



Fall 2013

News from the Owen Sound Cycling Club

Fall Riding

I love fall... the heat and humidity are gone and the air is crisp and clear. I took a leisurely (as always) road ride last Saturday and amazingly encountered almost no traffic or other cyclists... too bad on such a beautiful day. Then Sunday I helped Steve Bauer out with his 'Yellow Jersey Experience' at The Centurion at Blue Mountain. Frank Elliot and I stood on top of the Epping hill climb and handed out water and energy gu. I have never seen so many cyclists in this area. There was a steady stream of people and bikes down as far as we could see. The fast guys came flying up the hill like it wasn't even there... the later majority, looked a fair bit more spent. Some yelled out WATER! or GU! or CHOMPS! We handed them what they wanted and they slowly re-mounted. Only 40 km. to go we shouted (we didn't really know how much was left but it sounded good).



Finally the numbers dwindled to a hand full and we were told we could go home. We had a good time yakking, handing out stuff and seeing all the different bikes and bikers.... From high end Ridelys, Pinarellos or BMCs to vintage Bianchis, Ciöccs... a hand full of mountain bikes and one guy on a old Peugeot clunker with a lunch-pail strapped on the back. Everyone was determined to finish no matter how they were suffering. The whole day was inspiring. I am determined to keep riding until the snow flies.

Good on you to all the OSCC members that volunteered or took part in Centurion. It was a great way to spend a Sunday. *Tom Hakala*

WHEMMYS

Another year of cycling fun and frolic is almost over. The deer flies and the mosquitoes have all but left and we are seeing the odd leaf changing colour. The evenings are cooler and the days are near perfect for... a three hour enduro called THE WHEMMYS.

The Whemmys take place this year on September 29th, starting at 1:00 pm. There will be race day registration on site from 11:00 am to 12:30 pm. You can race solo or in teams of 3... all at the Sawmill Ski Trails near Hepworth. Riders must be 12 or up and must have proof of OCA membership by citizen card, OSCC membership or membership with an Ontario Cycling Association bike club. There will be no one day permits.

For more information go to the OSCC web page under races, or contact me at: frankiee@fastmail.ca

The WHEMMYS is a favourite of many I speak to and should please any and all that can take part. As far as mountain biking events in this area go, they are few and far between and yet we have such an abundance of awesome trails in our own backyard. Please come out and support this club event. Put together a team or go solo. Email me if you would like to volunteer to help out: frankiee@fastmail.ca. *Frank Elliot*

Velo Sisters

Another riding season is winding down, not over though. It was a very successful summer again with lots of women coming out. Big thanks to Katie and Paula for always having a route ready and posted each week. Also thanks to all the women who shared their home for our potlucks on the last Tuesday of each month. We also had jerseys made with "Velo Sisters". These looked great on our rides. A big thank you to Simon Farla for designing these jerseys for us.

The women's Tuesday rides are moving to a new time. Leaving Bikeface at 5:45, to compensate for the shorter days.. Remember to get some lights for your bikes. Important to be seen at dusk. Again, Thanks to all of you for supporting the Owen Sound Cycling Club and coming out to our rides. We look forward to growing more in the coming years. Thanks also to Mary and Scott Thompson for doing our time trials. Don't put those bikes away just yet. Still some great riding time left. *Patty Marr*

Trevor's Stats

(Caveat – My simple minded query counts each result – so if a rider did a two lap TT, that can distort the results. Close enough though.)

Top Ten - Most TT's

Pieter Bakker	19
Scott Thomson	17
Trevor Stokes	16
Todd Wainwright	15
David Starrs	14
Simon Farla	13
Sandra MacDonald	12
Jim Scott	12
Alan Woods	12
Martin Kerr	11
Rick Macleod-Farley	11
Todd Robinson	11
Robert Starrs	11

Top Ten – Greatest Distance Raced (km)

Pieter Bakker	349
Trevor Stokes	303
Scott Thomson	285
Todd Wainwright	281
David Starrs	269
Simon Farla	247
Alan Woods	232
Jim Scott	229
Todd Robinson	214
Martin Kerr	202
Rick Macleod-Farley	194

The total distance raced by all members was about 6384 km.

Trevor Stokes

Finger Lakes and the Highlander Cycle Tour

Eight OSCC members and friends (John Brown, Peter Rissi, Bob Bingham, Patty Keuken, May Tettero, Dave Growden, Emese Stokes and myself) just wrapped up a week of cycling in the Finger Lakes region of New York State. I had been twice before and had timed my visits to coincide with the Highlander Cycle Tour. Now it looks like becoming an annual event.

