

*Volume 1, Issue 4
August 2003*

Oshawa Cycling Club The Outspoken

Physical Fitness In Cycling / Companionship On The Road



PRESIDENT'S MESSAGE

Another great season of riding is nearing its peak with the 20th Annual Scugog Circle Century Tour only days away. If you haven't already registered but are planning on riding the Tour, please get your registration form completed and delivered to Al Essery.

In addition to the Tour, there are still a number of other events and meetings planned before this cycling season draws to a close. There is the special BBQ/time trial season finale being held on Tuesday, September 9th, the post-Scugog review meeting on Wednesday, September 10th, the Rice Lake RAD ride on Sunday, September 14th, the annual corn roast on Saturday, September 20th, the general meeting on Wednesday, September 24th, the club-organized weekend tour to Ottawa on September 27th & 28th, and the century RAD ride on Sunday, October 5th. I hope you have these marked on your calendars and will be able to participate in some (or all).

Our membership has increased from last year and hopefully we will continue to grow in the coming years. Our weekend rides have had fewer riders than in the past and to those who have taken time to provide us with their comments and feedback on this issue, we thank you for doing so. For anyone who hasn't yet responded but would like to provide some comments, please feel free to contact either Chantal or myself, by phone or email. As we look towards the end of this season and plan for next season, we want to make sure that we are addressing everyone's concerns and putting together rides and events that you want to attend. We also hope that you will be able to attend the General Meeting on Wednesday, September 24th so that you can participate in discussions about the club and what you want to see **YOUR** club doing for next year.

I hope that everyone has had the opportunity to get out and ride this year, meet some new people, go to some new places and have a great time. If you haven't been able to get out as much as you would like, there is still time...

Happy Cycling,
Jeanette

SCUGOG CIRCLE CENTURY TOUR UPDATE

Where will **you** be on Sunday, August 24th? If you haven't already made plans to either volunteer or ride in the 20th Anniversary edition of the Scugog Circle Century tour, it's time to do so. To commemorate the occasion, the SCC committee has worked hard to make this tour one to remember.

The planning actually began just weeks after last year's tour, with many of the changes for this year's tour being suggested by club members during the post-tour wrap-up meeting last September. In addition to making some minor route changes suggested by club members, the committee has also endeavoured to improve the safety of all riders by building warning signs specifically to warn "motorists" of our presence.



There will also be changes to deregistration, an emergency contact cell phone number printed right on the maps, and four committee members (Mike, Carmen, Chantal and Dave) have generously offered[©] to ride the 160 km route in their OCC jerseys to encourage tour riders and answer questions.

Now, for the big news ... because it's the 20th anniversary edition and we wanted it to be special, there are some special draw **PRIZES!** Thanks to Dave Ashton's considerable influence throughout southern Ontario, and the generosity of Hamilton2003, four SCC riders will get the chance to attend the World Road Cycling Championships featuring such world-class cyclists as Tyler Hamilton, Jan Ullrich, Lynn Bessette, and Genevieve Jeanson. A total of 12 tickets were donated, with the grand prize being a pair of tickets for three consecutive days. There are also such prizes as a three-month membership at Good Life Fitness (nice work Jeanette), a Heart Rate Monitor (courtesy of Bicycles Plus), free tune-ups and a jacket (from Impala Cycles), and RoadID gift certificates.

Whether you ride or volunteer, your presence is requested on Sunday, August 24th, to help ensure that this year's SCC is the best ever (until next year's, that is).

Mike Ring

TIME TRIALS GRAND SEASON FINALE

DON'T MISS THIS EVENT!!!!

The OCC Wants YOU To Attend The Final Time Trial of 2003.

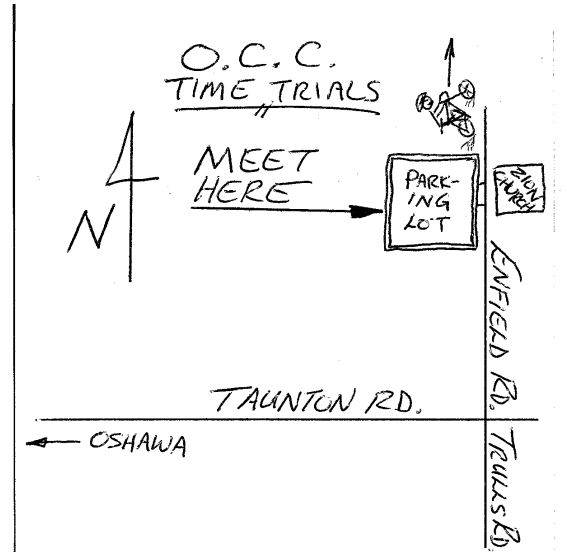
Date of event: Tuesday September 9, 2003

Time: 6:30PM -first rider of the time trial starts

Location: Zion United Church parking lot (see map)

Why you should attend.

