



The Outspoken

OSHAWA CYCLING CLUB NEWSLETTER



President's Message

Finally, there are signs that summer is just around the corner with our first weekend Tour just days away and our first Time Trials only a couple of weeks away. We hope that everyone is looking forward to the 2004 season and will have the opportunity to participate in club rides as well as the social events.

As everyone is probably aware, the first Trial on Tuesday June 1st will also include a small BBQ afterwards so please let either Brent or myself know if you will be attending so that an appropriate amount of food (and pop) can be available. We can be contacted by phone or by email. The start time is 6:30pm so please get there early enough to allow time for registering and a quick warmup. Since we are expecting a large turnout, numbers will be handed out to riders for pinning on their fronts so that we can easily identify them at the finish line.

To everyone who came out to the Winterlude Dinner & Awards night on Sunday February 29th, we hope you truly enjoyed yourself. A great big thanks to everyone who brought food and particularly to the ladies and men who helped out in the kitchen before and after the meal. Congratulations to the winners of the awards that were handed out at the Winterlude:

Fastest Time Trial (women)	Monique Cox	25:02
Fastest Time Trial (men)	Mike Ring	24:52
Most km in 2003 (men)	Keith Buchanan	10,272 km
Most km in 2003 (women)	Diane Weirauch	10,400 km
Furthest Distance in a Day	Ron Hollett	284 km
Most Improved Rider	Steve Malarczuk	
John Alexander Trophy	Chantal Mailhot	

Finally, the Executive is working hard throughout the year to meet the wants and needs of the club membership. Please let us know how we

are doing and what suggestions you may have for future events and rides so that we can continue to help the club grow.

Have a terrific and safe season on the roads,

Jennifer Pacey

P.S. The Scugog Tour committee has already started working on this year's Tour and is looking for volunteers, particularly on the day of the event. Please contact me if you are able to help out. Thanks.

Upcoming events

Date	Event
Almost every single day	An OCC ride!
May 29	RAD ride (Big Apple)
June 1	First Time Trial...Club BBQ event
July 1	137 km Canada Day ride

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From the editor

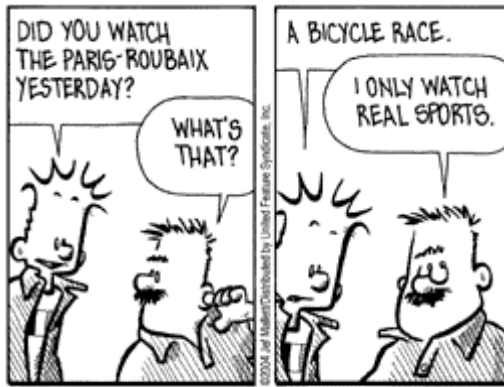
Thanks to all of you who called, dropped by or emailed your congratulations on the birth of Jared Owen Ring. I was hoping to use him as the excuse for not getting this issue of the newsletter out sooner, but since Carmen has been spotted out on the roads already, I don't think I can...Thanks also to Sophia Sagur, who in response to a club member's enquiry has kindly offered to contribute this month's feature article...Sophia is one of a growing number of triathletes in our club. There are at least three that I know of who will be tackling the ultimate event in endurance sports this summer. Read about them in the Member Profiles on page 5...As I'm not much of a swimmer

"Don't buy upgrades, ride up grades."
Eddy Merckx

or runner, I haven't gone the triathlon route myself, but I have started participating in some bike races other than time trials. I think one of the best parts of our sport is that because of drafting, wind resistance, etc. we can still finish within a reasonable time of elite athletes with twice our power and much more endurance. Try that in a 10k or marathon! Anyway, my rambling reports of a couple of my first races are on page 4...Because the optimum number of bikes is $x + 1$, where x is the number you currently own¹, we have added a section in the newsletter for classified ads. The deals available this month are amazing!

In fact, the only reason the KHS MTB is in this newsletter instead of my garage is because I took a few minutes to research

MTB frame sizing on the internet, and while the bike is perfect, I'm a little short.



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CYCLING on T.V.

