



Spring 2018

News
from the
Owen Sound
Cycling Club

OUTSPOKEN

President's Message

by Ann West

Welcome to spring!?? It does not look like spring as I watch the birds flocking to our snow covered bird feeders, but the longer days and the array of spring birds shivering in the cold tells the true story. So does the parade of bicycles being tuned up by Bill in our basement. Thank goodness I have a live-in mechanic to keep our fleet in tip top shape!

I am pleased to share with you a new initiative brought forward by Club member Fred Zottl. Fred is a long time mountain bike enthusiast and NCCP coach. Fred's proposal for our Club to promote and support a Youth Development Mountain Bike Series has been accepted by the Club's board. Through a combination of Club mountain bike race and instruction sessions offered to OSCC youth members aged 9-16, we hope to foster a renewed interest in organized mountain bike riding and racing. Prizes and awards will be sponsored by Martin's Bicycle Shop. We are looking forward to welcoming a much needed "injection" of younger members to the Club.

The OSCC President's email box is filling up with notices of events happening in the upcoming season. Charity rides, Gran Fondos, races, tours, etc., etc. Some of these will be mentioned in more detail elsewhere in this newsletter. I hope you will check them out and if something appeals to you, make the leap and sign up!! A sampling of some local events include:

The Manitoulin Island Passage Ride (<https://www.manitoulincycling.com/events/manitoulin-passage-ride/> June 2-3, 2018 - registration includes return ferry passage for rider and bicycle from Tobermory and 2 days of supported cycle touring on the Island).



The Blue Mountains UCI Gran Fondo World Series Road Race & Time Trial (Formerly the Grey County Road Race) - <https://thebluemountainsgranfondo.com/> Location: Town of the Blue Mountains. Date: Thursday, 14 Jun 2018 - Saturday, 16 Jun 2018 - The fifth annual Time Trial and 112km and 155km Road Race in the beautiful and challenging countryside surrounding Blue Mountain Village. This is a UCI, Cycling Canada and Ontario Cycling Association sanctioned race. New this year, challenge yourself on the 75km open route.

"Ride Don't Hide" Grey-Bruce (<http://ridedonthide.com/on/ride/grey-bruce/> Date: June 24, 2018 Location: Owen Sound, ON Kelso Beach Park A fun and well organized charity ride in support of Canadian Mental Health Association Grey-Bruce. Rides of 80K, 50K, 25K, and Kids' scenic, friendly route along the paved pathway within Kelso Beach park. New for 2018 a 100k route with *Minimum \$100 in donations to participate.

The "War on the Shore #3 Criterium Race (<http://www.warontheshore.ca/> - Location: Southampton, ON Date: July 29, 2018 in Southampton, the race is a part of the Annual Marine Heritage Festival and proceeds from the race are to benefit G.C. Huston Public School.

The first annual Gran Fondo Lake Huron (<http://granfondolakehuron.ca>) Location: Southampton, ON Date: August 19, 2018 - consisting of four ride options starting and finishing in Southampton 30 km, 70 km, 100km, and 160 km - in support of the Saugeen Memorial Hospital Foundation).



The 9th Annual Blue Mountain Centurion Gran Fondo (<http://centurioncycling.com/registration/>) Date: September 15-16, 2018 - produced by MultiSport Canada Location: Blue Mountain Village

Your club volunteer board has been hard at work planning club activities for the new season. We will again be offering the Monday Evening Co-Ed Fitness Road Ride, Tuesday Evening Women's Fitness Road Ride, Wednesday Evening Co-Ed Recreational Road Ride, Wednesday Evening Road Time Trial and Monthly Saturday Morning Social Breakfast Road Rides. See our club website for a more detailed description of the rides including meeting place, time, length and pace of ride. As always to participate, make sure you are a 2018 registered club member, have a suitable bicycle that is in good repair and wear a helmet (mandatory).

In addition to these Club activities the Club is pleased to be hosting a Women's Ride Day event on Sunday May 20th, as part of an Ontario Cycling Association initiative to promote women and girls cycling. Our aim is to introduce women and girls to group riding and to celebrate the freedom and independence that riding a bicycle offers to women of all cycling abilities. So come on out and "ride like a girl"!!

This event will be FREE and open to ALL women and girls, club members as well as non-members from the age of 12 yrs and up! Participants under the age of 14 must be accompanied by an adult (preferably a parent) on the ride.

