



Spring 2015

News
from the
Owen Sound
Cycling Club

OUTSPOKEN

President's Message

by Deb Val

I didn't know it at the time, but one of the greatest moments of my life was the day a friend invited me to join the Owen Sound Cycling Club (OSCC). My life changed forever when I became part of the OSCC family, all because that friend had the courage, confidence and foresight to ask me to become a member. This month, as we gear up for another amazing season, I ask you to ask others to become members of the OSCC. Our rides, pot-lucks, and parties will be a lot of things to a lot of people - an opportunity to belong to a group, a new identity as "a cyclist", increased confidence and independence, improved physical and mental health, an opportunity to socialize and meet new friends, and perhaps something unexpected and wonderful! By increasing our memberships, it will also serve as a giant lever to ensure our club's vitality and to strengthen our OSCC pride. So let's open our arms to new members and allow others to discover the satisfaction, joy, and improved quality of life that comes from outdoor activity and seasonal gatherings!

I would also like to provide a few words of affirmation. The OSCC members organize our club, so we want to properly recognize our members for their efforts. It is always nice when we're thanked for our service, so on April 25th @ 6pm we will meet for our annual AGM/Potluck at St. Andrew's Church, but this year we are bringing back the "Points Party"! Members will be granted cold hard cash (Monopoly style), which they can use to bid on prizes donated by our sponsors, local businesses, and other members of the OSCC. Consider this a token of appreciation a giant thank-you for your energy on the rides as well as to our ride leaders (who gain double points/ride).

If you are a new member, or someone who didn't earn as many "points" on rides last season, I promise you will still have fun! Consider getting involved by donating a fun prize, or just sit back and be entertained! A great opportunity for you to meet the ride leaders, and other new members, and have a familiar face to look forward to on your first ride!

I look forward to seeing you all on April 25th @ St. Andrews Church - 5:00 some members will head out for a short ride and at 6:30 pm we will set up the potluck dishes (please bring your favourite dish). Following dinner and a few club logistics, we will continue the evening with the PARTY!



Get Your Bike Out

by Tom Hakala

It must be that time again... I just put the summer wax on my skis and the temperature is finally climbing to the pleasant range. It's time to get that bike off the hook in the basement, dust it off, lube the chain and components, check it over... then get out and ride.

It looks like this year we will be faced with many road repair challenges. Eight Street East, Third Ave. East and Bayshore Road north of Leith to name a few. In the end it will mean a nicer smoother road to ride on.

One road to be aware of is 23 Sideroad between Bayshore Road and Lakeshore Road in the Municipality of Meaford. What at one time was a paved road (that concept could be challenged in the last few years as the pavement was more potholes the asphalt) has been downgraded to as gravel road. I asked the roads department if it will be at least tar and chipped and the answer was. "Probably not." Which means, not in our lifetime. As taxes continue to go up while municipi-

pal budgets get tighter I think we will be seeing this trend expand. Maybe the 25 cc commuter tire were not such a bad idea after all.

Notes from Trevor

by Trevor Stokes

CCNBikes Registration

The registration process has been streamlined and so far more than 30 of you have registered to join our club, with no assistance from me or Martin. The website cleverly steers you through the steps as you purchase our club's membership (a bargain at \$10) and buy the OCA's insurance (\$39). Some of you may already have insurance from another club or license. That complicates things a little bit, but I believe some of you have done that too. This year the confirmation email has an attachment: a PDF file. This is your club membership card which you can print. Technically, under 19s are supposed to produce a waiver signed by a parent or guardian before they receive their card. We are not quite sure yet how this will be managed.

What if you are under 19?

From Christopher Baskys, Membership Manager, OCA
All riders under 19 MUST Purchase either a UCI Licence or a Citizen Permit membership through the OCA. This would require their waiver having to be submitted to the OCA to complete their membership application.

Without a signed waiver at the OCA office, we cannot process their membership, and they are not considered registered members.

Calendar

The Google calendar has been set up with most of our recurring events. Ride leaders will attempt keep them accurate if times or venues change, but if in doubt check for last minute emails or tweets.

Emails

I will try to glean everyone's current email address from the CCN Registration reports and subscribe you to our email list. Remember, you can also do this yourself (go to Subscribe on the web site) for your primary email address and any others (e.g. work) where you want to receive club notifications. A neat trick is to subscribe your phone's "email to SMS" address (e.g. <mynumber>@virgin.ca). Then you receive at least the important first few lines of any emails we send on your phone - even if you don't have a data plan. This has saved me a drive to a rained out TT. We try to keep email to a minimum and never share the address with

anyone else.

Time Trial Schedule for 2015

by Scott Thomson

Here is the tentative schedule for this season's time trials. Check your email and the OSCC calendar on our website for updates and changes.

April 29 - Shallow Lake 10/15K

May 6 - Shallow Lake 10/15K

May 13 - Annan North or South

May 20 - Hepworth/Springcreek Rd 10/17K

May 27 -Walters Falls 15/30K

June 3 - Shallow Lake 15K

June 10 - Kemble 19K

June 17 - Annan

June 24 - Colpoys 14/28K

July 1 - Walters Falls

July 8- Hepworth

July 15 - Shallow Lake

July 22 - Annan

July 29 - Kemble

Aug 5 - Walters Falls

Aug 12 - Annan

Aug 21 - Shallow Lake

Aug 26 - Colpoys

Sept 2 - Hepworth

Sept 9 - Annan

Women's and Others' Rides

by Patty Marr

Women's rides will be same as last year Tuesday and Wednesday. All rides leave from Bikeface at 6:15. These are road bike rides and a road bike is necessary in order to keep up. There will be a potluck last Tuesday of the month.