OLN Canada will be showing the "Lance Chronicles" every Thursday at 8:30 P.M. from now until the Tour de France begins in July. In other news, the U.S. version of OLN has live daily coverage of the Giro D'Italia running from May 8 - 30. Unfortunately, we can not legally get the American OLN, so our Giro coverage won't be quite as good. Here is a sampling of what we can expect from the two networks in May:

Date	American OLN	OLN Canada
Sat May 8	2 hrs Giro D'Italia preview and Prologue	Fishing shows
Mon May 10	Giro D'Italia 4 hours total coverage	Superdogs ²
Sat May 22	Giro D'Italia pivotal individual time trial	World's Strongest Man competition
Fri May 28	Giro D'Italia pivotal mountain stage	Strongmen go fishing with their dogs

OLN Canada can be thanked for their insightful programming at www.facetheelements.com, or at www.tsn.ca/oln/contact.

The only other cycling on T.V. that I know of would be Subaru and Sprite commercials. Luckily, we'd rather ride than watch.

¹ I didn't make this up. I read it on the internet somewhere so it must be true.

² OK, I admit it. The superdogs are kinda cool. But still...!

Cycling Nerve Injuries

By Sophia Sagur

Although cycling has a relatively low incidence of traumatic injuries, overuse and nerve injuries are more common. The most common sites of nerve injury include the hand, the pelvis, and the feet.

Ulnar Nerve Injury

The most commonly injured nerve in cyclists, the ulnar nerve runs down the inside of the palm (in Guyon's canal), and can become inflamed or compressed. Guyon's canal is an area with little space for the nerve to run through. Any irritation caused by excessive pressure or vibration can cause the nerve to be inflamed. Other names for this condition include "Handle Bar Palsy," and "Cyclist's Palsy". Symptoms consist primarily of numbness and tingling in the ring and little finger. If left untreated, this condition can lead to a loss of grip strength. To prevent such an injury, cyclists should ensure they have a proper bike fit and set up for their body size and shape. Often the handlebars are too low, the bike is too big (creating an over-reach), or the saddle tilted down too much, increasing the weight on the arms. Changing hand position frequently, increasing training volume gradually, and wearing padded gloves can all help prevent ulnar nerve injuries. Treatment consists of rest (i.e. not cycling!) until symptoms have completely resolved. Cross-training and indoor cycling without using the handlebars can be done to maintain fitness. A Physiotherapist or other health professional can recommend strengthening and stretching exercises, as well as provide anti-inflammatory modalities to speed healing time. Average recovery times range from 2-8 weeks.



Ulnar nerve compression

Median Nerve Injury

The median nerve in the hand can also be compressed with long rides. This nerve runs down the front of the wrist, and is the nerve inflamed in Carpal Tunnel Syndrome. Symptoms consist of numbness and tingling in the thumb, index and middle fingers. Treatment is similar to that for ulnar nerve injuries.

Pudendal Nerve Injury

The pudendal nerve runs just under the pelvis in the perineal area. It is often compressed or pinched against the saddle, particularly on long rides. This condition has been termed "Bicycle Seat Neuropathy." Symptoms in women consist of numbness in the perineal area. Men may experience penile numbness or tingling, and in severe cases, impotence. Wearing good quality, multi-paneled, padded shorts can prevent such injuries. Also ensure that the front of your saddle is not too high, and that the saddle is well-cushioned.

Saddles are now designed for a female or male anatomy, and often have cut-outs to relieve pressure areas. Getting up out of the saddle every fifteen minutes can help relieve long term pressure on the nerve. Treatment consists of rest, and cross training to maintain fitness. A professional bike fit should be considered. Cycling should not resume until symptoms have completely resolved

Foot Numbness

Foot numbness while cycling is usually transient and often does not result in long term nerve injury, although it can be uncomfortable while riding. The most common cause of foot numbness is shoes that are too small or too tight. Cold feet can also cause numbness, as well as poor arch support in the shoe. Occasionally, foot numbness can stem from a low back nerve being pinched. The best prevention is wearing a stiff-soled shoe with good arch support that is not too small, and not over-tightened. In inclement weather, wear neoprene booties to maintain warmth and dress appropriately. If you are still experiencing numbness, seek help from a Physiotherapist or other health professional to determine other causes of foot numbness.

