



President's Message

By Brian Low

Well, it's that time of year again ...will we be skiing tomorrow, cycling, hiking, or hiding under the umbrella? To be safe, I just leave my skis and bike on the verandah to be ready at a moment's notice! What a crazy winter/spring we have experienced.



However, the time for us to ride together once again is drawing close with our OSCC sanctioned rides beginning in early May. Your OSCC board has not been sitting back. Meeting regularly through the winter, we have been listening to your comments and suggestions, making plans, and taking action. A big thanks to Aidan Ware, Bill Smith, Jim Porteous, Joanne Barber, John Brown, Tom Hakala and Trevor Stokes. Enjoy your read of our "OutSpoken". It is for your information and reading enjoyment!

You have now observed some of the results of this early work. Our new OSCC cycling kit will be arriving at the first of the season with a unique and exciting new look. Reflecting our community and the distinctive art of Tom Thomson's "Sunset Sky", our kit offers a great new start to the year. A shout out to Joanne Barber and her committee for the many hours of work to bring this kit to reality. While the order window for the new kit has closed, the club has purchased a small number of jerseys in popular sizes for those who would like to purchase one



right away. We will provide ordering opportunities over the next couple of years as demand and minimum numbers are considered.

If you haven't been there already, once you've read this newsletter, head directly to the OSCC website! We have a new, fresh look, updated information and simplified ride sign up protocols. It has been incredible to watch the development of the new site and the efforts of Trevor Stokes and Tom Hakala to produce a website we are all proud of. The website transition from old to new took place on April 1. We are continuing to revise and add information to ensure it meets the needs of all our members. If you have suggestions or comments as you surf the new site, please help us to make it the best it can be. [CLICK HERE](http://owensoundcycling.ca) for owensoundcycling.ca

If you haven't renewed your OSCC membership, when you go to the website, click on Join Here, and review the information on our Ontario Cycling (OC) affiliation and changes for 2024 as you renew your membership. We recommend you seriously consider purchasing one of the two optional sport accident insurance options as OC no longer offers it within the regular membership. The optional insurance also covers the cyclist when riding at times other than with the sanctioned OSCC rides.



Jim Porteous, our Ride Coordinator, has been working hard with the support and assistance of the board to further develop our ride guidelines, increase the number of ride leaders, and to update our ride sign up and cancellation protocols. You will hear more about this as we approach the riding season. Thanks to the many new and returning ride leaders who will be involved in training on ride protocols, emergency management, ride communications, etc., that will provide a consistent

message for all riders on all rides. Our focus is to provide enjoyable, safe group riding. Your support for your ride leaders is appreciated.

As your board plans for the near and extended future, we are also attracting the attention of potential OSCC sponsors. Please take time to view the "our sponsors" page on the new website. We now have annual sponsors and specific ride sponsors as well. We appreciate this support and encourage everyone to consider the products and services each provides when you have interest in those areas. Thanks to Bill Smith, our OSCC sponsorship lead. If you, your business or someone you know has interest in exposure to our large, energetic group, please contact Bill. All information is on the website.

I and all of our engaged board members are looking forward to seeing you on the roads and trails as we begin our active cycling season. Have fun, be safe, and enjoy the camaraderie of the OSCC!

Protect me! Find me! Identify me! Help me!

By Joanne Barber

Protect me!

Ontario Cycling Insurance:

- OSCC members, who purchase the Community Membership, are strongly encouraged to also purchase one of two optional insurance packages available when registering. Most members would benefit minimally from Option 1, which is an expanded coverage from what was included in 2023.

- Should you have an accident and require extended health care coverage such as physio, massage, chiropractor, once any employer or personal insurance has been depleted, the insurance noted below would become your provider, dependent on approval of your claim. For those who do not have private or employer coverage, the options below are available at a very reasonable cost and OSCC encourages you to purchase for your own protection.

- Option 1 - Personal Accident Extension Program - \$27 (+ CCN processing fee) ON-BIKE TRAINING Description Unsanctioned training activities, including personal rides where the primary purpose is exercise or training and not travel to a specific destination.

