



Mid-Summer 2018

News from the Owen Sound Cycling Club

# OUTSPOKEN

## President's Message

by Ann West

I hope you are enjoying this fine summer weather. I know it has been pretty warm some days but we still seem to be able to pick the right route and/or time of day to make it comfortable. The post ride beverages on Mud Town Station's patio, don't hurt either!

Club rides and events have been rolling along without incident and that makes me and the other board members very happy. The first year Club Youth Mountain Bike Learn to Race Series has been well attended and enthusiastically received. Kudos to Fred Zottl for getting this going and helping to foster a new generation of mountain bikers!!

ministrative issues for our club, especially electing our board. It is a gourmet feast and social event, not to be missed. Thanks to Scott & Mary Thomson for hosting! Details were included in an email sent out to the membership last week. The OSCC calendar also includes location & time. Hope to see you there!

If any of you have an interest in governance we can always use your help! Let me know if you would be interested in serving on the board. As an affiliated Club to the Ontario Cycling Association we are subject to their affiliation requirements. This includes developing and updating certain policies for our club to follow. This year the list of policies for review/development includes: Bylaws, Risk Management, Club Ride Guide, Code of Conduct & Ethics, Membership, Discipline & Complaints, Concussion, Privacy, Screening, Accessibility. Fortunately we do have some decent templates to follow, but there still has to be some "tweaking" to fit our particular club. If any of these topics interest you, please let me know!!

I think that is all from my desk! Enjoy this wonderful time of year and get out and ride!! Ann

## Editorial

by Tom Hakala

As many of you have gathered by now, I am somewhat anal when it comes to riding safety. That is both from a cyclist's point of view and a driver's point of view. One of the first things drivers say after a motor vehicle/cyclist mishap is, "I didn't see the cyclist." It is a motorist's job to be aware of everything in their path and not be distracted by eating, adjusting music, texting or talking on a phone. On the other hand, it is in a cyclist's best interest to make themselves visible. Wear bright clothing. One of dumbest trends in cycling wear was the 'Black look' started by Team Sky. What was cool looking on a closed course like the Tour de France has no place on public roads. Relegate your black jerseys to off road mountain biking where it doesn't matter who sees you. (The OSCC jerseys would make a great replacement.)



**OSCC**  
**YOUTH MTB LEARN TO RACE SERIES**

Here's what you need to do:  
Go to <https://www.owensoundcycling.ca> and join the Owen Sound Cycling Club in order to participate in this new series and any other club organized activities. This series is being provided by the O.S.C.C. and youth will be refunded the non-insurance part of their membership fee as incentive to participate. \* Age as of Dec 31 2018.

**Dates and Times: Sawmill Trails\*\*, Hepworth May 28 & June 14 from 5:30 - 7:30 PM. Brant Tract, Paisley on July 9 from 5:30 - 7:30 PM, Aug 14 from 6 - 7 PM and back at the Sawmill Trails Sept 6 from 5:30 to 7:30 with awards and BBQ provided by Martin's Bicycle Shop**  
\*\* Grey Sauble Conservation Area Waivers required for Sawmill Trails to be completed prior to or at 1<sup>st</sup> race.

**AGES 9 - 16\***

**1 HOUR OF MTB SKILLS AND TACTICS INSTRUCTION PRIOR TO THE 1<sup>ST</sup> THREE RACES**

**5 AGE APPROPRIATE RACES ON FUN AND SAFE TRAILS**

**CERTIFIED NCCP PERFORMANCE CYCLING COACH ON HAND**

**LEARN MTB SKILLS AND PRACTICE THEM**

Direct Questions to Fred Zottl  
<https://www.facebook.com/F3ZoneCyclingCoaching>

**MARTIN'S BICYCLE SHOP**

**F3Zone** **Arrow**

We are having our Club Barbecue and Annual Meeting on Sunday July 22. It is a combination pot luck social and short business meeting to take care of some ad-

Have a red blinky light on back and a white one on the front of your bike. Be predictable... Do not suddenly swerve into or out of the traffic lane. Use hand signals when turning.

