

September 2007

Outspoken

www.owensoundcycling.ca

The Official Newsletter of the Owen Sound Cycling Club



THOSE
SUNFLOWERS
REMINDE ME
OF THE TOUR
DE FRANCE

AND I
THINK
WE LOST
THE
PELTON

Oh! My Aching Banks

Plus

The Whemmys

The Cycling Phrasebook

Help the Nawash MTB Race

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!

- Sep 4, 6:30pm - 15/30 TT, Walter's Falls**
Sep 6, 6:30pm - Fast Group Ride, Lincoln Park
Sep 8&9, O.S. Triathlon
Sep 9, 10:00am - Interclub, Moonstone
Sep 10, 6:00pm - Monday Rec. Ride, Owen Sound
Sep 11, 6:30pm - 19k Team TT, Annan
Sep 13, 6:30pm - Sawmill Trails MTB, Hepworth
Sep 17, 6:30pm - Monday Rec. Ride, Williamsford
Sep 18, 6:30pm - 15k TT, Shallow Lake
Sep 20, 6:30pm - Short Course, Grey Roots
**Sep 23, 10:30am - Whemmys Enduro,
Sawmill Trails, Hepworth**
**Sep 24, 6:00pm - Last Monday Rec. Ride,
Owen Sound, Meet at Shorty's after!**
**Sep 30, 10:00am - Tom Thomson Trail Ride,
O.S. Boat Launch, north of Bayshore**

The President

Appreciate your Ride Leaders

by Jason Rody

Since I joined the club there has always been a core group of people who organize rides. This still has not changed! Are people afraid to lead a ride? Are you just not sure how you go about leading one? Then ask someone who already does...We are in need of some new ride leaders!

You need to appreciate your ride leaders though. Most of us do this for the good of the club. We don't get anything out of leading these rides, other than the satisfaction of doing it.



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I'm going to go on a little rant now... Those of us who are organizing Thursday events are a little puzzled by the turn out. We haven't had any kind of feed back as to why the numbers are so low? Is it the day or is it the events? Are people afraid to participate in these events? Somebody tell me something. It's driving me nuts. We'll be lucky to average 10 people at a Thursday night event by seasons end! Why people?!? Tell me....

I'm afraid if we can't get numbers for these events we will lose the organizers. If that happens....Well you figure it out.

We're not called the Owen Sound Time Trial Club. It's *Cycling* club, meaning we look after more than just one discipline! Don't get me wrong I enjoy a good time trial as much as the next guy. However I also enjoy MTBing, group riding, a little pursuit race here and there. Something which we have. I don't think I'm the only one who enjoys participating in all these events. And I don't think there are just 10 or 15 other people who do either.

So where is everybody on non TT nights? Rody

Trevor's Ramblings

by Trevor Stokes

Adopt a Road – Clean up Day

Oh no! I completely forgot to organize a road clean up in the spring. As you may know, our club adopted the road between Shallow Lake and Copper Kettle – one of our popular time trial routes. We are supposed to organize two clean up days each year. I don't think we are in danger of losing our sign, but we really should do a clean up this autumn. I'll set a date soon. If we get at least eight volunteers it can be done in an hour or two.

Classified Ads

I have been asked to add a Classified Ads section to our web site. I will try to make it semi-automatic, so you just have to send me an email with the following attributes: A description of the item, the price, your name, an email address (optional) and a phone number. Please put each item on a separate line. I'll list them for 30 or 60 days or until you send me an email telling me the item is sold or to be withdrawn.

Ride for Cancer

On a recent Monday night ride Mark Newton suggested that the Owen Sound Cycling Club enter a team in The Ride to Conquer Cancer next year. Full details can be found on the <http://conquercancer.ca> Web site, but here's what they have to say about the ride.

