



Summer 2017

News from the Owen Sound Cycling Club

OUTSPOKEN

President's Message

by Ann West

It seems we are finally enjoying some fine cycling weather! I hope you have been enjoying these past couple of weeks as much as we have. Technically we are "mid season" and I feel it is appropriate to provide a bit of an update on club activities.

The Tuesday Women's rides and Wednesday Co-ed rides have been well attended and we have had healthy turnouts for the monthly breakfast rides. The weekly club time trials have been attracting a keen crowd and personal bests are a regular occurrence. Tom has tried a couple of weekday lunch rides that have not been so well attended. Perhaps the word has not gotten out yet? Stay tuned. I have heard he may try one more time.

The second annual Southampton "War on the Shore" criterium race (an OCA sanctioned citizen's race) is now in the history books. It was an exciting event full



of thrills and a few spills, on this very technical circuit. OSCC was well represented by competing members Kylie & Robert Starrs (first in Cruiser Rally - on a tandem!), Carie Shufflebottom (third in Cruiser Rally Women), Ana Dennier (first in Sportif Women), Laura Robinson (second in Sportif Women), Andrew Barton (fourth in Sportif Men), Sean Currie (fifth in Sportif Men) and rising star Sam Weichel (first in Intermediate Men's)! Numerous volunteers from our club showed up on race day to help Brent Martin (the main organizer and driving force) put on a very successful event with registration doubling over last year. Congratulations Brent!



Volunteer extraordinaire, Tom Hakala, has been working on a new design for our club jerseys, with Canadian cycling clothing company Sugoi and local supplier Runner's Den. We hope to have some samples for sizing available soon. We

will keep you posted. There is even the possibility of purchasing coordinating cycling shorts & bib shorts if there is enough interest amongst members.

A club potluck and barbecue is happening on August 12 and we are also holding a breakfast ride in the morning of the same day. The club potluck/barbecue is open to all club members and their immediate family and is a fun, social event with a chance to talk about all things cycling with like minded individuals. I hope to see you there. For more information please see the club website at www.owensoundcycling.ca

I guess what I am trying to say is that the cycling season is not that long here in Grey-Bruce and I want to encourage all club members to make an extra special effort to get out to any of our club events. I know the volunteers that organize these rides put a lot of thought and time into planning them and their only real reward is to see their fellow club members come out and enjoy themselves. The evening rides are pretty much limited by the length of our daylight hours and most will wrap up by Labour Day, so let's get out and ride "while the sun shines"!

Tightass Tom's Tips

by Tom Hakala

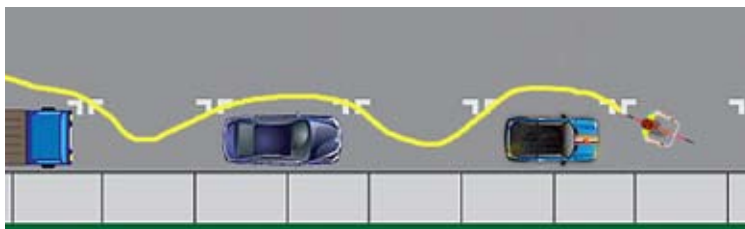
Maybe I'm getting old or maybe I'm just anal retentive, but for whatever the reason I have become much more aware of the possibility crashing on my bike. I really do not like to crash. I've done it and it isn't fun. So I have been trying to do everything I can to avoid being hit by a car, another cyclist or going down on pavement. Here are 10 tightass tips from someone who has been there, done that.

1. Wear a Helmet - I see many adults lately without helmets and I think, "How difficult is it to put one on?" You are required to wear a helmet on club rides, but even when going to the store... Put it on!

2. Be Seen - Wear bright colours so motorists can see you. Also, have a red light on the back and a white light on the front of your bike day or night.



3. Be Consistent and Predictable - Ride in a straight line and don't weave in and out between lanes or into and out of empty parking spaces. Drivers get confused if they see someone wandering around on a bike. They don't know which way to go to avoid the cyclist. Don't have them guessing as to what you are going to do.



