

The Official Newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

June 2006

OutspOken



Split Personality

SPRING FLING RESULTS & PICS

What's Going On

Cut this out and pin it up somewhere that you can remember where you put it. Read it instead of calling Trevor!

- May 29, 6:00pm - Rec. Ride - O.S. Farmer's Market
- May 31, 6:30pm - 19K Individual TT - Annan
- May 31, 6:30pm - MTB TT - Sawmill Trails, Hepworth
- Jun 5, 6:00pm - Rec. Ride - Williamsford Arena
- Jun 4, 9:00am - Keppel Scramble & Backroad Ramble, Kelso Beach, O.S.
- Jun 7, 6:30pm - 15K Individual TT - Shallow Lake
- Jun 10, 10:00am - MTB Free Ride at the Bruce MTB Adventure Park- Meetin place TBA
- Jun 12, 6:00pm - Rec. Ride - O.S. Farmer's Market
- Jun 14, 6:30pm - 19K Aussie Pursuit - Annan
- Jun 14, 6:30pm - MTB TT - Sawmill Trails, Hepworth
- Jun 19, 6:00pm - Rec. Ride - Williamsford Arena
- Jun 21, 6:30pm - 15K Individual TT - Shallow Lake
- Jun 26, 6:00pm - Rec. Ride - O.S. Farmer's Market
- Jun 28, 6:30pm - 5K Hill Climb + Potluck - Epping
- Jul 1, 10:00am - MTB Race - Sawmill Trails, Hepworth
- Jul 3, 6:00pm - Rec. Ride - Williamsford Arena
- Jul 5, 6:30pm - 20.8K TT - Kemble

Our Fearless Leader

I want to thank all of the members who came out and supported the first Interclub of the year. Mike Hodgins did a great job of setting the course, doing media interviews and supplying lunch.

The OSCC had over 10 riders enjoy the cool ride southwest of Flesherton. The new/rookies to the series really had a good time and the seasoned veterans enjoyed having some other OSCC members to shout encouragement to. The next ride goes May 28th (check out the Newmarket Eagles website for the full schedule).

The turnout has been great at our events and with the additional events planned by Danger Boy as well as John and Tim's mountain bike TTs, I'm sure you will keep busy riding your bikes. Get out and enjoy what the ride co-coordinators have given their time for. Take care, Greg

No More Aero Bars

After a long drawn out written sparring match it has been

decided by a neighbouring club that aero bars will not be permitted any more at Interclub events. The OSCC does not have an issue with aero bars but to see the series continue and to make sure that our riders be permitted to continue no rider will be able to participate if their bike is equipped with aero bars.

On a personal note – I do not feel that aero bars are any more of a risk than down tube shifters, reaching for a water bottle or putting something in your shirt pocket. But other clubs have written in their policies that in OCA sanctioned road events and their own club events riders are not permitted to participate if their bike is equipped with aero bars. This is close minded. I do not disagree that riding in a pack on your bars is somewhat of a safety concern but if your bike is equipped with the aero bars and you do not use them then where is the issue. My colleague, Tom Potter, pointed out that in the 'Tour' the team trial has riders riding on bikes equipped with aero bars travelling closer and at significantly higher speeds than the Interclubbers.

See you at the next Interclub where I will be towing my trailer that Zac and Colin usually ride in because the policy does not say I can not.

RANT Over – Bars off – see you. Greg

Trevor's Ramblings

The season's off to a great start. Emil has been teaching us how to ride safely in a group. Our club participated in the Interclub race at Dundalk in record numbers. It was soooo cold and windy. The first MTB race, organized by Didier, Tim Koker and John Huelshof received a lot of praise. The Time Trials are well attended. Personal Bests are being set already and course records are sure to fall. There are lots of activities planned including a full schedule of road and MTB races.

Membership Renewal – Cut Off

After this newsletter goes out we will be spring cleaning our distribution list. If you did not renew your membership for 2006 your name will be removed from the email or snail mail distribution. If you don't want to miss a single issue of this priceless publication, just print off the forms from our web site, fill them out and get them to Rebecca.

Membership Lists

Also on the subject of membership: In the past we have listed the names, phone numbers and email addresses of all our members in the May or June Outspoken. For reasons of privacy (the newsletter is stored on the internet) we decided not to do this. We're sure most of you have the phone numbers of the members you regularly ride with. We have the Yahoo list for managing mass mailings. It's growing slowly and you can reach at least 50% of



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our members that way. I will, as promised, be promoting that again, so watch for the invitation to join. Only the executives and race organizers will have access to the full membership list.

If you want to send out a notice to everyone in the club and it can't wait until the next newsletter, please email me at info@owensoundcycling.ca (or Trevor.Stokes@sympatico.ca). I will batch them up and send out a digest once a week. This means a) you will have to plan ahead and b) I won't be distracted with urgent emails during working hours.

The Assistant

by Tom Hakala

I am still recovering from jet lag as I write this. I spent the last two weeks in the Netherlands and France with my wife and friends cycling and having a good time.

The cycling part was mainly in the Netherlands and that is the country I want to talk about, simply because it is a county that is bicycle crazy. I have been told this by many Dutch friends but until I went there I really did not understand. There are bicycles everywhere... thousands, millions, quadzillions of them chained in rows along the side of the numerous canals, others tied to trees, posts or anything that looks immovable. But as many as there are that are locked up there are even more being ridden along streets, bikepaths, sidewalks, through alleys, over bridges or down steps. Go for a walk in Amsterdam and LOOKOUT! a bike shoots by barely missing your toes.

That is the other amazing thing about Holland. With all those bikes zigzagging through the streets and traffic, there are not many accidents. From the point of view of an outsider looking at the busy street scene, the combination of those quadzillion bikes mixed with motorbikes, Vespas, Harleys as well as, every shape and size of car and truck, not to mention articulated busses and trams are all vying for the same piece of roadway. It looks downright dangerous. But the Dutch, being Dutch, have organized the

chaos into separate lanes for the different vehicles. Pedestrians have walkways, bikes and light motorbikes have bike paths while cars, trucks and busses get what's left (and sometimes that isn't much).

