takes a lot longer at my tender age. So bear with me if there are a few mistakes... mistakes.

But none of this comes close to the third change I made. I switched my email account to BELL SYMPATICO! Out with the old thoscc@bmts.com, in with thomas.hakala@sympatico.ca! The new name has a certain elegance to it, but like everything about Sympatico it takes a lot longer to input. First it took me about two weeks just to get the

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stupid email account hooked up. I tried to do it online but little did I know that is impossible for anyone that lives in the country (i.e. all of us bumkins with R.R. addresses). After getting our new Sympatico account signed and sealed; with the help of our friendly Sympatico guy, John, I attempted to receive email. After another three or four calls back to the Sympatico phone centre I was able to receive email. But wait... only "approved" senders can send us email, so the only email we received was from our friend John at Sympatico... welcoming us to their new wonderful service. All of the real email from our friends was collecting in the junk box somewhere in Sympaticoland. I pushed this button and that and bounced through the Sympatico web site like a pinball in Tommy's control, until I found "My" Webmail. There I found my lost email. Like everything else at Bell, the Sympatico web site was designed by and can only be navigated by someone with a degree in Geekology.

In case I was not frustrated enough I decided to add another email address for Jody and put it on her computer... That still has not quite come together. At this point she asked me the question, "Explain to me again why we did this?!" All I could say was, "I think I will go for a bike ride."

The moral of the story is this... Do not make disparaging remarks about Bell Globe Media in the media, then sign up for their internet package. 'Ma Bell' knows everything! p.s. I do not have high speed!

FFFloyd Revisited

There apparently was criticism regarding the photo of Ffloyd Landis in last month's issue. The scuttlebutt was that I retouched the image in a way that was not easily detected. Just so there is no dispute, I have supplied a second sample of Floyd and I can say categorically, that it has not been tampered with in any way.



Whemmys

The annual close to the season, Whemmy's Enduro, will be held on Sunday, September 24th at Sawmill Trails in Hepworth. For those who do not know about the Whemmy's, it is a 3 hour mountain bike enduro race for three person teams or singles. The winners do the most laps on the 4 km. course. Pre-race entry fee is only \$5.00 (race day fee is

\$10.00) Start time is 1:00 p.m. Registration is 12:30 p.m. For more info go to our web site or the Arrow Racing web site: www.arrowracing.ca. You will find the registration form at the back of this newsletter.

OSCC BBQ

by Scott Thomson

Sunday, September 10 4:00 p.m. at The Thomson's, 620 4th Avenue West, Owen Sound. Call 519-371-0544 or email sthomson@bmts.com. Burgers and Pop supplied by OSCC, Potluck. Byob. Bring a lawn chair, and Bathing Suit/Towel if desired. RSVP if possible for numbers, and let Scott or Mary know if bringing a salad/desert/appetizer. Come for a social.

Squire John's SmartRisk Charity Road Ride

Sat Sept 23; 100K @ 10:00 a.m. and 50K @ 11:00 a.m.; Organized Ride, Prizes, BBQ, Beverages, +/- Tshirt; Registration \$30 @ squirejohns.com

Road Racing Anyone? Part Two

by Emil van Dijk

Are you interested in participating in club road races in 2007? I would like to organize some handicapped Aussie-pursuit-style road races but only if there is sufficient interest. My request for feedback in the previous newsletter generated very little response. Please let me know that this was merely an aberration. Those who did respond in August indicated some concern about crashing. This can be addressed with some specific training exercises in the spring. What has to happen for you to participate in a road race? How should it be handicapped? What days/times are good for you? What distances are appropriate? What are you afraid of and how can your fears be alleviated? Am I pursuing a lost cause? Please send your comments, concerns and questions to emil@bmts.com.

