



Early Summer 2016

**News
from the
Owen Sound
Cycling Club**

OUTSPOKEN

President's Message

by Ann West

Well summer has arrived and we have been getting some fabulous weather for riding! I hope that you have all been out enjoying the relatively quiet roads and trails in our beautiful area.

Speaking of trails... We still have not had anyone come forward to lead/organize any trail/mountain bike rides for the club. If you are out there riding anyway, perhaps you would consider having a little company? It is pretty simple really (no really!). All that is required is to plan a route, time, date and meeting place and let me know at least a week in advance so that we can file a plan with the OCA. I can also make sure that an email goes out to all of our members with the details (a short description of the type of ride would be helpful including level of skill needed e.g. beginner, intermediate, advanced, etc.) So you won't be riding alone. Also we can get you a first aid kit in case of any mishaps. That way we are covered by our insurance and the OCA is happy. Sounds easy right? I will be expecting your call/email (519-371-2820/president@owensoundcycling.ca)

Club events have been taking place on a regular basis and participation is good. Every week we see more participants at the woman's rides on Tuesday and Wednesday and the Wednesday night time trial. Monthly breakfast rides have also had good attendance. We have plenty of room for more riders at these events. If you have a notion to try something new, just go for it! The rides and events are well described on the club website. We have all tried something for the first time and if you don't, you will never know how much fun you could be having. Right? Plus you get to meet some great people who also like cycling.

Road riding has become very popular in our club. I would like to remind members that bicycles are considered vehicles under the Highway Traffic Act. In other words all of the laws pertaining to cars also apply to cyclists. Yes, with privilege comes a little responsibility! Granted, all of those vehicles out there don't al-

ways follow the rules of the road. I still believe that modelling good cycling behavior i.e. stopping at stop signs, riding single file when traffic is coming upon us and signalling our intentions, is the best way to show drivers that we are being responsible. A friendly wave to drivers, who wait to pass safely with lots of room, doesn't hurt either. Every rider that "misbehaves" in front of an automobile driver has the potential to create another driver with road rage and the attitude that "bicycles are toys and don't belong on the road". We have enough angry drivers without making more! Don't forget to be courteous and friendly to other cyclists too. Say "hi" when you meet fellow two wheelers and check in with cyclists who are stopped at the side of the road to make sure all is well.

Ride often, ride well and ride safe!
Tail winds, Ann.

Ed.

by Tom Hakala

I subscribe to a blog called "I Love Bicycling". Many blogs are deleted, but this one is often entertaining, informative and a good read.

One edition that hit a nerve with me (literally) was on back pain while riding and how to make it better. I have suffered from back pain for years, and though it has gotten better, sometimes I feel it from my lower back to my right foot (This happened on the Ride Don't Hind on June 26th).

The article lists the causes of lower back pain in 5 simple points.

- Back posture on the bicycle can strain the lower back, a result of the lumbar spine flexing or pulling up.
- Position on the bike, with an arching back, can strain the back, especially when the bicycle is equipped with aero bars.
- Rough roads can increase jarring and compression to the spine which can lead to low back pain.
- Tight hamstrings can pull on and rotate the hips which thus pulls on the lower back and can cause pain.
- Tight hipflexors can also cause mis-hip alignment which can also pull abnormally on the back.

After that is a 5 point diagnosis...

- Bursitis — due to repetitive pedaling
- Degenerative arthritis — particularly in older cyclists
- Hyperextension of the neck — causes nerve irritation
- Previous injury to the neck or spine
- Tightness in other muscle groups which pull on the back.

Then the authors make a few recommendations...

- **Stand up on the bike:** Arch your back — it just feels good. Do it as often as you like to help alleviate a stiff, hurting back.
- **Stretch:** Stretches keep your hamstrings and spine flexible. If you feel that you're in trouble on the bike at any mileage, repeat the stretching exercises. Stretch the hamstrings and along with the back by keeping your legs straight and even on the ground, and slowly reaching toward your toes. Arching your back slightly can help stretch it as well. Stretch the quads and hip-flexors by gently pulling your ankle back toward your butt while balancing on your other leg. Try and keep the hips rotated back (try and push your tailbone toward the ground). With your hands over your head, lean to the right and then left creating a sort of "C" with your body. Keep your feet shoulder width apart. For the upper back, hugging your shoulders and arching your back forward can help stretch that area. In addition, you can pull your head down gently forward which will stretch the neck into the upper back. Also, alternate reaching each arm straight up over your head and arching to the opposite side stretching the side of your torso and back. Performing the "Eagle Arms" stretch is also very beneficial for alleviating tension in the upper back and shoulders.

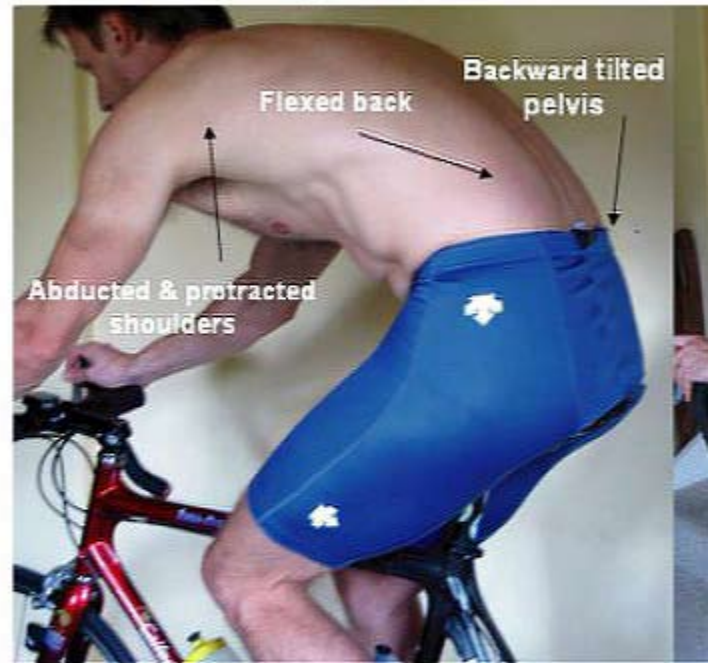
• **Get out of the drops:** Ride with your hands on the hoods or even side by side with the stem. (If you're not behind another cyclist's wheel.) This helps to relieve pressure on your spine. Move your hands around and find the sweet spot, cruise that way for awhile.