Also, most Dutch people are born into cycling. You know the old saying about Canadians being born with skates on or Scandinavians born with skis; well, I would guess that the Dutch are born on two wheels. I saw fathers and mothers riding with wee little ones on little seats strapped to the top bar or over the rear wheel. I also saw the traditional Dutch bike with an extended frame in front and a wooden box



screwed on holding two or three little towheads along with fresh veggies, cheese and a loaf or two of bread. The amazing thing to me is that as they grow up they continue to ride. I saw hundreds of teen boys and girls

tooling along on bikes. There are also teams of young adults, families and senior citizens out doing errands or just out for a cruise on their bikes. Men in business suits and women in skirts (showing amazing decorum) head to work or the store on their bikes. I also spied cycling hippies smoking odd smelling stuff and derylects wobbling along with a half empty bottle in one hand. We asked a young waitress at a cafe in Amsterdam how often she had an accident on her bike. She looked puzzled at first, then said that she remembers falling off her bike when she was a small child but couldn't recall doing anything like that since. I guess it is just in their blood.

All-in-all, the Netherlands in an amazing country to cycle in (as you can tell by the number of times I used the word 'amazing' in this article). It's flat as a pancake, the cities are close together, there are bikelanes everywhere and everybody else is riding a bike. Next month: The WC's of Belgium.



The cycling trip to Holland included a number of other people from all over Southern Ontario. They came with a wide range of cycling experience. One of the things that I noticed was the tendency of less experienced cyclists in the group to immediately gear up to the highest gear and push. Not only did it look painful on their knees and back but they were having a hard time keeping up. After suggesting that they gear down (Oh, I just put it into the highest gear and leave it!) they managed to stay with the group and did not blow -up their knees. I thought it might be a good idea to revive the old Mr.Know-it-all column and start with a short bit on spinning.

I looked up 'Bicycle SPINNING' on Goggle hoping to get some technical info to help put this article together. Unfortunately, all I found were web sites for "SPINNING ®™ MD ©", which is a program for those indoor classes at fitness centers where they teach people to SPIN®™ MD ©. I think it was created by some Hollywood muscle man with a gold tooth. Dumping the internet idea I went to plan B and asked cycling legend Dr. Jack Backpeddler for his thoughts. Here is Dr. Jack's take on spinning.

The bottom line is... get out of that big chain-ring unless you are going down a big hill or there is a big wind at your back. Spinning on a bicycle is a technique where the cyclist uses a range of gears to maintain a constant cadence of around 90 rpm or more. Spinning is recommended to improve control of your bike, aerobic fitness and endurance as well as relieve pressure on vulnerable knee joints and the spine.

Spinning is not a black and white rule but more of a general range where your pedal stroke is most efficient. When you climb your cadence will be slower then when you descend the other side of a hill. On the other hand, you can maintain a consistent cadence when riding on flat terrain. To determine what your cadence is, you can either buy an expensive bike computer with a cadence mode on it or use your watch. If you pedal 15 revolutions every ten seconds you are spinning at 90 rpms. After checking this for a while you should get to feel just what 90 rpms are. In the long run, it will make your riding more comfortable and reduce the risk of chronic injury and pain.

Tim & Schnookie's Offroad TT's

by John Huelshof

Tim Koker and John Huelshof are setting up a Mountain Bike Time Trial one Wednesday per month. The first T.T. is on May 31st, 2006 and the next one will be on June 14th. All of the Time Trials are at the Sawmill Ski Trails (Whispering Pines), east of Hepworth.

M.T.B. Time Trial Schedule for 2006

May 31st
June 14th
July 12th
Aug. 16th
Sept. 13th

All of them are on a Wednesday at 6.30 p.m.

Arrow News

by Rich Fletcher

Arrow Racing Tops at Provincial Mountain Bike Opener

Many who live in the Owen Sound-Collingwood area know of the great cyclists that our region has spawned over the years but now the secret is out to the rest of the province. Arrow Racing participated in the first Ontario Cup race at Mansfield on Sunday and five riders on the team took first place in their respective categories. Finishing first in a provincial race is no easy feat as you are competing against top riders in all of Ontario and sometimes Quebec. Cycling participation in Ontario continues to grow with many riders trying to race at the provincial level.

The race course was perfect for an early season primer as the sandy terrain rides well in all weather with few technical sections. With nearly 800 participants, fans were able to watch riders descend and cheer as each was successful or groan when a rider crashed.

Arrow Racing's Dylan Musselman, Lisle, visited the podium finishing 1st in the Minime division. KK Michener, Meaford, took top honours in the Junior Expert Female division. Jane Thomson, Owen Sound, placed 1st in the Cadet Sport Female division and her dad Scott completed the course in first position in the Masters Expert Male division. Jon Kinsie, Kitchener, took first position in Junior Expert Male division.

Arrow Racing, a non-profit organization, consists of 25 cyclists from ages 12 to 48. Be sure to check out www.arrowracing.ca for full results and learn more about the athletes and races they will be attending this season.



Arrow Racing "Pedals to the Medals" at Ontario Cup Race #2

Mack Thomson's hard work and determination finally paid dividends when he finished third in the Minime division at Albion Hills yesterday. Finishing just behind another Arrow teammate Dylan Musselman, Thomson has come out flying in his first year of this extremely competitive division. "No one works harder in training and racing than Mack", says Rich Fletcher, general manager of Arrow Racing. "Mack is very determined and loves to ride his bike anywhere, anytime!" "His motto is very fitting, "put the pedal to the medal!" and he sure did today!"

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Most mountain bike races consist of 4 to 5 short laps but this “enduro” style course consisted of one long 23 km lap. These races tend to be longer than usual and more grueling because of the extra time needed to complete the required distance.

