

The Official Newsletter of the Owen Sound Cycling Club

www.owensoundcycling.ca

October 2006

OutspOken

Whemmys Results

Also

- The Grand Tour of the Bruce
- Road Racing Next Season
- Tri Yodeling in Switzerland

Our Fearless Leader

by Greg Nicol

This is the last OUTSPOKEN for the year and what a year it has been. Our club reached new heights this year with participation at all events equally at an all time high. If you ask the old guard of the club had they thought that we would see 50 riders out for a weekly TT they would have thought you were mad (not the angry type although some may still have been agitated by the wait). We had great participation at the Interclubs with our very own Emil taking second and if he had attacked with the president in the very first Interclub he would have been on the top of the podium but hey who remembers those type of things.

The Owen Sound Cycling Club represents the City of Owen Sound and the surrounding area very well provincially, nationally and internationally. I am very proud to say that I am from the Owen Sound Cycling Club.

I do plan on being the president - elect again next year. Jack Roderickson has graciously accepted the role of membership co-ordinator. Rebecca Hilts is stepping down after many years of valued service to the OSCC. Pam Hearn Erb will be greatly missed for the affectionate way that she would politely request you get to the start and to stay off the road. She will also be missed for doing the job that she has done so very well for our club over

the past few years. This is a hole in our lineup that must be filled so if you know anyone that would be interested please let us know.

Trevor's Ramblings

by Trevor Stokes

We had a small but energetic crew show up for the "Adopt a Road" cleanup on Saturday, October 14th. Thanks to those that helped on a cold wet and snowy day

We are supposed to do the clean up twice a year to keep our name on the sign at each end of the road. Whether we continue to adopt the road is another question. I just thought it was one way of giving something back to the Shallow Lake/Copper Kettle communities, since we use "their" road more than any other for our time trials.

The Assistant

by Tom Hakala

Though I had to curtail some of my cycling this season because of my cranky back, it was (and still is) a great season. Thanks to the Thomson family for a fab venue for the annual barbecue. Also, congratulations to all of you that contributed to making this publication a thoroughly enjoyable read. More often than not, I had to work to squeeze everything in. This is a wonderful problem to have. Have a great ski season, see you in the spring.

The Grand Tour of the Bruce

Next July the Tom Thomson Trail Group and the OSCC are getting together to do a 'Grand Tour of the Bruce'. Now you may be thinking, what on earth is he babbling about now. Well, let me explain.

The Tom Thomson Trail Group has been trying different events and programs to garner enough funds to build the trail from Owen Sound to Meaford. We have washed dogs, built bird houses, asked for 'Toonies for the Trail', we have done everything short of standing in front of Ruth Lovell's and Wally Reif's houses with our hats in hand to get the much needed funds. (This trail has proven to be very expensive.) Then one of our newer members (Bill Hayley) suggested a grand bike tour. He had been on one in New York state that was a fund raiser and claimed it made a great return for the group it supported. As it turns out, Bill used to run a bicycle touring company on



40th ANNIVERSARY

Thank you to all of our loyal customers for your patronage for the past 40 years

Watch for upcoming anniversary specials and events as well as the new line-up of Rocky Mountain bikes that arriving in celebration of their 25th Anniversary

www.alternativewheels.com

(519) 371-1812



Shoes • Clothing • Accessories

Scott & Tracy Greig

715 2nd Avenue East
Lower Level
Owen Sound, Ontario
N4K 2G9

Phone: 519-371-1577
Fax: 519-371-8943
runnersden@bellnet.ca



Paul D. Matthies

Hwy. #6, P.O. Box 29
Hepworth, Ontario N0H 1P0
Phone: (519)935-2478
Fax: (519) 935-3797

*Quality Outdoor Equipment & Clothing for the
Backpacker, Canoeist, Kayaker Cyclist & Cross Country Skier*

the Bruce Peninsula and he felt that we could do a similar event there. Now we are not talking about a day trip with a dozen riders, we are looking at (we hope) 200 riders touring and camping around the peninsula over four days. That is why we are calling it the 'Grand Tour of the Bruce'.

So where does the OSCC come into the picture? Well, one of the more problematic issues with running a tour like this is getting insurance, so the Cycling Club has offered to let us use their insurance. In other words, everyone that takes part in the tour will become members of the Owen Sound Cycling Club. We expect that some participants will be local people and even OSCC members, but we also anticipate we will attract people from all over North America (or at least the mid-western states and Ontario).