As noted above, this event is free to non-members and 2018 Club members alike, however all non-club/OCA members are required to register, either on-line (see link on our Owen Sound Cycling Club website) prior to, or on paper at the time of the event. On-line registration prior to the ride day is preferable so that we can be better prepared with volunteers to help things run smoothly. If registering on ride day, please show up 20 minutes early to complete the paperwork. As part of the registration (either on line or at the event location), all registrants must complete The Canadian Cycling Association Informed Consent, Indemnity and Assumption of Risk Agreement ("the waiver"). For all participants under the age of 18, "the waiver", MUST be signed by both a parent/guardian as well as the participant.

Please note that current (2018) Club and OCA members have already signed "the waiver" as part of club sign up and therefore are not required to register in order to participate. I would appreciate a brief e-mail notification at annmarie58.west@gmail.com if you do plan to participate.

Wow so many great cycling activities and this is just "the tip of the iceberg"!! So I hope we will see you all on two wheels in the very near future.

Tail winds!! Ann West

Editorial

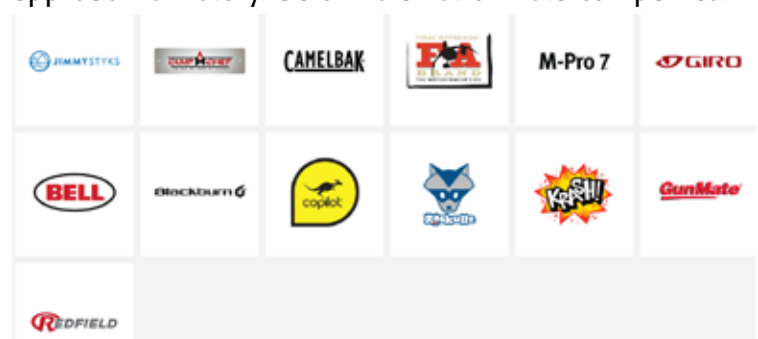
by Tom Hakala

This being the editorial spot in the newsletter I decided to make it just that by adding some of my personal opinions. These are not to be misinterpreted as club policies or ideas, just my own venting.

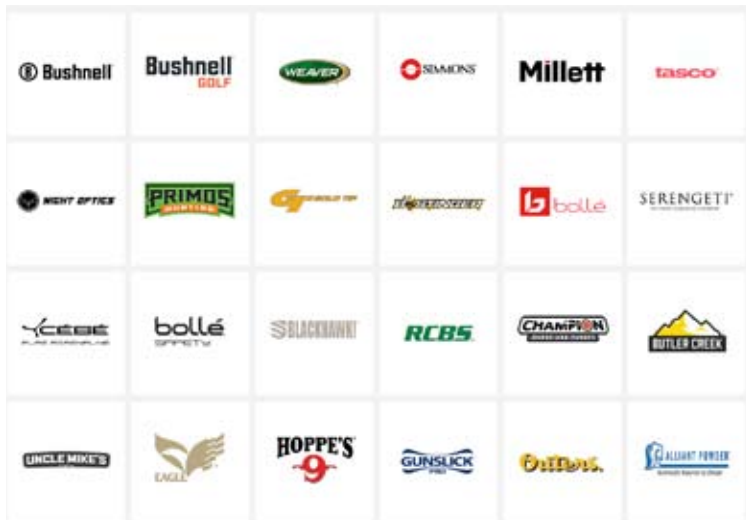
One trend that I find particularly annoying is the use of music or background noise to 'enhance' a sporting event. We recently watched Paris/Roubaix, Hell of the North One Day Race. While Paul Sherwin went over details of the cobblestone course, loud electronic music drowned out most of what Paul was trying to say. Maybe I am a senior citizen with poor hearing, but I defy anyone to tell me what Paul was babbling about. Even during the race the 'background' sounds of whirring bike wheels at times drowned out Phil and Paul's commentary. Some may argue that could be a good thing, but I would like to meet that sound engineer and say "TURN DOWN THE MUSIC!!"

After the recent (and not so recent) school and public shootings south of the border, I have become increasingly upset and aware of the lobbying as well as hard line activities of groups like the NRA and their supporters. I know that we live in Canada and things are somewhat different here, but some of this ideology is leaking across the border.