Owen Sound’s Scott and Jane Thomson continued their podium streak while new recruit Rhonda Stickle of Collingwood took first place in her category.

Meaford’s KK Michener and Jon Kinsie of Kitchener were first and second respectively in their categories. These two will now focus their attention on a very critical time in the season. This week, Michener and Kinsie will travel to Quebec participating in Canada’s top mountain bike races while representing Team Ontario. Top results in these races will allow them the opportunity to represent Canada at the World Championships in New Zealand later in the summer. Go to www.canadiancyclist.com for race updates and check out www.arrowracing.ca for final race results.

Wet Weather Fails to Dampen Arrow Racing

Bromont, Quebec hosted the first cross-country mountain bike Canada Cup race of the 2006 season. This race series is the highest level of mountain bike racing in the country and essential races for athletes wishing to be selected for participation in the World Championships in New Zealand.

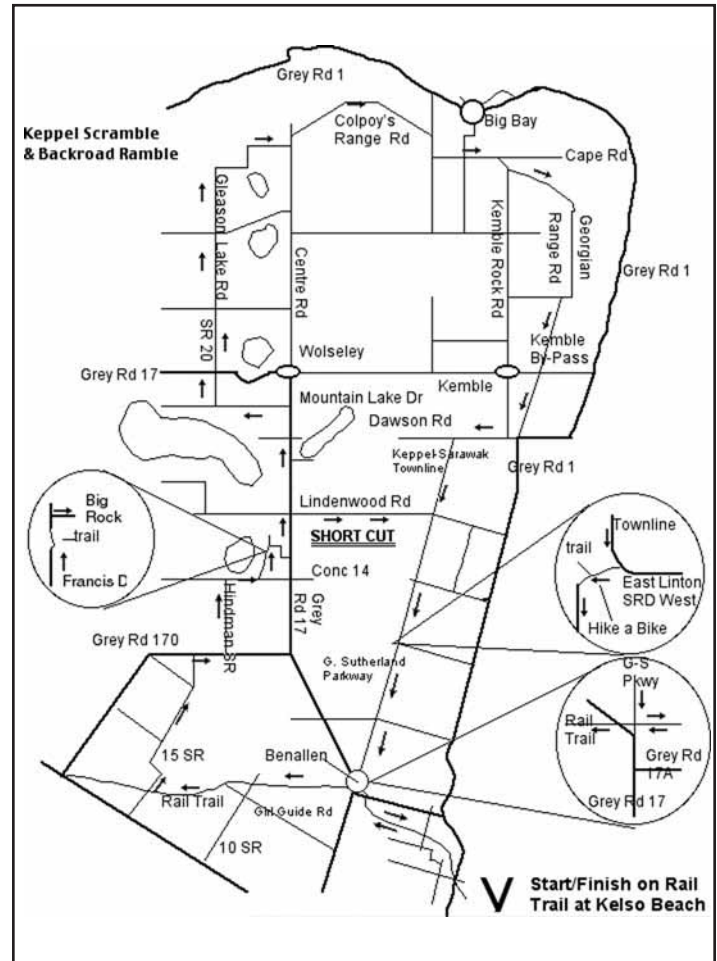
The rain descended upon Bromont prior to the competition and continued throughout the race. With torrents of water running down the trail, riders went with the “flow” and took the path of least resistance which were usually the small rivers running down the trail. The course conditions were surprisingly good despite the wet weather and Arrow Racers Dylan Musselman, KK Michener, Jon Kinsie, Jason Rody and Stephanie Adams all braved the elements to compete at this high level race.

Musselman at 13 years old and riding in his first year with Arrow Racing, was leading his race until he was immersed into a frigid mountain creek that had become swollen due to the large amounts of precipitation. After his crash, Musselman tried to catch the leader but had to settle for an impressive 2nd place in his first national race. Meaford’s KK Michener and Kitchener’s Jon Kinsie were pleased with their 3rd place finishes against the top juniors in their respective categories. They both are trying to earn spots on Canada’s national team this year with only two positions available for junior male and junior female athletes. Jason Rody had the most competition in his senior elite race competing against a record 60 riders all vying for the 15 positions that were awarded prize money out of the \$25 000 purse. Stephanie Adams of Wasaga Beach finished in the top 10 in the last race of the day after the trail had been completely trashed by riders of previous races. Adams loved the technical riding and even brought home some souvenir bruises or race tattoos to prove she had overcome the challenges of riding in a soggy Quebec.

Keppel Scramble & Backroad Ramble

by Emil van Dijk

This is the final reminder that Sunday, June 4th is the day of the KSABR. Start time is 9AM at Kelso Beach in Owen Sound. Download the map from the website (or print it from below), laminate it, plastic-wrap it or otherwise protect it from the elements, and be ready to cover either 30 or 60km of roads, dirt roads, rail trail and trackroads. Please be self-sufficient and observe all rules of the road. Let me know if you are planning to participate so that I can purchase sufficient food and drink for the post-ride refreshment. Call me at 519-376-5303 or emil@bmts.com



Interclub #1 - Nicol Rules

by Emil van Dijk

OSCC president Greg Nicol stamped his authority on the first Interclub race, held over 66km on a flattish course in the Dundalk Highlands. With 20km left to go, Nicol, teammate Mark Avery and Newmarket rider Joe Tersigni broke away from group three, passing and occasionally being helped by earlier starters in groups four and five. Those who remained in group three thought the breakaway a bit premature and anticipated an eventual regrouping, especially given the strong headwinds on the course’s back straight. The tactical gamble paid off though, as Nicol was able to motivate his fellow breakaway companions to ride to their limit and hold off the chasers, who were stymied by disorganization and tiredness. In the waning kilometres, our fearless leader managed to drop his fellow escapees and solo to a glorious victory. Complete results are available at www.newmarket eagles.com. Upcoming interclub races are on Sunday May 28th at Oro (near Hardwood Hills) and on Sunday June 18th at Beeton (southeast of Alliston).