4. Keep Right - Ride in the right hand lane with the flow of traffic. Do not ride facing traffic, that is for pedestrians. When riding on a busy road stay close to the shoulder or in a bike lane if there is one.

At red lights, don't go around vehicles and then sit in front of them. If you are turning left go in the left turn lane but stay to the right behind the car in front. Don't block motor vehicles. They take off much faster than a cyclist. When riding on a busy road keep to the right. Don't hog the lane.

5. Enjoy Quiet Roads - Try to avoid roads with heavy traffic if possible. Roads like Highways 6 & 10, 26 just

are not set up for cyclists. There are times when the highway is the only way to get where you need to go, but if there is another route that may be a bit longer but less traffic, enjoy the ride.

6. Signal Your Intentions - Let motorists know if you are turning or stopping with hand signals.



Also, if you are riding in a group and you see a pothole or a dead weasel on the road ahead, point in the direction of the obstacle to let cyclists behind know.

7. Rules of the Road - Bicycles must obey traffic laws just like motor vehicles. Stop at stop signs, don't cut through gas stations at corners, etc. Cyclists have the same rights and responsibilities as drivers. Share the Road!

8. Don't Ride on Sidewalks - Ride on the road, unless the sidewalk is marked as a bike lane (Like the north side of 10th St. Bridge).

9. Be Aware - When riding downtown, be aware of car doors opening in front of you. Keep an eye on parked cars. If you see someone about to get out, slow down and move out so you don't get "doored". Also, watch for someone making a right turn in front of you. (See 'Dutch Reach' article at end of this newsletter).

OSCC BBQ

by Ann West

Owen Sound Cycling Club Summer BBQ to be held at the home of Ann West and Bill Moriarty in Georgian Bluffs on Saturday August 12th, starting at 5:00 p.m. and we'll eat around 6:00 p.m. We'll have snacks/appetizers when people arrive.

Ann & Bill live at 118071 Jackson Road, Georgian Bluffs (approximately 1 km north of the intersection of Hwy 21 & Grey County Road 3 (Jackson). There is ample parking and space to play.



Please note there is no ride associated with the BBQ however there is a breakfast ride scheduled on the morning of the same day (starting at 8:30 am at Greyfair parking lot) if you want to get a club ride in earlier.

Please RSVP to: anmarie58.west@gmail.com

Let me know:

1. Number attending (family who are not club members are welcome!)
2. Number and ages of children attending so we may plan some appropriate activities.
2. What you would like to eat and how many - hamburgers, veggie burgers or sausages/hot dogs;
3. What you will bring to contribute to the meal - e.g., Appetizer/snack; salad (what type); dessert. (Respond quickly and I will keep track of who is bringing what and may ask you to revise your choice if we are getting too much of one category!!)

The club will supply, burgers, sausages, dogs, buns and the fixings, water and soft drinks. Please bring your own wine/beer if that is what you prefer and your lawn chairs. Looking forward to seeing everyone!

Breakfast Rides

by John Brown

The club will be hosting Saturday; Breakfast Social rides to be held once a month. Each ride will start at 8:30 AM from the parking lot behind Greyfair on 1st Ave E. The distances (40 - 60 Km) and pace will be moderate (B and C) with a stop at the midpoint for breakfast. If there is sufficient demand, there will be a longer route intended to be able to arrive at the destination at the same time. This is intended to be a social ride so we encourage that you bring a buddy 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 Breakfast Ride schedule is:
Aug. 12 - Rockford Diner (Club BBQ same day late afternoon)
Sept. 9 - Tara - Country Cousins

The ride routes are:

Tara - 48 Km/53 Km by Jackson, Girl Guide (21 Km if starting in Kilsyth)

Rockford - 40Km

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 -

president@owensoundcycling.ca

John Brown - 519-372-2502 - johnabrownos@gmail.com

Monday Evening Road Rides

by John Brown

The Monday Evening Road Rides are still a popular choice. The ride is a one and a half to two hour training ride at a moderate, steady pace. Depending on the numbers and abilities of those who show up, we may split into groups. Also, remember that you must be a club member to participate.

