

The Official Newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

August 2006

OutspOken



le col du Epping

Also

Men vs. Women

OLN becomes VS.

FFFFloyd vs. FFFFloyd

Cover photo by Mike Campbell

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!

- Aug 2, 6:30pm - 19K Team TT Annan
- Aug 5, 10:00am - MTB Race Sawmill Trails, Hepworth
- Aug 7, 6:00pm - Rec. Ride - O.S. Farmer's Market
- Aug 9, 6:00pm - 5K Aussie Pursuit Shallow Lake
- Aug 14, 6:00pm - Rec. Ride - Williamsford Arena
- Aug 16, 6:00pm - 42K ITT Kemble
- Aug.16, 6:00pm - MTB TT Sawmill Trails, Hepworth
- Aug 21, 6:00pm - Rec. Ride - O.S. Farmer's Market
- Aug 23, 6:00pm - 15K ITT Shallow Lake
- Aug 28, 6:00pm - Rec. Ride - Williamsford Arena
- Aug 30, 6:00pm - 5K Hill Climb Epping
- Sep 4, 6:00pm - Rec. Ride - O.S. Farmer's Market
- Sept 6, 6:00pm - 19K ITT Annan
- Sep 10, OSCC Club BBQ, Thomson Residence
- Sep 24, Whemmys Enduro



Trevor's Ramblings

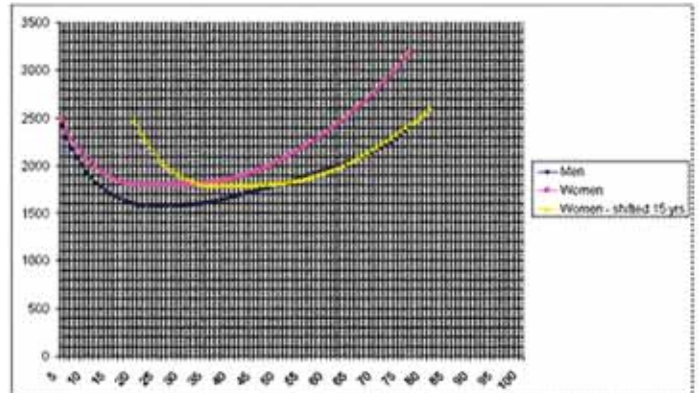
Comparing Men and Women or Your Pace or Mine?

by Trevor Stokes

After a recent time trial Rebecca, Dave Ward and I were discussing whether or not it was fair to compare a woman's sporting performance with that of a man. I remembered that I had run in a mixed cross country race and that the organizers simply compared women with men who were 12 or 15 years older. E.g. A 45 year old woman should be able to run a race in the same time as a 60 year old man. Dave thought that 15 sounded a bit too much, so I did some reading and Googling.

The World Master Association have tables for age grading almost every discipline from 100 meters to marathon: from shot put to long jump. They came up with factors that are to be applied to an older athlete's time to convert it to the "Open Class". I took the sets of tables for the men's and women's 10 Km run. I applied the age grading factor to the open class standard and then plotted the time for 10 K for every age from 5 years to 80 for men and women. The time is in seconds - it was easier that way.

As would be expected, world records are set in the 21-33 year range, for both men and women. Women are always slightly slower.



But if we now slide the women's curve over by 15 years, we see that the two curves match very well for men 50-80 and women 35-65. The conclusion: for the 10K run at least, it is quite reasonable to say that a woman is racing better if she outperforms a man 15 years her senior. Whether we can really apply that to cycling? That's another question.

The UK Veterans' Time Trials Association standard tables (that's what I used for the calculator on our web site) assume eight years.

Our Fearless Leader

by Greg Nicol

Summer is in full swing and the OSCC ride leaders have lots for you to be involved in. Danger boy and his crew are working hard on the trails and the roadies can be seen almost anywhere in the county on a Wednesday night. The numbers at the venues has been great.

Keep your head up and remember that during an OCA sanctioned event no walkmans, ipods or MP3 players are permitted.

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The Assistant

by Tom Hakala

As I said in my email regarding the deadline for this issue, I was heading to Michigan in July to check out the bike shops there. My boss here at the Outspoken World Headquarters had commissioned me to compare prices between U.S. retailers and the fine local shops that just happen to be our sponsors. My boss being the penny pinching bean counter he is, indicated in no uncertain terms that he wanted our local guys to “look good”. As it turned out I need not have worried, we have great shops here that stack up nicely to their U.S. counterparts.

