



Summer 2014

**News
from the
Owen Sound
Cycling Club**

OUTSPOKEN

President's Message

by Deb Val

Registration

Remember you must be a club member to take part in club events. If you have not yet registered, you must do it on-line or call CCN at 1-866-534-2453. Registration is online @:<https://ccnbikes.com/2014-owen-sound-cycling-club-membership/>

The 2014 OSCC Points System

Don't forget that for every OSCC event you attend you receive a point which you can spend on great prizes at the end of the season.

Attendance will be taken at every ride. You get 1 point for each ride you go on!

Want to double your points up fast? You get 2 points for every time you LEAD a ride! You can lead rides when ever you like... just let myself, Debbie Val (president@owensoundcycling.ca) that you want to lead a ride.

Also, don't forget the OSCC BBQ on August 23rd.

The Guilt Trip

by Tom Hakala

We've talked about this before, but we thought if we keep mentioning the problem someone just may step forward. The problem is our executive is shorthanded... right now, Trevor is taking on extra duties as membership coordinator and he also has to give up leading the Monday Evening Rides. We need other members to help us out here or your club will have to cut back on rides or events and I don't think anyone would want that. Remember you are the club and the more you do the better the club will be. If this sounds like I'm laying on a big guilt trip... well I guess am.

Ride Don't Hide

by Tom Hakala

There was a huge turnout for the Ride Don't Hide event on June 22. Almost 300 riders turned up to ride to support mental health in the region. As I rode, it was good to see many club members pass me along the 88 km. route. We could not asked for a more perfect cycling day... cool to start, but warmed up to about 20° by the

finish. A light easterly breeze blew along the road to Kemble, but was not enough to make a difference. We finished to find a plentiful lunch and snacks. Good show OSCC.



Saturday, No Drop, Social Breakfast Rides

by John Brown

Just to reiterate from the last newsletter... The club will be offering Saturday Breakfast Social rides to be held once a month. The ride will start at 8:30 a.m. from the parking lot behind Greyfair on 1st Ave E. The distances (40 to 60 Km) and pace will be moderate with a stop at the mid-point for breakfast.

If there is sufficient demand, there will be an A and B route intended to arrive at the destination at the same time. There will be a different ride destination and breakfast restaurant each month.

So far there have been rides to Kilsyth, May 31 (20 – 30K) and Tara, June 21 (60K). The next ride will take place Sat., July 26 and will go to Muma Browns in Shallow Lake (40 – 50K).



The ride schedule is:

July – Saturday July 26 - Shallow Lake - Muma Bown's

August – Saturday Aug. 23 - TBA

September – Saturday Sept. 20 - TBA

The ride organizer would appreciate participants' notification of intent to do the ride so that reservations can be made in advance. Some restaurants may have limited capacity and reservations would be on an as notified basis.

Ride Organizers are:

Ann West: 519-371-2820

Email - westmoriarty@gmail.com

John Brown: 519-372-2502

Email - jab-rae@sympatico.ca

Mountain Bike Rides at Sawmill Trails

by Frank Elliot

I am going to lead some mountain bike rides at Sawmill Trails near Hepworth this summer. Because of my work schedule I can't do a regular weekly ride, but instead have picked dates when I am available. The rides will start at the parking lot at Sawmill at 6:30 p.m. on these dates... July 3rd, July 24th, Aug. 7th, Aug. 21st, Aug. 28th, Sept.

11th, Sept. 25th.

These will not be races but casual mountain bike rides that will take about an hour each time. If you are interested in mountain biking, this is your chance to get out and ride. Also, if you plan on doing the Whemmys Enduro on Sept. 28th these rides will give you a look at the trails we will ride.

Monday Evening Ride Leader????

by Tom Hakala

As mentioned in the 'Guilt' article Trevor has had to give up leading the Monday Evening Rides... like Ringo he has been hired as a drummer in the band (Not the Lonely Hearts Club). So as a stopgap measure we have come up with the 'Be a Ride Leader for the Day' concept. This is where you come in... every Monday a club member will VOLUNTEER to lead the ride. You can pick a date (or dates) when you would like to be the leader (remember the Monday Rides alternate between Owen Sound and Williamsford) at either of the venues then email Trevor "tstokes xplornet.ca" and he will add your name to the calendar. You'll get 2 points for leading and the satisfaction of being a good person. You can pick your own route or use one of the Map My Ride routes on the club website. Get your name in quickly as the calendar is filling up.. Well actually the only date taken is July 28 and I can give it up if someone else wants it.