Arrow Racing at Ontario Games

by Fred Zottl

The Ontario Summer games took place Aug. 9 -13 and Arrow Racing was there to represent the Bruce/Collingwood region. Jane Thomson, Paul Ready, veteran Scott Burgess, and Justin Zottl traveled with me to Ottawa to compete in XC mountainbiking. First impressions of the course at the Camp Fortune venue were "technically tough", "but fun" - typical Quebec riding. After pre-riding the course the team traveled back into Ottawa to check in at Carlton University residences. Apparently, the males got the sweet two bedroom apartments while the females were assigned the more typical cramped quarters of campus "res." After a bar-beque, the coaches and athletes were herded into buses to go to the Opening ceremonies where we were cheered on by celebrities, including Dalton McQuinty, then treated to a spectacular sky diving show right above our heads.

Thursday morning arrived and the Arrow Racers were lining up for a one lap ITT of the 5.2 km XC course. In the male division, Scott Burgess logged the quickest time finishing 19th, followed by Justin Zottl in 22nd, and Paul Ready in 30th. Paul left a little

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of himself on the rocks, roots and trees during his outing and took advantage of the great first aid help provided for the venue. The females went after the males in the ITT and Jane pushed through the rough trail to finish 43 seconds behind 1st for a spot on the podium.

After lunch, the teams had to compete in a relay race on a slightly shortened course. Riders were expected to pass a water bottle in the transition stage. This was a great event to watch and gave us a good idea of what teams were most competitive. The Arrow Racing team finished in an impressive fifth position.

That evening the team was able to chow down on some real pre-race food in the campus cafeteria, then wait until the MuchMusic video dance started so the athletes could unwind a little before Friday's tough XC race.

The males had to complete three laps, while the females had to do two. For many of the males, Friday's race provided for a longer than usual race with only half the field finishing in under an hour. Scott was able to finish in 18th position. Paul finished in a better position than Thursday with a 22nd position and Justin was able to push on after a horrible crash on his second lap to finish right behind Paul.

In the female race, Jane Thomson rode a steady race to finish on the podium in 3rd.

In the end, the team finished in a respectable 6th position overall against the best under 16 athletes in the province. More importantly, these four exceptional athletes were able to share in an amazing race atmosphere where the entire focus was on them and their performance.

Their leadership, sportsmanship and competitiveness made my role as coach both rewarding and proud. Congratulations to Jane, Scott, Paul and Justin for their demonstration of the Arrow Racing team spirit.

RESULTS

July 26 - Shallow Lake 15km ITT

Timer : Jason Rody

Conditions : 23oC and light rain ; a deluge at 5PM but eased up enough that a hardy & keen few braved the elements and were rewarded with PB's, even with the slippery turn-around.

Riders : 16 brave souls and most ran PB's. Joe with a New Course Record !! 20:09 !!

Jeffrey Thomson	30:25 PB
Anne Louise McArthur	26:29 PB
Dermot Barry-Murphy	24:22 PB
Matt Barfoot	23:54 PB
Brian Radbourne	24:53 PB
Jen Wardell	25:53
Mack Thomson	24:37 PB
Andy Barton	24:08 PB
Derek Smith	23:30
Scott Thomson	21:40
Mike Campbell	23:10 PB
Jeff Wardell	23:59
Brian O'Doherty	22:07 PB
Greg Nicol	22:33 PB tie
Joe Chappell	20:09 PB & Course Record!!

August 2 - Annan 19 km TT

Timer : Pam Hearn-Erb

Riders : 31

Conditions : Very Strong south winds. Dark storm clouds rolled over the course and a hold was put on the start. These partly cleared and group consensus started the Team Time Trial. Young Jeffrey and Aidan, then Matt and Laura, followed by Dave, Susan, Amy, Anne-Louise, and Karly started, and then so did the rain which very quickly became heavy, accompanied by thunder and lightning. Fortunately everyone turned around and headed for the shelter of cars. 15 minutes later, Rich, Rody, Ryan, and Josh(10K) rode the 19KTT in the rain and wind!!

