

May 2007

# Outspoken

[www.owensoundcycling.ca](http://www.owensoundcycling.ca)

The Official Newsletter of the Owen Sound Cycling Club



NO! I AM NOT SMILING...  
MY FACE IS FROZEN THIS  
WAY!

Plus

- Spring Fling Results
- Dubya look-a-like
- Interclubini

It's Coming! It's Coming! It's Coming! It's Coming!

**Don't call Trevor, Tom, Scott, Emil,  
Tim, John, DeeJ or Jason...**

**Save this for your reference to Coming Events!**

- May 1, 6:30pm - 15K TT, Shallow Lake**
- May 3, 6:30pm - Lincoln Park Fast Group Ride,  
Cons. #3 & SR #5, Lincoln Park**
- May 6, 10:00am - 1st Interclub, Dundalk**
- May 7, 6:00pm - Monday Rec. Ride, 5th Season  
Bike Parkette (across for Farmer's Market), O. S.**
- May 8, 6:30pm - 10/19k TT, Annan**
- May 10, 6:30pm - Sawmill Trails MTB, Hepworth**
- May 14, 6:00pm - Monday Rec. Ride, Williamsford**
- May 15, 6:30pm - 10/20k TT, Walters Falls**
- May 17, 6:30pm - Short Group Ride, Grey Roots**
- May 21, 6:00pm - Monday Rec. Ride, Owen Sound**
- May 22, 6:30pm - Aussie Pursuit TT, Shallow Lake**
- May 24, 6:30pm - Fast Group Ride, Annan**
- May 27, 10:00am - 2nd Interclub, Oro Short**
- May 28, 6:00pm - Monday Rec. Ride, Williamsford**
- May 29, 6:30pm - 21k TT, Kemble**
- May 31, 6:30pm - Sawmill Trails MTB, Hepworth**
- Jun 4, 6:00pm - Monday Rec. Ride, Owen Sound**
- Jun 5, 6:30pm - 19k TT, Annan**

## The Jerseys are Here!

Just to let you know, the jerseys have finally arrived! They look great! Please make arrangements with me to pick your jersey up at your earliest convenience. I will be away until next Monday, but anytime after that will work (May 1st and after). I will also try to keep some in my vehicle, so if we meet up at a TT or other ride, you may be able to pick it up there. If you would prefer to pick it up during the day at Baywest Toyota, that would work too. Please give me a call at 519-371-7085 with any questions or to confirm pick up. *Lynne Vaughan-MacDonald*



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# The President

With new roles come new responsibilities. One of my new responsibilities is having to fill a spot in the monthly newsletter. Tom seems to be quite good at reminding me that I have a standing reservation in the Outspoken.

So when time came around this month to fill my space again, I wasn't sure what to put in it. I could talk about the early season races I've competed in....Nah if any one wants to hear about that they can ask me at a TT or one of our new Thursday night events. Or maybe some training tips about getting into shape for the season. I think I'll leave that to Emil (hint hint), he seems to be better at writing that than I am. So what do I talk about?

I did discover embrocation balms this spring! I kind of wish I would have tried this stuff earlier! What a difference it has made for my early season rides. Some of you may be wondering what I'm talking about. Others may already know. For those of you who know, why didn't you tell me about it sooner! Here's some details for those who don't know. Embrocation itself is still a debate item among cyclists. There are many different types which I won't go into. The main purpose is to "warm" the muscles before you begin exercising. That's where the debate starts and I'm no expert so I will let you look up all this for yourself. I'm just going to tell you of my experience with using one.

I picked one up this spring after some research of my own. The one I chose was from the company Sports Balm ([www.sportsbalm.nl](http://www.sportsbalm.nl)). I picked the medium balm from the Allround System Red line. The first time I used it I thought I had gotten ripped off for sure. There was no warming feeling before I went out for my ride, my legs didn't feel any warmer when I was on the road. Hey what's going on here! When I got home though and took my shorts off, to my surprise my legs were warm. Normally they would feel cool to the touch. At first I didn't believe it so I tried another ride without it. Now I can tell the difference and I'm hooked. I'll be using this stuff when it's cool out from now on!