The Ride to Conquer Cancer is a unique, two-day cycling event to take place June 20-22, 2008. During this bold cycling journey, you will ride over 200k from Toronto to Niagara Falls! The Ride to Conquer Cancer is a brand new endeavour to do just that— conquer cancer. The funds you raise through The Ride to Conquer Cancer will deliver

breakthrough research, exemplary teaching, and compassionate care at Princess Margaret Hospital, Canada's leading cancer research hospital. Funding will go towards high content clinical trials such as the world class tumor bank, an advanced molecular profiling laboratory, and a drug development program. Princess Margaret Hospital will also be able to put funds to work for other programs like cancer stem cell, cancer metabolism and microenvironment, immunotherapy, lung cancer, and prostate cancer programs. The results are real and tangible at Princess Margaret Hospital. Be a part of this history of conquering cancer.

By giving you lots of advance notice, we're hoping we can put together a team and raise the required minimum donations.

Please contact Mark at fmnewton@bmts.com if you would like to be on the team, or for more information.

Left of Centre

by Tom Hakala

My Mom

My mother passed away last week. It was something that was expected as she was 94 and had not been well for over a year, but it is still sad and a thought-provoking time when it happens.

My mother was not a cyclist (She often told me she road a bike as a girl, but lost her nerve to ride as an adult). She did encourage me to ride all my life. When I was about 7 my parents decided it was time for me to get my first 'two-wheeler' and spotted one in the want-ads the suited their agenda. It cost \$5 and was hand painted robin's egg blue. (I think it was house paint). We brought it home and my dad helped me on. Ma went in the house, because she couldn't watch. He gave me a push, shouted go and off I went, down the laneway and along Highland Street. I did secretly learn to ride my sisters' bike earlier in the summer, so balancing was not a problem. The problem was that stupid crossbar... to get off my sisters' bike I would just ride up on the lawn and jump off one side, letting the bike roll into the shrubs. I went around the block and came by my house shouting, "How do I get off!" On my second lap, my mom had ran out of the house and yelled for me to ride up on the lawn; as I did she grabbed me and pulled me off the bike. It wasn't pretty but sort of worked. I soon figured out the dismount technique and from that point on, begin to explore further and further.


My mother was always worrying about me getting lost or going too far, but on the other hand she encouraged me to ride and have fun. I rode to Bear Lake to swim, to little league and band practice (carrying my trombone in one hand).

As an adult, she still worried about me riding too

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far, but she was also proud as only a mother could be. One time after I told her about some race I was in, she asked, half joking, if I could beat that, "Whatshisname... Vince Armstrong". Now I knew (as did the rest of the planet) that Lance and I were not in the same races or even mentioned in the same sentence, but as far as my mom was concerned, we were both cyclists to be proud of. I will miss you ma.

p.s. Thanks to newlyweds Trevor and Emese for hosting a great BBQ.

The Nemesis of Banks

John Brown had a ride to Collingwood and I was assigned to report on it for this publication. I have not ridden as much or as far as I should have, but I thought it isn't that long I can do it.

The group of riders met on that early Wednesday morning, looked at the clear sky and westerly (tail) wind and proclaimed that it was a great day for a ride... and it was.

The ride started from Heritage Place at a good pace, but with the wind at our backs it was easy and relaxing ride. Before we know it we had covered a good distance and I still had not done pictures for this story. As we started to descend a long easy hill, I shouted that I was going to zoom ahead for a photo op. I charged down the grade and at the same time unzipped my camera bag. Then I quickly hit the brakes, skidded to a stop, pulled out my trusty Canon and... everyone zoomed by.



Luckily, a little further down the road, Deej had his usual flat and we all stopped to help, wait or take pictures. Then Margo drove up and informed us that the county road on the other side of Walter's Falls is freshly graded gravel and not good for road bikes. Brian Low knows the area quite well and said that

all we have to do is go one concession further south and we can will loop back via the Erik Winkler Parkway to County Road #40. As it turned out this was a good choice as it had very light traffic and we could ride and talk without worry.

