



Spring 2017

**News
from the
Owen Sound
Cycling Club**

OUTSPOKEN

President's Message

by Ann West

Isn't it great to see the return of warmer weather? Well ... Almost. As I write this I can hear the crazy ruckus of a sandhill crane and sweet voice of a little song sparrow calling for a mate and yesterday (April 1) I spied my first Eastern Bluebird! Of course returning birds aren't the only signs of the season! Bill is downstairs putting away the skis and readying our bicycle fleet. I have even seen a few hardy souls pedal past our home as they are getting in some early miles.

If you are reading this, you have more than a passing interest in cycling. Whether you prefer the trails or the open road, pushing yourself to complete a triathlon or charity ride or whether you just enjoy the feeling of the wind and sun as you explore your neighbourhood or more exotic locales, the common denominator is riding a bicycle. That is what unites us all. We love to ride a bike!

The Owen Sound Cycling Club began in the early eighties with a group of avid road cyclists who wanted to organize into a club to promote road riding and related competitive activities such as time trials and road races. With the interest in the sport of mountain biking the club introduced organized mountain bike rides and races as well. As more recreational riders joined the club who were interested in cycling at a more relaxed pace and even cycle touring, rides and events were introduced to satisfy those interests as well. Interest and membership in the club grew over the years and our membership last year was 100 members. Last year we had no volunteer come forward and as a result the club held no organized mountain bike rides. Time trials were "well attended" as were the women's rides, the Monday night recreational rides and the monthly breakfast rides. All of these activities are organized and led by club volunteers. These volunteers and the club executive prepare routes in advance and provide this information to the Ontario Cycling Asso-



ciation so that our insurance (provided by the OCA and which makes up 80% of your club membership fee) is valid.

This season the club is planning to continue to offer the time trials, women's rides, recreational rides and monthly Saturday breakfast rides. Check our website for the schedule and further details. Also proposed for this year is to make the former Wednesday night women's ride a relaxed co-ed ride as we have had interest from some of the men in the club to have an opportunity to participate in a little more social and slower paced ride. Joanne Barber will be continuing to lead the Tuesday night women's ride and the Wednesday "co-ed" ride. Monthly pot luck dinners are a popular part of these rides!

Tom Hakala is planning to lead a mid-week ride for those whose schedules will allow. We expect to see some of our retired members and those who have a more "flexible" work schedule participate. (See Tom's description elsewhere in this newsletter.)

So, my challenge to you dear reader, is to join the club (see registration link on our club website), and then come out and participate in club activities. If you have ideas for rides or club activities please speak up! The club Annual General Meeting is being held Saturday April 29, 2017 and is a great opportunity to meet other club members and the club executive. In addition, those of you who attend will be awarded "points" that you can add to those points you earned last season for participating in club activities. You can check the members section of the OSCC website to get your 2016 points total (Members tab and "Members Info"). This year you will use your points to "buy" draw tickets that you can use to select from a wide variety of great draw prizes donated to the club by very generous sponsors and club members. We will enjoy a "pot luck" meal and there will be a very brief business meeting. There will also be a short afternoon road ride prior to the meeting/meal/prize draw.

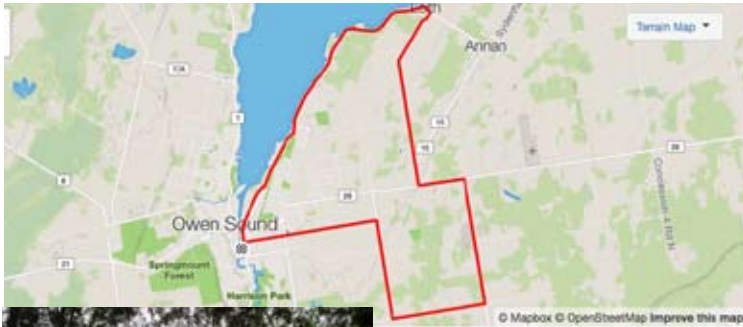
I hope to see you riding with the club this season. Remember, every time you participate in or lead a club ride, you will earn "points". We are planning to place an order for club jerseys this fall (now sold out) and may offer a discount to members based on points earned in 2017. So, start collecting!

The Lay-About Lunch Ride

by Tom Hakala

The thing about being retired or unemployed is that we have time to ride in the middle of the day, as well as in the middle of the week. We don't have to wait until 6 p.m. and disrupt our supper. We can ride when it is convenient for us, when the traffic is light, when the sun is high, before the wind comes off the bay and before the bugs come out. Why not do a ride dedicated to those of us who have the luxury to be able to ride any time. So here it is, "The Lay-about Mid-Week Lunch Ride".

