

The Outspoken

OSHAWA CYCLING CLUB NEWSLETTER



President's Message

Our very special 25th season is well under way and hopefully everyone has been having a great time getting out and participating. To all of our new members, we especially hope that you are enjoying the various rides and events while you also get to know the diverse group of club members.

The Time Trials have been going very well with 17 riders at the first and 15 at the second. Our returning champions have again set the time to beat but are facing some competition. If you haven't yet done a TT, please come out the next time you can and see what you can do. While times are recorded for everyone, you are mainly in competition with yourself to see how you can improve over the course of the season. I'm happy to note that already some of the new participants have noticed improvement from their first TT!

Once again, Mike and Carmen have arranged for a special Canada Day Ride on Friday July 1st which I would encourage everyone to participate in. You just never know what he will have in store for you this year. Last year, they had riders of the full route experience many of the diverse weather conditions that this country is famous for. (Special Note to Mike R., POP this year is 0%)


Another quick reminder that as part of this year's celebrations, please continue to keep track of your participation in club rides, time trials, BBQ's, weekend tours, RAD rides, Winterlude, meetings, volunteering, etc on the page that accompanies this newsletter. For each 25 events you

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participate in, your name will be entered into a draw for a special prize to be drawn. There is no limit on how many times you can enter the draw so just keep on coming out.

"One of the most important days of my life was when I learned to ride a bicycle."



Michael Palin

Finally, the Executive is working hard to continue to have rides and events that meet the expectations of all the club members. Please provide us with your feedback so that we can continue

to bring you the riding experiences and events that you want to participate in.

Keep having a terrific and safe season on the roads,

P.S. The Scugog Tour committee is working on this year's 22nd Tour and is looking for volunteers, particularly on the day of the event. It is very important to our club's continued success that we have adequate help for the Tour so please think about assisting, or offering a family member's assistance if you want to ride that day. If you or someone else can help, please contact members of the Committee (Chantal, Sylvia, Anne, Jeanette). Thanks.

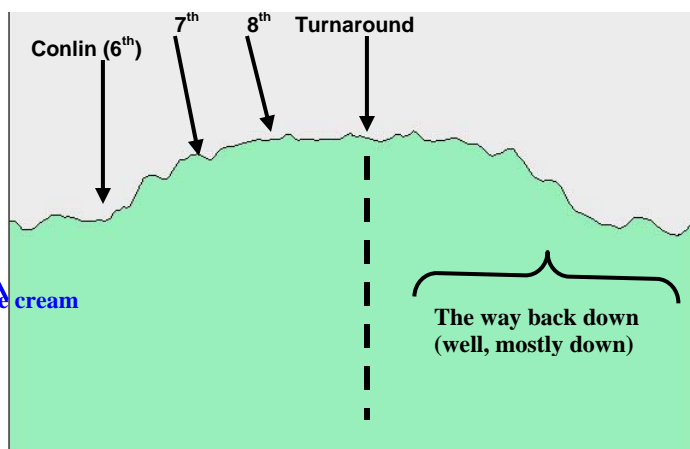
From the Editor

As always, I am more than willing to accept submissions from any club member for this newsletter. In particular, I know that many of you know some of your fellow club members better than I do, and would not only be aware of members who should (or at least could) be profiled for future newsletters, but would be better able to write (or research, anyway) the profile, thus saving me work. Also, I would imagine that most of you can write without using run-on sentences.



Ice cream

Enfield Road Time Trial Course Profile



time when you are not either climbing or descending. This means lots of gear changes.

Total Course Distance	15.50 km
Lowest elevation	190 m (@finish line)
Highest elevation	275 m (near turnaround)
Total climbing	???????
Maximum Grade	7% (briefly)

The OCC Time Trial Course

Because Carmen and I started running in the off-season, we bought the runner's equivalent of a cycling computer, the Garmin Forerunner, a GPS unit that measures your speed, distance, etc. In addition, it also has the capability to measure and display your elevation and grade (although it's not great on fast downhill). Anyway, I've had this little toy out on the Enfield Road TT route on several occasions now (once running, the rest on the bike), and I've learned (or in some cases, confirmed) the following:

1. The route is not quite the 10 mile/ 16 km route it is commonly referred to as. However, it probably more than makes up for this in difficulty. Read on.
2. The 400m+ climb past Knox's farm (around the 3 km mark) briefly hits a top grade of 7%, and averages about 5%. Even before the climb starts, you are gaining elevation on a false flat of 1-3%.
3. The smaller hill (or continuation of the Knox's farm hill) leading up to (and past) Concession 7 (the 2nd intersection) has grades of 4-5%.
4. The difference between the lowest point on the course and the highest point (near the turnaround) is approximately 85 metres.
5. Although most of the time the grades are between -2% and +2%, there is hardly ever a

