



Early Spring 2016

**News
from the
Owen Sound
Cycling Club**

OUTSPOKEN

President's Message

by Ann West

Spring is in the air and I am feeling the urge to put away the skis and get out on my bicycle! Last Friday, Bill & I had a little taste during our annual pilgrimage to the "big smoke" to attend the International Bicycle Show. It seems that every year there are more and more tour operators and county & regional tourism booths promoting their company and areas as the next great place to cycle. So many places and so little time! But fear not!! Grey-Bruce is high on the list of "best cycling destinations". How fortunate are we? Vendors had an amazing array of road bikes, mountain bikes, "fixies", urban bikes, fat tire bikes, recumbents, tandems, e-bikes, bmx and cargo bikes. An interesting phenomena is the rising popularity of the retro road bike. I am talking circa 1975 style fillet brazed steel frame, complete with down tube shifters. A modern made version of this was attracting a lot of attention in the Bianchi booth and vendors had frames of this type for sale including some by Canadian (Quebec based) frame builder Marinoni. Speaking of Marinoni, we spoke with a gentleman who was promoting a documentary about the legendary frame builder who came to Canada as a young Italian road racer and ended up staying in Quebec and starting a successful bicycle company.

Giuseppe still rides and the film hi-lights his journey to set a world record for the one hour time trial in his age category (75 yrs.) riding an "old school" track bike he made especially for the attempt. We purchased a copy of the film and watched it the next night. I can highly recommend it! There is some interesting footage of Marinoni visiting former Canadian road champion Jocelyn Lovell.

All of this serves to inspire me to get out and ride! The OSCC has a great line up of rides this year to suit all levels and interests. Time trials, women's rides, recreational rides, breakfast rides and more. We are looking for a club member who would be interested in organizing and leading mountain bike rides. We are fortunate to have members that are willing to give of their time to help organize and lead these events so when you

get out and participate, please take the time to thank them!! The on-line registration is up and running so make sure you get signed up early. Remember you must be a registered club member to participate in any of the club rides. This is to ensure that you are covered under the club's OCA insurance (\$40 of the \$50 membership fee goes to the OCA for insurance!). Unfortunately, liability is a big deal (and seemingly getting bigger) so we just can't take any chances in this area.

We welcome ideas and feedback from club members about rides that you would like to see the club offer. Volunteers to help with organizing and leading rides are also welcome. Drop me a line through the club website and let me know what's on your mind! Let's make this the year when participation in club rides hits a new high! Help us kick off the 2016 season by coming out to the Annual General Meeting, Pot-Luck and Points Party on April 30. There will be a road and mountain bike ride beforehand and everyone who attends will receive points to spend in the auction for some great prizes! The details of the times and location will be posted on the club website.

Webmaster (and club member) Trevor, has worked hard on our website and we plan to use it as our primary means of contact with members. Check it out when you go to the website for registration (www.owensoundcycling.ca). Tailwinds!

Ed.

by Tom Hakala

You may have noticed a new name under our president's contribution... Meet Ann West. Our past President, Deb Val, had baby Willow last year and decided to pass the torch onto our former Vice-President, Ann.

Many of you already know Ann, as she has been a member of OSCC for a number of years. Ann and her husband, Bill, have traveled around North America to take part in tandem rallies as well as other cycling events. Ann brings a wealth of cycling and organizational knowledge to our club. You can meet Ann on April 30th at our AGM/Pot Luck & Points Party.

The Breakfast Rides Again

by John Brown

The club will be starting Saturday Breakfast Social Rides to be held once a month starting in May. The ride will start at 8:30 a.m. from the parking lot behind Greyfair on 1st Ave E. The distances (40 – 60 Km) and pace will be moderate with a stop at the midpoint for breakfast. If there is sufficient demand, there will be an A and B route intended to arrive at the destination at the same time. This is intended to be a social ride so we encourage that you bring a buddy who can ride at your speed and distance. There will be a different ride destination and breakfast restaurant each month. The first ride will be shorter with the ride distance progressing during the summer.