My concern relating to cycling revolves around large corporations that support the NRA and lobby the U.S. congress to promote their open arms agenda. These corporations have a vested interest as they sell weapons and ammunition to the public. On the other hand they also sell cycling equipment under different brand names, that most of us do not relate to the firearm business. One of these big corporations is Vista Outdoor. Not only do they now own Giro, Bell Helmets and Camelbak, but also Savage Arms and Federal Premium Ammunition. Recently MEC (Mountain co-op) announced that they will not purchase any products owned by Vista Outdoor in the future. A number of other retailers have made the move as well. I understand that it is a difficult decision for small bike shops to take this drastic step as many of these products are big sellers. I for one will not be purchasing any Vista related products, until I am assured that their hardline approach is history. Below is a list of Vista companies.



More Vista Outdoor companies.



2018 No Drop, 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 a.m. from Owen Sound parking lot #8, behind Greyfair on 1st Ave E.

The distances (40 – 60 Km) and pace will be moderate (This is a relaxed ride intended for riders with some fitness and confidence with group riding. Riders can hone their skills with more experienced riders. Pace will vary between 24-28 km/h and rides cover approximately 50 km. No one gets dropped and all riders wait at a suitable location or reduce their pace to allow everyone to catch up.) 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 ride schedule is:

May – Saturday May 19 – Tara – Country Cousins

June – Saturday June 9– Elsie's Diner Springmount

July – Saturday July 21 – Tilly's at the OS Airport

August – Saturday Aug 11 – Chatsworth Diner

September – Saturday Sept 8 – Tara – Country Cousins

October - Weather Dependent – Saturday Oct 13 - Elsie's Diner Springmount

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

Chatsworth Café – 45Km

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

email: annmarie58.west@gmail.com

John Brown 519- 372 – 2502

email: johnabrownos@gmail.com

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 fast, steady pace. These rides are fast, with the pace of 32 km/h and faster as the season progresses. Rides will cover approximately 40 km. Long stretches in excess of 36 kmh are frequent. Riders will regroup at predetermined locations 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. Meet at Owen Sound parking lot #8, behind Greyfair at 6:00 p.m.



2018 Time Trial Schedule

by Scott Thomson

Welcome to all returning and new OSCC Time Trial participants. Another season of Wednesday night time trials approaches. Start times will remain at 6:30 pm. The courses are unchanged. Road condition, repairs, etc will be assessed as the season unfolds, and the venue schedule is subject to change, so check the OSCC Google Calendar regularly for updates. Most nights Mary and I will tag team the timing and results, but there will be an occasional event that needs a starter / timer. I can be contacted at ttscotttyt@gmail.com or by phone if there are any questions, concerns, or even for equipment or time trialing advice.

New TT riders, triathletes, women, youth are welcome and encouraged. The intense effort of a time trial is an excellent training effort, and the satisfaction of personal improvements is unparalleled, whether you are a national competitor, or novice. So lets see some new faces out amongst the weathered oldies. May 2 start.

TT Schedule

Tentative and subject to change.

Check the OSCC Google Calendar regularly.

May 2. Shallow Lake
May 9. East Bayshore
May 16. Hepworth
May 23. East Bayshore
May 30. Island View
June 6. Annan
June 13. Kemble
June 20. East Bayshore
June 27. Walters Falls
July 4. Shallow Lake
July 11. Colpoys Bay
July 18. Island View
July 25. Annan
Aug 1. Hepworth
Aug 8. East Bayshore
Aug 15. Shallow Lake
Aug 22. Walters Falls
Aug 29. Colpoys Bay
Sept 5. Island View
Sept 12. Annan



2018 OSCC Tues/Wed Rides

by Joanne Barber

The 2018 schedule is now posted on the OSCC calendar. The Tues/Wed rides are scheduled to begin the week of April 30. I had originally had rides set up the week before, but with the crazy weather I dropped them. Stay tuned to the calendar for cancellations as it is doubtful that rides will begin if it is snowing or heavy rain. Having said that... Please make sure you are signed up as an OSCC member. We can all do that between snow showers!

A brief summary is outlined below of what you can expect from the Tuesday and Wed rides. I am excited to announce we have a new leader for Wednesday rides - Please welcome Jim Porteous, who will be leading rides. I will still be helping, but won't be at all the Wed rides this season.

Tuesday Women's Ride:

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 35 and 30+ 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.



Wednesday Co-ed Ride:

This ride is designed to be a "no drop" ride in a relaxed social pace (in the range of 20 to 25 km/h). Distances are approximately 30 km. 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.

All rides leave from Owen Sound Parking Lot #8, behind Greyfair Carpet store, 1st Ave E and 8th St. E, Owen Sound.