The underwriter has advised that Option 1 covers sanctioned rides and would be sufficient to cover any ride that is not a commute - they'd consider it

further individual training.

- Option 2 - Personal Accident Extension Program - \$114 (+ CCN processing fee) ANYTIME ON THE BIKE!

Description Coverage for all unsanctioned activity on the bike including, but not limited to, commuting and other activities where the primary purpose of the ride is a means of transportation to a specific destination (work, store, etc.). This would include the activities covered by Option 1 and it is not necessary to get both options.

Find me!

Note on finding Insurance link: Here is the link **CLICK HERE** to use if you want to visit Ontario Cycling's "Post Process Store" to purchase a Personal Accident Extension Program.

Due to a quirk on the CCNBikes site it works best if you log in, using the profile you used when registering, before clicking the above link.

If you aren't logged in, they will divert you to the login and there's no easy way to get back to the target page.

Garmin Connect:

Many people use Garmin to track their activities. Garmin Connect offers "Live tracking". If you carry your phone with you, simply invite someone to watch your activity and they can track a map as to your route.



What3Words:

What3 Words is an easy way to identify precise locations. Every 10-foot square has been given a unique combination of three words. Download the free app, a great tool for off road riding or other activities should you have an accident or break down or you are lost.

Leave a note:

Sometimes you are heading out on a solo ride, leave a note or route map on your counter or with family/friends. Say when you are leaving and when you anticipate returning.

Identify me!

Proof of Membership:

When registering with CCN Bikes we ask that you print your ID card and keep it either in your tool

bag or on your person. This membership card can be accessed by logging on to CCN bikes, your profile and membership. The emergency phone contact you listed upon registering is printed on the card, in addition, if a ride leader requests proof of membership, you have it readily available.

Road ID:

Have you heard of Road ID? If not, check out the link below. This is a great tool that can enhance your safety while riding, or any outdoor activity for that matter, particularly if you are out on your own. You can customize with two emergency contact names, add important medical information, and even insert a favorite slogan like "East my Dust", "Finish Strong", or many other slogans to choose from.

Several styles are available such as a rubber bracelet type or a nylon loop style. Check out the website for details.

https://www.roadid.com/products/sprint-stainless-velcro-id?utm_source=google&campaign_id=17132039482&ad_id=5959

ICE - In case of Emergency

A free app that you can download to your phone and add emergency numbers and medical information.

Help me!

CAA:

As Ontarians make a shift towards a greener lifestyle and with more and more commuters using their bicycles as their main mode of transportation, CAA is introducing CAA Bike Assist, roadside assistance for your bicycle. If you run into a problem that cannot be fixed on the spot, CAA will transport you and your bicycle to wherever* you need to go. It's available as part of your membership 24 hours a day, 7 days a week, 365 days a year. Members will not have to pay extra to be eligible for Bike Assist as it will now be a new permanent benefit for existing Members! <https://www.caasco.com/auto/roadside-assistance/caa-bike-assist>

Spring Ride Guide

Joel Zanatta

From The Biking Lawyer, David Shellnutt Blog Site.

It has been a long winter and many bikes have been stored away collecting dust. Fortunately, the days are getting longer and it's time to get back on the saddle.

Though it is easy to imagine those first amazing

pedal strokes, reality is often quite different. The first few rides can be a real struggle. Early season riding often involves a variety of physical and mechanical hurdles that must be dealt with in order to set yourself up for a successful cycling season.



Preparing Your Bike

It is funny how bikes and bodies work best when they are well used. A bike that has been sitting in hibernation may need a little bit of love before it is exposed to the rigors of riding. The following list encompasses a variety of basic things that the novice mechanic can manage. However, if you feel that your bike needs a thorough tune it may be best to book it in with your local bike shop.

Wheels

Give your wheels and tires a basic inspection. Check if the sidewalls on your tires have cracks or tears. Inflate your tires to the recommended pressure, then let the bike sit overnight and check if the air pressure has held up. Make sure that you have plenty of tread. Spin the wheels to check if they are true. A true wheel that is in alignment will be free of wobbles.