My first stop was Birch Run, Michigan (which is a huge outlet mall noted for great deals). Unfortunately, the only place in the mall that sold bikes and cycling equipment had gone belly-up. I walked up and peeked in the window but only saw a few broken display racks and boxes. Sooo, I headed to the Columbia store where they had sport shirts and shorts for 5 bucks each and swimming suits for \$2.50. I know it had nothing to do with cycling but I could not pass it up.

We drove across the state to Muskegon, which just happens to be situated right on beautiful Lake Michigan. Muskegon (population approx. 70,000 people) used to have just three bike shops but one of them closed last year, leaving only The Bicycle Shop and Breakaway Cycles. I first went to The Bicycle Shop but the door was locked and the stock inside looked like it was of 1979 vintage. I guess another one bites the dust. Then I drove to Breakaway and they certainly had a lot of new modern stock and a new store to boot. Their main line seems to be Trek so I checked out a few different lines and their prices. I also looked at their jerseys, shorts and other gear. I had recently bought shorts and a jersey at Jolleys and could see right off the bat the the prices were the same... even before the exchange. On the way home I stopped in Southampton at Martin's and looked at the same Trek bikes that I saw in Michigan. The prices were either the same or \$50.00 more at the most, before exchange, so when that is factored in the local bikes come in cheaper.

After my experience at Breakaway, I figured that there was not much point in looking any further... plus the thermometer was pushing 35° and the big lake had these enormous waves, so I went to the beach had a blast in the surf.

The bottom line... buy local and support our sponsors. The grass is not always greener.

le Tour de Weird



The Tour has now ridden into Paris and is over for another year. It was a surprising flip-floppy event with the leader not surfacing until the last few days. That made it more exciting in the end. The same could not be said for this year's course. It started with day after day of flat sprinters races, the real interest did not surface until Stage 10 in the Pyrenees. Floyd Landis flew up the mountains, then bonked, then flew again like a man possessed. Way to go, Floyd.

All the other contenders either got busted, broke something or totally bonked out.

Bob Role and Al Troutwig seem to be slipping into the roles of main commentators. Bob is one of the best at bringing both humour and insight into the three week epic.

Bob also stars in a series of Trek ads on the U.S. OLN that are by far the funniest and most watchable. The stand-out Bobke/Trek production is the “I've got an Itch” ad.

IMBA News

Defend Mountain Biking in Canada: Support the IMBA Legal Fund!

Can you believe mountain biking is still attacked as an illegitimate use of trails? First, we were accused of speeding erosion. Then, we were labeled a “dangerous menace.” IMBA is dispelling these false allegations and reopening trails—but a new danger looms. Liability concerns now pose a significant threat to our sport.

That's why we're asking you to please donate to IMBA's Legal Fund today. Contributors of \$35 or more will receive the hard-cover chronology, Stumpjumper: 25 Years of Mountain Biking, signed by Ned Overend.

Our goal is simple: Use the clarity of the law and the power of IMBA's 35,000 members to defend mountain bikers' rights. The Legal Fund helps support three crucial areas of IMBA's work:

- Spearhead the development of risk management resources
- Defend against daily attacks on local trail systems
- Influence legislation that determines access for mountain bikers

Please donate now or read more about the Canadian Legal Fund.

As we write this letter, mountain biking is being threatened in communities and forests across the country. Your contribution will

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help ensure that IMBA's rapid response team is ready to act with an effective action alert when disaster strikes near Owen Sound.

Your donation to IMBA's Canadian Legal Fund will help expand and improve our role as mountain biking's guardian. We're confident you'll feel your donation is a savvy investment in the future of our sport, please contribute today.

Thank you for your continuing generosity,
Mark Schmidt and Lora Woolner
IMBA Canada Coordinators and Trail Specialists
Email: canada@imba.com

New Trails in King Township, Ontario

The Township of King, in co-operation with the International Mountain Bicycling Association (IMBA) are pleased to announce the opening of a new, mountain bike specific trail system within their township. In a time when more trails seem to be closing than being created, the organizers of the project are excited about the official trail launch.