A cyclist must also be aware of their surroundings... I was on CFOS Open Line a while back with other guests from the City and Grey County to discuss cycling safety. One caller was a dump truck driver who had encountered a cyclist on a downhill tooling down the middle of the road. The trucker, laid on the horn and the cyclist moved to the right. Be aware what is behind you. A bike will not win the battle with a dump truck.

Have a mirror on your bike or helmet. Ditch the ear-buds. Use them for mowing the lawn or sitting on the porch. They have no place while riding a bike. Take the road less travelled. If there is a choice between a busy highway or a slightly longer back road, I take it. Some of you have had the unique experience of following me on a ride through Owen Sound. I opt for side streets, quiet roads or bike paths to the point where some of you have made comments like, "I have never experienced that part of town before." I find these places more relaxing to ride in and for me at least, I like to explore new places.

Enjoy your ride and have fun, but do so you can ride again tomorrow.

## **2018 No Drop, Breakfast Rides**

*by John Brown*

The club will be starting Saturday; Breakfast Social rides to be held once a month starting in May. The ride will start at 8:30 a.m. from Owen Sound parking lot #8, behind Greyfair on 1st Ave E.

The distances (40 – 60 Km) and pace will be moderate, with a stop at the midpoint for breakfast. This is a relaxed ride intended for riders with some fitness and confidence with group riding. Riders can hone their skills with more experienced riders. Pace will vary between 24-28 km/h and rides cover approximately 50 km. No one gets dropped and all riders wait at a suitable location or reduce their pace to allow everyone to catch up.

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 ride schedule is:

**July – Saturday July 21 – Tilly's at the OS Airport**

**August – Saturday Aug 11 – Chatsworth Diner**

**September – Saturday Sept 8 – Tara – Country Cousins**

**October - Weather Dependent – Saturday Oct 13 - Elsie's Diner Springmount**

The ride routes are:

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

**Elsie's – 31Km/43 Km**

**Tilly's – 28Km/43 Km**

**Chatsworth Café – 45Km**



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 would be on an as notified basis.

Ride Organizers are:

Ann West 519-371 – 2820

email: annmarie58.west@gmail.com

John Brown 519- 372 – 2502

email: 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 fast, steady pace. These rides are fast, with the pace of 32 km/h and faster as the season progresses. Rides will cover approximately 40 km. Long stretches in excess of 36 kmh are frequent. Riders will regroup at predetermined locations 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. Meet at Owen Sound parking lot #8, behind Greyfair at 6:00 p.m.



# 2018 Time Trial Schedule

by Scott Thomson

Time Trials will continue into September. Start times remain at 6:30 pm. The courses are unchanged. Road condition, repairs, etc will be assessed as the season unfolds, and the venue schedule is subject to change, so check the OSCC Google Calendar regularly for updates. Most nights Mary and I will tag team the timing and results, but there will be an occasional event that needs a starter / timer. I can be contacted at [ttsco-tytt@gmail.com](mailto:ttsco-tytt@gmail.com) or by phone if there are any questions, concerns, or even for equipment or time trialing advice.

New TT riders, triathletes, women, youth are welcome and encouraged. The intense effort of a time trial is an excellent training effort, and the satisfaction of personal improvements is unparalleled, whether you are a national competitor, or novice.

## TT Schedule

*Tentative and subject to change.  
Check the OSCC Google Calendar regularly.*

- July 11. Colpoys Bay
- July 18. Island View
- July 25. Annan
- Aug 1. Hepworth
- Aug 8. East Bayshore
- Aug 15. Shallow Lake
- Aug 22. Walters Falls
- Aug 29. Colpoys Bay
- Sept 5. Island View
- Sept 12. Annan



## 2018 OSCC Tues/Wed Rides

by Joanne Barber

The 2018 schedule is now posted on the OSCC calendar. The Tues/Wed rides are scheduled to begin the week of April 30. I had originally had rides set up the week before, but with the crazy weather I dropped them. Stay tuned to

the calendar for cancellations as it is doubtful that rides will begin if it is snowing or heavy rain. Having said that... Please make sure you are signed up as an OSCC member. We can all do that between snow showers!