The ride schedule is:

May – Saturday May 14 – Shallow Lake – Mama Brown’s

June – Saturday June 18 – Tara – Country Cousins

July – Saturday July 23 – Elsie’s Diner

August – Saturday Aug 13 – Tilly’s at the OS Airport

September – Saturday Sept 10 – Destination TBD

The ride routes are:

Shallow Lake – Mama Browns – 42 Km by Benallen/
Copper Kettle

Tara – 48 Km/53 Km by Jackson, Girl Guide (21 Km if
starting in Kilsyth)

Elsie’s – 31Km/43 Km

Tilly’s – 28Km/43 Km

The ride organizer would appreciate participant’s notification of intent to do the ride so that reservations can be made in advance. Some restaurants may have limited capacity and reservations would be on an as notified basis.

Ride Organizers are: Ann West - 519-371-2820

John Brown - 519-372-2502

AGM/Pot Luck & Points Party

Don’t forget to mark your calendar on April 30th for the OSCC Ride, Annual General Meeting, plus the pot luck dinner and the always fun... Points Party. The activities start at 4:30 with a road or off-road ride (weather permitting). Meet in front of St. Andrews Presbyterian Church in Owen Sound. Depending on number we will break up into groups for road or off-road rides. These will be short, friendly, no-drop rides for everyone. At 6:30 p.m. we will meet back at the church basement for a short Annual General Meeting. This will not take long, but we have to elect or confirm our executive and discuss events for the coming season.

Then we can sit down and eat! Bring a dish to pass and enjoy time with friends and new acquaintances. Coffee, tea and soft drinks will be provided.

Finally we get to the fun with our annual Points Party. If you took part in any events last season you received points. Now is the time to use those points when we auction off a great array of items donated from local businesses. New to the club and you don’t have any points? Not to worry, you will be given OSCC Bucks just for coming tonight.

A reminder... For the rides everyone that takes part MUST be a member of OSCC, but your spouse or significant other are very welcome to the AGM, Pot Luck and Points Party.

The Whemmys Need Help

Our Whemmys organizer, Frank Elliot, has decided to pack it in for this season, so we are looking for someone to step forward and take this event on. It is our traditional final event of the season, and with that in mind, we elected to simplify it by making it a OSCC only event. If the Whemmys does go ahead, it will still be a three hour enduro for teams or single riders. If you are interested in organizing the Whemmys or any other mountain bike events contact our president, Ann West at: president@owensoundcycling.ca.

Find Your Bike!

Here is an interesting device for those who wish to find their stolen bike or for us senior citizens who forget just where we parked it. This one is called Trackr (though there are other brands in the marketplace).

Trackr looks like a plastic quarter with double sided tape on one side. To make it work, you download an app on your smart phone, then pair it with the Trackr. Stick the Trackr on your bike (like under the saddle), then if someone steals your bike or if you misplace it, use the app to locate your way fairing wheels. The unit costs \$40.00 Canadian.



New OSCC Website

Have you checked out our new club website? If not do it now: www.owensoundcycling.ca. The site is a big improvement over the old one... It has a cleaner, more useful layout and everything is simpler to navigate around. Thanks to Trevor Stokes, our webmeister, for the new design.

As the season rolls along we will tweak the site to make it even better. The great thing is this site is powered by WordPress. That means that Trevor does not have to input everything that goes in. Other executives and ride leaders can do their own changes as they happen.

TTTimer

Trevor has set up a new Facebook page called TTimer. It is an information/feedback page for the Time Trial Timer that is available at Google Play. The timer is an app. for tablets or smart phones. You can find the Facebook page at: <https://www.facebook.com/TTTimer-1598256607164358/?fref=ts>

The TTimer is available, for free, from the Google Play Store: <https://play.google.com/store/apps/details>

Southampton Criterium... Maybe

Brent Martin of Martin Bicycle Shop in Southampton is planning an OCA sanctioned criterium during the Southampton Marine Heritage Festival in the later part of July. The OSCC will support this event if it is approved and we will ask our club members to take part or to help as volunteers. We will keep you posted as information about the event is confirmed.

