

June 2007

Outspoken

www.owensoundcycling.ca

The Official Newsletter of the Owen Sound Cycling Club

The
Is
Anybody
Out
There?
Issue



It's Coming! It's Coming! It's Coming! It's Coming!

Don't call Trevor, Tom, Scott, Emil,
Tim, John, DeeJ or Jason...

Save this for your reference to Coming Events!

- May 29, 6:30pm - 21k TT, Kemble
May 31, 6:30pm - Sawmill Trails MTB, Hepworth
Jun 4, 6:00pm - Monday Rec. Ride, Owen Sound
Jun 5, 6:30pm - 19k TT, Annan
Jun 7, 6:30pm - Short Course, Grey Roots
Jun 10, 9:00am - Keppel Ramble & Backroad
Scramble, Kelso Beach
Jun 11, 6:00pm - Monday Rec. Ride, Williamsford
Jun 12, 6:30pm - 15/30k TT, Walters Falls
Jun 14, 6:30pm - Fast Group Ride, Annan South
Jun 18, 6:00pm - Monday Rec. Ride, Owen Sound
Jun 19, 6:30pm - 13/26k TT, Colpoys/Big Bay
Jun 21, 6:30pm - MTB Sawmill Trails, Hepworth
Jun 24, 10:00am - Interclub, Beeton
Jun 25, 6:00pm - Monday Rec. Ride, Williamsford
Jun 26, 6:30pm - Hill Climb + Pot Luck, Epping
Jun 28, 6:30pm - Short Course, Grey Roots
Jul 3, 6:30pm 15k TT, Shallow Lake
Jul 5, 6:30pm - Fast Group Ride, Lincoln Park

The President

Should we change the Name?

By Jason Rody



After the first night at the Grey Roots Center, I think we should change the name from "SGR" (short group ride) to "Fun Night at the GRC".

A small group came out to our first night at the GRC and what fun we had. Just ask Jen Wardell

about her solo breakaway in the granny ring lap! It's pretty funny watching a group of cyclists spinning their legs like mad trying to catch someone!

Having a closed circuit to ride on allowed us to play a couple of games to get people comfortable with riding in a group. Also, if you're not comfortable in the group, with no cars to worry about, you can just move off to one side!

The nights at the GRC are not meant to be hammer sessions for only the fastest and most experienced riders, but they are good for any level of cyclist. These nights are for everyone. If you would like to corner better, learn how to stay in the draft, maybe just find out what drafting is all about, come on out to the next "SGR" or "Fun" night and have some fun leaning to ride your bike better.

Be sure to mark June 7th on your calendars as the next night at the Grey Roots Center.

Trevor's Ramblings

By Trevor Stokes

I just received the email from Tom, reminding us of the June newsletter deadline. "I love deadlines. I like the whooshing sound they make as they fly by." (Douglas Adams)

Newsletter - Communications

As Tom also indicated, we are concerned that either our emails are not reaching everyone, or that the Outspoken newsletter doesn't have very much appeal. If you haven't already done so, please fill out the survey. This will help us gauge whether the emails are going astray, if the newsletter is simply redundant or if my statistics are wrong. (The season opener newsletter was down-

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loaded almost 100 times: the May newsletter was downloaded less than 50 times.)

Generally, events are well attended, so most of you must be getting the message one way or another. But the number of people who still ask for directions to events or who didn't know that there's something on a Thursday night really perplexes us.

There is a link to the survey in the email that announced this newsletter.

Cambridge Tour de Grand

The tenth Tour de Grand recreational bike ride is on Sunday June 10th this year. There are 160 K, 100 K and shorter options. The routes take you on quiet, rolling country roads around Cambridge, Blair Village and Guelph. It's always very well organized – with aid stations, good signage and refreshments. Last year six or seven OSCC members were there. The proceeds go to the Cambridge Bikeway Network to promote cycling in Cambridge. Full details and the registration form are on their web site www.cambridgetourdegrand.com.

