



Fall 2015

News  
from the  
Owen Sound  
Cycling Club

# OUTSPOKEN

## President's Message

*Our president Deb is on maternity leave. We are waiting day by day to hear the news. We will keep you posted.*

### Ed.

*by Tom Hakala*

Here is a subject that some of you may have heard me crowing about in the past. It is called **PAVING SHOULDERS on roads**. I have talked to everyone from the road superintendent for the municipality of Meaford to the Director of Transportation Services for Grey County to numerous engineers for MTO. They all listen politely then continue on doing what they have done before... Nothing. Or at least not very much.

Our Cycling Committee for Grey County Tourism had a meeting with Transportation Services of Grey County last year and they were trying to have us tell them where the cycling routes were so they would possibly pave them when the time came to re-do those roads. Though this seems like a good idea, in reality many people have different ideas as to where the cycling routes were. My solution is simple... Pave all the shoulders on all the roads.



***We found paved shoulders on highways in Tanzania when we visited there last fall. FYI: They're British.***

As I have shown time and again paved shoulders are also a safety factor for cars and trucks as well as bikes. If a vehicle happens to veer off the road to avoid

something in their lane a paved shoulder could be a life saver. A gravel shoulder tends to pull the vehicle off the road and into a ditch or trees. Also, tests done in Quebec, Oregon, Australia and other places have shown that paved shoulders increase the life span of the tarmac. Without paved shoulders heavy vehicles tend to break away the edges of the roadbed, but the paved shoulders hold the road together longer. The weight of the heavy trucks is not centred on the edge of the road making for a stronger surface.

Of course my ulterior motive centres around bike safety. I was in Kalamazoo, Michigan this summer and had an opportunity to do a few rides. Every road had paved shoulders. Not just the preferred routes (something an outsider would not know), but all the roads. I cruised along with fast moving traffic on my left, but it didn't bother me as there was plenty of room for everyone. Unless the road is designated as NO CYCLISTS the shoulders should be paved... And for that matter they should be paved nonetheless. Tell your political leaders and transportation directors that we need paved shoulders.

## Notes from Trevor

*by Trevor Stokes*

I've been looking at what other clubs offer their members and how they organize their rides, etc.

The Rockingham Forest Wheelers just had a "date fixing meeting" where they set up the schedule for next season. (They also had a curry afterwards, but they have a club house with a kitchen, dining room, change rooms and showers.) We tried this once. We brought a big calendar to the sign up meeting and asked members to pencil in rides or events they would like to lead. I'd like to suggest that we try that again - a chance for members at large to suggest the events they would like to have.

The same club does exchanges. Now, we can't easily exchange with French and German clubs, but how about clubs from other provinces or states? Our club members would put up the visitors in their homes and lead rides around here. The week (or long weekend) would end with a dinner.

A U.S. club lists "Adventure Rides" (MTB rides on gravel back roads), "New Member and Social Rides" and "Weekend Trips." That club ranks their rides: Traditional, Slow & Easy and Sweep Rides.

Participation in our rides has been falling. Maybe some of the above suggestions would help rekindle members' interest.

We had 28 Time Trials so far (actually 28 TT "laps" - a two lap race or a race with a split time gets counted twice) and a total of 261 individual results. That means an average of roughly nine riders per event.

Of our 119 members 101 have earned at least one point, with a total of 666 points awarded at the time of writing. Women's Tuesday and Wednesday rides are up to a month behind.

## The Last Breakfast Ride

by John Brown

The September 26 ride will be the last breakfast ride of the season. It is a fun way to start your weekend and meet with friends. 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.

The location of the last breakfast ride is still to be determined. We will send out an email to all members closer to the date with ride and breakfast details. The ride organizers 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 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

## Monday Fitness Ride in Sept.

The Monday evening Rec. Ride with ride leader, John Brown will continue in September as long as the weather holds and members show up.

