



Fall 2014

News
from the
Owen Sound
Cycling Club

OUTSPOKEN

Good Fall Riding

Even though the cycling season is starting to wind down, there is still a lot of good riding to be had. I rode out to the Grey Sauble Conservation Authority office today to deliver a form and it was one of those 'just right days' not too hot and not too cold. There was a wind as usual in the afternoon, but it really didn't seem to



bother me. It just felt good to be out on my bike in the clear fall air. So pull on another layer and get those quads working, it will make your day that much better.

Tom Hakala

Don't Forget the WHEMMYS!

WHEMMYS time again and we have a new course that's 4.4 km that is estimated to take 15 to 25 minutes per lap. This year the WHEMMYS takes place on Sunday, September 28th with the race starting at 1:00 p.m. Registration starts at 11:30 a.m. As always, the WHEMMYS is a three hour enduro mountain bike race for single riders or teams of three. Find a couple of buddies, think of a whacky team name and come out for an end of season romp.



WHEMMYS
ENDURO

SOLO OR 3 MEMBER TEAM

MOUNTAIN BIKE RACE

Sept. 28, 2014

Sawmill Ski Trails • Hepworth

Race Starts 1:00 pm

Register Race Day 11 am to 12:30 pm

For more info go to: www.owensoundcycling.ca

OSCC OWEN SOUND CYCLING CLUB

This year, as a trial, we are offering one day permits to non-club members for \$25 which includes entry into the race. All OSCC club members or members from other OCA clubs, as well as UCI holders and citizen permit holders will only pay the \$6 entry fee. Proof of club membership from OSCC or another Ontario Cycling Association club must be given at registration. The same rules apply for UCI or Citizens Permits. We have no way to validate your proof of membership if you do not have your card. So don't forget it or we can't let you race.

There is no water available on site so please bring your own. Please see the Owen Sound Cycling Club website for more information. Looking forward to seeing you there for a fun filled event. Stay safe. Frank Elliott

Pres. going to Xterra Triathlon World Championships

Our OSCC president, Deb Val, has been tearing up the triathlon circuit this summer, so much so that she has now qualified for the X-TERRA Triathlon World Championships, held in Maui, Hawaii on Oct. 26th, 2014. On the one hand she is extremely excited to qualify and is making preparations to go. On the other hand because she is self employed the cost of the trip is going to be difficult to achieve. To help offset the costs involved she is hosting a fund-raising event on Saturday, September 27th, called Plaid Shirts N' Grass Skirts. She is promising a high energy fun time that will include rock climbing, repelling, archery, donkey pong, yoga class, boot camp class, and good food!

PLAID SHIRTS N' GRASS SKIRTS Fundraiser Event
Prize for BEST DRESSED!!
SAT. SEPT 27 2014

What & Why
A day of Canadian Activities to support local girl Deb Val get to Hawaii for the Xterra Triathlon World Championships
Tickets for sale @ Runner's Den & BikeFace

Where & When
689 7th St. West, OS
11am-5pm: Activities
12-1: Bootcamp
1-2: Chili Lunch (6 winning recipes!)
2-4: Rock Climbing & rappelling
3-4: YOGA
4pm: Raffle / 50-50 / Awards
5pm Group Tug-of-War

How
Purchase ticket @ deb2worlds.weebly.com
Your \$40 Ticket (kids pay thier age!) Gets you...
- Climbing, Yoga, Bootcamp, ALL Activities!
- Chili Lunch & Refreshments
- Raffle Ticket (extra tickets can be bought!)
Please Bring: Yoga mat, athletic attire
Lawnchair & an ingredient for the Trailmix Buffet!

Sponsors
92.3 The Dock
Barebirch
Immunocal
Active Soles
Runners Den
Martin's Bike Shop
SUP LOVE
At Last Adventures
Blue Mountain
Bleeding Carrot
Bike Face
Suntrail
Lawsons

Activities
Rock Climbing
Nickel Clench
Pin the Tail on the Beaver
AX Throw
Donkey Pong
Bow & Arrow
Slack Lining
Transition Zone
Fire Starting
Nail Driving
YOGA
"Tri" Bootcamp

If you are interested in helping Deb take part in the world championships, go to her website at: <http://deb2worlds.weebly.com>

Epping Hill Climb & Pot Luck

The Epping Hill Climb has been rescheduled for October 8th at 2:00 pm. By popular demand, we've fitted this back into the schedule. A 5 km hill climb followed by a pot-luck picnic. Park at the Epping Lookout Conservation Area and ride 5 km down the hill to the start.

Last Monday Evening Ride & Shorty's Dinner/Get Together

A shortened ride starts at 6:00 pm from the 5th Season Parkette, then meet at Shorty's for dinner and socializing. If you are not doing the ride you are still welcome to come to Shorty's for dinner and social. Email Trevor at: info@owensoundcycling.ca if you wish to dine with us.

Women's Rides

It was another successful riding season for the women. Thanks to all who hosted the Tuesday month end pot lucks. Thanks to Katie for all the routes each week. Thanks for all the new riders who came out. Good job everyone There is still some riding left. The women's rides will continue until we can't. Rides are at 5:30 now from Bikeface. Please remember to have lights on your bike and some reflective clothing. **Patty Marr**

Jim's Ride

WL Georgian Bay Coast Busters cycling team will be participating in this years 80km "Biking For Builds Fall Ride" from Parry Sound to Bracebridge!! The team is made up of Jim Cummings and his two daughters Ann-Marie Baker and Marian Davison.

The Biking For Builds Fall Ride will take place on September 28, 2014, commencing in Parry Sound and finishing at the ReStore in Bracebridge. Biking for Builds will raise funds to help continue to build homes for low income families in Parry Sound and Muskoka.

This ride will conclude with a "finishing festival" for all riders, spectators and supporters, which will include lunch, a beer garden and a retail section with local businesses on site.

For more information about the event go to: <http://www.rideabikebuildahome.ca/>

Please consider sponsoring our team and come out and join in the festivities! If you wish to sponsor WL Georgian Bay Coast Busters go to our website at: <https://www.canadahelps.org/en/pages/biking-for-builds/Jim-Cummings>