The tour will start on the evening of Monday, July 23rd with everyone arriving at the Kelso Beach campsite. Tuesday morning the Legion has agreed to serve breakfast for the group and after an intro by local dignitaries they will be led by a police escort along the Eddy Sargent Parkway and will head north to Wiarton. At Bluewater Park on the shores of Colpoy's Bay everyone will re-group for a rest stop and energizing snack. Again we are asking for the Cycling Club to help us by supplying and handing out the food for the rest stop snack. From there the group will ride to Cape Croker Campground and set up camp. A native group will provide a fish dinner and entertainment. The next day the riders will do a short ride up to the Lion's Head High School for their next campsite. Because of the short ride they will then take a hike along the Bruce Trail in the afternoon. That evening everyone that wishes will be taken by coaches to Tobermory for supper (at their own expense). On Thursday morning the tour will go up to Miller Lake via the Forty Hills Road; they will skirt around the lake, do a short stint on Highway #6, then cross over to the west side of the peninsula and ride

south to the Outdoor Education Centre at Oliphant. After spending the night camping at the Ed. Centre they will head to Sauble Beach for a swim then ride back to Owen Sound.

As you can see this is an ambitious undertaking for a small committee like the Tom Thomson Trail Group. We will need a great deal of support for the community to make this fund raising project a success. We are also asking you and every OSCC member to give us a hand in whatever area you think you can. As I said, we are asking for the club's help by supporting the first rest stop in Wiarton, but we will also need people to drive support vehicles, be tour guides, assist with meals and many other chores during the tour. We will also need help in pre-planning and organizing the event, getting sponsors, suppliers, caterers, a web site and publicity together. If you think that you could help with anything before or during the tour please let me know at: thomas.hakala@sympatico.ca or call me at 519-371-1450. Thanks in advance.

Other Cycling Events in Our Area Next Season

The Underground Railway Bicycle Tour
Canadian Tandem Rally 2007 in Grey/Bruce
Around the Great Lakes Tour

McIvor House Bed & Breakfast

R.R. #4 Wiarton, Ontario
(519) 534-1769

"The pedallers paradise"
Your Hosts Judy and Bill Glassford

JUST EMIL!

by Emil van Dijk

Club Road Racing 2007

Thanks to an outpouring of popular support, we are good to go for club road racing in 2007, commencing some time in the spring. The consensus seems to be that Sunday mornings are best, with races starting at 10AM. A number of venues have been suggested but nothing is written in stone, so feel free to add your ideas to the subject. Send your comments or questions to emil@bmts.com. One thought to keep in mind is that the focus of these races should be to have a fun, fast group ride with others of a similar ability. Riders will begin in groups at varying intervals, with the object being to cooperate as a group to stay away from and/or catch up to other groups, before attempting to win the race on one's own. In order to downplay the vagaries of handicapping, we will be using an ability-based points system, so even if you don't finish first overall, it is still possible to win the race.

The Off-Season

As the competitive season draws to a close it's time to ease off the throttle and relax for a month or so. By no means is this carte blanche to become a couch potato, but rather an opportunity for the body and mind to rest and recuperate from the rigors of racing. Don't stop training altogether, just cut way back on frequency, duration and especially intensity. Riding isn't mandatory, in fact it may be helpful to give the bike a rest and do some other sports instead. This period of transition is a good time to start thinking about next year and what you need to do to improve. With that in mind, consider increasing your knowledge about training. The Owen Sound Library has a number of cycling books available for your reading pleasure. My favourite is *The Cyclist's Training Bible* by Joe Friel. There's probably a ton of stuff on the internet as well. Keep an open mind and remember to listen to your body. Less is often more.

Interclub Wrap Up


Over the course of the year 26 OSCC members participated in one or more of the interclub races, a new high for the club. Barrie and Newmarket still provide the majority of the participants, but this year's showing by the OSCC is by far the most we have ever had. Hopefully we can improve again in 2007. The highlight of the year

was without doubt El Presidente's glorious solo victory at the Dundalk race. A definite contender for Sporting Achievement of the year.