The new trail system is located at the old Centennial Park lands, just south of the Aurora Side Road at 14855 Jane St. Look for the radio tower and two large stone pillars that outline the park's entrance. Hope to see you there!

IMBA Grants

Thanks to a partnership between the Ontario Cycling Association (OCA) [[LINK TO http://www.ontariocycling.org/](http://www.ontariocycling.org/)] and the International Mountain Bicycling Association's (IMBA) Canadian office, three Ontario mountain bike clubs will receive \$500 grants to improve local trails.

The program supports the creation and enhancement of trails for mountain bike racing and training, and encourages clubs to take a stewardship role in their local trail communities. A percentage of every full OCA membership sold this year was used to fund the program.

IMBA Canada is pleased to announce the 2006 winners:

North Bay Cycling Club

The North Bay Cycling Club will use the funding to buy tools and supplies for the improvement of their Wednesday night mountain bike race series at the North Bay Nordic Ski Club. Their primary goal is to develop more singletrack — increasing the course length to 5km this season, and 10km next year.

Hardwood Hills Mountain Bike Center/Team Hardwood Cycling Club

Hosting more than 20 races each year, Hardwood Hills is one of the most heavily used mountain bike trail systems in Southern Ontario. Hardwood will use this year's grant to purchase materials

to build new wooden structures and bridges, and improve the trails for daily riding and racing.

Chico Racing

Chico Racing will use the grant to host volunteer workdays at Albion Hills Conservation Area. Three McLeods and three Pulaskis will be purchased, along with rock for armoring, with the goal of improving the flow and sustainability of Albion's singletrack.

Your club can also apply. Grant details can be found online at www.imba.com.

Lora Woolner, IMBA Canada Coordinator
lora@imba.com

Tri-News

Armstrong First!

OSCC's Laura Armstrong and Matt Barfoot finished first and seventh respectively in their divisions at the Niagara Triathlon on July 22nd. Laura was first in the women's 20 to 24 years division in 1:32:48. She placed 81st overall out of 298 competitors.

Matt was 7th in the men's 25 to 29 year old division with a time of 1:28:19. He was 49th overall.

Top of the World, Ma!

We have asked our cub reporter, Milo Leatherbutt, to follow up on a breaking story about our very own president and his quest to compete with the world's best triathletes.

by Milo Leatherbutt

Mr. Nicol, I have been asked to interview you about your recent placing as a member of the Canadian Triathlon team that is going to the World's this year.

Milo: What exactly did you qualify for and where and how did you do it?

Mr. Nicol: Laura Armstrong, Jarmila Vazac, Matt Barfoot and I swam in a lake, road our bikes on a closed four lane road in Brampton and ran around a lake. We have all qualified for the World Triathlon Championship in Lausanne, Switzerland on the Labour Day weekend.

Milo: Where are the World's being held?

Mr. Nicol: In Lausanne, Switzerland. If you have a bike box we could use it.

Milo: Are you planning on going?

Mr. Nicol: We are planning on going to represent the club. We will have our people contact your people for live reports all week long and a full post race report as well.

Milo: Did you party all night when you got it?

Mr. Nicol: That was a long time ago and I can not speak for the rest of the members. Some people would say that I still have not got it.

Milo: You can say that again! Opps! Did I say that outloud?

We Need You!

Help Wanted: This will be my last year as membership co-ordinator for the OSCC. If anybody is interested in the job for next year, let me know and I can show you the ropes. It is a great way to get to know members in the club and it is not difficult. Contact me at a club event or call 519-376-5303. Thanks, Rebecca Hilts



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Niish Nobbie

by Laura Robinson


Cape Croker elementary school members of the OSCC have had a busy June and July. The team sent eighteen members to honouring and Creating Heroes, a two-day mountain bike retreat at Pinery Provincial Park for First Nation youth from eight communities in southern Ontario. The retreat was sponsored by the RCMP, and all of the participating communities helped organize, along with local OPP and First Nation police officers.

One hundred youth lined up for races between 500 metres and 10 km under beautiful sunny skies and cool breezes off Lake Huron. In Boys 6-7 Christian Stanish took the gold, while in the girl's division, Faith Abel took silver. Unfortunately in Boys 8-9, the lead riders took a wrong turn, with Seve Nadjiwan and Gubby McDonald in that group. But the Niish Nobbies dominated Girls 8-9 with Tamara Lavalley, riding on a bike she won at the Springbank Road Race, breaking away from the line and staying away for the duration of the 3 km event. Kerri Jones was second and Jessie Stanish, who earlier this year took 18th place at the Ontario Cross Country Ski Championships out of 74 competitors, placed third. This was Jessie's first bike race. Leah Laramey finished up the Niish Nobbie sweep with fourth place.