This year we have added a 3rd ride for Monday nights, open to anyone, male or female. This will be a no drop recreational ride.

Also, Bikeface is getting a team together for the June 21st "Ride Don't Hide" event. Anyone wishing to participate on the team can go on the Ride Don't Hide site and print out pledge sheet. We can pool our pledges and have one big team. Hope lots of people will come out and support this event. Last year alone I raised 1500.00.

Looking forward to the rides this year, welcoming all the regulars and also any the new people. Please remember to have your OSCC membership. This can be obtained on the OSCC website, with a link to CNN.

It is very easy to register on line. Have a great season everyone. Stay safe and Share The Road.

Breakie Rides Again

by John Brown

The club will be hosting Saturday Breakfast Social rides to be held once a month starting in May. The rides will start at 8:30 a.m. from the parking lot behind Greyfair on 1st Ave E. The distances (40 – 60 Km) and pace will be moderate with a stop at the midpoint 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. This is intended to be a social ride so we encourage that you bring another club member who can ride at your speed and distance. There will be a different ride destination and breakfast restaurant each month. The first ride will be shorter with the ride distance progressing during the summer.

The ride schedule is:

May 9 – Shallow Lake – Muma Brown's

June 13 – Tara – Country Cousins
(June 27 – backup date)

July 18 – Elsie's Diner

Aug. 8 – Tilly's at the OS Airport

Sept. 26 – Legacy Ridge Golf Course (breakfast doesn't open until 11:00AM)

The ride routes are:

Shallow Lake – Muma Browns – 42 Km by Benallen/
Copper Kettle

Tara – 37.41 Km

Elsie's – TBD

Tilly's – TBD

Legacy Ridge Golf Course - TBD

The ride organizers would appreciate participant's notification of intent to do the ride so that reservations can be made in advance. Some restaurants may have limited capacity and reservations may be required.

Ride Organizers are:

Ann West: 519-371-2820

or email: westmoriarty@gmail.com

John Brown: 519-372-2502

or email: jab-rae@sympatico.ca

Faster Fitness Rides????

For more years the he cares to remember Trevor Stokes has led a Monday Evening Fitness Ride... that is until last season when a conflict came up and he could no longer lead on Monday's. We got by for the balance of

the season with volunteers who helped with the Monday rides, but we really need someone to step forward and take the role as Fitness Ride leader.

Patty Marr has helped by setting up a Monday Women's & Men's ride, but it is not a fast ride. If you would like to see the club continue with a faster evening ride (Another evening is possible it works for you and the club), please contact Deb at: president@owensoundcycling.ca or Trevor at: info@owensoundcycling.ca

Whemmys!

by Frank Elliot

Not that we are wanting to think about the end of the season right now, but our season wrap-up will again be at Sawmill Trail, this year on September 27th. The same format as has been in previous years... A cross-country mountain bike race of solo or 3 person relay teams.

This year again we are offering one day permits to non-club members for \$25, which includes entry into the race. All OSCC club members or members from other OCA clubs, as well as UCI holders and citizen permit holders will only pay the \$6 entry fee. Proof of club membership from OSCC or another Ontario Cycling Association club must be given at registration. The same rules apply for UCI or Citizens Permits. We have no way to validate your proof of membership if you do not have your card. So don't forget it or we can't let you race.

Registration goes from 11:00 a.m. to 12:30 p.m. Racing starts at 1:00 p.m.

There is no water available on site so please bring your own. Watch for details on the club website closer to the date. Looking forward to seeing you there for a fun filled event. Stay safe.



Bikeface in Cuba...

Different but the same.

by Doug Miller

Cycling through the valleys, ocean side, country scapes and mountains of Cuba has changed little since the Wally and Barb Smith first published *Cycling in Cuba*. Many of the suggestions for where to stay and what to eat are still relevant. But what has changed, especially in recent years is the number of *casa particulares* (B&B Cuban style). More and more Cubans have opened their homes to travellers.

As a result, cycle touring in Cuba is easier and more enjoyable than ever. Patty and I spent 5 weeks in Cuba this past winter... Much of it self supported cycling. We booked our first and last night in a *casa* near to the airport. The rest of the time we found welcoming *casas* easily. Many Cubans have friends with or know of *casas* further along your route.

We travelled with no particular plans other than knowing the region we wished to see and ride... This time the Pinar del Rio region west of Havana. The roads are decent, often better than ours. The vegetation is lush and the geography has plenty of variety. There is plenty of info available about visiting Cuba so I will not repeat much of it here.

Touring can be done with organized groups with outfits like Wow Cuba... One of the best. Or one can hire a personal tour guide or as we did... Just wing it on your own.

Anyone wishing further details on cycling Cuba, Patty and I are happy to share our experience. Just email us at: info@bikeface.com.

