
OUTSPOKEN

The official newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

April 2005

Editor's Ramblings

So what's the Point?

The club has a points incentive system to encourage participation in events throughout the season. You earn a point for every race, group ride and trail clean up that you attend. As an even bigger incentive to get involved, the organizer of an event receives a point for *every* member who turns up.

The organizer is responsible for recording who took part in his or her ride. Emese has volunteered to tally the points this year. Please email her at Emese40@sympatico.ca as soon as possible after each event with a list of the members who earned a point.

Some time next winter you'll be spending those points at our points party.

cyclist. I did, however, find some tables published by the UK Veterans' Time Trial Association. For cyclists aged 40-94 (40-86 for females) they list the standard time for the 10, 25, 30, 50 and 100 Mile Time Trial.

Just for fun I wrote a calculator. It simply takes your age and 15K result and then adjusts your time in the ratio of the standard for your age and that of a forty year old.

For example:

The standard for 10 miles for a 40 year old male is 25:30. For a 60 year old male it is 29:48. The calculator scales your time in the same ratio. A 60 year old's 26:00 time is equivalent to $26:00 * (25:30 / 29:48)$ - or 22:15. I linked the calculator from the home page of the web site for now.

I know some of you don't agree that cycling times should be adjusted for age! Some of our members are getting faster as they get older. But does this really mean that, given the same motivation, competition, training and equipment they wouldn't have peaked at 40?

Anyway - enter your age and TT result (or those of your arch rival) and see how you compare.

<http://www.owensoundcycling.ca/agegrading.html>

If anyone's interested I have the complete tables from the VITA. I received them from Richard Poole, who's a distant cousin. Last year he broke the 10-mile record for 72 year olds twice - the first ride he did 24.50 and then a life-time best of 23.53. That's 18:35, age-graded.

I've also been corresponding with the TT organizers at the Ontario Masters Cycling Association. They use a very simple linear formula of 1.5 seconds per month over 40 years. This seems very generous and would give our 60-year-old six minutes over those riders in the open class.

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Age Grading of TT Results	
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As a runner I was familiar with the masters' age grading tables. But I couldn't find anything quite like them for the

Wahoo – Yahoo

Thank you to the 40 or so members who accepted the invitation to join the OSCC Yahoo Group. That's 40 email addresses I don't have to manage. And it took me under the 100 limit that Sympatico imposes. So now I can reach all of you with one email. Remember, if you have something that's important and relevant to the whole club, you can email OwenSoundCycling@yahoo.com. You can also post pictures and files and put an event on the calendar. Please don't use it if you just want to reach a couple of people. Not everyone wants to see all the "chatter".

Monday Night Rides

Emese and I will be leading group rides every Monday evening. The first ride will be Monday, May 2nd at 6:00 p.m. We'll meet at the Fifth Season Parkette (opposite the Owen Sound Farmers Market). From then on the rides will alternate between Owen Sound and Williamsford (the arena parking lot). I'll post them on the Yahoo Group calendar so you'll always know where to meet.

The routes we have worked out are around 40 Kms. We promise that no one will get dropped – we'll form two groups if necessary.

Carmichael Training System

How's my training going you ask? Better! Better get a bucket if you're doing the Descending Intervals.

Trevor Stokes.

President's Message

Hi Gang -

It is spring. You can now venture outside without the balaclava and snowmobile gloves to ride your bike.

The club events start in just a couple of weeks so make sure you have contacted Rebecca Hilts to get your membership stuff up to date. If you do not sign the forms you can wear the spandex but just not play with us.

Also, the Dirt Duathlon is coming up (*Saturday May 7th, Ed.*), so start your training today. Martin's Bike Shop and Ron Oatt Shoes have put up some great swag as per usual. Prizes include 2 - \$25 gift certificates to Ron Oatts and many handy dandy articles of clothing and bike swag from Martin's.

See you soon

Greg

Important Stuff

You might wonder why the Owen Sound Cycling Club does not allow people to participate in our club activities unless they are a member and have signed all the necessary forms. It has to do with risk management. The Ontario Cycling Association governs our club and imposes rules that we must follow. The rules do not allow for flexibility and if the OSCC executive and club members want to be protected, we have to be sticklers. So, please don't invite a friend to participate in one of our club activities, unless you prepare them ahead of time that they will have to pay \$30 and will need to sign waivers before they can do anything. And remind them that they have to go through this process every year. I've had people say to me that they thought they were members of the OSCC, when in fact they joined two years ago and didn't realize membership is good for only one year at a time. Take the time to help the OSCC maintain good risk management.

The following is an outline from the 2005 Ontario Cycling Association Handbook about insurance.

General Liability Coverage

The general liability insurance covers your exposure to loss in which a third party suffers a bodily injury of property damage, as a result of an incident caused by your actions, and for which you are held legally liable. If the injured party should sue you as a result of this incident, the insurers will provide for your legal defence costs and, in the event you are found negligent, will pay the sum awarded to the injured party up to the limit of insurance provided for in the policy of \$5 million.