For those who did not attend the final race at Moonstone, you missed out. Free Oakleys to all participants!! Sweet. The course was fairly hilly with a nasty two part climb to start the lap, and the same climb to finish off the race. Three laps of 22km plus the climb again for a total of almost 70km. For those who were not at the sharp end of things, Andrew Watson of the Barrie club broke away with about 30km to go. Although he never got more than a minute lead, and at times was only seconds ahead, the chasers would not/could not cooperate and Andrew soloed to victory. The next week he apparently did much the same thing and became provincial mountain bike champion at the Senior Elite level.

Joe Dirt Vs. Blue Velvet

I've been on both winning and losing teams at the Whemmys, but I can't recall an occasion where it looked like the winning team wouldn't be decided until the final lap. That is definitely how things were shaping up at this year's race. Joe Dirt and Blue Velvet were two very evenly matched teams, running neck and neck after six laps. Unfortunately bad luck robbed us of a thrilling finish. Will there be a rematch? I certainly hope so. Thanks to



MARTIN'S
BICYCLE SHOP

SCHWINN SPECIALIZED NORCO LEMOND YAKIMA THULE RNH UGP HUFFY BMX

Martin's Bicycle Shop
236 High Street
Southampton, ON
Canada, N0H 2L0
p: 519.797.3645
WWW.MARTINS.CA

Richard Fletcher and Fred Zottl for organizing the race, to Martin's Bicycle Shop and Arrow Racing for their sponsorship, and to the volunteers for helping out. N.B. At one point I was racing with Curly and Moe and we each got the same branch off the helmet. Whack, whack, whack. A few seconds later all three of us took a different line on a turn and met at the same spot. Doh!!

Tri-Worlds in Switzerland

by Matt Barfoot

On Saturday September 2nd, 2006, four Owen Sound cycling club members, Jarmila Vazac, Laura Armstrong, Greg Nicol and Matt Barfoot, raced at the world age group triathlon championships in Lausanne, Switzerland. A special note, Amy Nicol was also present as the "trophy wife", I am pretty sure that was self proclaimed by her. The weather during the days leading up to the race were



wet and not too warm, but the day of the race turned out to be a beauty, sunny and a high in the mid twenties. The race took place on the shores of Lake Geneva, the swim was 1.5km in the Ouchy harbor, the bike was 40kms through the hillside town of Lausanne and the run was along the beautiful Lake Geneva harborfront. The hard part was, that if you weren't careful during the race you could get lost in the scenery - old style European buildings, France across the lake or the white capped mountains in the distant backdrop. Other than a little bit of choppy water, by far the toughest part of the race was the challenging bike course. The bike course was 4 loops on closed off city streets. The training on southern

Ontario soil did not prepare us for the challenging course. The climbs were not terribly steep, but several were long and winding. There were very few sections of the course where there wasn't a corner. Especially at the bottom of the downhill sections, it seemed like every down hill section had a sharp hairpin turn that took away all of your momentum. The consensus throughout the whole Canadian team was that the technical bike course gave the European riders a much greater advantage in the race. The triathlon bike courses in our neck of the woods are very similar to the terrain that we do our time trials on, flat, straight country roads with the occasional rolling hill – This is nothing like the Lausanne race.

The Canadian team consisted of well over 100 athletes – ranging in age. The professional athletes were also present and raced the day after the age groupers. For some reason there were more fans at the pro race than at the age group race. I guess the name Simon Whitfield is a bigger draw than Matt Barfoot. The atmosphere at the pro race was pretty cool.

Of course, Amy, Laura, Greg and I got to see the Swiss countryside on the days leading up to the race, it was spectacular, but the best way that Laura and I saw the countryside was on our bikes – we took a training ride along the countryside. It was pretty neat pedaling our North American made bikes through the Swiss countryside – passing through small villages and farmland. I'm not sure if any of the four of us could say we were overly happy with our results (some had bike troubles, some missed a turn and had to do a little extra bike distance), but like any athlete, there is always some aspect of the race that we could of did better on. The experience was incredible, and I wouldn't trade it for the world. I do have to say that it was pretty special wearing the Canadian Red and white, and having fans cheer you on every step of the way. Go Canada!