Drive train

Clean your chain by running it against a rag. If the drive train is dirty and gritty apply a degreaser and take a brush to it. Once the chain is relatively clean re-lube it to get it moving smoothly.

Brakes

Never ride until you have given your brakes a test. If you have rim brakes, take a clean rag and remove any dust and grit off of the rim first. Grit and dust will form a barrier between your brake pad and the stopping surface so it must be removed. Spin the tire and clamp down on the brake to make sure that it is stopping the rotation. Listen and watch for issues.

Hydraulic brakes are a little more complicated. If the pressure in the brake line drops due to air bubbles or a leak you may feel a squishy and/or uneven pull. A loss of hydraulic pressure in a brake

line will require a brake bleed which for most folks must be performed by a qualified mechanic.

Bolts and skewers

Take a moment to make sure that all of the bolts are tight. For bikes with quick-release wheels take a moment to ensure that the skewers are in a closed position and clamped down.

Lights and Reflectors

Many motorists are blissfully unaware that the bike season has begun. Though it is always important to be highly visible, it is even more imperative early in the season. Take a moment to ensure that your bike lights have good batteries and/or a fresh charge. If you have reflectors clean them off so that they are bright and effective.



Preparing Your Body

Even though I ride all year I find that every spring I suffer from repetitive strain injuries. My mind wants to crank up my cadence, but my body is simply not ready for the added workload. The following tips will help you to avoid those early season aches and pains.

Stretch

Before you get on your bike for those early season rides engage in basic stretching routine. Bike Radar has a great article recommending eight cycling specific stretches that will help keep you limber on and off the bike.

Ease Into It

Your body will be ready to take on epic distances much better if you start your season with some stationary spinning and/or shorter rides on flat ground. Create a basic route that gives you plenty of easy terrain and ride at a low cadence to get the blood flowing and the muscles accustomed to the stress of riding. Give yourself plenty of time to work out the kinks.

Manage Your Expectations

Cycling is like anything else in life, the more that you practice the easier it gets. Do not get down on yourself when in the early season you struggle

with your cardiovascular fitness and/or leg weakness. When you last rode you had a whole season of riding behind you. You have months to get back to that level of fitness - enjoy the journey.

There is nothing better than spring riding. Though those early rides can prove challenging (especially the morning after), once you make it through the first few weeks you will not only get back into the habit of riding you will be working your way back to top fitness.

Good luck and see you on the road.

Tom Thomson Trail

By Tom Hakala

Here are a couple of important things about the Tom Thomson Trail...

The Side Road 24 Section of the Tom Thomson Trail will be closed for the summer of 2024. The old dilapidated bridge at the entrance to SR 24 will be replaced this summer, so that section of the trail will not be accessible from Tom Thomson Lane. There will be heavy equipment operating on both SR 24 and 28th Ave. East Road Allowance, so it is recommended that we all stay off that section of the trail. While the trail is closed take the Alternate Route (Bayshore Road to Leith) or continue east on Side Road 21 to Concession A turn left and head to Leith. (See Map)



Item 2: The Tom Thomson Trail bench that is situated just west of the old bridge that is being replaced was purchased by OSCC a number of years ago as part of a fund-raiser for the trail. The bench is in similar condition to the bridge and is in need of refurbishment. That is where you come in... We plan on removing the bench and taking it to a garage where it will be sanded down and stained to give it a new lease of life. If you would like to help with sanding and staining, please contact Tom Hakala at: hakalathomas@gmail.com.

Re-Web

By Trevor Stokes

Over the winter we have been reworking the club's website. It was a collaborative effort. I only set up the framework. Tom is the real artist. Many others on the board contributed to the actual content of the pages. You'll find a picture and short bio of each board member on the Leadership page. [CLICK HERE](#)



Bill has recruited many new sponsors. We have "Annual Sponsors" and "Specialty Sponsors." The latter each sponsor a different ride category.

We came up with a whole new way of presenting the ride calendar to members. Ride leaders enter details of a ride through a form on the website. They can embed a thumbnail image of the route. (We have standardized on Strava for routes.) You can click on it to download to your bike's computer or to view it on Strava. Ride leaders also include a link that takes you directly to the sign up sheet's tab.