Maybe I should start thinking now about what to write next month. Or maybe I'll just wait for Tom's nagging or I mean reminder about filling up my reserved space. *Rody*

# Trevor's Ramblings

## The 5th Annual Bike/Walk To Work Campaign

City of Owen Sound This year is the 5th annual Bike/Walk to Work campaign, which is organized co-operatively between Jolley's Alternative Wheels, Public Health Grey Bruce and the City of Owen Sound. It is a six week campaign (May 22nd-June 29th) which is driven to educate and promote cycling and walking to work in place of driving as well as encourage a greener lifestyle and realize the benefits of commuting in place of driving. Each person within a registered workplace who bikes or walks to work (at least one way) is eligible to fill in a ballot and place it in their workplace ballot box. This allows each person the chance to win weekly prizes or in the final draw at the end of the campaign with the grand prize of a new quality commuter bike. To register your workplace call Public Health Grey Bruce at 376-9420 Ext 401.

The prizes are 1st-Brand new commuter bike from Jolley's, 2nd- \$125 gift certificate for running shoes and a pedometer, 3rd-One hour private pool party package at Harrison Park, 4th-Owen Sound Rec program \$75 gift certificate. *Trevor Stokes*

### Quiz:

Can you identify this cycling related hardware?



Answer on page 8.

# Left of Centre

## Grumbling

I told my wife, Jody, that when I retired I was going to write a letter to the editor of the Sun Times declaring that I was now a curmudgeon and that the readers should expect numerous letters from me complaining about most anything. So far I have not done that (much to her relief). For one thing I have this venue to spout my old guy venom. A case in point is the on-going lawsuit concerning poor Mr. Leone and those nasty folks at the U of T Outing Club.

Just in case you have not heard of this befuddling lawsuit, here is a short background. The University of Toronto Outing Club cut some X-C ski trails on a piece of land called Kolopore Uplands, at the south end of the Beaver Valley eons ago... before mountain bikes and money grabbing litigation. The trails were natural, not groomed and challenging to ski.

Then with the advent of mountain biking, people

started using the trails for that sport in the summer, finding them equally challenging and fun. That is until a Toronto lawyer, James Leone decided to try his hand at the sport, headed to Kolopore, and promptly hit a hole in the trail and injured himself. He then decided to sue the U of T Outing Club and the land owners for all the personal losses he encountered because of his pain.

That was a great number of years ago and the case has been dragging through the courts almost as long as the John Jarndyce litigation. Recently, John Brown passed on an e-mail that the club received from Byron Sonne, who has been keeping track of this affair. Here are a few of the snippets from that e-mail.

*The Kolopore vs. James V. Leone lawsuit is still ongoing. There have been new developments since last posted in April, 2005.*

*First of all I have the notes filed as Leone v. University of Toronto, Barrie Court File No. 04-B8059, heard before the Ontario Superior Court of Justice on August 3 and September 6, 2006, with judgment on September 25, 2006.*

*There are some important items that are mentioned in the "Findings" section of the document, that are useful for the public and land owners alike to know about to provide ever increasing wisdom in the world we live in.*

*- Always put up signage indicating users of trail must do so at own risk, and that trails are not regularly maintained, inspected, and may contain hazards. Otherwise you could be held responsible*

# Baywest



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for accidents if you own the land or had a hand in building the trails.

- Signage must be at all points of trail entry, not just the head of trails. Mr. Leone apparently entered the trails system on a side road and therefore saw no signs.

- Even though you may only allow trails to be used for cross country skiing during the winter months, the fact you may be doing trail maintenance during other months of the year means that the trails are your responsibility all year round (unless you put up signage mentioned in first point, or clearly put up signage prohibiting other specific activities).

- If you know that other types of users are using your trails for other activities than intended, like mountain biking, ATV's, camping, or horseback riding, then you have a duty of care (ie. Responsibility) for these people. Unless, of course, you put up signage as mentioned in first point.