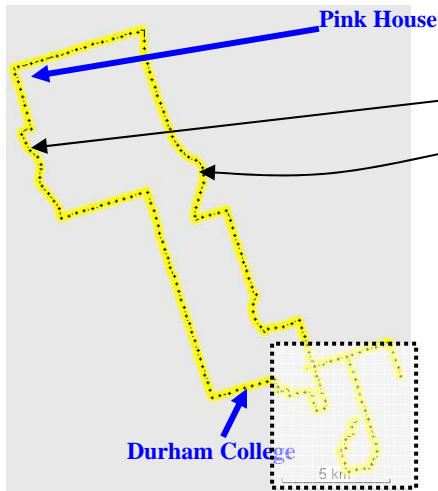
Upcoming Events

Date	Event
June 28	Time Trial # 3
July 1	Canada Day Group ride (138 km)
July 2	<ul style="list-style-type: none"> 🚲 Group ride for OCC members who had to work on Canada Day 🚲 Tour de France starts (finishes July 24th)
July ?? - ??	20 th - 22 nd smog alert days for Southern Ontario in 2005. Ontarians are simultaneously urged to avoid exercising outdoors, and to "spare the air" by cycling to work. Grrrr.
August 1	<ul style="list-style-type: none"> 🚲 Holiday Group ride (weekday and weekend riders!) 🚲 Bike races at Mospport!

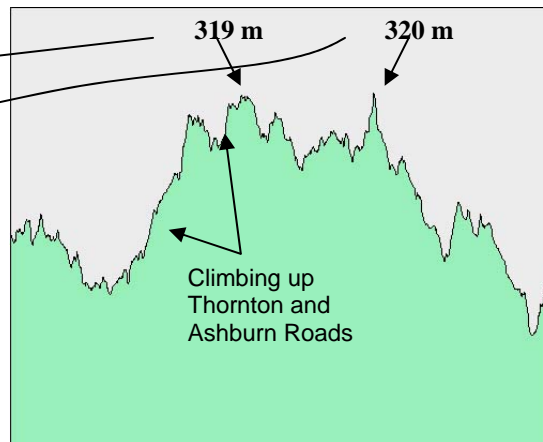
Member Course profiles

Yes, this is **usually** the page where you can learn a little more about one of our club members. This issue, however, I have decided to include "profiles" of a favourite club ride (in addition to one of our personal favourites). These have been created with the help of the GPS unit I mentioned on the previous page. For now, these routes begin and end at our house on Ashgrove Crescent, not Durham College. As the season continues, Carmen and I hope to ride most of the club routes using the Forerunner (and starting and finishing at the College), and make these files available to Brent to put on the website.

Route Map



Route Profile

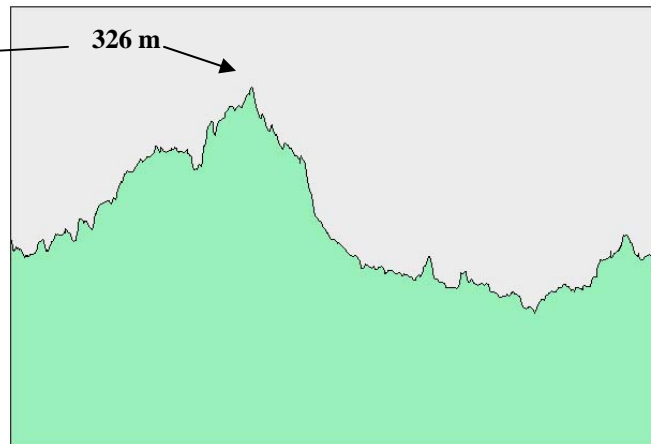
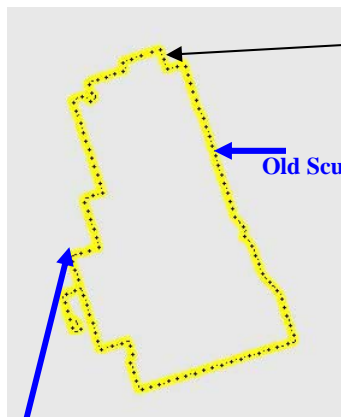


Comments

The Port Perry (pink house) loop

- 🚲 319 m – on Ashburn Road
- 🚲 320 m – Simcoe and Coates
- 🚲 ~165m – Durham College

**I started this ride at the TT finish line, and finished it on Townline, Adelaide, Harmony and Grandview. This area is in the dotted square.



Enfield/Concession 9/Old Scugog/Nash loop

- 🚲 326 m – winding roads N of Enniskillen
- 🚲 122m – Nash Road

**This route does not start or end at Durham College, so I have pointed out Conlin and Townline for reference.

Marathon report

By Mike Ring

Cycling is way better. It's more fun and you don't have to walk down stairs backwards for three days after a century ride.

"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."



**Lance Armstrong,
who is, uh, quitting
on July 24th**

Tour de France Preview

I am one of many cycling fans disappointed that Lance Armstrong is retiring immediately after this year's Tour de France. It's not so much that I'm an Armstrong fan, (I am, but I'm also a fan of many other cyclists), but I'm concerned that without him at the start line of the 2006 Tour de France, we may not be getting the excellent live daily T.V. coverage we've come to enjoy over the last few years. Anyway, direct from the OLN Canada website, here is their schedule for this year's race. You'll notice that there are a few early starts; these are mostly days in which there are significant climbs early on in mountain stages.