Jarmil Vazec – 3:35:06

Laura Armstorng – 2:59:57

Greg Nicol – 2:28:08

Matt Barfoot – 3:31:49

Cyclists With Helmets

by someone from "As It Happens" (Submitted by Trevor Stokes)

These days, most people wear a helmet when riding a bike. Those same people would probably say that donning



the helmet, while admittedly making a mess of their hair, makes them feel safer. But this may not be true; indeed, according to a 'traffic psychologist' at Bath University in England, a helmet could be a hindrance to safety. Dr. Ian Walker says cyclists who wear protective helmets are more likely to be knocked down by passing vehicles than those who don't.

Dr. Walker fitted out a bike with instrumentation to measure exactly how much distance passing cars were leaving as they drove past. He found that drivers drove closer to him when he was wearing a helmet. He concluded that (subconsciously?) the drivers reckoned that a cyclist with a helmet was more experienced, whereas those without should be given a wider berth.

Carol Off asked him if men and women cyclists were treated differently. Dr. Walker said that he'd asked all of his female colleagues to ride the special bike to gather a second set of data. No one volunteered. So, he repeated the test wearing a long wig. Again, drivers left a safe distance when overtaking.

RESULTS

August 30th ITT

Epping 5K Hill Climb

Timer: Pam Hearn-Erb

Assistants: Mary Thomson, Sonya Mount, Jack Roderickson, Al (commissaire) from OCA

Conditions : Cool 17oC, light north breeze, potluck, 32 riders, Happy BDay & PB Fletcher

Lloyd Hutchins	14:41
Stephen Laforest (MTB)	17:35
Jeffrey Thomson	16:03 PB
Paul Ready (MTB)	15:36

Jane Thomson	14:39 PB
Mike Campbell	13:02
Rebecca Hilts	15:31 PB
John Brown	14:28
Bill Courage	16:27
Scott Thomson	11:47
Danielle Burgess	17:38
Scott Burgess	13:50 PB
Peter Beisel	13:03
Mack Thomson	12:53
Tom Sutton	13:12
Karly Johnson	14:33
Jon Kinsie	10:46
Fletcher Courage	12:45 PB
Ryan Murray	11:52
Jason Rody	11:44
Emil VanDijk	11:24 PB
KK Michener	13:20
Vic Michener (MTB)	15:14
George Condy	11:44
Josh Fletcher	13:31
Matthias Purdon	11:38
Rich Fletcher	13:04
Ken Avery	12:44
Mike Pearson (MTB)	13:48
Trevor Stokes	14:31
Joe Chappell	10:56

September 6th

Annan 19K ITT

Timer : Pam Hearn-Erb ; Assistant : Jack Roderickson
 Conditions : Cool 15oC and Calm ; 28 Riders (12 from Arrow Racing) ; (Jon K missed the turnaround by ?50 yds -10secs)

Lloyd Hutchins	37:23 PB
Leola Fletcher-Vandolder	40:17
Amy Nicol	36:28 PB
Jon Kinsie	27:27
Joachim Ostertag	33:13 PB
Josh Fletcher	36:34
Justin Zottl	33:15
Tom Sutton	31:02
Rebecca Hilts	34:59
Scott Thomson	28:08
Matthias Purdon	29:46
Jason Rody	29:11
Fred Zottl	31:45 PB
Rich Fletcher	31:39
Derek Smith	32:23

Don Wilkinson	35:08
David Starrs	32:37 PB
Emil VanDijk	29:10 PB
Ken Avery	30:29
Arunas Liskauskas	34:21
Mike Campbell	30:06
Andy Barton	33:14
Aidan Vining 10K	21:56 PB
Jeffrey Thomson 10K	19:22 PB
Mack Thomson 10K	16:21 PB
Jane Thomson 10K	16:27 PB
Scott Burgess 10K	16:44 PB
Martin Kerr 10K	27:14

Sept 9th MTB Race at Whispering Pines.

These are the true MTB die-hards. Weather conditions 10 degrees C and damp. The overnight rain compacted the trails and thus was very fast ! Track was a mix of single and double track.