Niish Nobbie/OSCC riders did the same in the Boys 10-11 with Dakota Cutting coming across the line on his own to take gold, Anthony Lavalley following for silver, and Cody Campbell close behind in third. Kirk Jones just sneaked by Jackson Nadjiwan for 4th spot. In Girls 10-11 Abby Jones finished a strong fourth place on a bike that weighed more than she did. Despite having just recovered from a broken hip in a high-jump injury, Doug Jones broke away to claim gold in Boys 12-13, and Tianna Fillo soloed to a very strong golden finish in Girls 12-13. Tianna also took bronze on May 26 at the Ontario elementary school mountain bike championships.

On July 5, the team competed at the Hardwood Hills Wednesday Night Series. Once again Tianna finished ahead of the pack to claim first place in the 6 km Girls 13-15 Fun Category. Mireya Nadjiwan was fifth in Girls 11-12 while Abby Jones was seventh. Dakota Cutting once again proved to be the fastest Niish Nobbie in Boys Fun category 10-12, placing ninth in 21:45, but Anthony Lavalley was hot on his tail, just two seconds back in a sprint finish for tenth. Kirkland Jones placed 21st, while Jackson Nadjiwan placed 23rd in a competitive field of twenty-three riders. Tamara Lavalley had an outstanding performance in Sprockids 2.5 km Girls 9 and Under with a time of 10:56. Second place came in at 15:05! Jessie Stanish finished a strong fourth in 15:17, just 12 seconds behind second. Steve Nadjiwan took a close second place in Sprockids Boys 9 and Under in 9:21, missing first place by 4 seconds. Unfortunately, seven-year-old Christian Stanish somehow got off course and ended up on the Serious course. The good people at Hardwood eventually found him, a bit teary eyed, but very stoic deep on the trails. Brianna Jones also went off course, and crashed. Again, Hardwood Hills emergency people did their thing and patched her elbow up. Brianna and Christian were given camelbacks by RCMP officer Paula Rogers for their bravery.


Niish Nobbie members of the OSCC will be back in Hardwood Hills on July 15 for another mountain bike race, and plan on racing in the Wednesday Night Finale on August 30. Any OSCC members who would like to go to Hardwood with the team should contact Laura Robinson (laura.robinson@sympatico.ca). Laura is also looking for volunteers for the Fourth Annual Nawash Invitational Mountain Bike Race at Cape Croker Park on Saturday, Sept. 9.



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OLN Running Scared

After the scathing editorial in last month's Outspoken, OLN has decided to fold their tent and quietly leave town. Their devious plan will be to re-emerge like a phoenix with a new name and a new agenda. OLN will now be known as Versus and will broaden their scope to include indoor events such as boxing and hockey... like all the other sports networks.

When asked to comment on the repercussions of what he initiated our co-editor responded with this, "OLN is changing its name to Versus, but they will call themselves VS which rhymes with BS and that stands for..."

Road Racing Anyone?

by Emil van Dijk

There was a time when road racing was a regular component of OSCC activities. This may have coincided with the popularity of bell-bottoms and afros. The races were 40-60km in length, and handicapped much like an Aussie Pursuit. Instead of starting one at a time, riders would start in small groups.

In order to win a rider has to first cooperate with their group to stay away from or catch other groups, then later try to break away or wait to outsprint the group. Pretty much like the Interclub races some of us currently participate in.

During the last few years I have attempted to revive the road racing tradition. Unfortunately the turnout has been very low. Since everything is cyclical, it must come back eventually, so I'm being patient. In order to plan for that glorious day, I would like to solicit some feedback from the membership. What has to happen for you to participate in a road race? How should it be handicapped? What days/times are good for you? What distances are appropriate? What are you afraid of and how can your fears be alleviated? Am I pursuing a lost cause? Please send your comments, concerns and questions to email@bmts.com.

2006 Epic Wedgie

August 6th-7th

Route: Lion's Head to Meaford

Length: 2days/200km

Cost: \$35/Person

Epic because of the nature of the adventure, Wedgie because you'll likely have one when you're done. This ride is unique in the mountain biking world.