By: Sophia Sagur, Registered Physiotherapist and Triathlete
Park Road Physiotherapy
905-438-1500

MY first Road race

By Mike Ring

My third ride on my new Giant TCRO was the 8:30 A.M. 16 km Novice race at the Mosport Road O-Cup. When I first saw bike racing at Mosport last year, I was determined to try out the 80 km Senior 3 race, but having a 9 day old baby at home when race day came around meant that was wasn't going to happen. So I forgot about Mosport, gave blood the day after Jared was born³, learned to appreciate six hours sleep⁴, and figured there was always next year and that I would get my chance in 2005, which is not unlike being a Leafs fan. Then I got an email (from Chantal, I think), mentioning a 16 km race for Novices starting at 8:30 A.M. Realizing that I am in fact a "novice", and that I could race and be home before 10:00 in the morning, I found myself lined up with about 20 others dressed pretty much the same as I do for my winter commute (it was 2° C and windy), waiting for the race to start. Included among us were Novice Men and Women both 18+ and under 18. The race started a little late, as we were waiting for the official lead motorcycle. I guess the motorcycle driver wasn't informed of the new race added to the schedule, or he/she decided that we weren't worthy. In any case, we ended up with a rusty 1990ish Honda Civic leading us out. As soon as we left the pit area, the race was on. I had no real strategy other than to stay with the lead group if I could. As it turns out, a "breakaway" group of three of us formed right at the start. It was led by a fairly tall triathlete who did a superb job keeping the other two of us out of the strong, cold, gusty winds. I went to the front a couple of times to share the work, but he didn't seem to care whether I did or not, so for the most part I just tried to stay in his draft. It was fun coming through the start/finish area in our little paceline, hearing our names on the loudspeaker, and being referred to as the leading group on the road. As we started the last lap, I

realized that not only did I not have a strategy, I didn't know what kind of a rider I was. Maybe I was a Bettini or a Vinokourov, and I would attack on the hill with 2 km to go, "shattering the peloton", and soloing to victory. Or maybe I was more of a Zabel or a Petacchi, and I would sprint around the lead-out rider to victory in the last 200 metres with a "terrific turn of speed". The race was only 16 km, so I couldn't be a Durand or a Hamilton! In the end, I decided that no matter what, I had to at least try something, so I wouldn't look back and wonder. So with just under 2 km to go, as we were climbing a tough hill into a headwind, and just seconds after we had congratulated each other on a good break, I imagined I was Bettini and put in a "massive attack" (try to imagine the commentary by Phil Liggett/Paul Sherwen) and got a gap of about six or eight...inches. Then, the tall triathlete who deserved it anyway because he had led pretty much the entire race, calmly rode around me, and continued up the road for the win, leaving me to struggle home in second place.

We came back later in the day to watch some of the "real" racing, which included most of Ontario's top amateur cyclists, and at least one professional (Amy Moore, who was on the World Championship team in Hamilton, won the women's race).

MY first MTB race

By Mike Ring

On Wednesday May 4, I attended Chico's weekly racing series at Dagmar. For anyone worried about the future of our sport, I suggest attending. There were dozens of young riders including a group from Bay Cycle who rode to Dagmar on their road bikes as a warm-up. The format is 45 minutes to start as many laps as you can. I managed three, the top riders do four! Anyway, I'm happy to report that despite suffering like a dog on the numerous climbs, trading a few bodychecks with the trees, and holding up traffic on the singletrack worse than I do on the 401, that I not only survived, but I won...a multi-tool in the draw prizes.

³ Excuse Number 1

⁴ Excuse Number 2

Member profiles

You know that look we love to get when we stop halfway through a ride and people say "You rode here from Oshawa...are you nuts?" Get ready to bestow that look on three of our own members when you see them next. Brent Armstrong, Todd Stacey and Kim Corrigan-Oliver all completed the Peterborough half-ironman triathlon last season and are planning to take on the **full ironman triathlon** distance in 2004. For those of you who do not know the exact numbers, an ironman consists of a 4 km swim, a 180 km bike ride, followed by a full marathon of 42.2 km. Kim, Brent and Todd would tell you that you do not simply train to do an ironman, but that over a period of years, you train to train to be at the level you need to be to be able to train to do an ironman. Even more remarkable, they all continue to work, eat, sleep and run their own errands. This is their year!