Map my Ride

<http://www.mapmyride.com>

Some of us have discovered this web site / service. It's very easy to plot a bike route and share it with everyone. Doug Miller has entered one, Greg has mapped the Triathlon route, Mike



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Campbell shared his century ride and I have entered most of the Monday night routes. I have added links to most of them to our Wiki Space. If you enter one of your favourite routes, please let me know and I'll link to it.

The Landis Hearing

What a soap opera! A court appointed translator had to be replaced because he confused journée and heure. Then there was a threatening phone call to Greg LeMond from "Uncle Ron" who turned out to be Landis' manager. He blamed it on three beers and anger but was fired. Floyd wore a yellow tie every day, except the day when LeMond testified. That day he was all in black. A suspended pro – Joe Papp – explained how easy it was to dope without being detected, and contrary to Landis' team's testimony, claimed that testosterone has a major effect within 30 minutes. Up to that point it wasn't looking good for Floyd. Then, after the USADA cross examined one of Landis' experts and cast doubts on his abilities, the witness produced a letter offering him a position as head of the WADA-accredited lab at UCLA. The Landis team went on to present two more experts who expressed doubts over the doping results.

P.S.

By Tom Hakala

While looking for a baseball game on TV the other day, I happened to flip by "The Score" which was airing one of those high strung shock jock shows. Some fat ass former major league ball player was spouting off about the Floyd's drug trial and the Landis team's accusation that Greg LeMond was abused as a child!?

His (the fat ass ball player's) take on the whole affair was that cycling was filled with nothing but crybabies and dopers and they should all be locked up, drawn, quartered and in the end totally ignored;



Who is this Future Cyclist???

Guess who this little gnome in the bike helmet is. (It could be related to one of our members.) Send your guess to: info@owensoundcycling.ca and though you probably will not win anything, you may get a chance to kiss the baby.

since cycling is a fringe sport at best and this is on the same scale as the Tanya Harding affair... so let's go on to something more important like Barry Bond's home run quest.

Though the show was way over the top and the igno-ramus jock was, well, an ignoramus, I think Floyd has done nothing but entrench the cycling/drug connection in the public's mind.

P.P.S.

I just read in the Sun Times that Bjarne Riis has now admitted to EPO doping during his Tour victory in 1996... They should all be locked-up, drawn, quartered and maybe I will ignore the Tour this year.

Left Left Left Centre Left of Centre

Is Anybody Out There, Out There, Out There?

By Tom Hakala

As Trevor said in his "Ramble" we (the editor's) are a bit perplexed as to how many of you are interested in these words. Trevor has a bunch of data collecting gizmos at his disposal and what they are showing is that two weeks after he announced that the newsletter has been posted, only 33 people bothered to download it. To top that off, he could also tell that a number of those 33 people were not local. In other words, the number dropped even lower as far as club members downloading the newsletter. Now we have to take into account that many members are families or at least couples and they most likely would only download once.

It comes down to whether we are providing a service to the club members or are we like the tree falling in the forest that nobody notices. Though I enjoy writing and putting together this rag, I could just as well be riding my bike, caulking the windows or moving plants around the garden as per the whims of my wife. So please fill out the survey and let us know your thoughts. If you like what you see, that's great, we will continue doing what we do as best we can. If there is something that you think needs to be changed, let us know, we may be able to make changes to improve the format. If on the other hand you feel that this publication is past its time give us the word and we will wind it down and not bug you again.

Grand Tour not so Grand

The Grand Tour of the Bruce, an event which I have been beating you all over the head with for close to a year, is no more. Co-organizer, Bill Haley, called me the other night and after a brief discussion, we decided that there was no other choice but to pull the plug on this good idea that garnered too little interest. I had



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sent notices to everything from the Warton Echo to the New York Times, from Adventure Cycling to, well, Outspoken and we ended up with but a handful of entries.

Similar tours in the U.S. have to turn riders away because they reach their max at 1,500, 2,000 or even 10,000 riders. Maybe we were just ahead of our time, I guess we can never be sure, but none-the-less, it is a bust.