Team Wet - Rich Fletcher, Ryan Murray, Jason Rody 29:10
 Team Solo - Josh Fletcher 10K?
 Team Wet and Whipped - Jeffrey Thomson, Aidan Vining
 Team Tri Couple - Matt Barfoot, Laura Armstrong
 Team Lucky Dave and Ladies - Dave Ward, Susan Avery, Amy Nicol, Anne-Louise MacArthur, Karly Johnson
 Everyone Else With Timing and Sense - Scott Thomson, Mack Thomson, Jane Thomson, Joe Chappell, Brian O'Doherty, Mike Campbell, Emil Van Dijk, Greg Nicol, Tom Sutton, Justin Zottl, Scott Burgess, Andy Barton, Trevor Stokes, Fred Zottl, Fletcher Courage, Joachim Ostertag, John Brown

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05-Aug MTB TT - Whispering Pines

Place	Name	Time	
1	Jason Rody	33:35	12 Km - 2 loops
2	Fred Zottl	35:13	
3	Emil van Dijk	36:54	
4	Ken Avery	39:25	
5	Brian Rabourne	39:49	
6	Sean Calhoun	39:59	
7	Justin Zottl	44:14	
8	Paul Ready	44:28	
	Doug Jones	26:12	D.N.F.

Rode only one loop. Problems with his bike

1	Steve Nadjiwan	28:22	6 km - 1 loop
2	Lindsey Avery	31:33	
3	Jack Nadjiwan	33:01	
4	Chris Akiwenzie	38:20	

16-Aug MTB TT - Whispering Pines 7.5 Km

Place	Name	Time
1	Dennis Dalton	26:25
2	Ken Avery	26:36
3	Didier Krackovichisauce	26:58
4	Mark Shouldice	27:16
5	Vic Michener	29:55
6	Anthony Lavalley	37:10
7	Steve Nadjiwan	37:53
8	Jack Nadjiwan	41:26
9	Abby Jones	49:49
10	Tamara Lavalley	50:47
11	Nodin Akiwenzie	52:29
12	Chris Akiwenzie	53:29

IT WAS A VERY NICE EVENING. THE WEATHER WAS PERFECT. SUN WAS SHINING. NOT TOO HOT. TRACK WAS FAST. COURSE WAS 7.5 KM., SLIGHTLY TECHNICAL. COURSE SET -UP BY T.O.M. AND DEETCH. NEW SIGNS BY JOHN H. CONGRATULATIONS TO ALL THE YOUNGSTERS FROM CAPE CROKER. THEY DID THE WHOLE COURSE AND DID AWESOME. DUDE.

09-Aug Shallow Lake

15K

Name	mm:ss.d	Km / H	At
1 Joe Chappell	20:36	43.69	00:00
2 Martin Kerr	20:50	43.20	00:14
3 Brian O'Doherty	22:19	40.33	01:43
4 Greg Nicol	22:25	40.15	01:49 PB
5 Mike Campbell	23:00	39.13	02:24 PB
6 John Brown	23:30	38.30	02:54
7 Tim Hill	23:32	38.24	02:56 PB
8 Emil van Dijk	23:35	38.16	02:59
9 Jason Rody	23:37	38.11	03:01
10 Jeff Wardell	23:53	37.68	03:17
11 John Cameron	24:04	37.40	03:28
12 Lynne Vaughan-MacDonald	24:14	37.14	03:38 PB
13 Andy Barton	24:22	36.94	03:46
14 Ed De LaPlante	24:22	36.94	03:46
15 Matt Barfoot	24:41	36.46	04:05
16 Trevor Stokes	25:04	35.90	04:28
17 Reg MacDonald	25:06	35.86	04:30
18 Jen Wardell	25:12	35.71	04:36 PB
19 Doug Miller	25:21	35.50	04:45 PB
20 Rebecca Hiltz	25:41	35.04	05:05 PB
21 Dave Ward	26:10	34.39	05:34 PB
22 Laura Armstrong	26:35	33.86	05:59
23 Joachim Ostertag	26:35	33.86	05:59
24 Anne Louise McArthur	26:52	33.50	06:16
25 Mike Pearson (MTB)	27:25	32.83	06:49 PB
26 Amy Nicol	27:28	32.77	06:52 PB
27 Emese Fabry	27:55	32.24	07:19
28 Stephen LaForest	29:11	30.84	08:35 PB
29 Leola van Dolder-Fletcher	29:48	30.20	09:12 PB
30 Fletcher Courage	DNF	#VALUE!	#VALUE!