Back on the county road, we flew down the big downhill into the Beaver Valley. I overheard someone say they hit 85kph. We crossed the valley and then started the long grueling ride up the Blue Mountain side. First there was the long grade up County Road #2 then we turned on the 21st Sideroad and begin the climb to Loree. That separated the boys and girls from the... old boys. At one point Emil came back down the hill to see if we were okay. We made it, but there wasn't much left. Of course, no sooner did we recover from that and along comes the wall-like hill before Banks. That's when my bad leg locked up, then for good measure my good one followed suit. I jumped off and walked the rest of the way up. By the time I hit the top, my legs were more or less back and I hopped on and rode. The others were waiting at Banks and asked how we did, "Oh great, I lied."



We stopped for a photo op at the top of Blue then headed down the other big downhill of Scenic Caves Road. Just as I was getting a bit of steam (and

nerve) a tractor came up the hill from around a bend, and two impatients in a Honda and a Hummer passed him on the curve and head-on into my lane. I deeked by trying not to be roadkill. That did it for me, I rode the brakes the rest of the way down and luckily did not have to clean my shorts. We leisurely rode to the Village at Blue, found Margo, Ruth Ann and Jim waiting for us, then sat down to a well deserved lunch and refreshment. Thanks, John for organizing this thing and also thanks to Margo, Ruth Ann and Didier for driving everyone back home.

Tom Thomson Trail Fall Ride


As I mentioned last month, the Tom Thomson Trail is now complete... that is at least the interim route is complete. To celebrate that feat and to garner more interest in the trail, I am doing a club ride along the complete trail on Sunday, September 30th at 10:00 a.m. We will meet at the Tom Thomson Trail trailhead kiosk next to the boat launch north of the Bayshore Community Centre. This ride will be done similar to Emil's Kepple Ramble & Scramble in that it will be self directed. I thought that we could bring our lunches and eat at the Meaford Park. Riders will have the option of doing a one way ride to Meaford and then driving back to Owen Sound (You will have to supply your own return transportation, though my wife will be picking me up and we can handle two more bikes and bodies), or riding back to Owen Sound. The total distance one way is somewhere between 45 and 55 kilometres. (This is something that the Trail Group is interested in knowing.)


The trail surface varies from firm crushed stone dust on the main established trail, asphalt on some of the sideroads that the interim trail uses, rough gravel on sections of undeveloped road allowances and fresh stone dust on the newest section along Sideroad #24 road allowance. Therefore the best choice of steed for this jaunt would be either a hybrid or mountain bike.

You can blow up the map here or go to: www.owensoundcycling.ca/TTTMap.pdf and download it. If you are interested in doing the ride, let me know via my email at: thomas.hakala@sympatico.ca. Also, let me know if you plan on doing a one way only or the to Meaford and back option.



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Just Emil

by Emil van Dijk

Interclub Report

Congratulations to all riders who participated in the Epping Interclub race. A total of ten OSCC members started and finished the event, which is without a doubt the most difficult course on the Interclub schedule. Martin Kerr led the way with a fourth place finish. Kudos also to Mack Thomson who was the youngest competitor and did indeed complete the full 80km.

The sixth and final Interclub takes place on Sunday, September 9th. Meet at the Mt. St. Louis-Moonstone parking lot, just off Hwy. 400 north of Barrie. Dave Starrs is wondering if a bunch of people would like to travel over in his luxu-cruiser van. If you see Dave at a TT, please let him know.

Whemmys Enduro

The Whemmys Enduro 2007 will take place on Sunday, September 23rd at the Sawmill Trails near Hepworth. As per tradition, it will be a three-hour timed event for solo riders or three-person relay teams. Lots of swag and draw prizes courtesy of Jolley's Alternative Wheels and Mark's Work Warehouse.

Registration from 9am until 10am, start at 10:30am sharp. Anyone wanting an entry form or additional information, please contact me at 519-376-5303 or emil@bmts.com.