Brent at the OCC TT

Brent Armstrong

You wouldn't think it to look at him, but as recently as the mid 90s, Brent vowed to never wear spandex. His sports were hockey and lacrosse, and triathlons were something that was on Wide

World of Sports once a year. When he first started riding on what he has variably described to me as a "Sears 10 speed" and a "junkie bike", a long ride to him was 20 km. Fast forward to 2004, and you have an OCC Director and time trial champion (2002) who has completed a half-ironman triathlon and week long bike trips in B.C. and Colorado. Some favourite cycling memories for Brent include his first Scugog Century ride (the 100 km route with three generations of Corrigans), his first "real" century ride to Cobourg and back with Ray and Keith, and his first extended bike trip to Cape Breton. Brent (and his girlfriend Cora) will be doing Ironman Lake Placid on July 25th, so if you want to feel good about your riding by dropping Brent on a hill, I would recommend the OCC ride the following weekend!

Kim Corrigan-Oliver

Like several members of the Life Multisport Club in Courtice, Kim is a rookie Runner's member of the Oshawa Cycling Club. She is, however, no rookie. Since beginning as a recreational mountain biker 4 years ago, she has competed at all distances up to the Half-Ironman, and like Brent, she will also be in Lake Placid looking to complete her first Ironman. Kim plans to



"My goal for this season is to finish Ironman USA upright and smiling"

participate in the Rideau Lakes double century this year. Kim recalls other competitors flying by her on road bikes as she did her early triathlons on a mountain bike and so a favourite cycling memory is her first triathlon on a road bike (instead of the MTB), when instead of being passed, she was the one doing the passing. Expect to see Kim and other RL Multiport Club members new to the OCC at the time trials.

Todd Stacey

This is Todd's second year in the Oshawa Cycling Club. Todd was originally a swimmer, then a runner. In 2000, he says he became hooked on triathlons after completing a "Try-a-tri" with a 10-speed. Memorable rides for Todd include his first Scugog Century in 2001, last year's Big Apple RAD ride (wind both ways), a 160 km ride to T.O. and back with Jeanette, and his first



No picture of Todd available at press-time, but here's what his new triathlon bike looks like

long-course triathlon (Muskoka 2001) where he was cheered on by Lisa Bentley, a six-time Ironman winner. In addition to completing the Peterborough Half-Ironman in under 5½ hours, Todd also ran the Toronto International Marathon last year. Todd plans to tackle the Ironman Wisconsin on September 12th. He says his goal is simply to finish the triathlon within the 17 hour time limit, but those of us who have seen his dedication to training (ex: skipping Country Perk Ice Cream after a TT to ride some more) expect he will do better than that.

Classified ads

BIKES, EQUIPMENT, & CLOTHING FOR SALE

Bike (1) Vitus, 992 aluminum, size : 52 cm, cost \$3000.00 new in 1990, immaculate, like new, & always maintained to high standard, all Campy equipment, 8 speed, new chainrings & cassette just recently, almost new "Mavic" (Red) CXP aero wheels, with brand new red/black matching clincher tires, Mythos embroidered saddle, CLB carbon fibre brakes, this bike is in new condition.

Bike (2) Mongoose aluminum, "Alta" model, mountain bike, size :15.5" quick release wheels with slick tires fitted, front suspension, Altus cantilever brakes, fenders, like new condition.

Home trainer, custom made, large rollers, double belt drive, all aluminum construction, with sealed bearings for long life.

Clothing, "Gortex" winter jacket & pants, pants never worn, like new condition, various racing/training jerseys, many never worn, new condition, & lots to choose from, also shoes, some never worn, but old pedal cleat type system, new "Specialized" speed zone computer, never used. New "Rampar" 3 piece "Light" generating set, never used & still in the box. "Graber" bike rack.

Note : All reasonable offers will be considered on all of these items.

**Ed Reilly
245 Ormond Drive, Oshawa, Ont, L1G 6T7
phone : 905-720-3500
fax: 905-720-3307
email : edreilly@sympatico.ca**



ARGON 18 KRYPTON

- 17 lbs
- 50cm down tube, 52 cm top tube
- aluminum frame
- carbon fork and seat stay
- full Dura-ace (new drivetrain)
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- new Continental Ultra 3000 tires (23mm)

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Monique
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2002 KHS Comp ST

\$800 neg.