Please remember that the club calendar should always be consulted in case there are last minute route changes.



Smart Trainers, Zwift and More

by Trevor Sokes

I was confused by all of the options surrounding smart trainers and bike GPS computers. I noticed that a lot of our members were using Zwift and wanted to do the same so I started doing some reading.

First some definitions.

Classic trainer – your old fashioned trainer, where the bike's rear wheel drives some kind of resistance, sometimes variable.

Smart trainer, wheel on – as above, but it can transmit the power and speed and (deduced?) cadence and its resistance can be controlled wirelessly.

Smart trainer, direct drive – instead of wheel on, you remove your rear wheel and your chain drives the resistance unit through the supplied cassette.

Ant+ - a wireless protocol for monitoring sensor data (speed, cadence, heart rate) and controlling trainer resistance.

BLE - Bluetooth Low Energy I- a wireless personal area network technology aimed at applications in the fitness and other industries. An alternative to Ant+

Bike GPS Unit – Sometimes called a head unit. Tracks your location, speed and altitude through GPS. Can also track speed, cadence, heart rate etc from connected Ant+ sensors. Some can also indicate turn by turn directions if you have downloaded a bike route.

Apple TV – a small box that connects to a TV and streams data from a variety of sources, e.g. the home WiFi.

Zwift - a massively multiplayer online cycling (and running) training program that enables users all over the world to interact, train and compete in a virtual world.

Trainer Road – guided workouts and power based training.

Taking Zwift as an example, here's what you need.

You need their program, a free download. It runs on Internet connected Mac, iPad, iPhone and newer, 64 bit Windows PCs. It has also been ported to the Apple TV. It doesn't run on Android devices. But there is a companion app that allows you to enter an event, monitor sensor data etc. more conveniently than using Apple TV's remote.

You need a home trainer. If it's a classic trainer it should be one that Zwift lists as compatible, for which they have the power curves. In that case you'll need an Ant+ or BLE speed sensor for the bike. Zwift will tell you what resistance setting to use and will calculate your power based on your wheel speed. Because the power is calculated and relies on the rider's honesty, there are races you can't compete in using a classic trainer. But it's a good entry level set up. The addition of a power meter will eliminate the inaccuracies.

A smart trainer will transmit the actual power to Zwift and Zwift will vary the resistance according to the virtual terrain. 5

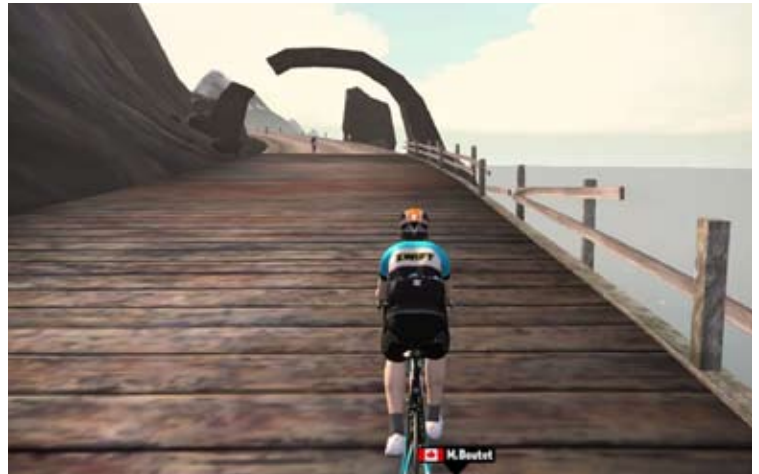
In both cases, if you are using a Mac computer or a PC you'll need a USB "bridge" to translate the ANT+ or BLE signals. Apple TV, iPad etc. have Bluetooth so that's not needed, provided the sensors support Bluetooth (most now do).

I didn't have a suitable computer so I chose the Apple TV and a 40" tv. If you are using a Mac or PC you can connect it to a larger screen too.

The set up was quite easy. I downloaded the Zwift app to the Apple TV. I had to create an iTunes account to pay Zwift's monthly subscription fee (it is about \$19).

My trainer is a Dutch made Tacx Vortex Smart. Wahoo KICKR wheel-on or direct drive would also have worked.

You tell Zwift your weight, height and date of birth. After a few rides you'll know how many watts per kilogram of body weight you produce and hence, which class to choose when doing a workout or entering an event. You can also do a Functional Threshold Power test to establish that.