If you're looking for a pleasure cruise this is not it. If you're looking for a race, you'll be equally disappointed. The Epic Wedgie is very social, physically demanding, sometimes frustrating, but mostly a lot of fun. The route is altered each year to keep it interesting and to keep alive the spirit of exploration and adventure.

A few completely unexplored sections are deliberately included each time to keep it exciting. Transportation of camping gear is provided from the start point to the campsite, and from the campsite to the finish. Each rider must provide his/her own gear for the camping and the ride. The group generally stays together from one end to the other of this varied and interesting ride.

To Register

Visit our website www.alternativewheels.com and click on the Culture Track link for our on-line registration form. ONLY 15 spaces available, therefore registration in advance is recommended. (This is not an OSCC event.)

RESULTS

June 28th, Epping Hill Climb, 5 Km

Timers: Pam Hearn-Erb, Zack Erb

Riders: 35 participants + family members for a wonderful potluck meal looking over the Beaver Valley. Welcome to George Condy, Ken Petersen, and the Nadjiwans.

Conditions: 23oC and sunny

Notes: The performance bar keeps being raised in the club! Seven riders now under the 12 minute mark, and 12 under 13 minutes!

Course record is still held by the Erbinator at 10:33.

Name	Km/H	Ave. Speed	Back
Joe Chappell	10:47.0	27.82	
Matthias Purdon	11:15.0	26.67	00:28.0
Jason Rody	11:17.0	26.59PB	00:30.0
Scott Thomson	11:21.0	26.43	00:34.0
George Condy	11:34.0	25.94	00:47.0
Emil Van Dijk	11:38.0	25.79	00:51.0
Ryan Murray	11:42.0	25.64PB	00:55.0
Andrew Mason	12:15.0	24.49	01:28.0
Mike Campbell	12:42.0	23.62PB	01:55.0
Mack Thomson	12:53.0	23.29PB	02:06.0
Fred Zottl	12:54.0	23.26PB	02:07.0
Rich Fletcher	12:57.0	23.17	02:10.0
Josh Fletcher	13:29.0	22.25PB	02:42.0
Ed DeLaPlante	13:45.0	21.82	02:58.0
Justin Zottl	13:51.0	21.66PB	03:04.0
Fletcher Courage	13:56.0	21.53	03:09.0
Mark Scott	13:57.0	21.51	03:10.0
Tim Murawsky	13:59.0	21.45	03:12.0
Laura Robinson	14:17.0	21.00PB	03:30.0
Colin McIver	14:18.0	20.98PB	03:31.0
Amy Armstrong	14:34.0	20.59PB	03:47.0

Lloyd Hutchins	14:36.0	20.55PB	03:49.0
John Brown	14:42.0	20.41	03:55.0
Vic Michener	14:52.0	20.18	04:05.0
Ken Petersen	15:24.0	19.48	04:37.0
Jane Thomson	15:35.0	19.25PB	04:48.0
Rebecca Hilts	16:04.0	18.67PB	05:17.0
Jeffrey Thomson	16:52.0	17.79PB	06:05.0
Didier Perrin and Barb Krasovec (tandem)	17:09.0	17.49	06:22.0
Krista Youngblood	17:58.0	16.70PB	07:11.0
Amy Nicol	18:08.0	16.54	07:21.0
Steven Nadjiwan	22:22.0	13.41	11:35.0
John Cameron	25:40.0	11.69	14:53.0
Jackson Nadjiwan	25:40.0	11.69	14:53.0

July 5 Kemble, Counter-Clockwise 20.8 k ITT

Timer: Pam Hearn-Erb

Conditions: 21oC; moderate west breeze; Riders: 34; Run counter-clockwise; (difficult to figure out PB's - I may have missed one or two); New Men's and Women's Course Records set by Joe and Jane!

