

*Volume 1, Issue 2
March 10th, 2003*

Oshawa Cycling Club The Outspoken

Physical Fitness In Cycling / Companionship On The Road



President's Message

Although this winter has been very cold and snowy and feels like it is never going to end, we are quickly approaching another season of cycling, which I think will prove to be another banner year for the OCC. The schedule of activities and rides will offer everyone a chance to ride many of the same old routes and trips while also providing the opportunity to try some new things.

To everyone who assisted in the creation of this year's schedule of rides and events, on behalf of the club, I say thank you very much.

To everyone rejoining the club or joining for the first time, I wish you an enjoyable and safe cycling season. I think you will have a great season with us in 2003.

See you on the road shortly,

Jeanette Piercy

Spring into Gear!



Are you anxious to hit the roads? Is your bike all tuned up and ready to go? Don't miss the season's official chilly kick-off ride on Saturday, April 5th, 2003. Afterwards, we can catch up over a warm bowl of chilly at the nearest Tim Horton's.

Don't forget that the Saturday morning training rides for the Rideau Lakes Cycle Tour have begun. Despite the weather, a few dedicated riders were out on their mountain bikes this past weekend for their first ride.

Annual Winterfest and Awards Update

Our annual Winterfest took place on Saturday January 25, 2003 at Trillium Trails. Everyone had a good time playing and tobogganing in the snow, skating on the pond, and enjoying the camaraderie indoors.

After an excellent dinner, the following 2002 awards were presented:

Fastest Time Trial (ladies) – Chantal Mailhot
Fastest Time Trial (men) – Brent Armstrong
Furthest Distance for the Season (ladies) – Joanne Barlow (5,726 km)
Furthest Distance for the Season (men) – Mike Ring (5,900 km)
Furthest Distance in a Day – Mike Ring (209 km)
Most Improved Riders – Teresa Eaton & Steve Malarczuk
John Alexander Memorial Trophy – Jeanette Piercy



Congratulations to the above winners as well as the winners of the numerous door prizes. A special thanks goes to Bicycles Plus and Impala Bicycles for their generosity for the door prizes.

New Web Site and Address (www.oshawacyclingclub.org)



We now have a new web address! In addition to the name change, the site has been updated to include all the pertinent riding information you'll need for the upcoming season, as well as new information concerning the introduction of pace groups, additional rides which have been incorporated into our schedule for the 2003 season, touring events, and much more.

We are currently re-constructing the website and should have it available in the very near future. It will offer a new look, organizational structure and some additional features so please remember to visit regularly. If you encounter any problems while visiting the site, please let us know so that we may rectify them as quickly as possible. Any suggestions or ideas are also welcome. Give us your feedback and we will try to incorporate your ideas.

Newly Designed Jerseys

You may notice some members sporting a new look this season. Over the winter, our own Dave Ashton put his creative juices to work and designed the Oshawa Cycling Club's new jersey. As you may already be aware, the order for the newly designed jerseys has already been placed. If you are interested in purchasing a jersey, please let us know. We hope to place another order during the season depending on demand.

Safe Riding Practices

As a rider on a club tour, you are responsible for your own safety as well as the safety of the group as a whole. The OCC strongly suggests that all riders be courteous to other road users as cooperation with both motorists and other members of the community will only enhance our safety on the road. Please adhere to the following safe riding practices:

- Be alert. Whether you are riding in city traffic or on a quiet countryside road, you need to keep your eyes open so you have time to react to unexpected situations.

- On the road, keep to the right, but not up against the curb. Leave about a meter of space to your right so you have room to react properly in the event of hazards.
- Take extra care at intersections. A cyclist should follow the same procedures as a motor vehicle, so use the appropriate lane.
- Never ride through red lights. If you are at the back of a pack when the light changes to red, please stop.
- Keep out of right turn lanes when going straight or turning left.
- Don't pass stationary vehicles on the right side.
- Watch the weather. Rain can change road conditions dramatically, making it easier to slide and harder to brake.



Helmets: In Ontario, cyclists under 18 years are required by law to wear a helmet. The OCC strongly recommends that a properly fitted helmet be worn at all times when riding.

Equipment: A portable tool kit and air pump strapped to a bike can be a saving grace when something goes wrong during a ride. Consider including the following items in a tool kit: spare inner tube, tire levers, patch kit, spare change for emergency calls or a cab ride, a set of Allen keys or a prepackaged tool kit, first aid kit, food, water bottle, and sunscreen. All of these items can be stored in a bike bag or strapped to a bike rack, which fits underneath the seat, over the rear tire or over the handlebars. Prepackaged kits can also be purchased at your local bicycle shop. Note that both Bicycles Plus and Impala Cycles offer a 10% discount to all OCC members.

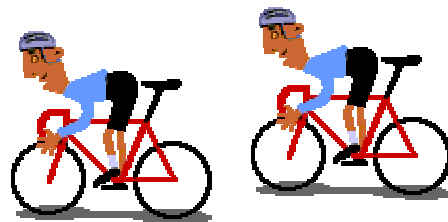
Maintenance: Before taking the first ride of the season, the OCC recommends a professional tune-up. Afterwards, your bike needs to be checked regularly to be sure it is in good condition. If a mechanical failure occurs, the rest of the pack is placed at risk.