1 Nathaniel Grady 08:22 35.86 5K

Timer: Pam Hearn-Erb
 Conditions 23°C, almost calm
 Riders: 31

16-Aug TT - Walter's Falls

30 Km

Place	Name	Time	Km / H	At
1	Joe Chappell	44:17	40.65	
2	Scott Thomson	45:24	39.65	01:07
3	Brian O'Doherty	47:08	38.19	02:51 PB
4	Matt Barfoot	49:16	36.54	04:59
5	Tom Sutton	49:30	36.36	05:13
6	Mike Campbell	49:42	36.22	05:25 PB
7	John Brown	49:55	36.06	05:38 PB
8	Lynne Vaughan-Macdonald	50:33	35.61	06:16 PB
9	Tim Hill	50:44	35.48	06:27
10	Fred Zottl	51:06	35.23	06:49
11	Tim Murawsky	51:25	35.01	07:08
12	Fletcher Courage	52:02	34.59	07:45
13	Andy Barton	52:05	34.56	07:48
14	Laura Armstrong	52:47	34.10	08:30
15	Trevor Stokes	53:12	33.83	08:55 PB
16	Dan Murawsky	54:16	33.17	09:59
17	Jen Wardell	54:46	32.87	10:29
18	Joe Lehmann	55:35	32.38	11:18
19	Don Wilkinson	56:34	31.82	12:17
20	Lloyd Hutchins	58:39	30.69	14:22
21	Bill Courage	01:02	29.49	16:45

Timer: Greg Nicol
 Assistant: Jack Roderickson
 Riders: 34

Lynne and John showed impressive improvements - must be training for Ontario Champs!

Conditions 22°C, light NW breeze ; rolling terrain ; snacks

16-Aug TT - Walter's Falls 15 Km

Place	Name	Time	Km / H	At
1	Jason Rody	23:42	37.97	
2	Mack Thomson	26:11	34.37	02:29
3	Scott Burgess	26:38	33.79	02:56 PB
4	Justin Zottl	26:54	33.46	03:12
5	Dave Ward	27:33	32.67	03:51
6	Rebecca Hills	27:37	32.59	03:55
7	Anne-Louise McArthur	28:00	32.14	04:18 PB
8	Karly Johnson	28:00	32.14	04:18
9	Richard Askwith	28:06	32.03	04:24 PB
10	Jane Thomson	28:22	31.73	04:40
11	Amy Nicol	28:57	31.09	05:15 PB
12	Steven Laforest	29:36	30.41	05:54
13	Jeff Thomson	32:43	27.51	09:01

23-Aug Annan 19 Km

Name	mm:ss.d	Km / H	At
1 Scott Thomson	28:12	40.43	
2 Matthias Purdon	29:55	38.11	01:43
3 Andrew Mason	30:08	37.83	01:56 PB
4 Brian O'Doherty	31:00	36.77	02:48
5 Jason Rody	32:06	35.51	03:54
6 Mack Thomson	32:11	35.42	03:59 PB
7 Justin Zottl	32:14	35.37	04:02 PB
8 Trevor Stokes	32:50	34.72	04:38
9 Laura Armstrong	32:55	34.63	04:43
10 David Starrs	33:03	34.49	04:51
11 Matt Barfoot	33:07	34.42	04:55
12 Joe Lehmann	33:36	33.93	05:24
13 Anne Louise McArthur	35:09	32.43	06:57 PB
14 Jane Thomson	35:31	32.10	07:19
15 Don Wilkinson	35:57	31.71	07:45
16 Chris Laforest	36:20	31.38	08:08 PB
17 Jarmila Vazac	37:46	30.19	09:34
Stephen Laforest 10K	19:08	31.36	PB
Jeff Thomson 10K	20:56	28.66	

Timer: Fred Zottl

Riders: 19

Notes: organizational decision to change the Aussie Pursuit to an ITT - my concerns re group riding in the wet - sorry Jason

Conditions 17°C ; still ; drizzle



Epping Interclub

A big thank you to Lisa Murawsky for handling the start/finish line duties, and to Tom Hakala for marshalling traffic at the corner of Grey Roads 40 and 13. Congratulations to all participants, especially to those for whom this was their first interclub race. I've concluded that mountain bike racing is generally harder than road racing, but there are specific moments in a road race, like when the pace is high and you're trying to follow the wheel in front of you, that define the word pain.