Help Needed!

by Laura Robinson

It is that time of year again... yes, time for the Fifth Annual Nawash Invitational Mountain Bike Race at Cape Croker Park.

We REALLY need volunteers for the race. It will take place on Saturday, Sept. 8 in Cape Croker Park and we expect a bigger turn-out than last year as many have been looking forward to this event. Last year we had a few kids going the wrong way because we didn't have marshals on all corners. If we can't supply marshals, we will have to make a shorter course for the older kids and have them do more than one lap. This will cut out the technical single-track part of the

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course at the back, closer to Hope Bay that the older kids like.

Please let me know if you can volunteer. We will need people by 10:00 a.m. so we can supply them with safety vests, maps, etc. Andrew and Natasha Akiwenzie, the wonderful suppliers of smoked fish at Owen Sound Market, are catering the event. We also have a number of excellent items from Mountain Equipment Coop that are more suitable for adults than children that we would like to give to volunteers. This includes touring pannier bags, winter cycling booties, etc.

Please contact Laura Robinson at 519 832 5769 or at laura.robinson@sympatico.ca if you can help out!

Arrow Racers Dominate the North

by Fred Zottl

On Sunday, Aug. 12, the 6th Ontario Cup XC MTB race was held at Mount Dufour, in Elliot Lake and Arrow Racing earned 9 positions on the podium at this most technical and long race venue.

Earning a gold medal in the female Senior Expert category was Amy Armstrong of Markdale.

Taking the silver was Julian Richardson of Markdale in the 15 to 16 male category, Ryan Murray of Maxwell, in the Senior Expert male category, Scott Thomson of Owen Sound, in the 45 -49 Expert male category, and Jacob McClelland of Hawkstone, in the Junior Expert category.

Earning a bronze medal were, Scott Burgess of Meaford in the 15 to 16 male category, Steve Noble

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of Creemore, in the Expert 15 to 16 male category, Cayley Brooks of New Lowell, in the female 15 - 16 Expert category and Justin Zottl of Chatsworth, in the 13 to 14 male category.

Justin Zottl has also been competing in the new Ontario Cycling Association Youth Road Racing series and has won 1st place in the same age category at all four of the races so far including the Mississauga Criterium last Monday Aug 6.

Special mention goes to Lindsey Avery who persevered to finish her race without a seat for over a lap.

More Doping News

Because Erik Zabel has been included in the German team for the World Road Cycling Championships, the V.P. of the German Cycling Federation has resigned. Earlier, Zabel had admitted to blood doping in 1996 when he won points in the Tour de France. The now, former V.P., Dieter Kuehnle, stated that he cannot support the federation's decision and that this does not bode well for the future of German cycling.

Serial Cycling Bum-Grabber May Have Been Caught

by Richard Dooley, The Daily News (Halifax)
Police may have put an end to the exploits of a serial, cycling bum-grabber in north-end Halifax with a quick arrest Thursday after another sexual assault. The bumgrabber has struck at least six times in recent weeks with the latest incident Thursday night around 10:51 p.m. on Almon Street near Northwood Terrace.

A 16-year-old girl reported she was walking alone when a man rode up beside her on a bike and struck up a conversation. Then he grabbed her buttocks.

The man rode off, but pedalled back and tried to talk to the victim again, but the girl refused to engage in the conversation and the cycling bumgrabber rode off.

She called police once she arrived home and officers arrested a man a few blocks away at the corner of Robie and May streets about 10 minutes later. A 21-year man was charged with sexual assault and released by police. He is due to appear in Halifax provincial court on Oct. 4 to answer to the charge. Major Crime Unit detectives are questioning the man in relation to the other bum-grabbing incidents in the city since the end of May.

“We have sufficient information to charge him with



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the attack (Thursday) night but the other attacks are still part of this investigation,” Const. Jeff Carr said. Victims described the attacker as a white man in his early 20s with short hair and wearing a dark helmet and red t-shirt. He grabbed their buttocks and made lewd or suggestive comments to them.