The policy also provides protection to you during approved events. If, as a result of an incident during an event another participant sues an organizer or instructor for negligence leading to damage or injury, the policy once again provides for legal defence costs and damages which may be awarded.

AD&D Coverage

The AD&D pays for injuries that you have sustained as a result of an incident while cycling in an OCA approved cycling activity. The coverage does not require proof of negligence or legal proceedings of any kind. The AD&D coverage is not medical insurance. This is especially evident when traveling internationally. You must have additional medical travel insurance when leaving Canada. OHIP will not cover all of your bills when out of the country.

Price Increases

For the OCA, insurance is a "flow through" expense - we collect the money and remit it directly to the insurance company. There are several factors for the price increases, some of which include:

- increased claims against insurance policies;
- legal action against the OCA by an individual member;
- some clubs/organizers not following proper and safe cycling protocol and inflating risk and causing concern with underwriters - basically inadequate risk management;
- international insurance trends and extraordinary events;
- the financial position of insurers; and
- increased litigation and litigation costs.

Happy and safe riding to you all this year.

Rebecca

Tobermory Trip

Owen Sound Transportation at Springmount is now selling tickets for the May 5 trip to Tobermory. They are open 5 days a week - best to call to make sure they are open. 376-8740. Also a reminder that this is a club ride and all participants need to be members of OSCC. Print form off the OSCC Web and send in to Rebecca Hilts.

John Brown

Less than 50 tickets left at press time

Bicycle Maintenance Workshops

Winterborne custom bikes in Guelph is offering several weekend bicycle maintenance workshops in April and May. Information about these can be attained at:

winterbornebikes@bellnet.ca
www.winterbornebikes.com

Fred Scheel

Interclub Update

The first Interclub of the year takes place on Sunday April 24th, northwest of Dundalk. In order to participate you must be a member of the Newmarket Cycling Club. Various levels of membership are possible, with prices ranging from \$10 to \$45.

For further interclub info, please visit the website

www.newmarketeagles.com. Due to the underwhelming response, an Interclub e-mail list will not be established.

May Day Training Ride - 10am

Meet at 1856 Third Avenue West on the morning of Sunday, May 1st for a two-hour road ride. Pace will be easy to moderate. We will not be stopping for coffee, tea or a smoke, but if you puncture then of course we'll help you. Departure time is 10 AM sharp, rain or shine.

Weekend Aussie Pursuits

There are only two Wednesday night Aussie Pursuits scheduled this year, which is not nearly enough. President Nicol has directed me to organize more of these fantastic events, on interesting courses and over longer distances.

The first of these weekend Aussie Pursuits takes place Saturday, May 14th on a circuit starting and finishing at Lincoln Park, southwest of Owen Sound. The first riders will depart at 10 AM sharp to cover 4 laps of a relatively flat 11.5 km course.

Lincoln Park is located at the intersection of Concession 3 and Sideroad 6, one concession south of Grey Road 18 (Owen Sound Bypass). There is very limited parking, so if you live in Owen Sound, please ride out. The warmup will do you good. I can already hear Jason saying "But that's the day before an O-Cup mtb race". So sorry young fella, but do this and you will actually ride faster on Sunday. According to Coach Kerr, a hard effort helps to "open the legs" and prepares the body for an even harder effort to follow. Try it.

The course itself proceeds south from Lincoln Park along Concession 3 to Grey Rd 16. Turn right and go west along Grey Rd 16 to Concession 5. Turn right and go north along Concession 5 to Sideroad 6. Turn right and go east along Sideroad 6 back to Concession 3. For more info call Emil at 376-5303 or emil@bmts.com.

Emil van Dijk

Royal Roads

Ah, fellow cyclists, it's that time of the year again. No, not to get your steed tuned up, or to have your first long ride of the season, or for sore behinds, or not even to resume shaving your legs (yes, I mean you, Rebecca). I'm talking about potholes.

I know you have some up in Grey County that you're pretty proud of. Some you might even consider, in your bumpkinness, "world class." But the city that isn't has some real nuclear-strength wheel destroyers.

The main intersection in town is called St. George's Square (or something like that). For some reason it isn't paved, but rather concrete was poured. Of course, concrete is laid in sections, like a sidewalk. Over the years, with the pounding of traffic, freeze/thaw cycles, etc., every joint has crumbled and deepened and now it is wheel-trap central. The cracks get wide and deep, then suddenly thin and woe be to any cyclist who has a front wheel in it. I don't know how deep these cracks are, but last week when the snow was melting and the roads were wet I passed through and I swear (although I don't, much) I saw a dead fish floating in one.

Yesterday I took advantage of some sunshine and mild temperatures to go for a real ride. Not a commuting ride or a shopping trip or a bun run, but a get-your-heart-rate-up-for-at-least-an-hour ride. So I'm riding down this road south of town that has signs blocking it off at every intersection, you know, "Road Closed" and stuff like that. I pass a hole in the pavement that is like, and I'm not making this up, at least a foot deep. It looks like a groundhog hole.