All of the usual meeting places for road rides, TTs and gravel rides are pre-set. The ride leader just needs to choose one and the address and Google map appear on the calendar page. No longer will you have to call the webmaster or ride leader to find out where to meet for a TT!

Rides are given a category - Co-ed, Women's, TT, Gravel - allowing you to filter out only the ones you want to see.

You can try it out by going to the Calendar page and clicking on a ride's title. Or, a link on the Weekly Rides page will take you to the calendar, but show-

ing only a certain category. The underlying calendar is Google's, so you can subscribe or choose to add an individual ride to your personal calendar.

OC Profiles Joanne Barber

Ed. Ontario Cycling has created Women's Cycling Month for the month of March to celebrate International Women's Day that falls on March 8th. As natural extension of that celebration they have created a blog on their website called Women & Girls in Cycling. In it they profile a number of women who are key players in advancing cycling in Ontario. One of those profiles is of our own Joanne Barber. Below is the article about Joanne...

Joanne Barber is a valuable and incredibly active member of the Owen Sound Cycling Club. She has led the Women's ride and the Thursday Mixed ride for many years and currently sits on the club's executive committee. OSCC credits their club's almost 50% female membership largely because of Joanne's influence and dedication.

How long have you been cycling?
Since 1988.

What drew you to getting involved with Owen Sound Cycling Club?

An opportunity to learn to ride in a group and share the camaraderie of like-minded people.

What's your favorite part about volunteering and running these events for women?

Consistency is the name of the game and I enjoy encouraging others to try something they haven't done before. Examples are taking someone from flat pedals to clips and showing the how to ride in a pace line and next thing they are branching off and doing half iron triathlons. Nice to see the progression and their success.



What advice would you give to other women about getting involved?

Don't be intimidated by the kind of bike you have. As Lance said, "it's not always about the bike".

It might be good to ditch the basket carrier and streamers, but you don't need a fancy bike to get started. Try it first, get advice from other riders, go to a trusted bike shop.

What's favourite type of ride?

I am first a road rider, love our social group rides, especially our women's rides. Often with a potluck or bebies at a local restaurant post ride. Don't forget we live in the best place in Ontario - Georgian Bay. All rides have low traffic, and we have great post ride spots right on the harbour. Doesn't get any better. I also enjoy solo road trips, my favourite is a point to point to the Bruce Peninsula where my husband parks the vehicle, he enjoys hiking and I ride to the vehicle and the pick him up on his point-to-point Bruce Trail hike. We have it all figured out. I enjoy hiking too, but I also enjoy the solitude of riding and resetting the mind. The Bruce Peninsula and Manitoulin Island are two of my most favourite areas to ride. I also enjoy our rail trails and my husband enjoys riding with me on these journeys. If you haven't tried the Georgian Trail, it is something to add to your bucket list. To see the complete blog go to:

[CLICK HERE.](#)

Special Discount Offer for OSCC Members and Friends

By Brian Low

The OSCC has worked this year with Uno Imports, the Canadian representative for Giordana cycling kits to create and offer our new, exciting OSCC jersey and shorts. Uno Imports is now offering OSCC Members and Friends a special 25% discount on the items listed in their online store until July 31, 2024.

Go to www.unoimports.com to see all that is offered. The conditions related to this offer include:

- For online store except bikes/frames
- 25% off entire order
- No minimum purchase requirement
- All customers
- No usage limits
- Available on regular priced items only
- Can't combine with other discounts (e.g. Energy Bars are already set at Buy One/Get One at 50% off)

When order is complete, on check out, enter discount code OSCC25 to receive 25% off all eligible items.

Based on some feedback from consumers of the site, some favourite selections for consideration include:

- Giordana FR-C bib shorts- it's the last bib you will ever buy.