A brief summary is outlined below of what you can expect from the Tuesday and Wed rides. I am excited to announce we have a new leader for Wednesday rides - Please welcome Jim Porteous, who will be leading rides. I will still be helping, but won't be at all the Wed rides this season.

### Tuesday Women's Ride:

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 25 and 30 + 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.



### Wednesday Co-ed Ride:

This ride is designed to be a "no drop" ride in a relaxed social pace (in the range of 20 to 25 km/h). Distances are approximately 30 km. 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.

All rides leave from Owen Sound Parking Lot #8, behind Greyfair Carpet store, 1st Ave E and 8th St. E, Owen Sound.





## **OSCC BBQ & AGM**

We are planning our annual club social event (aka "the Club BBQ") for Sunday July 22. Club members, Scott and Mary Thomson, have graciously agreed to host this "not to be missed" feast at their home located at 515 4th Ave. West Owen Sound, starting at 5 pm. As required, we will hold a very brief annual general meeting directly following the meal (6:00 pm or so). You get a chance to meet your board and executive, hear a little about what goes on "behind the scenes" and provide feedback.

We welcome family members who are not club members. Please bring a lawn chair and a dish to pass (appetizer, salad or dessert). The club will provide burgers (meat and veggie) and sausages and "the fixins'" as well as cold soft drinks, coffee & tea. If you prefer another beverage please bring your own.

To aid us in planning please RSVP to [annmarie58.west@gmail.com](mailto:annmarie58.west@gmail.com) with the number of people attending, your preference for burger (meat or veggie) and how many burgers and sausages you would like.



**OSCC BBQ  
& AGM**

**Sunday, July 22 • 5:00 pm**  
**Scott & Mary Thomson's Place**  
**515 4th Ave. W., O.S.**

**R.S.V.P. Ann West: [annmarie58.west@gmail.com](mailto:annmarie58.west@gmail.com)**



## New OSCC Jerseys

There are still 9 jerseys and 2 bib shorts waiting for you to try on and buy at Runner's Den. Here is the inventory of what is left and the pricing.

Jerseys are \$65 and Bib is \$90

### Women's Jerseys

small	1
medium	3
large	1

### Men's Jerseys

medium	1
large	2

### Women's Bib

medium	1
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### Men's bib

medium	1
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## Laura Robinson

OSCC member, Laura Robinson, received a life-time achievement award from Canada Bikes at the parliamentary reception in Ottawa.



Canada Bikes ED Judi Varga-Toth (left), who co-organized the National Bike Summit with Kate Walker (centre) and Laura Robinson.

## Web Site and Technology

by Trevor Stokes

I made a small change to the web site which you may not have discovered. When you are viewing the Points Earned list on the member info page you will see that the members' names are now links. If you click on a name a pop up with a complete list of events attended will appear. Please let us know if all of your rides are not there.

Date	Event	Description	Points
2018-01-01	Signed Up	A point just for registering	1
2018-05-01	Tues Women		2
2018-05-02	Wed Mixed		1
2018-05-08	Tues Women		2
2018-05-09	Wed Mixed		2
2018-05-16	Wed Mixed		1
2018-05-20	OCA Women's Day Ride		1
2018-05-23	Wed Mixed		2
2018-05-29	Tues Women		2

I'm also looking for an off-season project. Is there anything missing from the web site or results sub-system? Age categories? Multi lap races?

Since the last newsletter I discovered Fulgaz. It's another virtual cycling program that some of our members are using. Unlike Zwift, it uses real, HD video of rides from around the world. Here's how it works. Some one rides a course with a camera and GPS. They wave their hand in front of the camera when they start (sort of like the clapper board in the movies). They ride the course, capturing video and GPS data. The two files are processed by Fulgaz and stored on their portal. I can then ride that same course on my trainer. The scenery moves by at the speed I pedal. And the resistance increases if the GPS data says it is uphill, etc.



Fulgaz' founder is a Welshman who moved to Australia. I don't know how big the company is, but he's the one who replies promptly to technical questions.