Annan 19K ITT - May 3,2006

Timer: Pam Hearn-Erb

Assistant: Mary Thomson

Riders: 39; 9 PB's already! Kudos to Justin Zottl for taking off 2 min. 19 secs. from his previous best. Ohhh to be young again! And to Scott Vining for improving by 1 min. 3 secs. this early in the season.

Conditions: sunny; warm; moderate southwest breeze

Susan Frook		34:53
Amy Nicol		40:46
Jarmila Vazac		37:17
Mike Campbell		31:07
Fletcher Courage		34:07
Mark Cochrane		30:28
Trevor Stokes		33:25
Danielle Burgess	(10K)	21:15
Lynne Vaughan-MacDonald		32:27 PB
Reg MacDonald		34:04
Colin McIver		33:46
Chris LaForest		36:22
Lisa Murawsky		39:08
Stephen LaForest	(10K)	20:29
Tim Murawsky		33:03
Dave Ward		36:44
Jeffrey Thomson	(10K)	22:13
Scott Thomson		28:23
Don Wilkinson		35:18
Joachim Ostertag		34:11
Tom Sutton		30:51
Karly Johnson		35:13
Matt Barfoot		31:45 PB
Jason Rody		29:40
Emil VanDijk		30:32
Justin Zottl		33:32 PB
Mack Thomson		32:36 PB
Leola Vandolder-Fletcher		42:54 PB
Greg Nicol		29:33 PB
Joe Lehman		33:36 PB
Mark Avery		30:43 PB
Derek Smith		32:07
Scott Vining		28:02 PB
Mike Pearson	(MTB)	38:59
Lindsay Avery	10K	25:41
Ken Avery		31:48
Joe Chappell		27:13
Rich Fletcher		31:11
K.K. Michener		33:55

May 10 Shallow Lake 15K ITT

Timer: Pam Hearn-Erb

Riders: 36 : 12 Pb's and a new (recorded history) Course Record by Joe Chappell!

Conditions: 20°C ; No Wind ; Bug Shields Required!!

Jeffrey Thomson	10K	21:04 PB
Stephen Laforest	10K	19:33 PB
Lindsay Avery	10K MTB	24:17
Trevor Stokes		25:14
Doug Miller		25:51
Didier Perrin		24:00
John Huelshof		26:20
Tim Koker		27:23
Andy Barton		25:08
Chris Laforest		27:27 PB
Leola VanDolder-Fletcher		30:56
Brian O'Doherty		23:29

Amy Nicol		29:19 PB
Jen Wardell		25:46 PB
Greg Nicol		22:53
Derek Smith		23:47
Susan Frook		26:54
Kate Manwell		27:26 PB
Scott & Mack Thomson	(tandem)	21:12
Mike Campbell		23:42
Dawn Williams		27:52
Dave Kelly		25:59 PB
Tim Murawsky		24:56 PB
Andrew Hibma		27:24
Jeff Wardell		23:56
Ken Avery		DNF
Kim Scott		32:33
Jason Rody		22:32 PB
Emil VanDijk		23:22 PB
Joe Chappell	Course Record	20:24 PB
Don Wilkinson		26:24
Joe Lehman		25:27
Mark Avery		23:15
Matthias Purdon		23:07 PB
Matt Barfoot		24:29
Eric (sort of like Madonna or Elvis)		25:14

May 17 Kemble 20.8K ITT

Course : 20.8K Clockwise Kemble (The clockwise course is generally rolling west, north, east, then south up to the top of Kemble Mount and down to the finish. Last year the 3 Kemble ITT's were run Anticlockwise up the mountain and the course seems to be faster starting up the mountain and rolling down, rather than clockwise rolling up to and speeding down the mount. Last run clockwise August 4 2004. Clockwise Course Record is 31:00 by Scott Thomson, and Anticlockwise Record is 30:24 by Martin Kerr)

Timer: Pam Hearn-Erb

Riders: 26 ; 17°C; light southwest breeze;

6 PB's for "Kemble", but 8 PB's for Clockwise(2004); Congrats to Jane Thomson for digging deep and taking off 5 minutes ! from her previous best anticlockwise; and to Danielle Burgess(12), Stephen Laforest(12), Jeffrey Thomson(11) for racing the whole 20.8K course for the first time.

Jeffrey Thomson		46:42
Danielle Burgess		46:03
Scott Burgess		38:26
Mack Thomson		37:09 PB
Trvor Stokes		38:43
Don Wilkinson		40:02
Jarmila Vazac		42:53
Kate Manwell		42:01
Chris Laforest		46:39
Stephen Laforest		46:38
Jen Wardell		38:38 PB
Jeff Wardell		34:50 PB
Brian O'Doherty		34:05
Tim Murawsky		36:45
Andy Barton		37:46
Jason Rody	(clockwise)	33:14 PB
Joe Lehman		38:56
Joe Chappell		31:02
Greg Nicol		33:35 PB
Matt Barfoot		42:07
Emil Van Dijk		33:08
Matthias Purdon		33:56 PB
Martin Kerr	(clockwise)	31:04 PB
Mark Scott		39:22
Scott Thomson		33:18
Jane Thomson		38:51 PB

May 20 MTB Race Sawmill Trails

The event was a great success, thanks to Didier, Tim and John H. 4km. novice course & 9km. senior course