Jeffrey Thomson	47:10	
John Brown	36:49	
Amy Nicol	44:34	
Matt Barfoot	34:49 PB	
Anne Louise McArthur	41:18	
Lloyd Hutchins	40:42 PB	
Tim Murawsky	36:41	
Emil VanDijk	33:54	
Stephen LaForest	42:38	
Justin Zottl	36:04	
Greg Nicol	32:35 PB	
Andrew Mason	35:09	
Rebecca Hilts	40:11	
Fred Zottl	36:04	
Brian O'Doherty	33:01 PB	
Trevor Stokes	38:10 PB	
Derek Smith	34:20	
Jason Rody	32:27 PB	
Mack Thomson	37:26	
Jane Thomson	35:55	PB & Women's Course Record
Dermot Barry-Murphy	35:38	
Fletcher Courage	35:04	
Dave Ward	40:43	
Don Wilkinson	39:00 PB	
Joe Lehmann	37:00	
Jarmila Vazac	39:50	
Matthias Purdon	33:32 PB	
Laura Robinson	38:39	
Scott Thomson	31:49	
Joachim Ostertag	37:07 PB	
Mike Campbell	34:56 PB	
Martin Kerr	30:12 PB	
Ed DeLaPlante	35:52	
Joe Chappell	29:28	Course Record

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M.T.B. T.T., Sawmill Trails, July 12th

4 K.M.

Chris Akiwenzie	34.56
Anthony Lovalley	17.31
Tamara Lovalley	22.11
Jack Nadjiwan	18.32
Steve Nadjiwan	16.48
Mireya Nadjiwan	23.31

9 K.M.

D.J. Perrin	31.40
Sean Calhoun	30.24 NEW MEMBER
Brian Radbourner	30.15
Lindsey Avery	49.39
Ken Avery	30.00
Doug Jones	D.N.F.
Mark Shouldice	30.51
Mark Scott	31.24
Greg Nicol	26.25 (made a wrong Turn)

July 12, Annan, 19K ITT

Timer: Pam Hearn-Erb

Assistants: Jack Roderickson, Tom Hakala

Conditions: 25oC; sunny; light to moderate north breeze

Riders: 35; a fast night with 15 PB's and new course records set by Lynne (4 secs), Martin (9 secs), then broken by Joe (another 14 secs)! Welcome to Alysha Hooper and Marnie Cox.

Jeffrey Thomson (10K)	21:04
Laura Armstrong	33:05
Matt Barfoot	31:42
Amy Nicol	36:45 PB
Lloyd Hutchins	DNF
Reg MacDonald	33:37
Lynne Vaughan-MacDonald	31:23 PB & Women's Course Record
John Brown	31:39
Jane Thomson	33:48
Leola VanDolder-Fletcher	38:57 PB
Trevor Stokes	32:47
Scott Thomson	27:54
Anne Louise McArthur	35:33 PB
Jarmila Vazac	34:36 PB
Susan Avery	35:47
Colin McIver	32:17
Don Wilkinson	33:29 PB
Matthias Purdon	29:42 PB
Mike Pearson (MTB)	36:03 PB
Jason Rody	28:47 PB
Emil Van Dijk	30:02
Brian O'Doherty	29:33
Derek Smith	30:48 PB
Alysha Hooper	35:35
Andrew Mason	30:45
Dawn Williams	36:11
Tim Murawsky	31:03 PB
Ed DeLaPlante	31:26
Mike Campbell	30:01 PB
Fletcher Courage	33:45
Martin Kerr	26:24 Course Record
Marnie Cox	38:37
Peter Beisel	33:46
Rebecca Hilts	34:51 PB
Joe Chappell	26:10 New Course Record

July 19,, Walters Falls, 15/30K ITT

Timer: Pam Hearn-Erb

Assistant: Jack Roderickson

Riders: 33; 16 for 15K and 17 for 30K; welcome Richard Askwith

Conditions: 25oC, sunny, and light south breeze ; well received new TT course - rolling south and return

15K

Jeffrey Thomson	30:51
Scott Burgess	27:04
Amy Nicol	29:03
Leola VanDolder-Fletcher	31:40
Anne Louise McArthur	28:52
Stephen LaForest	29:06
Rebecca Hilts	27:27
Susan Avery	28:06
Alysha Hooper	27:09
Bill Courage	29:40
Sonya Mount	29:32
Andrew Mason	24:13
David Ward	27:31
Mike Pearson (MTB)	26:57
Laura Armstrong	26:03
Richard Askwith	29:00

30K

Lloyd Hutchins	57:29
Chris LaForest	62:07
Mike Campbell	50:27
Fletcher Courage	51:49
Lynne Vaughan-MacDonald	51:26
Ken Avery	49:42
Trevor Stokes	54:41
Jason Rody	48:45
Emil VanDijk	49:20
Greg Nicol	47:04
Derek Smith	52:22
Joachim Ostertag	54:04
Matthias Purdon	49:24
John Brown	53:25
Joe Lehmann	56:45
Scott Thomson	45:34
Brian O'Doherty	48:06



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Epping and O-Cup

Mike Campbell took these great photos at the Epping Hill Climb and a Recent O-Cup. The hill climbers seem to be much happier than the mountain bikers.