After one incident on August 8, police chased a suspect on a bike after another incident. The suspect ditched the bike and got away by running through a backyard. Police seized the bike and planned to do forensic work on it to help investigators.

R R Results

July 31, TT - 20.8K Kemble

Course, run clockwise, finishing down Kemble Mountain.

Timers: Mary and Scott Thomson

34 riders; hot and minimal breeze; the clockwise direction is not used recently, and comparisons for PB's go back to 2005 and 2004.

Chris LaForest	44:32
Stephen LaForest	42:01
Amy Nicol	41:58
Emese Fabry	41:13 PB
Jarmila Vazac	41:13 PB
Jane Thomson	42:20
Trevor Stokes	38:03
Andrew Mason	33:50
Joachim Ostertag	38:09
Laura Armstrong	37:29
Dennis Dalton	34:10
Scott Thomson	32:30
Didier Perrin	35:08
Scott Vining	32:50 PB
Jason Rody	34:22
Greg Nicol	32:03 PB
Derek Smith	37:38
Brad Vokes	34:50
Brian O'Doherty	33:15 PB
Mark Avery	34:04
Kate Manwell	41:14 PB
Stu Manwell	39:32
Ian Miller	36:54
Mike Campbell	34:26
Matt Barfoot	DNF
Tim Hill	34:36
Ann Lyddon	DNF
John Elvidge	36:18
Jennifer Wardell	36:57 PB
Jeff Wardell	33:29 PB
Rich Fletcher	34:28
Jack Van Dorp	33:01
Martin Kerr	30:31 PB
Joe Chappell	29:41

August 1, MTB Time Trial

It was a very hot evening with an excellent

turnout(except for D.N.S. D.J.) - I mean even Ken showed up. We decided to have a variation of an Aussie pursuit. Two critical factors went into determining the starting times. One was based on a complicated mathematical calculation of past results, and the other was based on Chris la Forest pleading for a fair head start. Consensus prior to the race was that due to the dry sandy and technical conditions, it was determined that the best tire pressure for the front was 31.5 lbs., and for the rear was 38.25 lbs. Due to publishing time constraints, my staff were unable to convert this from fahrenheit to kilopascals for those of us born in this century.

Standings

1. Frank Elliott
2. Sean Calhoun
3. Steve Laforest

INDIVIDUAL TIMES ARE

Jason Rody	20:30
Scott Thomson	20:54
Joe Chappell	21:34
Rich Fletcher	21:52
Sean Calhoun	22:03
Steve Laforest	26:21
Stu Manwell	26:57
Frank Elliott	30:47
Lindsey Avery	31:13
Chris Laforest	36:47
Morris Hoover	GOT LOST D.N.F.

August 7, Shallow Lake 15K ITT

Timers: Mary, Anne, Scott Thomson

Assistants: Mike, Sam, Christine, Margo

Conditions: 25°C; light breeze from everywhere (or was that just me??); 42 riders; welcome to new member Stan Walter; Congrats to new Course record for Joe Chappell and first time ever under the 20 min barrier!; Congrats to new Womens Course Record for Lynne Vaughan-MacDonald!; impressive (big time jumps) improvements by Jeffrey Thomson, Stephen LaForest, Bill Courage, Justin Zottl, Jeff Wardell!