The other thing about those of us that lack steady employment is our low cash flow. So instead of emptying our wallets at some hashery, let's brown bag it, let's have a picnic! The first (and hopefully not the last) Lay-about Lunch Ride will take place on Thursday, May 11th at 10:30 am.



We will start at the parking lot behind Greyfair (Officially O.S. Parking Lot #8) then head up the 8th St. East hill, then turn at the 10th Cons. south to Story Book Park Rd., then across to Grey Rd. #11. Then we will ride to

Highway 26, go down the hill to Grey Rd. #15, turn off onto the Tom Thomson Lane and head to Leith. We will loop around Bayshore Road to Hibou Cons. Area where we will stop for our picnic. Then regroup for the short ride back to town. This will be a social ride and we will pace the ride for the group assembled. Nobody will be dropped. Here is a link to Strava for this route: <http://www.strava.com/routes/8046608>

Breakfast Rides

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 AM from the parking lot behind Greyfair on 1st Ave E. The distances (40 - 60 Km) and pace will be moderate (B and C) with a stop at the midpoint for breakfast. If there is sufficient demand, there will be a longer route intended to be able 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 Breakfast Ride schedule is:



May 27 - Elsie's Diner Springmount - Ride Leader: Tom Hakala

June 3 - Tara - Country Cousins

July 22 - Tilly's at the OS Airport

Aug. 12 - Rockford Diner (Club BBQ same day late afternoon)

Sept. 9 - Tara - Country Cousins

The ride routes are:

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

Rockford - 40Km

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:

1st ride only: Tom Hakala, email: hakalathomas@gmail.com

Ann West - 519-371-2820

John Brown - 519-372-2502

Monday Evening Road Rides

by John Brown

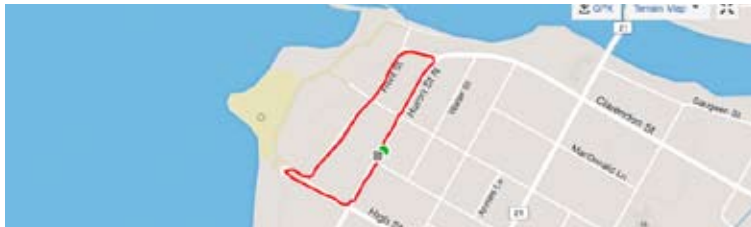
The Monday Evening Road Rides are still a popular choice. The ride is a one and a half to two hour training ride at a moderate, steady pace. Depending on the numbers and abilities of those who show up, we may split into groups. Also, remember that you must be a club member to participate.

We haven't given up on MTB

As Ann said we don't have a volunteer to take on mountain bike rides or races. If you are an avid mountain biker and would like to see the club take on mountain bike events contact our president, Ann West at: president@owensoundcycling.ca.

War on the Shore - Crit

For the second year, Brent Martin of Martin Bicycle Shop in Southampton is holding a criterium on July 30th. The OSCC is supporting the crit and we ask our club members to take part or to help as volunteers. If you wish to volunteer, contact Brent Martin at 519-797-3200.



Sunday July 30, 2017

Southampton, ON

Registration Fees:

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

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

<https://www.strava.com/activities/578556491>

2017 Time Trial Schedule

by Scott Thomson

OSCC Time Trials will start 6:30 PM Wednesday evening April 26. Riders of all levels and cycling interests are welcome. Don't be shy. Come out, set your own goals, push yourself, and see your improvement. The venues are varied, on good roads, with limited traffic, and often a choice of 2 distances is provided. Tentative (weather and road condition depending - check the OSCC google calendar) schedule below. See you there!

April 26 - Shallow Lake 10/15K

May 3 - TBD

May 10 - TBD

May 17 - East Bayshore Road

May 24 - Island View Drive 15/30K

May 31 - East Bayshore Road

June 7 - Shallow Lake

June 14 - Walters Falls 15/30 K

June 21 - Hepworth Spring Creek Road 10/17.3K

June 28 - East Bayshore Road

July 5 - Island View Drive

July 12 - Annan South 10.4/20.8K

July 19 - Shallow Lake

July 26 - Walters Falls

August 2 - Colpoys Bay 14/28K

August 9 - Kemble 20.8K

August 16 - East Bayshore

August 23 - Island View Drive

August 30 - Shallow Lake

September 6 - East Bayshore Road

September 13 - Hepworth Spring Creek Road

September 20 - Shallow Lake

Women's & Co-Ed 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 Ride will now be co-ed (Men can come out as well) is for those 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 & AGM