The ride leaves from the parking lot behind Greyfair at 5:30 p.m. (**NOTE TIME CHANGE DUE TO EARLY DARKNESS**) every Monday evening (unless posted otherwise due to bad weather). The rides will range from 40 to 60 km. (Depending on group assembled, wind or conditions). The pace will average around 28 to 30 kph. Time to get out and ride!

## The Whemmys

by Frank Elliot

Time of year for winding down with a fall mountain bike race... The Whemmys.

If there is anyone that can help out being a marshal or that knows someone that would be willing to help out please email me: frankelliottowensound@gmail.com

And of course we welcome all racers!

Please read the following...

**Sunday, September 27, 2015 @ 1:00 p.m.**  
**SAWMILL TRAILS, HEPWORTH**

**SOLO OR 3-PERSON TEAM THREE HOUR ENDURO  
CROSS-COUNTRY MTB RACE**

**RACE DAY REGISTRATION ON SITE 11:00 a.m. to 12:30 p.m.**

We are again 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 member-

ship 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.



**WHEMMYS  
ENDURO**

Solo or 3 Member Team  
**MOUNTAIN  
BIKE RACE**  
Sept. 27, 2015

Sawmill Ski Trails • Hepworth  
Race Starts 1:00 pm  
Register Race Day 11 am to 12:30 pm  
For more info go to: [www.owensoundcycling.ca](http://www.owensoundcycling.ca)

**OSCC** Owen Sound Cycling Club

This year we tried a biweekly series and I found it went very well and had good turnout. I will be working hard to have it again next year but I plan to have it every Thursday night.

I did even have an idea of trying a Spring Fling if there was interest. Its been long ago since I participated in a Spring Fling so please feel free to contact me with information of how the traditional format for it was.

Let's hope for beautiful weather like we had last year for the Whemmys and have a safe and fun fall of biking.

## **Cycling – Good For Body And Soul**

*By Helen Bowes*

Bicycling has been growing in popularity over the past decade [1], in part because of the snowball effect brought on by its increasing acceptability, and in part because, as an increasingly health-conscious society, we are well aware that bicycling places is a lot better

for us and for the environment than driving. Of course, plenty of us do it simply because we enjoy it as well! If you're thinking of taking up bicycling, but just need that little extra push, here are a few of the ways in which cycling can really benefit your wellbeing.

### **Cycling For Mental Health**

Anyone with even the most elementary knowledge of how the body works and what's good for it will understand that, as something which makes you move, bicycling can make you physically fitter. What many people may not realize, however, is that bicycling is also incredibly good for your mental health [2]. Cycling is notably beneficial for those suffering from anxiety disorders such as depression or obsessive-compulsive disorder, and has been found on numerous occasions to improve people's general sense of happiness and wellbeing. It is even recommended that those trying to kick a substance-abuse habit [3] take up a form of outdoor exercise, of which cycling comes high on the therapeutic list. It's long been noted that exercise in general can be very good for the mental health. Partly because the mind is an integral part of the body, so a healthy body naturally encourages health within the mind. Partly this is because exercise encourages the release of mood-boosting chemicals within the brain. Partly this is because exercise gives us a better self-image. And partly this is due to something more elusive and long-lasting which scientists cannot quite put their fingers on. It's also noted that the simple act of being outside has a powerfully healing and boosting effect upon our mental health for reasons which are, again, not fully understood. As it combines both exercise and being outside, it is perhaps unsurprising that bicycling has proven such a great help to so many people with mental health difficulties!

### **Cycling For Physical Health**

It naturally goes without saying that regular cycling can make you fitter. But the extent to which it does this may come as a surprise. Pushing the pedals has bodily benefits as diverse [4] as weight loss, improved muscle tone, decreased risk of developing heart disease, and probably increased lifespan [5]. Cycling can lower your risk of obesity, improve your blood flow, and increase your lung capacity. It's a fantastic exercise for the heart, and helps you to build up stamina. It also has a range of more subtle but very valuable effects within the body. For example, it's been found that cyclists are at lower risk from things like the common cold and other such infections. A study by Appalachian State University [6] discovered that brisk exercise during the cold