Mountain Biking Anyone?

We still have not heard from any mountain bikers, but we are not giving up. If you are an avid mountain biker and would like to see the club take on mountain bike events contact our president, Ann West at: president@owensoundcycling.ca.

2017 Time Trial Schedule

by Scott Thomson

OSCC Time Trials will start 6:30 PM Wednesday evenings. Riders of all levels and cycling interests are welcome. Don't be shy. Come out, set your own goals, push yourself, and see your improvement. The venues are varied, on good roads, with limited traffic, and often a choice of 2 distances is provided. Tentative (weather and road condition depending - check the OSCC google calendar) schedule below. See you there!

August 9 - Kemble 20.8K

August 16 - East Bayshore

August 23 - Island View Drive

August 30 - Shallow Lake

September 6 - East Bayshore Road

September 13 - Hepworth Spring Creek Road

September 20 - Shallow Lake



Women's & Co-Ed Rides

Again this season the women's Rides will take place on Tuesdays and Wednesdays. The rides will start from the parking lot behind Greyfair at 6:15 p.m.

The Tuesday night rides are designed to be a fitness ride, with limited re-grouping. Distances are between 35 to 45 km, (a pace in the range between 23 and 28 km/h). Depending on the number of riders, there may be more than one group, for safety reasons we will try to maintain between 6 to 8 riders per group.

The Wednesday Ride is a co-ed (Men can come out as well) for those who do not wish to go as far or as fast. It is designed to be a "no drop" ride in a relaxed social pace (in the range of 18 to 23 km/h). Depending on the number of riders, there may be more than one group, for safety reasons we will try to maintain between 6 to 8 riders per group.

Monthly potlucks are scheduled after some of the rides. Check the club website for routes and when the potlucks are scheduled.

New Jersey



OSCC is offering jerseys as well as shorts or bibs with an all new design and a new club logo. They will be made by Sugoi. We have chosen the Evolution line for our jerseys, but if you would prefer the relaxed fit, that style can be ordered as well. Evolution is not skintight, but not too loose either.

If you are interested in purchasing a jersey or matching shorts or bibs, sample jerseys will be at Runner's Den and try on. As soon as the sample jerseys are in the store we will let you know. In case there is someone that doesn't know, Runner's Den is a 801 2nd Ave. E. in Owen Sound.

At this point, we don't have an exact price since that depends on how many we order. Prices for jerseys will range somewhere between \$50 or \$60. The club will not be taking a cut on the jerseys, so whatever Sugoi charges will be what you pay.

Dutch Reach

Have you heard of The Dutch Reach? Does it ring any bell at all?

If not, you're probably not the only one. The Dutch Reach, however, has probably saved several lives — especially in the Netherlands.

It's a technique used to avoid accidents in relation to opening car doors. You might be thinking it sounds complicated. But trust me — it couldn't be more simple. Cyclists being struck by someone opening a car door, also referred to as 'dooring' is, according to The League of the American Bicyclists, the most common type of bicyclist-vehicle collision, especially in bigger cities.

It's a global problem — in 2011, the Daily Mail reported that 600 cyclists in the UK are injured every year because of dooring accidents.

In the Netherlands, they have practiced a very clever way of avoiding these types of collisions. It's called the 'Dutch reach.'

The technique consists of opening the car door by reaching across the body with the hand that's more distant. Basically, don't open the door with the hand you probably normally open with — use the other one. Might not sound like much of a difference, but this forces you to look over your shoulder whilst you open the door making you more aware if there is a cyclist coming the other way.

In the Netherlands it's actually compulsory that drivers taking their license exam learn to use the Dutch reach. This is just pure genius! We think it might be a good idea to start encouraging all drivers all over the world to start using this method to avoid any more dooring collisions. Please consider sharing this article if you agree!

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