Chris Laforest	28:36
Fred Scheel	25:11 PB,
Anne Lyddon	26:40
Jeffrey Thomson	29:07 PB
Stan Walter	23:20
Mack Thomson	25:05
Stephen Laforest	27:26 PB
Anne-Louise MacArthur	26:51
Scott Thomson	22:00
Jen Wardell	25:20
Trevor Stokes	24:47
Reg MacDonald	25:36
Lynne Vaughan-MacDonald	23:48 PB
(New Womens Course Record by 5 secs!)	
Jane Thomson	26:21
Don Wilkinson	26:39
John Brown	23:54
Brad Vokes	23:40
John Huelshof	27:28

Bill Courage	27:02 PB
Fred Zottl	24:28
Justin Zottl	23:50 PB
Anton van Dijk	31:39
Mike Campbell	22:52 PB
Tom Sutton	24:23
Karly Johnson	26:44
Derek Smith	24:57
Amy Nicol	27:32
Joachim Ostertag	25:47 PB (tie)
Joe Lehman	24:41
Greg Nicol	DNF
Matt Barfoot	22:59 PB
Jason Rody	22:43
Dennis Dalton	23:08
Jeff Wardell	22:47 PB
Martin Kerr	20:40
Joe Chappell	19:50 PB
(New Course Record! First time ever under 20 mins)	
Brian Radbourne	25:10
Ed De la Plante	24:39
David Latremouille	27:41
Jacob VanDorp	23:00
John Elvidge	24:22

August 14, Colpoys Bay 14/28K ITT

Conditions: Course options for 14 or 28K with split times; 25°C; moderate southwest wind; 30 riders; brownies and lemonade by Jane Thomson and cookies by Anne L.

Assistants: Greg Nicol, Melissa, Didier Perrin, Jack Van Dorp, Scott Thomson

14K WEST

Don Wilkinson	26:56
Greg Nicol	21:56



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Jane Thomson	25:55 PB
Trevor Stokes	25:17 PB
Fred Scheel	25:56
Amy Nicol	28:47
Joachim Ostertag	25:15 PB
Mack Thomson	24:12
Sean Calhoun	24:28
Martin Kerr	20:52
Fred Zottl	24:20
Kate Manwell	28:40
Stu Manwell	25:06
Matthias Purdon	22:45
Brian Radbourne	25:10
David Latremouille	26:56
Jen Wardell	25:28
Jeff Wardell	23:12
Andy Barton	24:55
John Elvidge	24:35 PB
Joe Chappell	20:19 PB
John Brown	23:51
Emese Fabry	28:45 PB
Anne Lyddon	28:25
(sleeping+missed turn)	
Justin Zottl	23:25 PB
Matt Campbell	22:05
Richard Askwith	27:58
Didier Perin	24:40
Jack Van Dorp	23:03

14K EAST

Don Wilkinson	27:21
Trevor Stokes	5:25 PB
Fred Scheel	25:28
Amy Nicol	28:17
Joachim Ostertag	24:49 PB
Sean Calhoun	24:02
Martin Kerr	20:47
Fred Zottl	24:00
Kate Manwell	29:00
Stu Manwell	25:40
Matthias Purdon	22:35 PB
Brian Radbourne	25:18
David Latremouille	27:34
Jen Wardell	25:01
Jeff Wardell	22:53
Andy Barton	24:23
John Elvidge	24:09
Joe Chappell	20:24 PB

28K

Don Wilkinson	54:17
Jane Thomson	DNF
Trevor Stokes	50:42 PB
Fred Scheel	51:24
Amy Nicol	57:04
Joachim Ostertag	50:04 PB
Mack Thomson	DNF
Sean Calhoun	48:30
Martin Kerr	41:39
Fred Zottl	48:20
Kate Manwell	57:40
Stu Manwell	50:46
Matthias Purdon	45:20
Brian Radbourne	50:28
David Latremouille	54:30

Jen Wardell	50:29
Jeff Wardell	46:05
Andy Barton	49:18
John Elvidge	48:44 PB
Joe Chappell	40:43 PB

August 21, Annan 19K TT

Timer: Zach Johnson and Scott Thomson
Conditions: 17°C and SE breeze; 21 riders; Joe Chappell with another course record