Spanish Drug Testing Questions

by Kirsten Sparre, c/o Danish School of Journalism, 7 July 2006

The Spanish authorities owe the world an explanation for how it has handled the publication of information about the investigation of the blood doping scheme in Spain. So says Jens Evald, chairman of Anti-Doping Denmark, who is deeply concerned about the legal rights of the cyclists named in the investigation.

Jens Evald is also professor of law at Aarhus University and he is very critical of the way the Spanish authorities have passed on information to the organisers of Tour de France with very serious consequences.

"All over the world named cyclists are under suspicion but no one seems to know what is up and down in this case. To protect the legal rights of cyclists and in the interest of the public, the Spanish police should publish all its findings from the investigations," Evald said to the Danish daily, MetroXpress. His point is underlined by the fact that the doctor at the centre of the investigation, Eufemiano Fuentes now claims that riders he has treated are still participating in the Tour de France.

"I have had enough of the hypocrisy. The Tour direction sent home riders that I never treated, and there are now clients of mine in the peloton. I'm furious. People were named that I don't even know but other names were concealed," Fuentes said this week in a radio interview with the Spanish radio Cadena Sar.

Heavy pressure on Spanish minister from UCI

Much of the information about the findings of the Spanish investigation has come into the public domain after leaks from the police to the media and the Spanish court is now investigating the source of those leaks.

Meanwhile, less attention has been paid to the fact that the UPI and the French Minister of Sport also applied heavy pressure on the Spanish Minister of Sport to name all athletes involved in Operation Puerto before Tour de France got underway on 1 July.

In an interview with cyclingnews.com, UCI President Pat McQuaid explains that once the story broke he went straight down to Madrid to see "what information could be gleaned from the both the minister and the authorities down there." McQuaid was told the information was subject to a secrecy order and then he "put pressure on, saying that I hoped it would be (lifted) before the Tour de France."

After several leaks to the media, the UCI President felt it was absurd that the media could get information when he could not, so "serious pressure came on the Minister on Monday and Tuesday from a variety of sources, including the UCI. And that is how the list came out as a result," McQuaid said.

Athletes are considered witnesses

Some but not all of the information in Operation Puerto has been given to the Spanish Minister for Sport, Jaime Lissavetsky, and the Spanish Council of Sport. The Council of Sport has produced a summary of the material and passed that information on to the UCI and the French government, but it refuses to give the athletes access to the information.

Asked about Ivan Basso's possibilities of getting access to information about him, the press officer of the Spanish Council of Sport, Luis Lucio said to the Danish news agency Ritzau:

"He will only get access to the material, if UCI or the Italian Cycling Federation decides to open a case against him."

An ironic twist in the case is that while the Spanish police has effectively been acting as private detectives on behalf of the UCI and other parties with an interest in a doping free Tour de France, the police is not really interested in prosecuting the athletes.

Chief prosecutor in Madrid, Manuel Moix, tells Danish news agency Ritzau that the athletes are considered witnesses in the case against the main operators of the scheme. The rest is a disciplinary matter between the cyclists and their federations.

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Cycling Trail in Wellington North

The trail begins on County Road 109 east of Arthur and the first stop is a Goat dairy with farm gate sales of cheeses, soaps etc. The route continues into the village of Arthur and the first bakery and can then take two routes, Highway 6 and County Road 14 that actually form a loop and back down to Arthur.

County Road 14 from Arthur takes you on the back roads north past a sheep dairy also with a shop and five types of cheeses, yogurt etc and across to Damascus and the Damascus Emporium. Then north and east to the Luther Marsh conservation area, (Recent birding article attached) From there the route continues back and westwards to County Road 14 and eventually to the village of Conn, Highway 89 & Mount Forest, the northern part of the trail. For bikers there is an alternate south route from Mount Forest through Farewell a Mennonite hamlet with a bike shop. This route is parallel to Highway 6 which is the southern/northern motor route through Kenilworth the location of a great local restaurant with even more butter tarts.