- To help set a participant attendants RECORD.
- To support our regular TT riders.
- To socialize with club members.
- Enjoy a BBQ sausage & pop during the event.
- Your *finish line photo* will be posted on our web site.
- Meet our special celebrity cycling guest.
- Tell us how we're doing. You're a senior member who used to ride TT's. We want your input. Or just come OUT and help us run the event. Everyone is welcome.



Your questions answered below.

- 1) **Is it a race?** No. Well... it's just you against the clock. Most people try and beat their previous best time and that's it. We post your time on the club web for you to view. Basically it's just another excuse to ride your bike and have fun.
- 2) **Will it hurt?** Only if you like it that way Baby! Go as hard or easy as you want. There will be plenty of people to help cheer you on.
- 3) **I work late.** Can I start after 6:30? Yes but why not adjust your schedule for just one day. Get there before 6 and get a proper warm-up.
- 4) **Do I ride or drive there?** It depends on how long you hang around after the event. Use the ride for your warm-up or give your body a break and drive home afterwards.
- 5) **I don't want to ride.** Can I attend with a guest? Yes.

SEE YOU THERE!

THAT WAS A RADICAL RAD!

Ride Report for August 10th, 2003: Beavermead to Pontypool

For those of you unfortunate folks who missed this ride I will briefly describe some of the highlights. Note to yourself. *Don't miss this ride next season!*

A 90k ride in less than 3 1/2 hours! Now that seems fast yet with a good layer of asphalt, very light traffic and group riding tactics we had speed withOUT the effort. Our 9:05am departure from the Beavermead Park parking lot was only slightly marred by a return to the lot for a forgotten pair of cycling gloves. Hmmm ... Who was that? Continuing on, we encountered the smoothest asphalt this side of the Mayor of Whitby's driveway. Long flat sections of roadway with the occasional roller provided us riders with the opportunity to rise out of the saddle, stretch the legs and shake the rust from our lungs.



Entering Millbrook at 30k provided us with our first unscheduled water stop of the day. Hmm ... Again. Riding without water does make you faster but ... not for long, eh. Millbrook is a nice little town but we weren't tourists today. We were heading to the BIG town of Pontypool. Arriving in Pontypool gave those riders riding on the lighter empty stomachs a chance to refuel before heading back.

Upon returning to Beavermead Park our group of riders secured an area on the beach and enjoyed a well-earned lunch, followed by a warm swim in 72F Little Lake. Ah ... Some folks even went for a run on the pathways and along the lift locks. *What a great place to launch a ride from.*

Today's weather? No concerns, man. Overcast skies, no wind and enough humidity to make you think you rode hard enough to produce a sweat.

Thanks to all the riders who made the short drive to an enjoyable ride. I know I'll see you all again next year. Tell your friends! *This reporter rates the ride a 4 out of 5.*

Hey I've ridden Colorado so I know a 5 when I see it.

Brent Armstrong

JERSEYS

Great News! Our second order for the jerseys should be available for pick-up on Friday, August 22nd just in time for the Scugog Circle Century Tour! Those members who have been anxiously awaiting the arrival of their new jerseys will be contacted directly regarding arrangements for pick-up.

UPCOMING EVENTS

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- ❖ **GRAND SEASON FINALE TIME TRIAL ON TUE, SEPT. 9TH.**
 - ❖ **POST-SCUGOG REVIEW MEETING ON WED, SEPT 10TH.**
 - ❖ **RICE LAKE RAD RIDE ON SUN, SEPT 14TH.**
 - ❖ **CLUB CORN ROAST ON SAT, SEPT 20TH.**
 - ❖ **GENERAL MEETING ON WED, SEPT 24TH.**
 - ❖ **CLUB-ORGANIZED TOUR TO OTTAWA ON SEPT 27TH & 28TH.**
 - ❖ **CENTURY RAD RIDE ON SUN, OCT 5TH.**