John Brown	41st
John Cameron	31st
Joe Chappell	15th
George Condy	35th
Mike Hodgins	18th
Martin Kerr	22nd
Dan Murawsky	33rd
Tim Murawsky	34th
Greg Nicol	20th
Brian O'Doherty	51st
Jason Rody	9th
Tom Sutton	46th
Emil van Dijk	7th
Fred Zottl	44th

The sixth and final interclub race is Sunday, Sept 10th, starting at the base of Mt. St. Louis-Moonstone ski area. Details to follow.



Classifieds

- Argon 18 XS or Youth 650c Road Bike (~8-14 years?), carbon fork, red+, excellent condition, \$450, 371-0544
- Cannondale Disc 52cm or medium Cyclocross Bike, red, excellent condition and never raced, \$1500, 371-0544
- Hardtail MTB, Raw Aluminum finish, Sid+XTR, made by Monoc (English), negotiable, 371-0544
- Trek 8000 Aluminum MTB with Fox fork, XS, light and raceable for a woman or youth, \$800, 371-0544
- 9 Speed parts including numerous Ultegra and Durace cassettes, Durace shifters, "new" 105 triple cranks and shifters, good to excellent condition,
- Rotor Cranks, New, Big rings, 180 arms, Are you man enough? 371-0544
- Intense Medium Spyder VPP Mountain Bike in Excellent condition, silver, 5th Element, Sid, disc, frame or complete, 371-0544
- Classic Klein Hardtail Frameset currently built as a singlespeed, Black powdercoat, cheap, 371-0544

The Underground Railroad Bicycle Route

Our upcoming 2007 Emancipation Festival in which we'll be welcoming cyclists from Adventure Cycling Association (<http://www.adventure-cycling.org/routes/undergroundrailroad.cfm>) are traveling the Underground Railroad from Alabama to Owen Sound. They will be coming to our Emancipation Celebration Picnic on August 4th next year and participating in the Anniversary(s) parade involving the city, OSCVI and the Emancipation Festival. Mary Price, Tourism Manager in Owen Sound is handling things from this end and Ginny Sullivan at Adventure Tours. We'd be interested in any participation your club may be interested in. Please feel free to inquire of Mary, Ginny or myself for further information. Continued successes ...

Dennis Scott, Chair
Emancipation Picnic Committee
1303 Knights Bridge Court
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The Underground Railroad Bicycle Route honors the bravery of those that fled bondage and those that provided shelter. This route passes points of interest and historic sites along a 2,100-mile corridor. Beginning in Mobile, Alabama - a busy port for slavery during the pre-civil war era - the route goes north following rivers through Alabama, Mississippi, Tennessee, and Kentucky. Waterways, as well as the North Star, were often used by freedom seekers as a guide in their journeys to escape slavery. Upon crossing into Ohio, the route leaves the river to head toward Lake Erie and enters Canada at the Peace Bridge near Buffalo, New York. In Ontario, the route follows the shores of Lake Ontario and ends at Owen Sound, a town founded by freedom seekers 150 years ago. Owen Sound is located on the southern side of Lake Huron's Georgian Bay.

This route can be ridden from early spring in the south through September in the north, depending on the weather. Summers will be hot and humid. Both Alabama and Mississippi are occasionally in the path of tropical storms or hurricanes from June through November. Tennessee and Kentucky have many short roller coaster hills. While prevailing winds are generally light, Lake Erie's shore frequently develops a localized wind pattern that may extend inland for only a few miles.

The southernmost map begins in historic Mobile, Alabama, and follows several river courses northward. In the 1800s Mobile was a key port for ships to unload enslaved Africans. The Tensaw, Alabama, and Tombigbee rivers all flow into Mobile Bay, and were used as guides for freedom seekers to escape northward. Besides the lush green scenery and the many small towns this route passes through, a host of museums, historic parks, and visitor centers bring the region's history alive.