Thanks to all who volunteered to help with the tour, we appreciate your interest. *TH*

OSCC Building Bridges

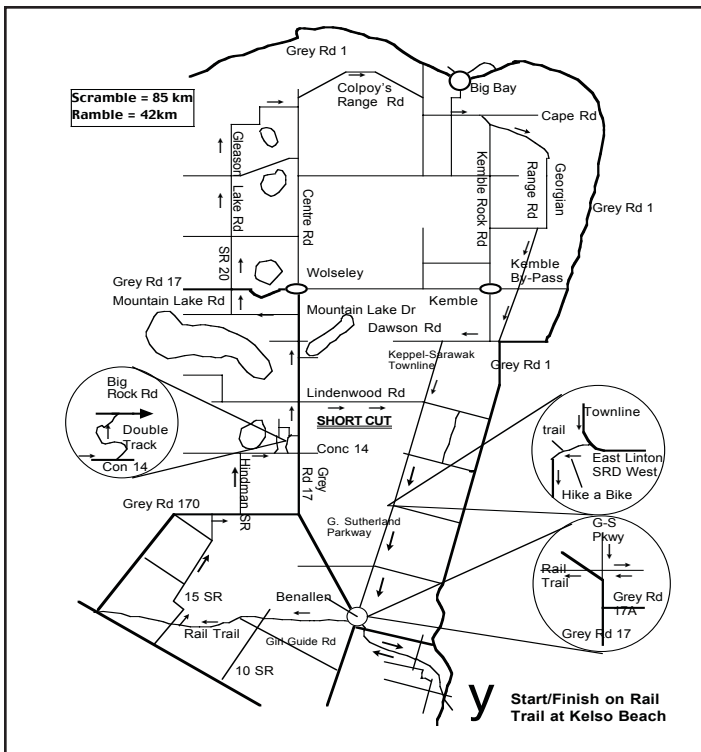
The OSCC will again team up with the Grey/Sauble Conservation Authority to build a much needed bridge or walkway over a particularly icky, gooey, muddy section of the trail between Inglis Falls and Harrison Park. About five years ago the club and the Conservation Authority did a similar project which proved to be a success for both parties. The club was recognized for helping with erosion problems caused for a good part by bicycles and GSCA got a nice bridge to call their own. *TH*

Just Emil Emil Emil

By Emil van Dijk

Scramble and Ramble

The Keppel Scramble and Backroad Ramble (my take on Paris-Roubaix) takes place on Sunday, June 10th. Start time is 9:00 a.m. sharpish, from Kelso Beach, Owen Sound. The Scramble covers 85km and the Ramble is 42km. Both routes feature pavement, gravel, rail trail, doubletrack and a wee bit of singletrack, so choose your steed accordingly. This event is considered a club ride, but it is self-guided so you can go at your own pace. Please download and print off the map, laminate it or wrap it in plastic, and bring it with you to the ride. You must also be self-sufficient so bring whatever you need to feel comfortable. Having a riding partner of similiar ability is also a good idea. The route will be slightly different than last year. Instead of following Francis Drive, the course will cover a lovely bit of forest doubletrack from Concession 14 to Big Rock



Road. See the map for clarification. The club will be providing post-ride refreshments. If you plan to ride, please contact me so I can purchase enough goodies for everyone. 519-376-5303 or email@bmts.com.

Spring Fling Correction

An error was made in the transcription of results from the Spring Fling. In the Male 10-12 (12km) category, the finishing order as listed in the May newsletter was correct, but the times were not. The correct version is:

Plate #	Name	Home Town	Time	Pos
54	Stephen LaForest	Wiaraton	48:57	1
59	Jeffrey Thomson	Owen Sound	49:51	2
52	Avery Beauclerc	Owen Sound	53:33	3
57	Steven Nadjwan	Wiaraton	55:41	4

Random Thoughts

Apparently very few people download the newsletter. That's a shame given the talented work that is on display....If Floyd Landis doesn't return to professional cycling he might consider a reality TV show. The entire proceedings took a turn to the bizarre with the Greg Lemond revelations. What more can we expect?...Ivan Basso says that he had plans to blood dope, but he didn't follow through with them. Puhlease! We've all seen the '06 Giro, you dooper....Since the club has road, mountain and road time trial events, you need at least three bikes in your stable. Tell your spouse that this is a fact...Joining the OSCC (and buying three new bikes) is cheaper than a golf membership at Cobble Beach. \$25,000 to join and then another four grand every year. They do have nice cart paths...If Basso and Ullrich were cheating and they couldn't beat Lance...