Berek (613) 547-0772

- ⤴ Reynolds 520 19" frame
- ⤴ 1" Rear Softtail pivotless suspension
- ⤴ RockShox Judy SL fork
- ⤴ Truvativ crankset
- ⤴ 27 speed Deore LX drivetrain
- ⤴ Sun Rims CR18's

- ⤴ Easton CarbonFibre seatpost
- ⤴ Panaracer Fire XC tires
- ⤴ Clipless pedals

**The
Oshawa Community
Museum & Archives
presents....**

This exhibition was developed by the **Bruce County Museum & Archives** in partnership with **Glen Norcliffe**, a collector of early bicycles. The exhibit features 19 bicycles and 6 tricycles and related accessories dating back to the bicycle's first appearance in Canada in 1869.

The exhibit highlights the technological features of each bike, with a special focus on those features that contributed to today's technologies.

Admission

\$5/adult, \$3/students and seniors, \$2/child, \$10/family.

**Come and visit the "County Bicycle Shop" Exhibit
this Summer at the Oshawa Community
Museum and Archives.**

**10% off admission for Oshawa Cycling Club
members when you present this coupon**

Expires Aug. 31, 2004



Sponsored by:

Earl Hann

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**ONTARIOPOWER
GENERATION**

M-F 1-5
S,S 1-5

*Peterborough
Communication Support
Systems is an agency that
provides support services to
Deaf and non-verbal adults
living with Developmental
Disabilities.*

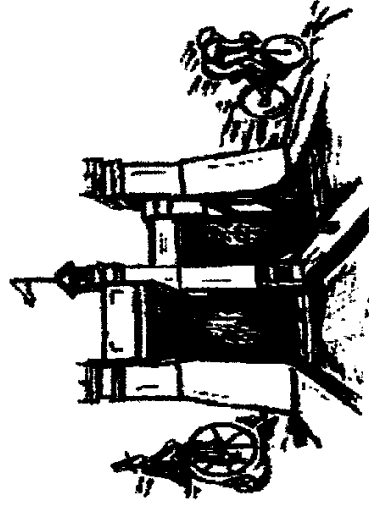


**All proceeds from this
event will help support
the construction of a new
Vocational Training
Facility**

**Thanks to the
Peterborough Cycling
Club for their support and
encouragement in the
organization of this event.**

July 10th & 11th 2004

CENTURY TOUR OF THE KAWARTHAS



UFTLOCK 100th ANNIVERSARY



Celebrate the Centennial of the Worlds Highest Lifflocks, by touring Peterborough and the Kawarthas in a two day trek deep into the heart of this scenic area. To commemorate the Lifflock's passing from it's first 100 years to it's next, this event is composed of two 100 kilometre rides, held over the anniversary weekend.

Day One's route is mainly flat with rolling sections taking Cyclists Northeast of Peterborough, along the beautiful Trent Severn Waterway. On Day Two, Cyclists will enjoy a ride to the Southwest of the Heart of the Kawarthas. Participants will pass by quaint villages, picturesque forests, wetlands and meadows. You will also have the opportunity to encounter the Kawartha's famous drumlins. This route is mainly rolling with some hilly areas.

Both routes will appeal to Cyclists of all levels. All participants must wear helmets and other protective equipment throughout this event.

An Event Permit for this event has been obtained from the Ontario Cycling Association.

FREE INFORMATION

The cost for participating in this two-day event is **\$85.00**. Included in that cost is:

 **Two days of cycling**

 **Day One Evening meal**

 **Day One overnight accommodations**

 **Day Two Breakfast**

Each participant will also receive a T-Shirt and information about the Lifflock Celebration festivities. Participants may wish to attend the Free concert and Fireworks at Del Crary Park in the evening of Day one. The scheduled performer for July 10 is Natalie McMaster

Cost for those who do not require accommodations will be **\$45.00**

The Deadline for Registration is June 15, 2004. If you miss the Deadline, you may still register at a cost of \$100.00 (without accommodation \$60.00)

All Registered Participants will receive a package with details on the following information:

- Event Itinerary

- Area and Route maps

- Accommodations

- Provided Meals

- Restaurant Guide

- Sponsors of the event

For more information please contact P.C.S.S. at (705) 748-6680 ext 44 or email us at; doublecenturytour@yahoo.ca

To Register for this event, please log on to our website at www.pcsonline.ca after April 1st 2004