Anti-Spam Spam Spam

by Trevor Stokes

On July 1, 2014 Canada's Anti-Spam Legislation (CASL) comes into effect. This has direct implications for our cycling club. We are required to obtain the consent of you, the member, before contacting you regarding future events, membership (even TT results?) etc.

You either subscribed via the link on our web site, or we added you to our mailing list using the email you specified when you registered on CCNBikes. On or before July 1st, the CCNBikes' form will include a check box for new members to give their explicit permission to email them.

Every email we send via our mail service (phpList) has an unsubscribe link in the footer. We will assume we have your consent unless you choose to unsubscribe.

We never share members' email addresses with any other organizations except the Ontario Cycling Association when required.

Trevor (acting Membership Coordinator)

P.S. The club always welcomes volunteers. Currently the position of Membership Coordinator is open.

Bike Movies!

OPPI Western Lakeland District is hosting a Movie Night Social on Thursday, July 17 at 6:30 pm at the Grey Bruce Health Unit. We will be showing the film 'Bike City, Great City' (www.bikecitythemovie.ca) in response to OPPI's March 26, 2014 Call to Action regarding healthy communities and planning for active transportation. Dinner will follow at 7:30 pm at Shorty's Bar and Grill to provide an opportunity for further discussion around this topic. This event is open to planners, cyclists, public health staff, and anyone with an interest in active transportation.



Lakeland District

Movie Night Social



Thursday, July 17, 2014

Film: 6:30 pm at the Grey Bruce Health Unit

Dinner: 7:30 pm at Shorty's Bar and Grill

In response to OPPI's March 26, 2014 Call to Action regarding healthy communities and planning for active transportation, the film 'Bike City, Great City' will be shown.

<http://ontarioplanners.ca/Advocacy/Healthy-Communities-bull-Sustainable-Communities>

Dinner will follow to provide an opportunity for further discussion around this topic.

Synopsis from the film website (<http://bikecitythemovie.ca/>):

"David Chernushenko, a city councillor in Ottawa, Ontario, is determined to make his hometown a better city for cycling. In 2011, the League of American Bicyclists and Share the Road Coalition recognized Ottawa with a Silver rating for bike friendliness. Silver is good, but it's not Gold. David wants Ottawa — and every American and Canadian city — to strive for Gold, and he's going to take us on a ride to find out how it can be done. He'll show us how Copenhagen set the gold standard for cycling and quality of life, and look at what some North American cities are doing right."

This event is open to planners, cyclists, public health staff, and anyone with an interest in active transportation.

FYI: The movie costs \$5 per person, that doesn't include the meal at Shorty's.

Bruce Peninsula Multi-Sport Race

The BPMR is a wild one-day 5-stage endurance race on the Bruce Peninsula involving

PADDLING

MOUNTAIN BIKING &

TRAIL RUNNING

for Solo Racers, Tandem Teams & Relay Teams

It's also a very achievable 25k paddle-bike-run short course on Georgian Bay for solos & teams, plus a very fun Summer House Park Kids Race in Wiarton, Ontario. There are subsidized bike & boat rentals courtesy of Suntrail Source For Adventure & Jolley's Alternative Wheels, a free

concert from indie-band Mountains & The Trees, an outdoor Live Site, lots of local food, post-race massages, a metric ton of prizes including a RANDOM PRIZE of a De-vinci Jack XP 29er MTB thanks to Bikeface Cycling. Amazing value for money and all for a good cause: supporting outdoor sport on the Bruce! www.peninsulaadventure.ca

Time Trials

by Scott Thomson

2014 TT Schedule - check back regularly for updates, here and on the OSCC Google Calendar.

July 2 - Walters Falls 15/30K

July 9 - Hepworth

July 16 - Shallow Lake

July 23 - Annan

July 30 - Kemble

Aug 6 - Walters Falls

Aug 13 - Colpoys

Aug 20 - Shallow Lake

Aug 27 - Epping Hill Climb

Sept 3 - Hepworth

Sept 10 - Annan



Current and future time trillists.