1 Lap Race

Rebecca Hilts	25:45
---------------	-------

2 Lap Race

Greg Nicol	31:13
Brain Radbourne	32:43
Sean Calhoun	33:11
Peter Beisel	33:36
Jeff Wardell	33:54
Ed [tbs]deLaplante	36:52
Emil Van Dijk	DNF

Sept.13th M.T.B. T.T

Shawn Calhoun	26.55
Didier Perrin	D.N.F.
Greg Nicol	27.08
Jason Brody	25.09
Ken Avery	27.13
Mike Pearson	32.55

Weather: rainy,cool

Timer: Margo Huelshof

Set Up of Trails: Tim Koker and John Huelshof

Sept. 13 2 Up Aussie Pursuit

Timer : Pam Hearn-Erb; helped by Tom Hakala

Conditions : 20 riders competing in a two-up team format handicapped by the average of their course pb. A big win for Stephen Laforest and Jeffrey Thomson (fresh

off his Ontario Championship TT win), followed closely by young power riders Justin Zottl and Mack Thomson passing 4 of the 5 teams starting in front of them @ 37.5kph. No need for a water bottle - just open your mouth and drink the spray from the wheel you're following! Deal with the grit!

Start Order	Start	Finish	Actual	Finish Order
Jeffrey Thomson/ Stephen Laforest	0:00	28:04	28:04	1
Scott Burgess/ Peter Beisel	3:48	28:56	25:08	3
Rebecca Hilts/ Karly Johnson	3:50	29:16	25:26	6
Chris Laforest/ Trevor Stokes	4:13	30:29	26:16	9
Tim Murawsky/ Don Wilkinson	4:30	29:21	24:51	7
Justin Zottl/ Mack Thomson	4:35	28:29	23:56	2
Matt Barfoot/ Dave Starrs	5:55	31:24	29:29	10
Jeff Wardell/ Tom Sutton	6:27	29:14	22:46	5
Emil VanDijk/ Matthias Purdon	6:45	29:00	22:15	4
Scott Thomson/ Joe Chappell	8:30-?	29:40	21:10	8

Sept 20 Shallow Lake 10K ITT

11oC and cold west wind; last TT of the season; 17 riders and Timers Pam and Jack Rodrickson. Many Thanks to Pam Hearn-Erb for her dedicated time keeping the last couple of years. Any volunteers for next year?!

Aidan Vining	20:42 PB
Jeffrey Thomson	20:10 PB
Lloyd Hutchings	19:14
Amy Nicol	20:14 PB
Scott Burgess	17:56 PB
Mack Thomson	17:01 PB
John Brown	16:18 PB
Tim Murawsky	16:40 PB
Joachim Ostertag	18:06
John Cameron	16:40
Jane Thomson	17:59 PB
Jason Rody	16:21
Emil Van Dijk	15:36 PB
Joe Chappell	14:33
Scott Thomson	15:26
David Starrs	17:07
Matthias Purdon	15:51 PB

OSCC and Arrow Racing have another Ontario Champion !!

by Scott Thomson

Young Jeffrey Thomson put his regular Wednesday TT Sessions to good use yesterday, having his best ever TT, and winning the Ontario Champions Jersey for the Under13 Men! When interviewed after the race (by his proud father) he commented that he had "never been so tired in my whole life"! Check out his new jersey!

Congratulations to the other OSCC TTer's who put on an excellent performance with excellent results for a small club. Justin Zottl also had his best ever TT, placing 2nd in the Under15 men, ahead of Mack Thomson in 3rd! Both are first year riders in this age group and will be feared going into next year's event! Lynne Vaughan-MacDonald was awesome in the Master 40+ Women placing 2nd! Her time would have won the younger Master 30+ Championship! Reg MacDonald takes 2nd place in the manager of the year category (behind me!). Jane Thomson placed 4th in the Under17 Women, just off the podium! This is arguably the strongest field of cadet women Ontario has seen. The winner was 4th at National Championships in the Junior (Under19!) category! and Jane was in the thick of things. Awesome time Jane! Jon Kinsie was also 4th in the Junior Under19 Men, just 2 secs from 3rd and 8 secs from 2nd! after 40K! Tim Hill was also just out of 3rd in 4th place in the Master 60+ Men, and John Brown 7th! Joe Chappell placed 8th in Master A 30+, Matthias Purdon 13th Junior Men, and Scott Thomson 22nd in Master 40+.

This list of results is impressive and all the club participants need congratulations!! 222 Riders! Anyone interested in helping with a bid for next year's TT Champs can talk to Scott. I am considering Kemble or a new course at Oliphant near Warton.