The requirements are similar to those of Zwift: a smart trainer that can transmit power and can be controlled by the app. It's a free download, with a two week free trial. It runs on the iPhone, iPad and now Apple tv. If you have a slow Internet connection you can download the movie in advance. If you have limited space on the Apple device you can store the movies on a machine on your home network, set up a web server (MAMP, WAMP or LAMP) and access them that way. Subscription is \$12.99 CAD per month. A second family member is free, but you might have to edit the profile (weight etc) for them to ride.

So.. with Zwift the scenery is artificial, but you can race against other riders from anywhere in the world. There are races, group rides and structured work outs. With Fulgaz you ride at your pace. No matter how hard you pedal of course you won't catch another rider if the person doing the recording didn't! There's a dashboard with lots of information including the ratio of your speed to that of the person filming. But that could be an Olympic athlete or a retiree, so it may not mean much.

I've ridden the Sella Pass in the Dolomites and part of the 2012 Olympic course that goes up Box Hill in Surrey, UK. I chose these because I've driven both.

## Para National Time Trials



World champion Shelley Gautier of Toronto won the combined T1-2 Trike para category, while Kara Douville (Team Alberta) won the combined handcycle category for Women's H2-4 and Men's H2. Charles Moreau (Équipe du Québec) won the combined Men's H3-5 category. In the Women's and Men's combined C4-5 category, Marie Claude Molnar (Équipe du Québec) won the overall title. In the Tandem competition, Daniel Chalifour (Équipe du Québec), alongside pilot Jean Michel Lachance won the combined men's and women's category, with the team of Robbi Weldon (Macogep Argon18 Girondins de Bordeaux p/p Mazda) and her pilot Audrey Lemieux finishing as the top female team.

## Cap and Trade Mess

*by Jamie Stuckless, Share the Road*

This week, communities across Ontario received notice from the Ministry of Transportation that the Ontario Municipal Commuter Program (OMCC) has been cancelled. The OMCC was funded through the cap and trade program, which has also been cancelled. This is not surprising. The new government was very clear on their intentions to cancel cap and trade throughout the election, however, it is still disappointing to see the official announcement.

Through the OMCC, Ontario invested \$93 million in cycling infrastructure. This investment will result in new and improved cycling facilities and Bicycle Master Plans across 118 municipalities and communities have until December 2020 to complete their planned projects under the program. However, there will be no new funding through OMCC moving forward.

The \$93 million announcement was a game changer for cycling in Ontario in December 2017. It was supposed to be one of several investments that would see up to \$225 million for cycling infrastructure over 4 years. We will not see the full \$225 million investment under OMCC, however, we are committed to working with the new government to make investments in safe cycling.

This work is already underway. Are you part of it?

Since the election, we have been encouraging cycling supporters (like you!) to reach out to their new or re-elected MPPs. The objective of this outreach is to:

congratulate them & build relationships, and; let them know that provincial support for cycling matters to you and to people in their riding. A sample template email is included in the next section of the newsletter.

We know from our polling and from research that there is support for investing in cycling as a way to build healthy communities where residents have access to affordable & safe transportation and recreation choices. Helping people cycle more often is also a way to reduce congestion by getting more people moving more efficiently on our roads. When people cycle, they also invest in the Ontario economy by shopping local and participating in cycle tourism. And cycling connections will help to further leverage planned investments in transit by making it fast & convenient for people to connect to bus stops, subways and train stations.

As it stands today, our new government did not have cycling in their election platform and Ontario's primary source of cycling infrastructure funding (OMCC) was just cancelled. But this doesn't have to be our story for the next 4 years. There are many individual and community benefits to investing in cycling, and we need you to help us make that case. Let's make sure that our elected officials know that there is support for cycling among residents, that investments in cycling will contribute to provincial objectives for a more affordable Ontario and that they have enthusiastic cycling partners to work with in their riding.

You can be that positive voice & partner for cycling. Reach out to your MPP today and cc Share the Road ([jamie@sharetheroad.ca](mailto:jamie@sharetheroad.ca)).

We look forward to working with you and all of our representatives at Queen's Park to continue our work to build a more bicycle-friendly Ontario.