Name	Course	Time	Place
Rebecca Hilts	4km	18:08	1st
Dakota Cutting	4km	18:45	2nd
Cody Campbell	4km	18:59	3rd
Kirkland Jones	4km	19:20	
Steven Nadjiwan	4km	19:29	
Lindsay Avery	4km	22:14	
Jackson Nadjiwan	4km	23:13	
Morgan Ritchie	4km	29:11	
Abby Johnson	4km	35:36	
Frank Elliott	4km	36:47	
Tom Hakala	4km	36:57	
Kerry Jones	4km	DNF	
Mirea Nadjiwan	4km	DNF	
Emil Van Dijk	9km	28:18	1st
Mack Thompson	9km	29:28	2nd
Ken Avery	9km	31:57	3rd
Justin Zottl	9km	32:57	
Vic Michener	9km	34:11	
Mike Campbell	9km	34:13	
Andy Barton	9km	36:50	
Jane Thompson	9km	38:01	
Steven LaForest	9km	40:04	
Dakota Collins	9km	41:35	
Chris Laforest	9km	41:46	
Tianna Fillo	9km	44:44	
Martin Kerr	9km	DNF	
Scott Thompson	9km	DNF	

Bad Vibes from our Neighbours

We received a negative message from one of our members that was passed on from one of their relatives who lives in the vicinity of our time trial route between Shallow Lake and Copper Kettle. This person commutes by car every day along 'our' road. They noted that whenever we have a time trial along that route it can be anything from bothersome to downright dangerous to drive there because large groups of cyclists are either warming up or waiting to race and blocking traffic (sometimes in both directions). The offending cyclists ride all over the road or block the lane when they ride in large groups three or four abreast.

The motorist has to slow down and wait or stop because other groups of cyclists are coming from the opposite direction.

On the one hand it is fortunate that this person knows someone in our club and was understanding enough to pass on their complaint. If they decide to take this further or if some other annoyed motorist decides to call the police or the county, we may find ourselves without a time trial course.

Remember that you are not the only ones on the road. We share it with large and fast moving vehicles that may not always be able to avoid our erratic behavior. Please show some respect for our neighbours. When you are warming up before the Time Trial ride with others in mind and when you are lining up to start stay in a single file along the shoulder of the road.

WANT ADS

I have a "NINETEEN" full Wetsuit Size M TO L, like new, for sale \$150.00. Please call John at 422-2460.

A Nice Letter

We received a request from this fellow. Can anyone take the time to work with him? It sounds like a nice idea. Remember that it cannot be a club ride because of our insurer rules.

Dear Owen Sound Cycling Club,

My name is Ted Lawrence; I work with the Great Lakes Fishery Commission, a Canadian/U.S. bi-national organization that works on Great Lakes issues; I am also an avid biker. It is the goal of my organization, as well as many other Great Lakes organizations, to design a bicycle ride that will allow people of the Great Lakes region to enjoy their natural resources as well as the cultural activities within the Great Lakes. Therefore, I am writing to you today to see if you have any interest in being a part of designing a century ride (that would be coordinated with the Owen Sound Celtic Festival) in 2007.

The theme of the ride/event will be Great Lakes awareness, stressing not only the culture of the Great Lakes (through the Celtic Festival) but the natural beauty and adventure that our Great Lakes hold. And of course the latter part would be fulfilled by biking wonderful stretches around Lake Huron. My hopes are that a ride can be designed (100mi/160km) up the Bruce Peninsula (possibly starting at Wiarton). I also hope to have other rides (i.e. 130 km, 100 km, 65 km, and some "fun rides" of 30-5 km, and possibly a fat tire ride). I will speak with the organizers of the festival to see if there can also be some sort of collaboration between this event and their event, but barring that, riders can simply go to Owen Sound and enjoy the festival after the ride.

Please let me know if your club or any individuals within your club would be interested in helping me develop such a ride.

Thank you for your time and best regards

Ted Lawrence
 Communications and Policy Associate
 Great Lakes Fishery Commission
 2100 Commonwealth Blvd. Suite 100
 Ann Arbor, MI 48105
 734-662-3209 x. 31
 ted@glfc.org
 www.glfc.org

Danger Boy's MTB Free Ride

by Didier Peron (AKA DangerBoy)

On Saturday June 10th, I am planning to lead a mountain bike free ride at the Bruce Peninsula MTB Adventure Park (AKA Albemarle Trails). This MTB park has been designed with many single and double track trails for both novice and expert riders. These trails include some obstacles like teeter-totters, suspended bridges, and narrow cat walks. Some of these obstacles are simple to conquer and some are extreme and even scary to look at. All trials give you the option to attempt the obstacle or bypass it. Its your choice. The idea would be for the group to ride together throughout these trails and occasionally stop to watch each other conquer or be conquered by the obstacles. It should be plenty of laughs. Details of where and when we will meet will follow in later emails.