Historical road plaques are abundant, and riders can read about Indian massacres and the German prisoner-of-war camp in Aliceville, Alabama. One can camp at Historic Blakeley State Park where the last major battle of the Civil War was fought, also on the very day that General Lee surrendered in far-off Virginia. There are churches to visit while pedaling past town squares of courthouses and Confederate memorials, tall loblolly pines and the brown waters of the slow-moving Tombigbee and Tennessee rivers...it's like pedaling through a William Faulkner novel.

Just north of Fulton, Mississippi the route joins the Natchez Trace Parkway for 10 miles. The area of western Tennessee and Kentucky is rich in American Indian and Civil War history. The Shiloh National Military Park and the Fort Donelson National Battlefield are both along the route. You'll also follow "The Trace Road" through the Land Between the Lakes National Recreation Area, an expanse of woods where bison roam. No commercial vehicles are allowed on this road, and a 45 m.p.h. speed limit is strictly enforced. Upon reaching the Ohio River, once known as the dividing line between the slave and free states, the route then heads northeast along the river.

On map sections #1 and #2 of this route services between towns are often limited, so stock up on water when you can and carry extra snacks. The convenience stores in the southern states often have "southern cookin' foods" that you would normally not find up north.
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How I Spent My Spring Vacation- Part Ten

by Scott Thomson

Our ritual spring bike trip began about 10 years ago. It was first conceived in the Meaford parking lot of Jolley's Cycle (prior to it's move to Jolley's Alternative Wheels in Owen Sound). Ian Miller and I met here for the first time in the fall of '96, and soon discovered a burgeoning passion for mountain biking. Somehow a bicycle pilgrimage to Mecca came up and we were soon planning what would become an annual spring men's mountain bike adventure. A mixed group of varying size has since made the spring migration to Moab, Utah, or Sedona, Arizona, every year. Every trip has had it's memorable moments, whether it be a spectacular ride, awesome meal, or great fellowship. Ian and/or myself have participated in, or arranged every trip. I missed one year post ankle injury, and hospital SARS; and Ian arranged an alternative Kokopelli Trail Guided Tour last year. A couple of years we have even included 1 or 2 days of incredible skiing/boarding in Colorado, and last year the group spent 2 days skiing Utah powder and blue skies, followed by 4 days of Moab trails.

This year a large group of eleven flew from Toronto, Buffalo, and Vancouver to converge on Phoenix in early April. Phoenix has North America's largest city park in "South Mountain Park", just 10 minutes drive from the airport. You can't miss it if you face south - a large ridge rising from flat arid Phoenix. Accommodations are easy, and you can ride to the trailhead from your hotel door. Good full suspension rentals are handy, and recommended if you're on a shorter trip - "Ride it like a Rental." The terrain in South Mountain Park is arid, rocky, and sometimes loose, up and down, technical riding. There are some easier trails, but most tend to be more enjoyable for the experienced riders - Mormon and National are treasures! Geronimo may draw blood - ask Stu. There is no cover in the park, and Phoenix can get very hot. Sunblock and lots of H2O are necessities. Small group riding is recommended - Ian had a sole encounter with a group of Mexicans that wanted his Cannondale Prophet - saved by his unintelligible Spanish and the appearance of a Ranger. He arrived back in the hotel parking lot after a very long ride minus much body water and looking like the "saltman".

We rode Saturday and Sunday in Phoenix, then drove north 1 1/2 hours to Sedona - Red Rock country - home of the spiritual vortex - and great trail riding. We rented a 5000 sq. ft. 6 bedroom house in Sedona, with a BBQ, pool, hot tub, and view. The table easily sat 12 and dinners were memorable. Ian, Tim, Stu and Ken displayed their culinary talents as we feasted on tenderloin steaks, cedar planked salmon, and chicken in wine sauce, accompanied by micro brews, and excellent wine. The house was previously owned by Jane Russell (yes, the bra lady). The large drive and garage easily accommodated our 2 Toyota Tundra pickups and the mini van, and stored our 12 bikes. The trails generally circle Sedona, with a mix of difficulty. We tended to ride the more technical ones, but it was nice to get on some faster, swoopier trails too. There are lots of options for rides of different lengths, depending on rider stamina/fitness. The red dust will remain on your bike parts till the summer end. The light and colour in Sedona is ideal for photography. Huckaby, Budda Beach, Cathedral, and Secret Trails are memorable.