- If someone has an accident on your property, always make sure you act by doing something to prevent it from happening next time. Otherwise you will be accused of negligence if you do nothing.

- Even though a hole may be created by an ATV on your trails, causing someone to trip over it and break their spine, you are responsible for this hazard and fixing it (unless you have clear signs indicating that ATV's are not allowed, or again, if you have signage as mentioned in first point).

From the statements of the court mentioned in this document, it appears that Mr. Leone has a good case to win so far.

The problem I have with this fuzzy thinking is that Mr. Leone would have somehow not broken his clavicle if he had read a stupid sign saying that there may be holes on a bloody undeveloped mountain bike trail. Mr. Leone must be one fantastic lawyer if he would need a sign to help him figure that out. I think if someone is that ignorant then a sign is not

going to do a heck of a lot of good. I would venture that the person entering the property either cannot read or comprehend what the sign says. If we follow this stupid logic then every landowner everywhere should erect little signs informing potential trespassers of all the possible hazards they may encounter.

At some point the person doing an activity has to take the responsibility for their actions. If I go out do something like riding a mountain bike on rugged, undeveloped, single track trails I may hurt myself. Especially if I am not coordinated enough to handle my bike around obstacles. If I do not have the ability to handle my bike around obstacles, then maybe, JUST MAYBE!!! I should have taken a lesson in bike handling, and maybe it is my own damn fault.

As Charles Dickens wrote, "The law is an ass - an idiot." Tom Hakala

## 'W' rides in Annan?

The fearless leader south of the border has at least one redeeming quality... he loves to ride a bike. Not only that he rides whenever and wherever he can. We have seen photo-ops of Dubya riding with Lance in Texas and with the Chinese Mountain Bike Team when he was visiting the Great Red Giant.

So when the Outspoken staff saw our cover shot, there was a rumble of excitement. The scuttlebutt was that George was here in downtown Annan riding in an OSCC TT. It was only after some unnamed, entrepreneurial staffer sent the shot to the National Enquirer that our legal team figured out that it could not have been the Big Guy since our insurance does not allow interlopers to take part in any of our events. TH



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## Floyd Tests Bad, Again!

Floyd Landis's favorite French newspaper L'Equipe has again released the latest results of the back-up vials of Foyd's pee. According to L'Equipe, the results show traces of synthetic testosterone.

Floyd refused to accept the results at this time saying, " Yet another result of unethical maneuvers engineered by those who want him stripped of the Tour title." According to Floyd's lawyer, the current results are incomplete.

Yet another case that goes on and on and on. *TH*

## Interclubini


Seasons Greetings. Happy New Year! These are exciting times. I believe that I have discovered a New Fundamental Law of Physics. During high school, we all learned the Law of Conservation of Mass and Energy. Well, I have just stumbled upon the Law of Conservation of Size. This happened last week, when I could no longer make excuses about sub-zero temperatures and snow on the road and had to finally get my butt out of the door and go for a ride. As I was suiting up, I found that my cycling clothes had gotten smaller while sitting in their box in the basement over the winter. Once riding, I noticed that the hills have gotten bigger and the kilometres have gotten longer. Therefore, I could only conclude that the size lost from my clothing has been gained by the local geography. Size has been conserved! I am sure that there will be many far-reaching applications of this new

law which will extend beyond the realms of mere cycling. It will be something to think about during those long training rides. Should I ever recover from my first ride and get out for another 30km, I'm sure that I'll have a paper ready for publication in The Archives of Theoretical Physics. Watch for it.

Speaking of Theoretical Physics, the Interclub Series will soon be upon us. If you have any thoughts of joining these really fun, really handicapped races, please come out. Judging from the noises coming out of the OCA, this could be our last year. It's doubtful that our three clubs are going to want to be go through the trouble and expense of turning this into a sanctioned series with closed roads, full police escorts, helicopter coverage on TSN with Phil Liggett and Paul Sherwin, not to mention the insurance costs of releasing everyone from any responsibility for any misadventure including attacks by Osama bin Laden. The toll in deforestation for the paperwork alone is just too high.