We drove the six hours to Bristol Mountain and arrived on Friday afternoon in time to pick up our numbers and to watch the grueling Time Trial up Gannet Hill – the tallest peak in the region and a 15% grade almost all the way.

That evening we settled into our rented lake house on Keuka Lake. We returned to Bristol Mountain at 7:00 the next morning – the recommended start time for those of us doing the 100 mile, 6000 feet of ascent, “Corkscrew” route. Dave, John, Peter

and I left 15 minutes after May, who was attempting her first 100 miler. I have to take most of the blame for what happened next. The routes are perfectly marked with different coloured symbols on the road before and after every turn. I knew the shorter Yodeler was marked with a white “Y”. We started off in the direction that was common to all routes but must have missed the turn with the first white “CC” for Corkscrew Century. All we saw after that were yellow chevrons, which I/we assumed must be our route. Twenty miles or more into the ride I was getting suspicious. This year's CC should be the same as last because so few people finished it due to a storm. It looked familiar – but only because I had done other routes in that area. When I finally asked someone we were told that we were on the “Quads Hilla”. That's 105 miles with 9000 feet of climbing. We were a few miles from the notorious Bopple Hill (avg. grade 14%, 1.25 km long) with no easy way out. Dave and I decided to go for it. John and Peter opted for the Yodeler – a route with which our route shared a rest stop.1



I know one of the Highlander organizers and he painted my name on the road at the top of one of the big hills.



Emese and May look like they are racing up Griesa Hill.

The steepest part of Bopple is often climbed by zigzagging across the road. We managed it, passing some very cruel words written on the road: “Death Before Dismount” and “Only

One Mile to Go". We were greeted at the top by a black cloaked figure with a scythe. (I'm assuming everyone else saw him and that it wasn't a vision.)

Next was Bill's Hill followed all too quickly by the aforementioned Gannet. Gannet went better than expected. I had done the time trial three years before and at "race pace" had ground to a halt. At a steadier a pace it was doable. We now had the terrible triplets behind us.

Of course more hills followed, the worst of which was Sliter Hill. The organizers threw in this mile long monster with a maximum grade of 23% at the 70 mile point. Dave and I walked this – fearing either a broken chain or a pulled muscle. Still not done, we descended to a rest stop near the east shore of Canandaigua Lake and back up the S. Vine Valley road. Griesa Hill was the last significant climb, with a great view from the top.

May, with her 15 minute earlier start did not suffer from my mistake and completed her first imperial century! Peter and John did the Yodeler and some extra miles. Patty, Bob and Emese completed the Yodeler. The post ride buffet meal was excellent. The goody bags included a bottle of local wine, a saddle bag and an LED rear light.

Keuka turned out to be a good, central base. Most days we rode from the house. Our Sunday recovery ride was 90 km around "our" Lake. We discovered an Artisan Bakery and Coffee Shop in Hammondsport and twice were able to make that our half way stop. Other routes retraced some of the Highlander. We also circumnavigated Canandaigua Lake. For site seeing, we visited Ithaca (Moose Wood Restaurant and Cornell University) and Letchworth State Park (The Grand Canyon of the East). *Trevor Stokes*

A New Club member

Congratulations to Jason and Krista Rody on their new baby Amelia.

Sawmill Trails

There were questions about the status of mountain biking at Sawmill Trails near Hepworth because of new signs that did not include mountain biking as one of the accepted activities. When I contacted Chris Hachey of Grey Sauble Conservation Authority he assured me that it is still okay to mountain bike at Sawmill. He said the signs were just replacements of old signs and the mountain bike omission was an oversight.

The club has been working with Grey Sauble to come up with a plan to mark, map and sign the trail system, but this has proven to be a slow process. This is partly due to lack of funds but also a few concerns that have to be addressed concerning things

like liability for the club and three landowners. The Bruce Ski Club also expressed some concerns. We will have to sit down with their representatives to make sure we are all comfortable with how it is handled. We'll keep you posted on any progress.

In the mean time there has been work crews from our club who have been out on the trails doing clean up after the mess made by the loggers that were permitted in the area last fall. If you are interested in helping with clean-up of the trails contact Frank Elliot at: frankiee@fastmail.ca. *Tom Hakala*