Jeffrey Thomson	10K 19:13
Mack Thomson	10K 16:52
Andy Barton	32:03 PB
Trevor Stokes	33:40
Ed DeLaPlante	32:48
Joachim Ostertag	33:47
Joe Lehmann	33:01
Scott Thomson	29:12
Emil van Dijk	30:07
Jane Thomson	DNF Flat
Fred Zottl	31:48
Justin Zottl	30:12 PB
Brian Radbourne	33:47
Martin Kerr	27:16
Brad Vokes	30:34 PB
Brian O'Doherty	29:51
Mike Campbell	29:24 PB
Jeff Wardell	29:39 PB
Joe Chappell	26:06 PB Course Record
Matthias Purdon	29:20 PB
Jacob Van Dorp	29:08 PB

August 23, MTB TT - Whispering Pines

1	Scott Thomson	20:18
2	Jason Rody	20:23 00:05
3	Joe Chappell	20:37 00:19
4	Dennis Dalton	21:47 01:29
5	Fred Zottl	21:57 01:39
6	Stephen Laforest	26:12 05:54
7	Chris Laforest	VERY SORRY. DNF.

August 28, Epping 5K Hill Climb TT

Timers: Scott and Mary Thomson

Conditions: 25°C, sunny, and SW Breeze; 15 riders, most with PB's (my first PB in at least 2 years! Watch out Joe! Just kidding.); intimate meal with a view

Amy Nicol	16:51
David Latremouille	16:50? (late starter)
Lindsay Avery	15:09
Jane Thomson	14:29
Emese Stokes	14:09
Jeffrey Thomson	13:59
Rebecca Hilts	13:55
Laura Robinson	13:27
Trevor Stokes	13:17
John Cameron	12:42
Scott Burgess	12:38
Mack Thomson	11:51
David Starrs	11:35
Emil van Dijk	10:46
Scott Thomson	10:29

The Cycling Phrasebook

by Barb Krasovec's Sister

My sister sent me this... what a hoot... is it newsletter worthy? Barb

Guess so, here it is. Ed

Cyclists are the biggest sandbaggers and secret trainers around. They'll say anything to soften you up for the kill. Don't let this happen to you. Study this handy rider's phrasebook to find out what they really mean when they say:

"I'm out of shape"

Translation: I ride 400 miles a week and haven't missed a day since the Ford administration. I replace my 11-tooth cog more often than you wash your shorts. My body fat percentage is lower than your mortgage rate.

"I'm not into competition. I'm just riding to stay in shape"

Translation: I will attack until you collapse in the gutter, babbling and whimpering. I will win the line sprint if I have to force you into oncoming traffic. I will crest this hill first if I have to grab your seat post, and spray energy drink in your eyes.

"I'm on my beater bike"

Translation: I had this baby custom-made in Tuscany using titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a fart and costs more than a divorce.

"It's not that hilly"

Translation: This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over... backward. Do you have a 39 x 23 low gear? Here's the name of my knee surgeon.

"You're doing great, honey"

Translation: Yo, lard-ass, I'd like to get home before midnight. This is what you get for spending the winter decorating and eating chocolate. I shoulda married that cute Cat 1 racer when I had the chance.

"This is a no-drop ride"

Translation: I'll need an article of your clothing for the search-and-rescue dogs.

"It's not that far"

Translation: Bring your passport.



An advertisement for Martin's Bicycle Shop. At the top, the shop's name "MARTIN'S BICYCLE SHOP" is written in a stylized font. Below the name is a black and white photograph of a cyclist performing a wheelie on a paved street. A large crowd of people is gathered around the cyclist, watching the stunt. In the background, there are buildings and a "STOP" sign. Below the photograph, the text "SCHWINN SPECIALIZED NORCO LEMOND YAKIMA THULE RNH UGP HUFFY BMX" is listed. At the bottom of the advertisement, the shop's name "Martin's Bicycle Shop" is repeated, along with the address "236 High Street Southampton, ON Canada, N0H 2L0", the phone number "p: 519.797.3645", and the website "WWW.MARTINS.CA". A logo consisting of a stylized 'M' inside a circle is also present.

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