For those of you concerned about the amount of training required in order to meaningfully participate in these Sunday morning jaunts, don't be. As I mentioned above, the races are run like an Australian Pursuit. Slugs like me get a head start. I did read with interest Chris Windover's "Spring Training" article in the previous issue of this illustrious journal. It looks like an excellent program. However, it's very difficult for some of us with full time jobs and families to find his eight hours a week for biking, let alone off-bike workouts. So, I'm developing a more modest approach to training. I will ride my bike whenever I can. But, what I'm going to really be concentrating on is pretending that I'm Italian. It just looks like it would be much more fun to be a swarthy and passionate bike racer. The germ of this idea was planted several years ago, while watching Mario Cipollini in the Tour de France. He was brilliant – handsome, well-coiffed, wore spiffy suits and always seemed to be having a good time. He was also awesome in the final sprints. Rather than wasting time training to develop explosive power, I'm working on an invisible bungee system which will allow me to latch on to my lead out men and slingshot ahead at just the right time. I'm still recruiting lead out men. Becoming Italian will also allow me to further increase my already impressive pasta loading. I should also increase my intake of Chianti and Martini and Rossi.


I'm also working on using more picturesque language. In a recent interview with VeloNews, 2006 World Road Champion Paulo Bettini discussed his aspirations for winning the Tour of Flanders. He said "It's a great race with great tradition, one of the big races I dreamed of winning as a young rider. Flanders is like a beautiful woman. And it's obvi-



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ous I am not a shining example of beauty, so you have to court her and be clever.” I’m still trying to figure out what kind of a woman Dundalk is, but haven’t come up with anything printable.

Speaking of Dundalk, it’s coming up real soon. We are the host club. So, even if you are not interested in pitching woo to this lady of South Grey County, we could still use your support for registration, timing and marshalling. Please let me or Emil know.

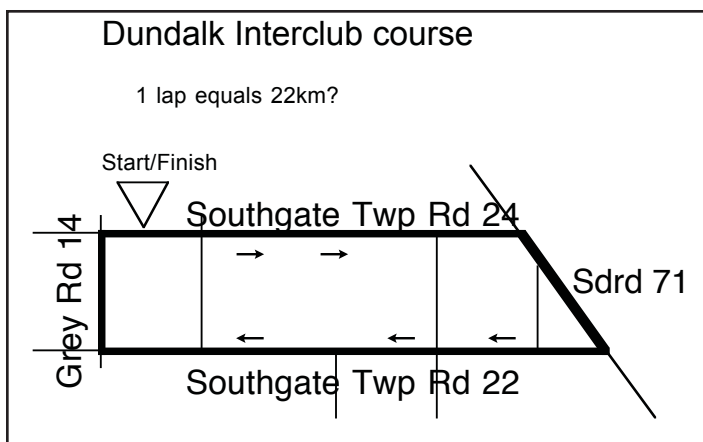
Viva Italia.  
*Michaela Hodginsini*  
519 372 2557  
*hodgins.m@sympatico.ca*

### Dundalk Interclub - May 6th

The opening round of the interclub road race series takes place on Sunday May 6, in a quiet corner of Grey County known locally as “Floatin’ Proton”. To get there, follow Highway 10 south toward Dundalk. Turn right at Sideroad 200, which is the first road south of the Proton Station turnoff.

Follow Sideroad 200 west and it will make a 90 degree left-hand turn onto Sideroad 71. Follow Sideroad 71 for just a wee bit, then turn right onto Southgate Road 24. Continue along Southgate Road 24 for almost eight kilometers until you see a small church on your right. Bingo! You’re there.

Please show up by 9:30 so we can get everyone in the right group and hopefully the first riders will be off by 10:00 a.m. Most people do three laps of the 22km course. Sometimes the hotshots do four. Cost is \$5 (I think) and there are snacks and drinks afterwards.