Spring Eling



OSCC & Arrow Racing 2006 Spring Fling Pursuit

Racer	Plate Number	Category	Age	Timetrials	Start	Timetrials	Elapsed Time	MTB Start	LAP 1	LAP 2
Position after Road TT	Combined Time	Lap #1	Time	Start	Position after MTB Lap 1	Finish	Lap #2 Time	Elapsed Time	Position after MTB	Position after MTB
Lap 2							Category Placing			
Conner Musselman	419	Solo	<12			00:21:43		35	00:29:01	29
00:00:00	00:29:01	00:50:44		1						
Dylan Musselman	603	Solo	12-15			00:15:53		5	00:22:06	6
00:00:00	00:22:06	00:37:59		1						
Mack Thomson	545	Solo	12-15			00:17:48		14	00:23:15	9
00:00:00	00:23:15	00:41:03		2						
Peter Biesel	248	Solo	12-15			00:18:09		16	00:23:58	12
00:00:00	00:23:58	00:42:07		3						
Scott Burgess	2007	Solo	12-15			00:18:17		19	00:26:18	16
00:00:00	00:26:18	00:44:35		4						
Justin Zottl	134	Solo	12-15			00:18:02		15	00:29:17	23
00:00:00	00:29:17	00:47:19		5						
Steven Laforest	1881	Solo	12-15			00:20:02		30	00:30:31	28
00:00:00	00:30:31	00:50:33		6						
Danielle Burgess	2602	Solo	12-15			00:21:05		34	00:31:33	32
00:00:00	00:31:33	00:52:38		1						
Paul Ready	247	Solo	12-15			00:22:32		36	00:30:34	34
00:00:00	00:30:34	00:53:06		7						
Jeff Thomson	249	Solo	12-15			00:22:46		37	00:33:00	35
00:00:00	00:33:00	00:55:46		8						
Liam Thomson	605	Solo	12-15			00:25:13		38	00:35:30	37
00:00:00	00:35:30	01:00:43		9						
Jon Kinsey	398	Solo	16-18			00:15:27		3	00:20:12	1
00:19:34	00:39:46	00:55:13		1						
Matthias Purdon	227	Solo	16-18			00:16:03		7	00:21:40	5
00:21:12	00:42:52	00:58:55		2						
Josh Fletcher	2301	Solo	16-18			00:19:07		24	00:24:35	14
00:24:58	00:49:33	01:08:40		3						
Mike Pearson	205	Solo	16-18			00:20:27		33	00:25:11	20
00:24:40	00:49:51	01:10:18		4						
Jane Thomson	2055	Solo	16-18			00:20:00		29	00:33:01	33
00:32:51	01:05:52	01:25:52		1						
Jason Rody	69	Solo	19-39			00:15:43		4	00:20:49	3
00:19:46	00:40:35	00:56:18		1						
Joe Chappell	151	Solo	19-39			00:14:33		1	00:23:05	4
00:23:37	00:46:42	01:01:15		2						
Rob Halpin	2024	Solo	19-39			00:18:17		17	00:23:41	11
00:23:28	00:47:09	01:05:26		3						
Jeff Wardell	166	Solo	19-39			00:16:34		8	00:24:54	10
00:24:32	00:49:26	01:06:00		4						
Marianna Knights	202	Solo	19-39			00:19:59		28	00:27:31	24
00:27:40	00:55:11	01:15:10		1						
Jen Wardell	152	Solo	19-39			00:18:42		20	00:29:03	25
00:28:45	00:57:48	01:16:30		2						
Brian Radburne	115	Solo	19-39			00:20:08		31	00:29:37	27
00:29:47	00:59:24	01:19:32		5						
Steph Adams	2829	Solo	19-39			00:19:05	DNF	23	00:44:06	38
	DNF	DNF								
Grady and Kudzak	150	Team	37-79			00:17:46		13	00:24:43	13
00:25:00	00:49:43	01:07:29		1						
Scott Thomson	2442	Solo	40+			00:15:11		2	00:21:12	2
00:21:04	00:42:16	00:57:27		1						
Emil Van Dijk	2801	Solo	40+			00:17:35		11	00:22:59	8
00:22:07	00:45:06	01:02:41		2						
Greg Nico l	264	Solo	40+			00:15:58		6	00:24:09	7
00:23:23	00:47:32	01:03:30		3						
Tim Murawsky	215	Solo	40+			00:17:43		12	00:27:25	19
00:27:51	00:55:16	01:12:59		4						
Mike Campbell	2315	Solo	40+			00:16:35		9	00:28:19	17
00:28:52	00:57:11	01:13:46		5						
Dan Murawsky	236	Solo	40+			00:18:55		21	00:27:26	22
00:30:06	00:57:32	01:16:27		6						
Vic Michener	414	Solo	40+			00:20:19		32	00:27:49	26
00:29:18	00:57:07	01:17:26		7						
Ken Peterson	285	Solo	40+			00:18:58		22	00:32:35	30
00:32:38	01:05:13	01:24:11		8						
Chris Laforest	507	Solo	40+			00:19:50		26	00:32:33	31
00:36:12	01:08:45	01:28:35		9						
John Huelshof	648	Solo	40+			00:19:09		25	00:38:06	36
00:37:58	01:16:04	01:35:13		10						
Stokes & Perin	333	Team	80+			00:17:31		10	00:26:59	15
00:26:41	00:53:40	01:11:11		1						
Scheel & Scheel	692	Team	80+			00:19:58		27	00:25:43	21
00:25:37	00:51:20	01:11:18								

Book Reviews

By Doug Miller

High Performance Yoga® for Cyclists

From *Bike for Life* by Wallace & Katovsky

Ten yoga poses from fitness guru Steve Ilg will strengthen your cycling—and help you repair the damage it does. Steve Ilg knows a cyclist when he sees one. "Three out of four who first come in to my classes are not flexible—and that hurts them big-time," says the USCF coach and inventor of High Performance Yoga. A high-level road cyclist, cross-country skier, snowshoer, and rock climber, Ilg was once dubbed "the world's fittest human" by *UltraCycling* magazine and was pictured on a 1992 cover of *Outside* magazine next to the headline "This man can break you—and build you up again." A dozen years later, at age 44, Ilg remains as chiseled as a bodybuilder, as flexible as a yogi, and, as *Bike for Life*'s Roy Wallace saw while team-ing with him at the Furnace Creek 508 relay race in October 2004, in possession of an aerobic engine worthy of a champion half his age. "Flexibility is huge for cyclists for two reasons: proper bike fit and quality of life," says Ilg. "Yoga can open up your power and get your flexibility back fast." The problem with cycling, he says, is that it is "strange on the body; it can suffocate it." "The sport mandates long hours of intense exercise in an imbalanced position with a constricted range of motion, a closed kinesthetic loop that does not fully extend legs or arms and shortens connective tissues," he says. "So when cyclists come in to my yoga classes, I immediately see a number of muscular weaknesses and biomechanical inefficiencies: weak mid-sections and undeveloped 'internal floatation,' humped backs and slumped shoulders, and stiff and weak hip flexors, top of the feet, ankles, and knees."

INTERNAL FLOTATION

If you were stopped by the yogic term "internal floatation," as we were, Ilg describes it as "a natural, fluid state of inner mobility and support based upon appropriate breathing." It's a key concept for cyclists to understand and use, given that the sport unwittingly has a tendency to work against it. "When we are internally supported," says Ilg, "we breathe and move from a mobile core—our abdominals, hips, and lower back. When we are internally supported, our breath becomes a turbine; it creates a fusion of powerful breath and physiology that creates and radiates action from the inner toward the outer. All animals move this way; think of a starfish and you've got the idea."