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Five young fellows re-shingled my roof this week. Not a safety harness to be seen. Yet the insurance cost for the Spring Fling was more than \$8 per person. There has got to be a better way....The Grey Roots SGR (short group ride) is a heck of an interval workout, plus it forces you to become a better bike handler.

Giro De Dundalk Report

By Michele de Hodgins
 Buonjorno! Well the Interclub season is off and rolling. I still haven't decided what sort of woman is Dundalk. She is certainly different things to different riders. The local paysans apparently find her quite plain and unattractive. However, the foreigners seemed to find her exotic and appealing. Out of the forty-four starters, only six were from the OSCC. In addition, no one showed up to help with registration, starting, marshalling and finishing. So, I got to practice looking Italian without the pressure of having to actually ride. Like Mario Cipollini when the Tour starts going up a slope greater than 1%, I was unable to start. John

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Brown graciously abandoned after two laps to help me with the finishing. As for the rest of the team, the OSCC fared reasonably well. In spite of a complete lack of support in the leading group, Emil managed to pull off a top ten finish (9th). George Condy, also in a solo effort, came 19th. Teamwork really paid off for the remainder of the OSCC lads – Dan Murawsky, Bert Hack and Tim Murawsky – who finished 29th, 30th and 31st respectively.

I've now managed to put a few score of kilometres on my trusty steed (Rosinante) and a few extra pounds of pasta under my belt. All I need is a new slicked-back hairstyles and some cool sunglasses and I'll be ready for Oro (part 1) this Sunday - May 27. Hopefully Team OSCC will have a few more entrants. If Emil is going to win this thing he'll need a lead-out train. See you there. Ciao.

Results

01/May, Shallow Lake, 15 Km Road TT

	Name	mm:ss.d	Km/H
1	Joe Chappel	21:53	41.13
2	Jeff Wardel	24:50	36.24
3	David Starrs	25:05	35.88
4	Jenn Wardel	27:24	32.85
5	Jason Rody	27:24	32.85
6	Rich Fletcher	28:15	31.86
7	Trevor Stokes	29:14	30.79
8	Anne Louise McArthur	29:53	30.12
9	Stephen LaForest	30:30	29.51
10	Chris LaForest	32:06	28.04

Conditions: 9°C, Wind E. 15 km/h. Light rain.
Timer: Brian O'Doherty

Notes: Mostly riders who had a longer drive and who had left home in dry conditions.



08/May, Annan, 19 Km Road TT

	Name	mm:ss.d	Km/H	At
1	Joe Chappell	26:26	43.13	
2	Greg Nicol	28:57	39.38	02:31
3	Brian O'Doherty	29:14	39.00	02:48
4	Matt Barfoot	30:07	37.85	03:41
5	Jon Kinsie	30:43	37.11	04:17
6	Emil van Dijk	30:59	36.79	04:33
7	Mike Campbell	31:14	36.50	04:48
8	Ken Avery	31:30	36.19	05:04
	(crash - on wife's bike = 0)			
9	John Elvidge	31:32	36.15	05:06
10	David Starrs	32:11	35.42	05:45
11	Mack Thomson	32:19	35.28	05:53
12	Tim Murawsky	32:49	34.74	06:23
13	Fred Scheel	33:00	34.55	06:34
14	Colin McIver	33:25	34.11	06:59
15	Tom Sutton	33:31	34.01	07:05
16	Tim Moss	33:42	33.83	07:16
17	Jane Thomson	33:46	33.76	07:20
18	Derek Smith	33:50	33.69	07:24
19	Jen Wardell	34:01	33.51	07:35
20	Fletcher Courage	34:11	33.35	07:45
21	Joachim Ostertag	34:13	33.32	07:47
22	Trevor Stokes	34:22	33.17	07:56
23	Richard Askwitch	35:48	31.84	09:22
24	Bill Courage	35:55	31.74	09:29
25	Anne-Louise McArthur	35:56	31.73	09:30
26	Kate Manwell	36:15	31.45	09:49
27	Sonya Mount	37:38	30.29	11:12
28	Jarmila Vazac	37:58	30.03	11:32
29	Chris Laforest	38:58	29.26	12:32
30	Amy Nicol	39:00	29.23	12:34
31	Jennifer Ames	43:16	26.35	16:50