The Owen Sound carpool will depart from the city hall parking lot at 8:30 sharp. *Emil van Dijk*

### Interclub Needs Help

Should you have some free time on Sunday May 6 and would like to experience the highlands of Grey, as well as observe some road race action, please

consider helping out at the Dundalk interclub race. People are needed to marshall as well as time. If you can help, please contact Mike Hodgins at *hodgins.m@sympatico.ca*. *EvD*

## Forest City Velodrome

The Forest City Velodrome went from concept to reality in just a little over four months. Late in 2004, Rob Good and Albert Coulier presented the idea of an indoor track to be built in the south end of London. In April 2005, cyclists were enjoying riding on the track. This exciting initiative brought together business, community and government partners to finance, build and run a 138-metre indoor cycling track. The Forest City Velodrome is one of only three indoor velodromes in North America.

Designed by Albert Coulier, the track is located in the former Ice House hockey arena in the south end of London (click here for directions to the track). Coulier’s company, Apollo Velodrome Systems, has constructed dozens of tracks over the decades,



including Olympic and world championship tracks in Montreal, Pan Am tracks in Winnipeg and other temporary tracks in arenas in Canada and the United States.

The track itself is owned by individuals holding shares in a public corporation. A not-for-profit organization, the Forest City Velodrome Association, operates the races, clinics and other activities at the track. Businesses and members of the public

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can become involved by owning shares in the track itself; donating to the not-for-profit corporation; becoming a partner; or volunteering time to help run learn-to-race and other development programs. From the beginner to the elite level, track cycling offers thrills and excitement for both athletes and spectators alike. Development programs are offered to bring new, young Canadian talent into the sport, while elite athletes can train indoors during the winter to prepare for an international competitive schedule that culminates in the World Championships in February of each year. Click here



to find out about the various races and other programs at the track.

Spectators are treated to a venue with over 3,000 seats, each one providing a close-up view of a wide variety of races that can easily reach speeds in excess of 60 kilometres per hour. Find out more about what to watch for as a spectator by clicking here.

The Forest City Velodrome needs your help to offer programs and maintain an on-going schedule of events. If you are interested in helping this project, go to their web site at: [www.ForestCityVelodrome.ca](http://www.ForestCityVelodrome.ca). If you are interested in riding or at least being a spectator, the velodrome is located at 4380 Wellington Road, London, ON, N6E 3A2. Their phone number is (519) 883-7849.

#### Ride or Race at the Forest City Velodrome

The objective of the Forest City Velodrome Association is to provide a venue where cyclists of all skill levels and cycling backgrounds can enjoy the thrill of velodrome cycling. Whether through Track School programs to introduce new riders to the skills to allow them to safely enjoy the speed and thrills of the track or elite-level racing showcased on Saturday nights, the Forest City Velodrome Association has a program for you.

To ensure the safety of all, no rider will be allowed to race in a mass start race without first having completed eight hours of practice track time on

the Forest City Velodrome. This requirement may be waived for experienced track riders who can demonstrate their ability to hold a straight line and their knowledge of track etiquette. Such riders will still need to arrive at the track early enough to participate in a track orientation session.

Riders must sand the shine off any new slick (treadless) tires or they may slide down the track on their first corner (80-grit sandpaper stapled to a block of wood works well). Come watch the action and be part of the excitement of velodrome racing. A whole evening of speed, thrills and exciting dashes to the finish. Admission for adults (age 16+) is \$10; seniors get in for \$5; children and youth aged 8 to 15 years pay \$2; kids under 8 are free.

## Results

### April 10 TT Shallow Lake 10K (unofficial non-club event)

A few eager souls braved the cool 2°C temp, light snow, and north breeze; thanks to Mary Thomson for time keeping; someone tie an anchor to Joe!