The trouble is that cyclists often don't move this way. "Most cyclists are overly concerned with their leg strength and speed and remain untrained in yogic breathing," says Ilg. As a result, we are grossly unbalanced throughout our core. We have super-strong hip flexors and virtually nonexistent hip extensors. Just have a cyclist perform a standing backbend with his arms extended overhead and see how far he gets. This imbalance weakens our riding—and our postures. We tend to skeletonally brace ourselves on our bike with locked-out arms, shoulders pinned close to our ears, our spines unable to maintain a flat, low, aerodynamic position. Without internal floatation, cyclists collapse inward and restrict their most powerful forces from within. When we internally float our postures with turbine-like breath, we are in "attack" mode more often instead of "survival" mode.

The yoga poses that Ilg prescribes below, taken from his recent book, *Total Body Transformation*, are designed to erase those cycling-specific restrictions on a cyclist's body. He says they'll maximize power transfer, elongate the vertebral chain, and stabilize pelvic alignment for enhanced biomechanics and riding technique. concentration," says Ilg, referring to another yogic concept that has important applications to cyclists. "[In the mental training sciences," he says, "mental energy can be directed in two primary ways: One Pointed Concentration (QPC) and High Perspective Mental Energy (HPME). The latter can be likened to a traffic helicopter; the vision is all-encompassing as it looks down onto the ground to see which free-ways are congested and which are clear. To cyclists, HPME is required while riding in a large peloton. The cyclist must process a lot of incoming data while sensing surges and attacks from all around them. QPC, on the other hand, is like a narrow-beamed spot-light at night from that same helicopter; the spotlight deletes everything save for that narrowed beam of vision. A cyclist needs QPC while high-speed descending in the rain or when opening up his final sprint to come around an opponent(s). If HPME is a flood-light, then QPC ("ekagrata" in yoga) is like a surgeon's laser scalpel. HPME is peripheral awareness, QPC is focused awareness." Now that you know more about yoga than you probably wanted to know (go to www.wholisticfitness.com for his Wholistic Fitness Online Training), it's time to, as Ilg says, "feel the chi"—the life-force. Here's his yoga workout designed specifically for cyclists. The 30-Minute Cycling Yoga Workout

THE MENTAL SPOTLIGHT

The poses are also designed to take you beyond purely "physical" fitness. "These positions will enhance 'ekagrata' . . . the ability of 'one-pointed' mental

The following 30-minute "asana" work-out (defined as "conscious breathing while sustaining postures") consists of moving deliberately, with little rest, between ten traditional, challenging yoga poses.



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Ilg says the workout can be used on in-season recovery days and more regularly throughout the off-season. It starts with a general warm-up routine, adds important core poses, and moves on to cycling-specific poses.

Important rules:

Perform all yoga poses barefooted in a draft-free, clean, warm space where you are not to be interrupted. Hydrate before and after, but not during, a session. Allow at least three days of recovery between sessions. Hold each pose for a minimum of 45 seconds to a maximum of 90 seconds unless otherwise prescribed.

1 Consciously engage in deep nasal breathing (technically known as Ujjayi Pranayama in the yoga world) throughout the entire program. "Do not move without the presence of conscious breathing," says Ilg. "Breath dictates movement. When your mind wanders, draw it gently back with deep breathing:"

Step 1

Warm-Up Extremities

This dynamic sequence, which flows unbroken from one pose to another, generates internal heat to promote elasticity of connective tissue, helps remove cellular toxins, and focuses the mind within the body, according to Ilg. Cycling-wise, it builds postural strength on the bike.

1. Downward-Facing Dog

This classic yoga position looks like an upside-down V. Standing with feet flat on the ground, bend down, put fully extended hands flat on the floor, and walk back three feet. Lift butt high in the air. Let the spine lengthen by keeping the thighs firm, as if you are trying to lift the kneecaps up to the thighs. Lift your toes to lower your heels. This pose loosens restricted shoulders, lengthens the spine, and stretches the Achilles tendon, hamstrings, and arm muscles. It also bathes the brain stem with oxygen and nutrients. Hold the Dog for three breaths, inhale, and move on to ...

2. Plank Pose

This is simply the "up" position of a push-up, with arms vertical, hands flat, on toes, with back and legs in a straight line. From the Dog, simply lower your butt, rock your head and shoulders forward, and walk your feet back. The Plank builds midsection and shoulder strength. Hold it, exhale, and lower halfway down to...

3. Chaturanga

This is the "down" position of a push-up. It works your midsection and arms. Keep your elbows pinned to the sides of the ribs. Hold it, inhale, and move to ... 4. Upward-Facing Dog Rock forward, lower your legs and tops of the feet to the ground, and push your head and torso straight up by fully extending the arms. Hold it, exhale, push back to ...

5. Chaturanga

Hold it, inhale, press to Plank; hold it, exhale, move to Downward-Facing Dog. Repeat the entire five-exercise sequence five times, recover for 30 seconds, and then move on to the Core Sequence.

Step 11

Core Sequence

6. Navasana/Ardha Navasana Superset (repeat two to three times)

The following two poses condition a cyclist's upper and lower abdominal muscles, gastrointestinal tract, core strength and balance, mental focus, and build strength and power by developing the "internal flotation" described above. "These are killer ab exercises - they make ab machines at the gym seem easy," warns Ilg. "Just do your best until the strength comes on line, which happens remarkably quickly." Ardha Navasana (Half Boat Pose) From a sitting position with legs stretched out in front of you, raise both hands so arms are parallel to the ground with palms forward and fingers outstretched, grow your spine tall. Then exhale as you lean the upper torso away from your feet while you raise both legs off the floor until both feet are at eye level. Spread the toes and draw them and the inner arches of the feet toward you, pressing the balls of

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the feet into the air. Balance on your sacrum (tailbone) and experience the burn of the abdominals. Breathe for a few moments before moving into. . . Parfurna Navasana (Full-Boat Pose) Inhale and draw both legs higher while simultaneously raising your heart center toward the knees, taking the shape of a V while still balancing on the sacrum. Keep raising the feet until they are above or even with the top of your head. Make your back as concave as possible and move your navel toward the upper thighs, but without rounding the back. Exhale into Ardha Navasana and repeat back and forth between the two for 30-90 seconds. This equals one Superset.