Flagstaff is a 45 minute drive north of Sedona, up Oak Creek Canyon. The drive up and down the canyon is definitely scenic, with the upper portion winding along the edge of some cliffs, culminating in a view back over the canyon down towards Sedona. I rode the road up and back early one morning - an excellent rode ride. Flagstaff has excellent trails on Mount Elden, up to 9000 ft.. Unfortunately this year it snowed on the better trails while we were there, and we did not ride Flagstaff. The



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trails here climb or descend for longer, and are all wooded, usually with large pines. Excellent single track riding - Upper and Lower Oldham, Little Bear, and Schultz Creek rock! Park the van at the top, finish the ride at the bottom, and make some climbing fool ride back up the fire road to pick up the van. Since there was snow on the trails in Flagstaff, Mack, Ken, Bruce and I took one of the trucks 1 _ hours north to the Grand Canyon. I had planned to take Mack into the Grand Canyon in a helicopter - an incredible experience of one of nature's wonders. We pulled into the heliport just as it started to snow - they closed down flights - we ended up standing on the south rim with 30 feet of visibility. Classic line - "What's so wonderful about this dad?"! The drive there and back was sunny!

Back to Phoenix Friday night, hotel, dinner, a little schlopping, some bike packing, home on Saturday. Another successful spring bike trip. Now what to do for next year's epic?

My Western Summer

by Mack Thomson

Hey everybody, this summer I have been traveling in B.C. I've spent three weeks out there. I went out with my friend Zack, and went to the Calgary Stampede, and then camping and boating near Kelowna. When I was out there I did all sorts of different kinds of biking. I went downhill at Whistler for two days, and one day at Panorama. I was Mountain biking at the Canadian Championships in Sun Peaks Resort when I got 4th. Then some of the Arrow Racing team and I drove to Whistler, to race the Canada Cup. It was very hot. I didn't have one of my best races there so I ended with an eighth. The downhill there was awesome! We stayed in a really nice condo. Then we drove to Calgary through the mountains to fly home.

I went back out to Calgary with my Dad, Fletch, and Ryan a week and a half later to help them with the TransRockies Challenge Race, from Fernie to Panorama. They started with a twelfth, then everyday they moved up one spot, figuring out that it was the hardest thing they've ever done. Coming to the finish they were pretty worn out, and didn't want to see another hill again, but ended with a 9th. Everyday when they were out racing Ryan and I would go out for a ride, and when they got back we would wash their bikes and do anything they needed us for. I had another day of downhill at Panorama while they finished their race. Then Dad and I drove back to Calgary to get on a plane, while Fletch and Ryan drove the support van and trailer home. A great western vacation!

Another Western Saga

by Derek Smith

I am just back from Penticton in British Columbia's Okanagan Valley where I completed the Ironman Canada race. Ironman consists of a 3.84km swim, 180km bike, and 42km run.

Logistics for the event are quite complex. I dropped my bike off at D'Ornella's bike shop in Toronto a week before the race and they provide bike transportation via truck to B.C. This was necessary because of the volume of bikes coming through Penticton and Kelowna airports in such a short period of time, the airline actually freights the bikes via truck to Vancouver and then ships them sometime afterwards so it basically is impossible to travel with your bike. D'Ornella's did a great job, no problems, and everything was on schedule. We (my wife and I) flew into Kelowna on Wednesday. Thursday is registration day which involves several ID checks, waivers, race kit pickup and a weigh-in. You have to be weighed before the race so that if you go to a medical tent, they can quickly see how badly dehydrated you are. Friday is the pre-race banquet and also the athletes meeting to get all the race instructions. Saturday was bike and bag check-in. You had to rack your bike and leave each of your bags with all your race equipment in the different transition zones.