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8/May, 10 Km Results

	Name	mm:ss.d Km / H At
1	Ann Lyddon	15:28 38.79
2	Joe Lehmann	17:39 33.99 02:11
3	Stephen Laforest	18:47 31.94 03:19
4	Jeffrey Thomson	20:07 29.83 04:39
5	Lindsay Avery (Mountain bike)	22:29 26.69 07:01

Conditions: 21°C

Timers: Mary Thomson, Rebecca Hilts



11/May, Whispering Pines, MTB TT

	Name	mm:ss.d	At
1	Jason Rody	20:27	
2	Matthias Purdon	20:50	00:23
3	Joe Chappell	21:23	00:56
4	Emil Van Dijk	22:08	01:41
5	Sean Calhoun	22:20	01:53
6	Richard Fletcher	23:38	03:11
7	Josh Fletcher	24:44	04:17
8	D.J.	24:53	04:26
9	Tim Moss	24:55	04:28
10	Mike Campbell	24:57	04:30
11	Tim Murawsky	28:32	08:05
12	Arno van Dijk	29:36	09:09
13	Steven Naejiwan	32:40	12:13
14	Jackson Naejiwan	35:52	15:25
15	Kyanna Keeshig	50:35	30:08

Conditions: Track was excellent after the rain the previous day.

Notes: Thanks to John for helping set up the trail. We will use the same trail for the summer and will mix up individual starts with mass starts

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Deej's MTB Sundays

By Didier Perin

Here is my proposed schedule for the weekend MTB races at Whispering Pines. All races are scheduled for 10:30 a.m. on Sundays.

As per last year, I intend to have two courses setup, one for expert riders and a short course for intermediate/beginner riders. The expert course will be the same one that is used for the Thursday night TTs, ...maybe some added features once in a while.

Here is the weekend MTB race schedule:

June TBA	10:30am	2 Races	9k & 4k
July 8th	10:30am	2 Races	9k & 4k
July 29th	10:30am	2 Races	9k & 4k
Aug 19th	10:30am	2 Races	9k & 4k
Sept 2nd	10:30am	2 Races	9k & 4k
Sept 23rd	10:30am	2 Races	9k & 4k
Oct 14th	10:30am	2 Races	9k & 4k



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- * learn about the trails and cycling routes of the area
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- * get all the details from www.bikeface.com

MORE REASONS TO RIDE

Spring Cycling in West Virginia

By John Brown

At the end of April, we were feeling the need to get back into shape for cycling after spending a winter of relative inactivity and carbo loading. Riding conditions in Ontario are marginal at best and not dependable at that time of the year. We were looking for warmer temperatures and good road riding within a reasonable drive time from Owen Sound and settled on a trip through Pennsylvania and into West Virginia and if need be as far away as North Carolina. As we talked to people both in the U.S. and Canada and began to research different areas along the north-south corridor, two areas came up as potential destinations, Charleston, West Virginia and Ashville, North Carolina.

We had 5 ½ days including travel time to cycle so we settled on a Sat morning club ride with the Charleston, West Virginia "Mountain State Wheelers" which allowed us to leave Owen Sound Friday noon and stay overnight north of Charleston and join the club for the Saturday Morning Ride. Their rides and maps are posted on the web site <http://www.mswbc.com/> This was the first major scheduled ride of the year entitled "Ice Breaker" 60 and 100 Miles and listed "as flat as it gets in West Virginia." with the route following a river valley. The turnout was good with 35 to 40 members for the ride from a cycling club with a membership similar to Owen Sound.