2016 Time Trial Schedule

All OSCC members are welcome, and encouraged, to participate in the weekly Time Trials. No race experience or uber athlete requirements needed. We are a group of friendly cyclists of a broad range of ages, from varying backgrounds and cycling experience, that enjoy



the personal effort, and training benefit, of the Race of Truth. Personal improvements (PB's) are congratulated as much as the occasional course records. Drive or ride

to the venues, which have been chosen for road quality and character, variety, safety and parking, access. TT's run weather permitting. Check the OSCC Calendar for changes. See you on wednesday nights!

April 20	?????
April 27	Shallow Lake
May 4	Bayshore
May 11	Island View
May 18	Walters Falls
May 25	Annan
June 1	Shallow Lake
June 8	Bayshore
June 15	Island View
June 22	Walters Falls
June 29	Annan
July 6	Colpoys
July 13	Hepworth
July 20	Shallow Lake
July 27	Bayshore
Aug 3	Island View
Aug 10	Walters Falls
Aug 17	Annan
Aug 24	Kemble
Aug 31	Hepworth
Sept 7	Shallow Lake
Sept 14	Bayshore
Sept 21	?????

Women's Rides

Again this season the women's Rides will take place on Tuesdays and Wednesdays. The rides will start from the parking lot behind Bikeface at 6:00 p.m.

The Tuesday night rides are designed to be a fitness ride, with limited re-grouping. Distances are between 35 to 45 km, (a pace in the range between 23 and 28 km/h). Depending on the number of riders, there may be more than one group, for safety reasons we will try to maintain between 6 to 8 riders per group.

The Wednesday Women's Ride is for those women who do not wish to go as far or as fast. It is designed to be a "no drop" ride in a relaxed social pace (in the range of 18 to 23 km/h). Depending on the number of riders, there may be more than one group, for safety reasons we will try to maintain between 6 to 8 riders per group.

Monthly potlucks are scheduled after some of the rides. Check the club website for routes and when the potlucks are scheduled.

Ride Don't Hide

The ride for mental health (Ride Don't Hide) will take place on June 26. Register at: <http://ridedonthide.com/>



Sawmill Logging

The Kiwanis Property, that is part of the Sawmill Trail System near Hepworth, was logged this past winter. When the snow finally clears we will have to check out the area and see how bad it really is. We are pretty sure that there will have to be some clearing of tree tops and branches at the minimum. The club will contact the Kiwanis Club to see about doing work on the property, then we can organize a work day to clear the trails. In the meantime be aware that the trails in the back northwest end of the system are not rideable.

Cycling in Japan

by Tom Hakala

My son recently took a holiday in Japan and sent these photos of the cycling portion of the trip.



▲ A warthog crossing on bike path ▼ Bike lane on bridge



CYCLISTS' RESPONSIBILITY CODE

- 1 Always stay in control. You must be able to ride safely among others, to come to a complete stop, and to avoid obstacles - all without causing harm to yourself or others. You must only participate in events that match your fitness and ability level.
- 2 You must be familiar with the course and the environs.
- 3 Do not ride on any course if you are not participating in that field/event.
- 4 Obey, at all times, the rules governing this sport and the rules governing this event. Observe and obey, at all times, all event signage and personnel, including event staff, marshals, commissaires, security staff, and police officers.
- 5 You must always wear an approved helmet at all times while astride your bicycle during this event.
- 6 Use only equipment with which you are familiar and which is in good working order.
- 7 Do not stop where you may obstruct the race in progress or where you are not visible to oncoming riders or others.
- 8 You must not participate in the event if you are under the influence of drugs or alcohol, excessively fatigued, or if you are dizzy or ill.
- 9 If you do not finish the event you must clearly report to a commissaire or designated event staff that you are withdrawing
- 10 Understand the risks of this sport and take time to read and understand all documents you are signing, as well as this Cyclists' Responsibility Code.

**KNOW THE CODE - BE SAFETY CONSCIOUS
IT IS YOUR RESPONSIBILITY**



ONTARIO CYCLING ASSOCIATION