On race day, transition opened at 5:00 a.m. for body marking, inflating tires and checking bikes and organizing all the rest of your gear. Race day forecast was for 31 degrees and sunny. Pro race started at 6:45 and the age groupers (2400 in all) started at 7:00. The swim is a mass start, all 2400 racers beginning at the shot of a cannon. Lots of adrenaline going at this point! I positioned myself well over on the left side and just tried to stay out of harms way since swimming is my weakest segment. The swim is one loop out and back and all I can say is that all the way back in from the halfway point, every time I looked up the beach never got any closer. Finally, after 1 hour, 18 minutes, I emerged from the water. Volunteers are ready to help peel off your wetsuit and help you through the transition. Change into bike clothes, grab your bike off the rack, and head out onto the course. The bike course heads South from Penticton to Osoyoos, very flat for 65km, and then you hit the first major climb of 11km up Richter Pass. Then 80km of "rolling" hills and at the 140km mark you hit the second major climb, 6km up to Yellow Lake. Then a huge downhill that drops from 2500m elevation back down to 1000m and the next transition. I have been working very hard on the bike this summer, and had many 4 and 5 hour rides over to Collingwood and up and down Beaver Valley and the effort paid off with a good ride, averaging 32.3 km / hr. In transition, a volunteer takes your bike and others help you find your gear and get changed and then out onto the run course.

The run went pretty well for the first 15 or 16 miles, out to Okanagan Falls and then turn around and come back the same route. Struggled through some hills near the turnaround, but I pushed through and picked up a lot of positions on the run. The last 10 miles was a real struggle, just trying to keep running and not give in to the temptation to start walking. Most of the racers were doing a lot of walking on the second half, so I just kept trying to finish 1 mile at a time. I finished the marathon in 3:49 and the Ironman in 10 hours and 50 minutes and have never been so happy to cross a finish line in my life. Two more volunteers grab you at the finish, get you drinks and talk to you to make sure you don't need to go straight into the med. tent. If you can still talk coherently they give you a finishers shirt and hat and then you are on your own. After the race it is back to transition to get your bike and all your gear and then back to the hotel to sit in the whirlpool. The cutoff time for the race is 17 hours and many don't make the cutoff. I am amazed that there is athletes still out on the course at midnight just trying to finish!

This was the 24th year that Ironman Canada has been held. They need over 4,000 volunteers to execute the race and the whole community comes out to watch and cheer you on. It was a great experience although I am pretty sure I won't ever put myself through that again!

Editors: Trevor Stokes & Tom Hakala • Thanks to this month's contributors: Greg Nicol, Emil van Dijk, Scott Thomson, John Brown, Margo Huelshof, Dennis Scott, Fred Zottl, Derek Smith, Mack Thomson



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WHEMMY'S ENDURO 2006

Sunday, September 24, 2006

SOLO OR 3-PERSON TEAM CROSS-COUNTRY MTB RACE

RACE START TIME: 1 PM

RACE DAY REGISTRATION ON SITE 11am TO 12:30 PM

LOCATION: WHISPERING PINES, NEAR HEPWORTH, ONTARIO. OFF HIGHWAY 6 BETWEEN HEPWORTH AND SHALLOW LAKE.

ENTRY FEE: \$5.00 PER ENTRANT PRE-REGISTERED, \$10.00 ON RACE DAY. FOR INSURANCE REASONS YOU MUST BE A MEMBER OF THE OWEN SOUND CYCLING CLUB, THE ONTARIO CYCLING ASSOCIATION OR AN OCA-AFFILIATED CLUB. OSCC MEMBERSHIP COSTS \$30.00 per INDIVIDUAL,

PRE-REGISTER BY SEPTEMBER 20 , 2006 BY:

MAILING YOUR ENTRY TO: Rich Fletcher – RR 1 Meaford, Ont N4L 1W5 or

FAX TO: 519-538-5485 or

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LAP LENGTH: 4KM TO 5KM (15-25 MINUTES)

RELEASE, WAIVER AND INDEMINITY: Read carefully before signing.

I understand that an approved cycling helmet must be worn during the 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 mountain biking, 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 15			Under 45			
15-19			45-59			
20-29			60-100			
Open			Over 100			

Date: _____

Signature: _____