When cyclists get together to start a ride, no one claims they are in top condition. But rather they talk about their inactivity and weaknesses after the winter almost as though they are trying to establish a handicap before



West Virginia farmland.



Peter Rissi and John Brown.

the ride starts. So there were a lot of people who appeared to be in the same situation as ourselves, looking to get their first spring rides in. There were a few who let it slip out that they had been riding in the Carolinas during the previous months.

As we started out Saturday, it was great to be riding in a large pack again and cruising along at 35 to 40 kilometres per hour without much effort. Temperatures were good at 20° C, roads were great - narrow and twisty with small hills, minimal traffic and following a small river. At the 30 Mile rest stop the group split into those completing the 60 Mi loop, some going on to complete the 100 Mile loop and some going off into the hills

to do their own 100 Miles. Not wanting to get dropped and lost in the hills, we settled for 60 Miles, which turned out to be a good choice since it just started to rain as we arrived at our final destination. After the ride we met several members of the club who suggested different rides and Saturday night, met with the ride coordinator for the club, Chuck Peterson, who brought maps and cue sheets for 4 days of riding. Temperatures for the rest of the trip were 25°C to 35°C

Sunday we rode to Hawkesnest Park which was a great ride of 100 plus kilometres on quiet country roads with lots of climbing (5,000 feet) and some great descents on highways traveling at the same speed as the traffic. This also included a ride up to the New River Overlook. Monday's ride was an annual 100 kilometre club ride 2 hours south of Charleston, from Rocky Gap just south of the West Virginia border in Virginia. Starting from Rocky Gap, we rode 40 kilometres West at 1% grade and into the wind to a small town, then south and start a 700 foot climb to the wall of the crater and down

into Burkes Garden which is the floor of the 12 kilometre x 6 kilometre cavity inhabited by farms and Yuppie dwellings (Check 37° 06' 30" N, 81° 20'50" W on Google Earth- turn to side view). After an 18 kilometre loop we climbed back out and were on the road back to Rocky Gap. Now with the wind behind and 1% downhill grade, our speeds equaled 40 to 55 kilometre per hour for 40 kilometres. If only the TT's were like that!


Monday night we had a call from a member of the Mountain State Wheelers who was also Manager of the Tourist Association for Putnam County, approximately 30 kilometres east of Charleston, and asked us if we would like to do a ridge ride, which is also a metric century ride. The "Bridge to Ridge" is held in August. Not having experienced a ridge ride we said "Sure" and met him in the morning to get the maps. Unfortunately he was not able to ride with us since his new carbon fibre bike had the wrong crank set.


As you can imagine a ridge ride is not flat. From the river, the climb started immediately and was 800 feet to the top. The roads were narrow and very quiet except for the unchained dogs (sprint training for Peter and I, leaving Don to deal with the canine) and once on top the view was great. The road had several drops and climbs most of which could be negotiated with some downhill speed. Occasionally we would transition from one ridge to another by going through a valley and back up. This was our toughest day but a great ride with 110 kilometres and approximately 7,000 vertical feet of climbing in 35°C temperatures requiring the appropriate hydration, during and post ride. We finished off Wednesday morning with a 60 kilometre river valley ride from our hotel, and then jumped in the car to return to Owen Sound. Overall this was a good riding experience for April. We had decent weather, quiet roads and within 11 hours driving time from Owen Sound. If anyone is going to the area and interested in the maps – check the web or give me a call for some of the bigger maps.



Top: Don Wilkinson On a bridge.
Bottom: John Brown and Don wilkinson on path.

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Editors: Trevor Stokes & Tom Hakala • Thanks to this month's contributors: Jason Rody, Emil van Dijk, Scott Thomson, Didier Perin, Mike Hodgins, John Brown, Tim Koker