• **Ride with good posture:** Make a conscious effort to ensure your back is upright and in a neutral position at all times. Try to keep from swaying side to side. This typically indicates that your body is tired and you may end up with poor posture that strains your lower back.

The last one really helped after trying it a few times. After riding a bike for over 65 years, I realized that I had been arching my back incorrectly. When I flatten my back while riding, suddenly the pain is less and amazingly, I have more power to the peddles. After doing it wrong for so long I tend to forget and go back to

my old habits (especially when I am getting fatigued like on the Ride Don't Hide), but when I apply this simple repositioning of my back it feels better. See the illustration below.

Incorrect posture



- Under loaded glutes and hamstrings = loss power.
- Low back and shoulder fatigue – hyper extended neck.
- Increased weight bearing in hands.
- Poor core stabilization = loss power.

Correct posture



- Loaded glutes and hamstrings = increased power.
- Low back and shoulder relief – neutral neck.
- Decreased weight bearing in hands.
- Proper core stabilization = increased power.

Lucy and Joe's Lunch Ride

by Lucy Lehmann

Joe and I are organizing a social cycle from our house in Oliphant to Armens Cafe in Southampton for lunch on Wed., July, 20th.

The total distance is 70km (35km each way). This is along roads with a bike lanes most of the way or quiet roads along the water. The terrain is very flat. Departure would be 10:30 am to arrive around 12:30 (around 17/18km pace - so we can enjoy the views).

We will host happy hour(s) after the ride for those who would like to stay and relax awhile. Please call or text Lucy to confirm so I can let the cafe know how many to expect - **226 930-0615**.

Please note that they take cash only. (Great food - variety of Mexican, middle eastern and great salads and soups and everything is homemade - approx \$12/\$15 Southampton bakery across the road).

For those only wanting to ride one way - park one car on High St. in Southampton.

Breakfast Rides

by John Brown

The rides 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:

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

Monday Evening Road Rides

by John Brown

The Monday Evening Road Rides are back again. They are a one and a half to two hour training ride at a moderate, steady pace. Depending on the abilities of those who show up, we may split into groups. Also, remember that you must be a club member to participate.

Even though Monday, July 4th is Canada Day we will be doing a ride that evening for those who can make it.

The Tar & Chip Report

There is fresh tar and chip on the Lindenwood road both east and west of the road between Wolsely and Copper Kettle (Grey rd.#17)) it is of good quality and should pack down pretty quickly. Also a section on the old stone school road near Hepworth.

Also, Grey Sideroad #9 between Con. #11 and the Grey/Bruce Line has fresh tar & chip.

Whemmys Still Need a Friend!

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.

War on the Shore - Southampton Crit

Brent Martin of Martin Bicycle Shop in Southampton is holding a OCA sanctioned criterium on July 24th. The OSCC is supporting the crit and we ask our club members to take part or to help as volunteers.

Online registration is officially open with CCN!

War on the Shore Criterium

Sunday July 24, 2016



Southampton, ON

Registration Categories:

Beginner
Sportif
Intermediate

Registration Fees:

Adults (19+): \$40
Juniors (13-18): \$35

Complete information at www.warontheshore.ca
Register through CCNBikes.

All racers require a UCI Race License or Ontario Cycling Association Citizen Permit.

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!

June 29 East Bayshore
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 Greyfair at 6:15 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.

Monday Evening Womens Rides

NOTE: The Monday evening women's rides that start at Bikeface are not Owen Sound Cycling Club events. You are welcome to take part in these rides, but be aware that you are on your own and are not covered by our insurance.

Ride Don't Hide

Another Ride Don't Hide event happened on June 26th and it was another success. Thanks to all the club members that took part.



Sawmill Trails Partly Closed

by Tom Hakala

The Kiwanis Property, that is part of the Sawmill Trail System near Hepworth, was logged this past winter.

I went in there a week ago to see what it looked like. There were piles of trees blocking the trails in places. I called the campground office to find out what was happening. A fellow by the name of Greg explained that the Kiwanis Club will be erecting fences around their property and gating access points for X-C skiers. If the OSCC wishes to hold an

event on the property, we will have to ask permission and get an insurance certificate for the event only. This has to do with liability if someone is injured. Open mountain bike is not allowed.

The Grey Sauble Cons. Authority property is still open to biking.

Greenbelt Open House in O. S.

There will be a public open house and planning review for land use planning. It should be of interest to cyclists. If you would like to attend here is the info...

Co-ordinated Land Use Planning Review

Owen Sound Open House

Hosted by: The Ontario Ministry of Municipal Affairs and Housing

Find out more about the Co-ordinated Land Use Planning Review

RSVP to let us know we'll see you there!

WHEN

July 05, 2016 at 5pm - 8pm

WHERE

Bayshore Arena

1900 3rd Ave E

Owen Sound, ON N4K 2M5

Canada

http://www.greenbelt.ca/open_house_owensound_2016?utm_campaign=16gbr_ohrsvpoth&utm_medium=email&utm_source=greenbelt

AGM

The club AGM/Points Party had a small but friendly turnout. Thanks Greg Nicol for another fun evening.