Group Riding

Two-abreast cycling is safer, more enjoyable and more efficient. It allows riders to meet and converse with other riders, saves energy (particularly when riding into the wind), and allows experienced riders to guide and direct more novice riders. Riders are also able to assist each other if someone within the pack gets a flat or experiences any other problem.

The default formation for group riding is double file, changing to single file if traffic and road conditions dictate. Although there are currently no bylaws preventing two-abreast cycling in the Durham Region, common sense should prevail. By law, a bicycle is the equivalent of any other motorized vehicle, and as such riders must obey the traffic laws and follow the rules of the road. Please adhere to the following guidelines when riding in a group formation:

- Ride in a straight line.
- Both hands on handle bars on rough roads and railroad tracks.
- Do not cut back in too soon when passing a rider.
- When crossing railroad tracks that are not 90 degrees to the road, cross at an angle to avoid falling.
- Do not overlap the back wheel of the rider in front of you with your front wheel.
- Keep a safe distance behind the person in front of you – six or eight inches is more efficient than twelve inches.
- Remember that the accordion effect is greater the further back you ride in a group. **STAY ALERT!**
- When passing a stationary car, watch for the left door opening suddenly. Take extra room.



- Caught on the back wheel of the rider in front of you? Pull back gently on your handlebars. This move should be used with caution, as it could cause the rider behind you to have a problem. An alternate method is to lean your bike out away from the wheel and your body the other way. This move can also be used when you come too close to the edge of a hole
- Release a pedal in ample time when stopping to avoid falling.
- Track stands are for competition only, not advisable within a group when stopping because you could lose your balance and cause a spill.
- Crosswinds are a problem. It is not advisable to ride too close to the rider in front of you.

The Importance of Stretching (Article Submitted by Rhonda V.)

What you are about to read is probably nothing new that you don't already know. The reason for this article is to give you a reminder of the importance of stretching. Consider it food for thought.

Stretching before and after a ride is just as important to reach maximum performance as the ride itself. Many of us forget the importance of stretching and don't realize the damage caused by not stretching. If muscles are not stretched properly there is a greater chance of tearing. Forcing the muscle further than it can normally go causes this. Riding a lot without properly stretching may cause hamstrings and quadriceps to tighten up. Continuing this bad habit can lead to future complications with your knees and other joints. Tight hamstrings can also cause the hips and pelvis to rotate backwards, flattening the lower back and causing back problems; which in turn can put pressure on your sciatic nerve (which runs down the legs) and causes leg muscles to tighten.

Here is a test you can do to see if your hamstrings are tight, lie on your back and get someone to lift one leg up. Keeping your leg straight and without forcing the leg, you should try to reach 90 degrees before a resistance is reached. As soon as a resistance is reached, stop, that is your limit!

By stretching muscles you can increase blood flow and oxygenation, this allows the muscles to flush themselves of waste products such as lactic acid. Stretching also relaxes your body and allows you to achieve maximum flexibility. A flexible body is more efficient, able to recover quicker, stays balanced easier, is less prone to injury and is more easily trained to strength and endurance.

One thing to avoid when stretching is ballistic or static stretching. This action is one with which I am sure we are all familiar: bouncing and pulling of the muscles. This type of movement forces the muscles to go further than they are comfortable causing the muscle to tighten up and tear. Before stretching your muscles you should do a quick warm up. Never stretch cold muscles. One suggestion may be an easy five-minute spin to warm up your legs. By warming up the muscles prior to stretching, the muscle is more receptive to the stretch and possible injury is prevented.

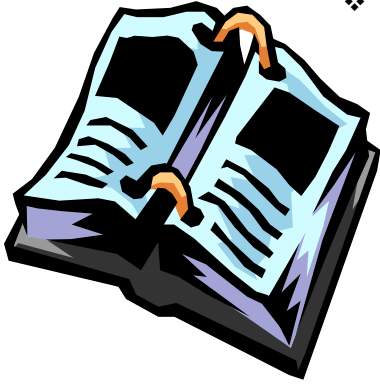
If you should happen to tear or injure a muscle, the word you should remember is R.I.C.E. meaning, rest, ice, compress and elevate. Depending on the type of injury and the location, the longer it may take for the muscle to repair. It is recommended that regular massage can help in loosening tight muscles.

The majority of the aches and pains that we suffer from on a daily basis can be relieved by a simple stretch. For a demonstration of proper stretching techniques, log on to howtostretch.com. This is an informative web site giving a full range of stretching exercises. Keep a positive force in the universe and don't forget to take the time to stretch!

Membership Dues 2003

Send in your registration form and payment before April 1st and receive a \$5 discount per membership (single, couple or family). Mail to: Chantal Mailhot, 118 George Reynolds Drive, Courtice, ON L1E 2B2.

Upcoming Events



- ❖ **General meeting on Wednesday, March 26th (Oshawa City Hall, Boardroom 7A, 7:00pm - entry through the parking garage entrance on the west side of the building by the parking lot)**
- ❖ Club Brunch on Sunday, April 27th
- ❖ Club Sale/Swap and Bicycle Repair Clinic on Sunday, May 4th
- ❖ OCC Niagara Weekend Tour scheduled for May 10th & 11th
- ❖ Club Pub Night on Tuesday, May 27th