I pass a couple of dandies on my way to work also. In fact there's one, just this week I saw another guy on a bicycle ride into it on my way to work and didn't see him ride out until I was on my way home again.

On an extremely vaguely related note, I have a new philosophy. Since the traffic lights in Guelph have no sequencing whatsoever, and at 5:30 in the morning there is no traffic to speak of, and at minus plenty it is just too darn cold to be waiting for a light to change, Ned has had to become rather familiar with riding through on red. So my new theory is, "Those three round circles on a traffic light? Just different shades of green." I pass 16 on the way to work, but I can cut

through a strip mall to avoid one, and obviously right turns don't count, so that leaves 11. This morning I had to get through 8 on the dark shade of green. Kids, DON'T TRY THIS AT HOME. TRAINED PROFESSIONALS ONLY.

Go For Green Conference

The "Go For Green Conference" is being held in Owen Sound from April 12 to 14. The conference is targeted at helping Municipal Councils and Staff Members, as well as health professionals, environmental activists, and educators to understand the benefits and barriers associated with creating and promoting Active Transportation. Active Transportation means walking and cycling and the environmental and health benefits that go with it.

As part of this conference there will be a **Free Public Forum on Active Transportation**. Find out how community design and active transportation affect our health and our environment. Light refreshments provided.

For more information, call 376-9420 ext. 401

Tuesday, April 12, 2005, 7:00p.m. – 8:30 p.m. Council Chambers City of Owen Sound, 595 - 9th Street East, Owen Sound

Shane Jolley

Ontario Duathlons

Below is a list of Duathlons for this year. For those who are stronger cyclists than runners and interested in doing Duathlons, check the cycling to running ratio. Cyclists stand a better chance in the events with proportionately higher cycling distances.

John Brown

ONTARIO DUATHLON 2005

Date	Location	Run	Cycle	Run	Cycle/Run	Organization	Web URL
					Ratio		
0-Jul	Peterborough	2	90	21	3.91	Trisport	
07-Aug	Belwood	2	33	7	3.67	Trisport	
21-Aug	Orillia	2	33	7	3.67	Trisport	
19-Jun	Binbrook	4	28	4	3.50	Multisport	
17-Jul	Toronto	5	32	5	3.20	Multisport	
05-Jun	Milton	2	30	7.5	3.16	Trisport	www.trisportcanada.com
27-Aug	Parry Sound	4	25	4	3.13	Multisport	
15-May	Brick	4	25	4	3.13	Trisport	www.trisportcanada.com
17-Jul	Gravenhurst	4.5	28	4.5	3.11	Multisport	
30-Jul	Caledon	3	40	10	3.08	c3online	www.c3online.ca
19-Jun	Huntsville	3	55	15	3.06	Trisport	
29-May	Ancaster	5	30	5	3.00	Multisport	
11-Jun	St Mary's	5	30	5	3.00	Multisport	
14-Aug	Cobourg Provincial Championship	5	30	5	3.00	Multisport	
24-Sep	NOTL	4	23	4	2.88	Trisport	www.trisportcanada.com
25-Jun	Guelph Lake	2	20	5	2.86	Trisport	www.trisportcanada.com
10-Jul	Peterborough	2	20	5	2.86	Trisport	www.trisportcanada.com
03-Sep	Guelph Lake	2	20	5	2.86	Trisport	www.trisportcanada.com
17-Jul	Parry Sound	2.5	10	1	2.86	PS Trysport	www.pstrysport.com
24-Jul	Grimsby	2	25	7	2.78	Trisport	
03-Jul	Welland	10	40	5	2.67	Multisport	www.multisportcanada.com
06-Jul	Collingwood	8	32	4	2.67	Multisport	www.multisportcanada.com
07-Jul	Collingwood	8	64	16	2.67	Multisport	www.multisportcanada.com
10-Sep	Wassaga	10	40	5	2.67	Multisport	www.multisportcanada.com
17-Jul	Parry Sound	5	20	2.5	2.67	PS Trysport	www.pstrysport.com
14-Aug	McKellar	5	20	2.5	2.67	PS Trysport	www.pstrysport.com
14-Aug	McKellar	10	40	5	2.67	PS Trysport	www.pstrysport.com
18-Jun	Ottawa National Championship	10	40	5	2.67	Somersault	
26-Jun	Guelph Lake	5	39	10	2.60	Trisport	
02-Oct	Mississauga	4	20	4	2.50	Multisport	www.multisportcanada.com
10-Jul	Midland	4	20	4	2.50	Midland Triathlon	www.midlandtrathlon.ca
07-Aug	Barrie	NA	NA	NA	#VALUE!	Barrietri	www.barrietri.ca
	Ottawa Area Duathlons						www.somersault.ca

Contributors

Thanks to John Brown, Emil van Dijk, Rebecca Hilts Steve Lidkea, Greg Nicol and Fred Scheel for contributing to this edition of the newsletter.

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