This year's race starts with a 19 km time trial (instead of a shorter prologue) that will immediately have a significant effect on the *GC* (General Classification) of the race. Most of the rest of the first week are flatter stages where sprinters get their chances, unless a breakaway can stay ahead of the field. The big battles for the overall win (yellow jersey) will happen in the mountain stages (9 - 12 and 14 - 16), with the stages most likely to cause big changes in the *GC* being stages 10, 14 and 15 (mountaintop finishes). The final time trial is 55 km on a difficult course on the second last day of the race. It is possible that the race could still be undecided at this point.

Outdoor Life Network Tour de France Schedule

	Date	Time (ET)	Repeat (ET)
Preview Show	Saturday, July 2	8:30 am	
Stage 1	Saturday, July 2	11:30 am	8 pm and Midnight
Stage 2	Sunday, July 3	8:30 am	8 pm and Midnight
Stage 3	Monday, July 4	8:30 am	7 pm and Midnight
Stage 4	Tuesday, July 5	8:30 am	7:00 pm and Midnight
Stage 5	Wednesday, July 6	8:30 am	7:00 pm and Midnight
Stage 6	Thursday, July 7	8:30 am	7:00 pm and Midnight
Stage 7	Friday, July 8	8:30 am	7:00 pm and 3:00 am
Stage 8	Saturday, July 9	8:30 am	7:00 pm and 3:00 am
Stage 9	Sunday, July 10	6:30 am	7:00 pm and 3:00 am
REST DAY	Monday, July 11	8:30 am	7:00 pm and 3:00 am
Stage 10	Tuesday, July 12	8:30 am	7:00 pm and 3:00 am
Stage 11	Wednesday, July 13	6:30 am	7:00 pm and 3:00 am
Stage 12	Thursday, July 14	7:30 am	6:00 pm and 3:00 am
Stage 13	Friday, July 15	8:30 am	7:00 pm and 3:00 am
Stage 14	Saturday, July 16	8:30 am	7:00 pm and 3:00 am
Stage 15	Sunday, July 17	7:30 am	6:00 pm
REST DAY	Monday, July 18	8:30 am	7:00 pm and Midnight
Stage 16	Tuesday, July 19	8:30 am	7:00 pm and Midnight
Stage 17	Wednesday, July 20	8:00 am	7:00 pm and Midnight
Stage 18	Thursday, July 21	8:30 am	7:00 pm and Midnight
Stage 19	Friday, July 22	8:30 am	8:00 pm and Midnight
Stage 20	Saturday, July 23	8:30 am	8:00 pm and Midnight
Stage 21	Sunday, July 24	7:30 am	6:30 pm

[Canada Day ride: FAQ](#)

I don't understand the premise behind this ride. Could you explain?

Yes. To celebrate 138 years of Confederation, we'll start in "1867" at Durham College, ride 138 km (years) and return in "2005".

Is this the Millbrook ride?

Not exactly. The original idea was to pick a different route each year of the exact distance (138 this year), and also to ride some roads we don't normally see. The exact route is not revealed until the morning of the ride, as we (Carmen and I) try to preview as much as possible of it in the weeks leading up to the ride. Having said all that...yes, this is the Millbrook ride again this year.

I don't believe Canada was really a country until Newfoundland joined in 1949. How can I in good conscience go on this ride?

Easy. Do the 56 km route. Think we shouldn't count the years until Vimy Ridge and women had the right to vote? Okay, there will be an 88 km route too. Think we should start counting with the creation of Nunavut? You should probably just go for a jog.

Will this be an easy ride?

No. The route has been meticulously developed to represent the ups and downs of Canada as a nation. Expect to encounter significant hills and headwinds corresponding to years of war and economic downturns, with downhills and tailwinds representing the good times. If all goes according to plan, expect locusts and drought as we ride through the 1930s.

Will we be stopping for lunch?

Yes. In 1956. I suggest a cheeseburger and a malted.

How long will it take to do the full 138 km?

It depends. If we stay united, pull together and work towards a common goal without leaving the weaker members of our confederation behind, we could easily finish in 5-6 hours. Add a quick half-hour lunch in Millbrook, and we'd be back at the college by around 2:00 to 2:30.

I'm not actually a Canadian citizen. Am I still welcome on this ride?

Canadian citizenship is not required for this event. What is required is an Oshawa Cycling Club membership. To get such a membership, you must have a friend or relative vouch for you, provide clear evidence that you will be a valuable and contributing member, or be a refugee from another club. The application process takes 4-6 minutes. Approximately 100% of applicants are accepted.

Isn't this almost the exact same list of FAQ as last year?

No. I added 1 year and 1 km wherever appropriate.