The countryside is very agricultural with wonderful tidy farmsteads and thriving farm gate sales due to the large Mennonite population. There are B&B's and campgrounds.

The map I have attached has change to the numbers -- #4 has moved to another location. Unfortunately the map and legend is under revision for corrections and last minute changes but I should have a complete one for you on Saturday. Regardless of the numbered locations – the route remains the same.

Also there is a Mennonite bike shop just south of the intersection of Concession 11 and Sideroad 5W in the hamlet of Farewell that is open on Saturdays if you have any problems with your bikes.

Linda G. Reader, EDO, Township of Wellington North, Tel: 1-866-848-3620, Fax: 519-848-3228

LEGEND

1. **The Village Bakery and Queen's Bush Café**, 142 Main Street, Mount Forest. Butter tarts, breads, sausage rolls, pies and more. Café open Tues-Sun, 7am-4pm. Bakery open Wed-Sat. 7-5:30 or 5pm on Sat. 519.323.3841
2. **Night and Day Pottery**, 947 Bentley Street south of Mount Forest. Hand thrown pottery and home studio. All year by chance or appointment. June-Sept, M, Th, Fr, Sat, Sun, 10-5 closed Tu and Wed. Visa, MC, and Debit. 519.323.4222 or toll free 888.578.4199
3. **Elcraft Furniture**, 7333 Sideroad #3 E Open weekdays. Chairs, tables, oak, pine & cedar chests. 519.323.0340
4. **Martin's Mennonite Bakery**, Sideroad 6E. Open Friday afternoons and Saturday. 2 types of butter tarts, pies, bread & home baking.
5. **Yellow Jasmine Galleries Art Deco Antiques**, Sideroad 7E & Highway 6, Kenilworth. Memorabilia and antiques. Open daily. 519.848.5645
6. **Kenilworth Country Kitchen & Bakery**, Sideroad 7E and Hwy 6, Kenilworth. Butter tarts, fresh baked pies and home raised beef and chicken entrees. Open daily.
7. **Brenda's Bakery** - _____ Arthur. Butter tarts, baked goods and light lunches. Open daily. 519. _____
8. **The Rivers Edge Goat Dairy**, #8102 County Road 109. Goat milk, cheeses, yogurt, cosmetics & soaps. Open daily Mon-Sun, 8 AM-8PM. 519.848-2203
9. **Shepherd's Watch Sheep Dairy**, # 8837 County Rd 14 north of Line 4. Sheep butter, yogurt, lamb, milk & five cheeses, sheepskins and wool products. Open year round, 7 days a week in summer. Sat-Sun. 6pm-9pm. 519.848.6731
10. **The Damascus Emporium**, Cnrr. Line 6 and County Rd 16, Damascus. Gifts and flea market finds. Open _____ 519. _____
11. **Luther Marsh wildlife Management Area**, South from Monticello on Sideroad 21-22. E. Luther Twp. Picnic area and lookout in prime birding area & wildlife preserve. \$4 Adults, 2.25 Children. Open daily in the summer.
12. **The Red Barn Antiques**, # _____ County Road 14, 2 km south of Conn, Flea market treasures and antiques. Open weekends other days by chance. 519. _____
13. **Misty Meadows Mennonite Market**, #7992 Hwy 89. 6 kinds of butter tarts plus locally raised produce. Mon-Wed. 9-7 pm. Thurs-Sat, 9-9pm. Closed Sundays. 519.323.4174

WELLINGTON NORTH

From Guelph, Waterloo and southwestern Ontario. From Orangeville, Brampton, Mississauga and Toronto Just an hour's drive away for a day of fun and shopping!

Please note: All of the locations on the 2006 Back Road Butter Tart Tour are antique shops and flea markets or businesses providing locally produced products, art work and food. Some are open regular hours, others by chance. Where we can, we have listed the hours and provided phone numbers. If in doubt, call ahead.

Editors: Trevor Stokes & Tom Hakala • Thanks to this months contributors: Greg Nicol, Emil van Dijk, Rebecca Hilts, Scott Thomson, Laura Robinson, Mike Campbell, Kirsten Sparre, Linda G. Reader