Stephen LaForest	20:48
Jeffrey Thomson	23:57
Chris Laforest	21:49
Ian Miller	18:14
KK Michener	18:56
Mack Thomson	17:50
Mike Campbell	18:14
Scott Thomson	16:18



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Rich Fletcher	18:41
Emil Van Dijk	19:10
David Starrs	17:37
Joe Chappell	14:40

**April 17 Annan 10K TT**

Season Opener! 26 riders out in 5°C and moderate head on breeze going out. Let's get started! Thanks again to Mary Thomson for timekeeping. Welcome to newcomer Derron Bodell riding his cyclocross bike.

Anne Louise McArthur	19:00
Emil Van Dijk	20:18(sight seeing)
Ian Miller	17:16
John Taylor	17:18
Lindsay Avery	23:39(mtb)
Brian O'Doherty	15:58
Susan Avery	19:45
Joachim Ostertag	18:29
Jason Rody	15:44
Trevor Stokes	18:18
Jane Thomson	17:30
Derron Bodell	20:41
Stu Manwell	18:07
Kate Manwell	18:48
Don Wilkinson	19:48
Matthias Purdon	16:54
Ken Avery	18:03 (mechanical)
Greg Nicol	15:27
Scott Thomson	15:03
Derek Smith	17:47
Peter Beisel	17:17
Tim Murawsky	18:17
David Starrs	16:43
Rich Fletcher	17:49
Joe Chappell	13:58
Bill Courage	20:04

**Walters Falls 10K ITT April 24**

Thanks to Mary Thomson for timing, and Rebecca Hiltz for helping (and driving out to find the missing Mike Campbell). Rolling 10k course in 10°C with a light side breeze. Faster on the way home. 28 participants. Welcome to first timers: Ann Lyddon, John Elvidge, Jennifer Ames.

Jeffrey Thomson	21:08
Jennifer Ames	22:10
Kate Manwell	19:32
Stu Manwell	19:01
Anne Louise McArthur	20:18
Ruth Scheel	20:23
Scott Thomson	15:41
Rich Fletcher	17:49
Fred Schell	18:22
Tim Murawsky	18:57
Jane Thomson	18:10

Brian O'Doherty	16:11
Jason Rody	16:03
Mack Thomson	17:43
Richard Askwith	20:25
John Elvidge	16:54
Ann Lyddon	21:07
Ken Avery	16:51
Lyndsay Avery (mtb)	24:21
Derek Smith	17:20
Ian Miller	17:36
Matthias Purdon	16:11
Joachim Ostertag	19:16
Joe Lehmann	18:18
Emil van Dijk	17:24
Dave Starrs	16:52
Joe Chappell	14:22
Mike Campbell (20K)	33:50

**Safe Biking for Everyone**

The event is to promote the many benefits of biking especially in and around Meaford. It will be Sat., April 28, beginning at 9:00am at the Meaford Harbour Pavilion (km 0 of the Georgian Trail).


Tentative program is: 9:00am - static displays, posters about various aspects of biking - touring, health benefits - bike trials demo by Meaford youth - basic maintenance demo (Carl Jolley) - various types of bikes - recumbent, trikes - safety equipment and accessories. 9:30 commuter clinic (Shane Jolley). 10:00am - Rules of the Road (O.P.P.). 10:30 - Mountain biking - Arrow Racing team coach and team. 11:00am Community ride on the Georgian Trail.

For more info contact Greg Brown at: [gsbrown@bmts.com](mailto:gsbrown@bmts.com)

**Answer to quiz on page 3.**

Unwanted hardware: Magnus Bäckstedt just recently had this stuff removed from his shoulder. His shoulder was destroyed in a high speed track accident, with his clavicle becoming completely detached and driving through the trapezius muscle. In February, doctors removed a three-inch metal plate with six screws from his shoulder, giving him just enough time to ride into shape to start Paris-Roubaix.

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*Editors: Trevor Stokes & Tom Hakala • Thanks to this month's contributors: Jason Rody, Emil van Dijk, Scott Thomson, Lynne Vaughan-MacDonald, Mike Hodgins*



# Spring Fling Results

Saturday, April 21/07, Sawmill Trails, Hepworth

Sponsored by Suntrail Source For Adventure, Martin's Bicycle Shop and Baywest Toyota (numbers)

First Response provided by St John Ambulance (Oriol & Jean)

Volunteers/Marshalls: Rebecca (registration & awards), Greg Nicol (setting up in exchange for entry),

Krista Youngblood, Tom Hakala, John Brown, Tim & Rod Koker (EAP), Ma & Pa (timing), Jack

Roderickson, John Huelshof. John, John & Tim also helped with course prep prior to raceday.