Step 111

Cycling-Specific Sequence

Sustain each of the following postures for 60-90 seconds of deep, nasal breathing before moving on to the next one. This sequence targets cycling's power-chain musculature, releasing the tightness and strengthening the weaknesses created by its imbalances.

7. Utkatasana (Fierce Warrior Pose) "The worst biomechanics that I see in cyclists of all categories—rounded spine, weak torso stability, crunched-up shoulders, knees and feet out of alignment—can all be solved by this one yoga pose!" says Iig. Assume a pedal-width stance. Bend both knees deeply until the top of your thighs are parallel to the earth. Do NOT allow your heels to come off the ground. Point your toes forward, in alignment with your knees. Raise both arms overhead by feeling a backbend in the back of your heart area. Do NOT allow your elbows to bend. "Your arms are your Warrior Swords!" says Iig. "Make sure your swords are strong and long!" Press your head back and keep soft eyes looking forward. Nasal breathing only. Hold for 60-90 seconds. Note: If your heels refuse to touch the earth, it is because cycling has shortened the connective tissues in your calves and hamstrings. If so, widen your stance until the heels do touch. Over time, you will close the gap.

S. Virasana (Hero Pose)

"When cyclists come into my yoga classes, they are notoriously stiff and weak in their hip flexors, top of the feet, ankles, and knees," says Iig. "Weakness is not something I want my athletes to carry into their cycling. This one pose, Hero Pose, excels at removing stiff, brittle, and weak trigger areas of a cyclist and replaces them with strength, suppleness, and life energy. I call it a 'gateway pose' because it opens the gate to making other postures more available to you."

Sit on the ground in a kneeling position. Press your knees together and splay your feet apart so they rest beside the hips and you are sitting between your heels. Turn the soles of your feet directly behind you, and point your toes backward as well. (If this is too much for you, options include sitting on the heels, sitting on the inside edges of the feet, or crisscrossing the feet under your buttocks.) Bring your spine beautiful-tall and erect. Rest your palms on top of your knees, puff out your heart center slightly, and gaze softly in front of you. Breathe and dance your edge here for the prescribed time. After doing one, you may repeat the pose, or move on to the next pose.

9. Eka Pada Sarvangasana (One-Legged All-Parts Pose)

This pose counteracts the limited range of motion in cycling that causes waste-product build-up and shortening of connective tissue. "It trains the body to become more 'lymphatically fit'—to better process exercise-induced cell toxins while providing a beautiful full range of motion for the entire spine and lower body," says Iig. "It also benefits heart rate, reduces tension, and improves thyroid and parathyroid functioning—meaning more strength endurance for cyclists." Lying on your back with arms at your sides, bend your knees and draw both heels into your buttocks, press fingertips against the ground, and raise your torso and legs simultaneously as you roll back into a shoulder stand (head and shoulders do not move). With knees still bent, quickly bring your palms into your lower back and use your elbows as small support pillars. Walk your hands down closer to your armpits. With thumbs placed on the side ribs, press the back ribs toward the spine with the fingers. Now, you should be looking straight up into your mid-thighs. Exhale and push your legs and torso straight up to the sky. Press hands deeper into your back as you move your sternum toward the chin. Relax your face and work on steadying your entire body. (As your 'internal flotation' strength develops, you can try removing your hands from your lower back to an overhead position," says Iig. "By doing this, you will quickly discover why it is called All-Parts Pose. It requires great strength to do this movement purely!") After 60 to 90 seconds in this pose, exhale and arc your right leg down until all five toes touch earth. Keep both legs fully extended. Reach the left heel away from the right to ensure maximum height and length of the left leg. Exhale, raise the right leg back, and repeat with the left. After working both legs, slowly bend both knees toward the forehead, and then straighten the legs until your toes touch the ground. Exhale. Then remove your hands from the lower back and clasp fingers from each hand around your two big toes. Slowly, keeping your legs straight, roll your upper spine, the middle spine, then lower spine, down onto the ground, all while keeping your legs close to your torso. Exhale and squeeze both knees into your chest with your hands. Breathe, then relax and extend your legs to your original supine position.

Step IV

The Grande Finale

relaxation posture, is tantamount for relaxing your mind and body, the only way we gain better health, healing, and self-knowledge: Lie supine, facing upward, with both legs stretched out in front of you to complete extension, hip and shoulder-width apart. Heels in, feet fall out to the sides like an open book. Stretch both arms, fingers outstretched and palms facing upward, at a 45° angle from your torso. Inhale and raise your chin to your chest. "Take one loving last look at the body that has served you so well in the last few minutes," says Iig. "Thank it, close your eyes, gently lay your skull down, and calm the inner war. Namaste."

10. Savasana (Corpse Pose)

"Learning how to relax into the body is, without a doubt, the pivotal quality of champion athletes," says Iig. "Learning how to mentally 'let go' is precisely what is needed when high-end suffering is trying to convince your ego to quit. This pose, your final (Oh, in case you were wondering about that last word, it's what they say in India instead of hello or good-bye, according to Iig. "Namaste means that the Sacred Space that lies within me recognizes and honors that same Sacred Space that lies within you," he says. "When you and I communicate from that space, we are one.")"

Editors: Trevor Stokes & Tom Hakala • Thanks to this month's contributors: Greg Nicol, Emil van Dijk, Scott Thomson, Didier Peron, Doug Miller, Rich Fletcher, John Huelshof