VeloNews Conversation with Steve Johnson

It's only been six months since Steve Johnson took over the reins at USA Cycling, but already the new CEO is dreaming big. Among the items on his wish list: a nation where obesity and an over-dependence on gas guzzling cars are wiped out by the new dawn of the bicycle. Johnson believes "the time of the automobile is rapidly drawing to a close, and I see the bike as a wonderful vehicle for transportation, health and fitness, and everything else that is wrong with America." That might be just a tad overly optimistic, but some of Johnson's other visions seem very attainable. He's looking to triple USA Cycling's membership over the next five years, bring a ProTour event to American soil, and continue refining the pipeline that has supplied a steady stream of homegrown talent to the professional peloton.

Recently VeloNews sat down with the 56-year-old for an exclusive, wide-ranging interview. The interview is quite long (it would have taken about 10 pages of Outspoken) but very interesting, if you wish to read it go to: <http://www.velonews.com/news/fea/11014.0.html>. There will be two instalments to the interview.

Don Wilkinson
Massage Therapy



Don Wilkinson B.P.E.
Registered Massage Therapist
860 2nd Avenue West
Owen Sound, Ontario N4K 4M5
(519) 371-4999 (Bus.)
Fax (519) 371-4999
Res. (519) 376-8601

Baywest

 TOYOTA



Sales • Leasing • Parts • Service
RR #5, Sunset Strip
Owen Sound
371-2981

Editors: Trevor Stokes & Tom Hakala • Thanks to this month's contributors: Greg Nicol, Emil van Dijk, Scott Thomson, Rich Fletcher, Matt Barfoot

Whemmys Results for 2006

Category		Male Over 100		
Place	Team Name	Riders	Time	Laps
1	Joe D.I.R.T.	Joe Chappell Scott Thomson Rich Fletcher	3:09:35	12
2	Blue Velvet	Greg Nichol Emil van Dijk Martin Kerr	3:13:45	12
3	Clearview Crankers	Ken Avery Arunas Liskauskas Mitchell Avery	3:03:57	9
Category		60- 100		
1	Sofa King Slow	Brian Radbourne Mark Shouldice Sean Calhoun	3:10:35	11
Category		45-49 Male		
Place	Team Name	Riders	Time	Laps
1	Wicked Awesome	Matthias Purdon Josh Fletcher	3:04:34	11
Category		45-49 Female		
Place	Team Name	Riders	Time	Laps
1	Team Two	Jane Thomson Niki Eyeslein	2:00:00	3
Category		Under 45 Male		
Place	Team Name	Riders	Time	Laps
1	Jewels of the Dark	Justin Zottl Paul Ready	3:02:53	10
2	W.B.P.E.G.B.	William Taylor Levi Bruce Peter Biesel	3:11:20	10
3	Niishnobbie 1	Travis Jones Derek George Doug Jones	3:00:05	9
4	Jeff in the Forest	Jeff Thomson Steven Laforest	3:09:20	9
Category		Under 45 Fe male		
	Team DEK	Danielle Burgess Emma Page Kenzie Fletcher	3:09:50	7
Category		Under 45 Mixed		
Place	Team Name	Riders	Time	Laps
1	Niishnobbie 3	Tianna Fillo Steve Nadjiwan Kirkland Jones	3:03:25	7
2	Niishnobbie 2	Dakota Cutting Abby Jones Wolf Squires	3:14:15	7
3	Niishnobbie 4	Jackson Lavalley Anthony Lavalley Tamara Lavalley	3:16:22	7
Solo		Under 15 Male		
Place	Rider	Time	Laps	
1	Mack Thomson	3:10:00	10	
Category		15-19 Male		
Place	Rider	Time	Laps	
1	Lloyd Hutchings	3:14:00	8	
2	Levi Dow	3:00:00	5	
Category		20-29 Male		
Place	Rider	Time	Laps	
1	Jason Rody	3:10:00	12	
Category		Open Male		
Place	Rider	Time	Laps	
1	Doug Miller	3:04:54	8	
2	Chris Laforest	3:00:00	6	



MORIARTY
BICYCLE
WORKS

Sales Service Wheel Building
Custom Bikes and Modifications
"Bike Friday®" Travel Bikes

ROAD
TANDEM
MOUNTAIN

Bill Moriarty - Prop.
118071 Jackson Road, RR#5,
Owen Sound, ON N4K 5N7
(519) 371-2820
E-mail: west.moriarty@bmts.com
GST#89348 8718

"I'll keep you rolling on your
special dream machine"