Don't forget the OSCC AGM & Points Party on Saturday, April 29. There will be a pre-meeting road ride (weather permitting). The ride will be a short, "Start of Season Ride" up to Ben Allan. This will be a road ride for everyone and a moderate pace. Here is a link to the proposed route: <http://www.strava.com/routes/8042954>

Then at 6:00 pm go to St. Andrew's Presbyterian Church, 865 2nd Ave W for our AGM, Potluck & Points Party. First there will be a the VERY short AGM meeting, followed by a potluck dinner and then the Points Party. This year you will use your points to "buy" draw tickets that you can use to select from a wide variety of great draw prizes donated to the club by very generous sponsors and club members.

Ride Don't Hide

The Canadian Mental Health Assoc. has added a few new features to Ride Don't Hide. For one thing there is now a 100 km. event. It will still take place at Kelso Beach Park and the rides will fan out from there.

OSCC will be setting up a Ride Don't Hide team again this year. If you register before April 30th there is a discount.



Ontario Masters

by Jim Cummings

The 2017 Ontario Masters Cycling Association event schedule and location maps have now been posted on the website: <http://masterscyclists.wixsite.com/omca/event-schedule>

Remember, although OMCA membership is open to any male 40+ or Female 35+ (membership fee is \$20 again this year), to be able to participate in any of our events a 2017 OCA Affiliate Club Membership is also mandatory.

Full details and instructions are on the "Membership" page of the website. I am looking forward to seeing many of you on April 23rd or 30th Ontario Masters.

Cycling in Minnesota creates thousands of jobs and cuts health-care spending, state report concludes

Stolen from Star Tribune

By Josephine Marcotty Star Tribune

Despite its cold winters, Minnesota — and the Twin Cities in particular — has long been recognized as one of the country's biking-est places.

For many Minnesotans cycling is nothing more than a Sunday frolic, but a new report finds that the state's bike industry produces \$780 million in annual economic activity, 5,519 jobs and millions of dollars in health care savings because of reduced obesity, diabetes and heart disease.

And get this: Fully 13.6 percent of Twin Cities residents commute by bike, at least once in a while.

Those are the results of the first major investigation into the health and economic effects of the state's bicycling industry, commissioned by the Minnesota Department of Transportation (MnDOT) to help measure the financial return on taxpayers' investment in biking infrastructure. "This will help us understand how biking contributes to the health and vitality of communities," said Sara Dunlap, a MnDOT planner.

Despite its cold winters, Minnesota — and the Twin Cities in particular — has long been recognized as one of the country's biking-est places. Minneapolis leads the nation in the concentration of bike lanes and paths (5.8 per square mile), the number of regular commuters (4 percent, according to the U.S. census), and has the second-lowest biking fatality rate among the top 50 largest cities.

But this is the first time the state has totaled the

economic value of biking in terms of industry, tourism, recreation and health. The study was designed to guide state leaders in the always-contentious process of setting budget priorities, even as some legislators are questioning the value of bike lanes. One bill that never made it through a committee hearing would have required bicyclists to obtain permits to ride in bike lanes.

"It will help advocates make the case that investments in bicycling far outweigh the costs," said Dorian Grilley, executive director of the Bicycle Alliance of Minnesota. And the study didn't include estimates of how much individuals save in gasoline and car maintenance, or the environmental benefits from lower air pollution, he said.



It was compiled by researchers at the University of Minnesota through surveys of bikers and businesses, crunching public health data and computer modeling.

Much of the economic value came from \$616 million generated by manufacturers and wholesalers based in Minnesota, including Quality Bicycle Products and Park Toole — both global bicycle equipment manufacturers and exporters.

But Xinyi Qian, the University of Minnesota Extension Service professor who headed up the economic analysis, said that biking events — organized rides, high school and other races, mountain bike events, and tours — also generated significant amounts of tourism and recreational spending statewide. They produced \$14.3 million in economic activity in 2015, and an average of \$121 dollars a day spent per participant.

The health savings are considerable as well, said Mark Pereira, professor of epidemiology at the University of Minnesota, who headed up the public health side of the study. That's partly because bicycling seems to offer some unique health benefits.

"Maybe because it becomes so much more a part of your lifestyle, more so than walking," he said.