A beautiful spring day. Sunny & warm. Fast, dry course, except for a bit of "white sand."

## Fun Category - Two laps of 6km course

<u>Plate #</u>	<u>Female</u>	<u>10-12 (12km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
55	Kristin Brooks		New Lowell	1:08:53	1

<u>Plate #</u>	<u>Male</u>	<u>10-12 (12km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
54	Stephen LaForest		Wiaraton	48:57	1
59	Jeffrey Thomson		Owen Sound	49:51	2
52	Avery Beauclerc		Owen Sound	58:33	3
57	Steven Nadjiwan		Wiaraton	55:41	4

<u>Plate #</u>	<u>Female</u>	<u>13-15 (12km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
53	Connor Beauclerc		Owen Sound	1:36:41	1

<u>Plate #</u>	<u>Male</u>	<u>13-15 (12km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
60	Justin Zottl		Chatsworth	40:41	1

<u>Plate #</u>	<u>Female</u>	<u>19-34 (12km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
58	Jennifer Wardell		Tara	48:30	1

<u>Plate #</u>	<u>Male</u>	<u>19-34 (12km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
51	Greg Nicol		Owen Sound	36:28	1

<u>Plate #</u>	<u>Male</u>	<u>35-49 (12km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
56	Vic Michener		Meaford	47:44	1
61	Michael Hodgins		Owen Sound	56:12	2

## Fun Plus Category - Four laps of 6km course

<u>Plate #</u>	<u>Female</u>	<u>16-18 (24km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
18	Kaitlin Michener		Meaford	1:25:52	1
17	Cayley Brooks		New Lowell	DNF	

<u>Plate #</u>	<u>Male</u>	<u>16-18 (24km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
2	Matthias Purdon		Owen Sound	1:12:21	1
5	Peter Beisel		Owen Sound	1:28:54	2
4	William Taylor		Tara	1:30:17	3
12	Josh Fletcher		Meaford	DNF	

<u>Plate #</u>	<u>Female</u>	<u>19-34 (24km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
9	Kristen Lake		Saugeen Shores	1:25:05	1
8	Tracy Palinsky		Port Elgin	1:59:48	2



<u>Plate #</u>	<u>Male</u>	<u>19-34 (24km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
3	Matt	Martindill	Owen Sound	1:07:58	1
15	Jason	Rody	Owen Sound	1:11:45	2
1	Jon	Kinsie	Kitchener	1:15:54	3
10	Scott	Holmes	Singhampton	1:18:38	4
20	Jeff	Wardell	Tara	1:23:22	5
6	Sean	Calhoun	Allenford	1:23:51	6
14	Brian	Radbourne	Allenford	1:27:45	7
23	Ari	Genner	Allenford	1:32:05	8
11	Chris	van der Heide	Chesley	1:36:22	9
25	Ricardo	Gorasso	Guelph	1:37:28	10
19	Jason	Robinson	Leith	1:51:13	11
16	Anthony	Subject	Elmwood	DNF	

<u>Plate #</u>	<u>Female</u>	<u>35-49 (24km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
7	Dana	McDonald	Port Elgin	1:41:30	1

<u>Plate #</u>	<u>Male</u>	<u>35-49 (24km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
21	Scott	Thomson	Owen Sound	1:14:06	1
24	Ken	Avery	Owen Sound	1:24:54	2
13	Rich	Fletcher	Meaford	DNF	

<u>Plate #</u>	<u>Male</u>	<u>50-64 (24km)</u>	<u>Hometown</u>	<u>Finish Time</u>	<u>Position</u>
22	Fred	Zottl	Chatsworth	1:20:53	1