- Giordana G Shield bib short - if you do cold weather riding this feels like a warm blanket around your legs
- Giordana Sun Sleeves - when sun shield isn't quite enough or a light weight arm warmer
- Giordana Super Roubaix Knee Warmers - for sunny but cold spring rides..... matches up well with the G Shield bib short
- Giordana FR-C Tall Solid Socks - specific left and right foot fit. You will love these socks
- Named Sport Energy Fruit Jelly - new product
- Named Sport HydraFit or Isotonic Hydra Electrolyte tablets - 1 tab per 500 ml bottle. Great taste and when your water gets a little warm these help take the blah taste away.
- Named Sport Total Energy Strong Gel - excellent taste and when you need some extra calories and a hit of caffeine this will get you going again.
- Named Sport Gel - slightly smaller than the Strong Gel and you can get caffeine free flavours



Uno Imports, Inc. is a leading importer and distributor of Italian cycling goods for Canadian marketplace. Based in Hamilton ON, we have serviced the Canadian bicycle industry for over 25 years. We currently represent the following brands exclusively in Canada: Pinarello, Giordana, Giordana Custom, MOST components/accessories and Pegoretti custom build bicycles. Our goal is to continue to expand and provide the best customer service, delivery and product names with the highest quality in mind from the world of cycling to the Canadian marketplace.

History Blog

By Tom Hakala

Before all of our memories fade away, I thought it would be a good idea to ask members and former



members to pedal back in their cycling cognizance and put down those recollections of the Owen Sound Cycling Club's past. I asked some fellow travelers about the early days with the club, each one gave what I thought was

a unique perspective on our club's past. The new website had a "History" page and I wondered how to combine all these different stories into some-

thing that people would read. In the end I decided not to combine them at all, but create an ongoing history blog on the page. [CLICK HERE](#) to find the History Blog.

When you go to the page you will find pictures and stories that you can scroll through and read. My hope is that members will continue to send me their stories about their connection with OSCC. If you do have a story for the distant past or more recent past, send me and email: hakalathomas@gmail.com. I would love to hear from you.

Below is an example of one of the blogs... This one digs deep into the memory bank of Martin Kerr...



I think it may have been Emil who came up with the race name "Whemmy's" for a local MTB race that I had given the greatly inflated title of "Western Hemisphere Mountain Bike Championships" The winner was awarded the coveted golden saddle trophy which was a plastic bmx saddle screwed onto a broom handle which

was glued to a piece of 4x4 and spray painted gold. It soon became a three person relay race and two more plastic saddles were added to the 4x4. I think the golden saddles are still in the big storage shed at Sawmill Trail.



I'm sorry but I can't recall any dates surrounding the event. Neither can I recall any dates for the interclub series but I know it was running when I started racing with the club. Emil, Gary Luke and Tim Bouma were going to those races in the early years. I think that Emil should be able to give you lots of the kind of information you might be after.

Time Trials 2024

By Scott Thomson

Time trials will continue to run at 6:30 pm wednesdays, as per schedule to be published on the OSCC Website Calendar ([CLICK HERE](#)). This schedule will be subject to change depending on weather, road condition, participants. We will utilize the historical TT courses, both east and west of Owen Sound, scheduling with rider input. See tentative May schedule below.



All OSCC members are welcome. TT events are a great personal training / fitness benefit, and test. The courses differ in distance, often with a shorter and longer option, and with varying elevations. Any safe working bike can be used. Some will be full aero (TT / triathlon); some Eddy Merckx style; MTB if that's you. I will be back to my recumbent this year 😊. See you there.

- May 8 East Bayshore
- May 15 Shallow Lake
- May 22 Annan
- 7 June 5 Island View

Croatia: Dalmatian Islands by Bike and Yacht

By Mark Walker



Last October my wife and I had the pleasure of traveling to Croatia for a fantastic 11 days cycling and sailing trip around the Dalmatian Islands with a great group of other cyclists. For anyone passionate about cycling, keeping active while on vacation and getting away from the busy tourist areas, there is no better way than to go on a cycling trip.