Me on the climb the volcano on Watopia.

Configure Zwift with your Strava or similar program's user name and password and it will upload your results.

The bike GPS unit is not involved in any of this. Mine is a Wahoo ELEMNT Bolt. If I had ANT+ sensors on my outside bike, it would track heart rate, cadence and power. Without them it just tracks location, altitude and GPS speed. But, when I get back home I can relive a ride. The ELEMNT will connect to the smart trainer and control it. The trainer transmits speed, so I can see, on a primitive map, where I am on my virtual ride. I could even plot a route (Alpe d'Huez?) in Strava or MapMyRide and load it into the ELEMNT and ride that!

Wait a minute!!! There's no need for me to plot Alpe d'Huez. Since I wrote the article the engineers and artists at Zwift have added Alpe de Zwift. It is a replica of Alpe d'Huez, with its 21 switch backs and the same profile. The scenery may be different (it starts at sea level in the jungle) but is otherwise very realistic. You have to be a Level 12 Zwifter to ride it unless there is a scheduled group ride going.

2018 OSCC Youth MTB Series

by Fred Zottl

A new venue to attract youth to mountain biking will happen this season. Two closed offroad courses have been selected and will include Brant Tract and Sawmill Trails... Pending approval. Participants must be O.S.C.C. members aged 9 –16 as of Dec. 31st and will be organized into 4 age divisions and 2 genders. These kids will pay the OCA fees only as our club will not charge the normal additional \$10 for OSCC membership. Three evening MTB instruction sessions will be led by NCCP Performance Cycling Coach, Fred Zottl. The first one in early May and the other two, one hour before the start of the first two races. There will be five evening races spread out through the



spring and summer commencing mid May and ending early September. The first in May, the second and third in June, then one in July, Aug. and Sept. All race results will be posted on the club website. Prizes and awards will be handed out to participants and paid for by Martins Bike Shop. If you are between 9 and 16 and are interested in mountain biking, go to the OSCC website and scroll down to the REGISTER NOW button. You will pay the full amount including the OSCC fee, but will be reimbursed when you take part in the MTB races. For more information contact Fred Zottl at: left_saidfred@yahoo.com

OSCC BBQ & AGM

We are planning on holding our club BBQ (and a very short AGM to comply with all the rules) on July 22nd. Scott and Mary Thomson have graciously offered their home for the BBQ. This will be a pot luck for salads and desserts. The club will supply the burgers and dogs. More information will be sent to you closer to the date.

New OSCC Jerseys

There are still 9 jerseys and 1 bib short waiting for you to try on and buy at Runner's Den. Here is the inventory of what is left and the pricing.

Jerseys are \$65 and Bib is \$90

Women's Jerseys

small	1
medium	4
large	1

Men's Jerseys

medium	1
large	2

Women's Bib

medium	1
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Other Rides and Cycling Events

Ride Don't Hide

The Ride Don't Hide Grey/Bruce is a go again this June 24th. We have registered a team under the name: Owen Sound Cycling Club. So if you wish to take part with our group go to "Register with a team" during registration and then scroll down to Owen Sound Cycling Club. You can then donate to our team, yourself and set a donation goal.

This is always a fun event (even in a downpour) with many participants. There are prizes and all kinds of food to nibble on after you return. If you register before April 30th you get a free Dr-Fit shirt. To register or donate go to: <http://ridedonthide.com/on/ride/grey-bruce/>

Turas Mór

Creemore Brewery Bike Tour

Go to Creemore on May 26 for a truly unique bike tour. Inspired by the vintage rides of Europe, Turas Mór – meaning 'Great Journey' in Gaelic - is a cycling journey on gravel and non-gravel roads through the rolling hills of Creemore.



Creemore Springs Turas Mór offers two routes - taking the cyclist thru the scenic, rolling hills and the beautiful countryside of Clearview Township. Choose from: The "Classic with a twist" 61.7km challenging journey or the "Cruiser" 23km leisurely ride. Go to: <http://www.creemorespringsturasmor.com> for more info.

Great Cycle Challenge Canada

Riding to Fight Kids' Cancer

Another event that is happening again this year is the Great Cycle Challenge. This is an ongoing ride event where you track your kilometers for the month of June. You can ask for donations for this worthy cause. All the funds go to Sick Kids in Toronto for child cancer research. We also have a team set up for this event. To register go to: <https://greatcyclechallenge.ca>