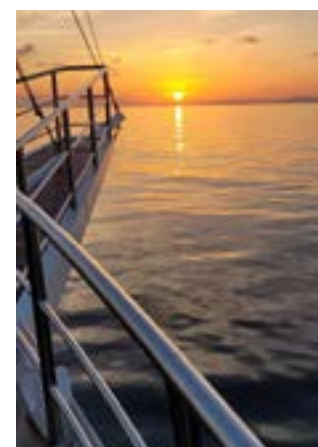
This trip had everything you could ask for. It was a combination of sailing the Dalmatian coast on a luxury private ship through calm Adriatic waters, cycling a new island each day, and visiting medieval villages. All while enjoying great food at small unique restaurants along with beautiful weather.

The cycling was a combination of rolling terrain and moderate-to-challenging hills, especially on the first day climbing the roughly 10KM hill out of the small village of Komiza after a big lunch, with folks on e-bikes flying by, yikes. The rides were about 45 each day with lots of opportunities to stop and take photos. There was always a support van accompanying us, but besides that we were on our own to make our way to each ending point using maps that were provided.



Komiza

The Yacht



The yacht (pictured above) was very comfortable with only the folks from our immediate group on board. Everyone had their own cabin and private bathroom. Breakfast and dinners were on the Yacht with the exception of dinner on the first and last days of the trip.

The Cycling

Bikes were provided and you could choose from a variety of different types. There were road bikes, hybrids or e-bikes. We were also offered to bring our own equipment such as helmets, seats or pedals, of course all was provided if you wanted to save luggage space!



Vis

After arriving in Split and enjoying a great evening the medieval town, we boarded our Yacht and sailed to the small island of Vis. Here we were fitted with our bikes and headed off on our first ride. The terrain varied from cobblestone along small town alleyways, to gravel to very nice open paved roads, this was consistent throughout the trip. Each



Krocula

day of riding was broken up by a stop at a different unique restaurant to refuel on local cuisine, ending with a return to the Yacht at the end of each ride. Throughout the trip we sailed to 5 different islands (Vis, Korcula, Peljesac Pen., Hvar, Brac) and while on the islands we visited many small villages and medieval towns. One of my favorites was the medieval town of Korcula, if you are fan of the series Game of Thrones, many of the scenes were filmed at this location.

Throughout the days of cycling we were also able to visit local island wineries for wine tasting and centuries old olive farms. Upon leaving the island of Krocula we sailed to a bay off the island of Lumbarda, where we anchored and were given the opportunity to swim in the sea off of the boat. We also were given paddle boards, it was a fantastic break from cycling and the weather was great for swimming.



Krocula

Each day the group looked forward to another great day of cycling and visiting beautiful towns like Stari Grad founded in the fourth century BCE, other towns hidden at the end of narrow bays, centuries old castles and quaint inviting beaches to cool off in after a big hill climb.



Swim



Adriatic

The trip concluded in Dubrovnik where we stayed in a beautiful hotel with stunning views of the Adriatic Sea. We were able to visit the Old Town of Dubrovnik which dates back to the 15th Century and again for the Game of Thrones fans this is where scenes for Kings landing were filmed.



Dubrovnik

Eventually all good things had to come to an end as this trip sadly did. I could go on for another couple of pages describing many other sites and experiences. It was such a fantastic trip with a packed Itinerary. I hope I have been able to give you a feel for how great the trip was and help you lean toward a trip like this if you

have been considering one. Or may have done cycling trips and were looking for another trip option.

I can honestly say that I cannot think of anything negative to say about this trip if you travel with reasonable expectations, an open mind and love trips with different daily adventures. We highly recommend that you put this trip on your bucket list.

One thing I would recommend if anyone was to consider this trip is to go in the fall, as the traffic on some of the busier roadways on the various islands was minimal. We heard that in the summer months, the roads can be very busy and extremely hot. Also access to all of the beautiful waterfront restaurants and cafes is difficult as they are jammed with people. 9

Our OSCC Sponsors

Please support these local businesses as they are supporting our club.



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Weds. Time Trials



Brian Low & Associates

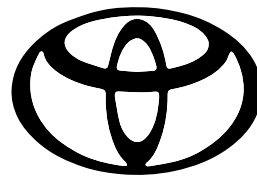
Gravel Rides



Thursday Co-Ed Rides

RUNNER'S DEN

Tuesday Women's Rides



**Baywest
TOYOTA**



Monday Co-Ed Rides

