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## **Oshawa Cycling Club The Outspoken**

***Physical Fitness In Cycling / Companionship On The Road***



### **PRESIDENT'S MESSAGE**

Another riding season has come to an end with winter quickly making its presence known. The club had a great year in 2003, particularly with respect to our 20<sup>th</sup> Scugog Circle Century Tour with an impressive 309 participants taking part. To all those who helped with the Tour, a great big thanks to you! You helped us have a successful Tour and, as was decided at the General Meeting in September, made it possible for us to make a donation of \$500 to Hearth Place, a cancer support center, using proceeds from the Tour.

For those who weren't able to join us at the General Meeting, Winterlude will be a little bit different this year. To make the event less expensive for everyone and more fun for all, it was decided that instead of holding it at Trillium Trails again, we would hold it at the Zion United Church located on Enfield Road just north of Taunton. We will have a potluck dinner followed by an evening of games and companionship time. Start dusting off those old board games to bring and play. The club will pick up the cost of the hall and members will be asked to contribute to the meal, so start searching through those old cookbooks for that great recipe that everyone enjoyed at your last gathering or that recipe you came across in a magazine and have been looking for an opportunity to try. And by the way, we will still continue to have the awards presentations that night!! More details will follow in the New Year but for now, please mark 3pm on Sunday February 29<sup>th</sup> on your calendar.

I hope everyone has a terrific winter season. Be safe in everything that you do.

See you soon,  
Jeanette

### **CLUB CYCLING JERSEYS**

We have one more large jersey available for sale at the price of \$55.00. If you are interested, please contact Chantal Mailhot.

We will try to put in another order this winter for delivery in the spring. A note will go out to the membership in the New Year, in conjunction with our February winter social, to remind those interested in purchasing a club jersey.

## THE 30KM/HR CENTURY BY MIKE RING

For Carmen and I, this year's Scugog Circle Century started exactly how we had hoped. Our master plan was coming to fruition. By volunteering to be on the committee, hosting the meetings, and completing various tasks before the ride day, we had only a minimal amount of guilt at being able to



*159 km to go, looking good!*

ride on a day on which so many other club members were spending their time volunteering. Chantal, by the way, was riding 100% guilt-free, as she not only spent countless hours helping to organize road permits, checkpoint details and other time-consuming tasks, she also once again volunteered her family for the Marsh Hill corner. The morning of the ride day promised perfect weather, no doubt one of the reasons that we had over 300 riders this year. Finally, without any foresight or planning, we had somehow managed to hook up with three other club members for the ride. At 7:15, Carmen, Chantal, Marc L., Marc G. and I set out from Durham College on the 160 km route. Here is the story of our ride.

Okay, I'm sure we all remember last year's Scugog report from Teresa, who had the advantages of being a professional writer, and having something notable to write about. No matter how you cut it, completing a first century is a significant accomplishment. Writing about what is essentially another long group ride is, well, bear with me as I try to make it interesting.

We soon decided that unlike most OCC club rides, this one was going to have a paceline. At this point, I don't think any of us were really thinking about an average speed goal, or a time to beat, we just wanted to take turns relaxing. Despite none of us being experts on how to operate a paceline, we soon settled into a smooth rhythm, with each of us taking pulls of about 2 minutes as we headed up Thornton and across Columbus. As we rode, we all soon noticed that we were zipping along well over 35 km/h, with not all that much effort. It was somewhere around here that I first exclaimed, "This is fun!" and I really meant it.



*A little extra tour support*

As we headed up Cedarbrook Trail, we were just getting warmed up, and combined with the adrenaline rush of our paceline speed, we raced up the hill still doing close to 30 km/h. Chantal brought us back to reality when she gasped, "I don't think I can ride this pace for an entire century." This prompted me to check my HRM, and agree that a heart rate of 168 would be difficult to maintain for 5-6 hours. Reluctantly, we accepted that our speed was actually going to drop below 30, 25, even 20 km/h on some stretches, and that this was okay.



*Climbing Ashburn Road*

We still kept up a good pace as we headed north, climbing up Ashburn Road, passing many other cyclists and reassuring them that they would eventually stop climbing. As we approached the intersection of Scugog Line 4 and Marsh Hill Rd., we made sure that Chantal would lead us into the checkpoint. After a short visit with Dan, Tristan and Mackenzie, we had just a few more clicks of climbing up Marsh Hill Rd., and we got to enjoy our reward as we flew east along Reach St. into Port Perry.

And then there were four. Marc G. turned south to do the 100 km route, leaving us with a paceline of four. As we headed north on Simcoe St., we instinctively pushed harder. Even at 9:00 on a Sunday morning, we didn't want to be on this road any longer than we had to. Carmen actually says that she can't enjoy this route until she puts Simcoe Street behind her. Her pulls at the front for this stretch had a little extra sense of urgency in them, and it wasn't long until we headed east towards Little Britain on "quiet roads through rolling countryside".

Little Britain itself offered two unique sights. As we relaxed beside the palm tree listening to Ozzy Osbourne, we were finally passed for the first time of the day. The Bicycles Plus group of at least 20-30 riders rolled on through with only a short pause. Included in their group was our own Dave Ashton. So the two unique sights were a palm tree in Little Britain, and Dave drafting behind other cyclists! We later found out that the Bicycles Plus group finished in 4:39 (time on bikes), an average speed of 34.4 km/h!



*Oasis at Little Britain*

It was shortly after Little Britain that we started talking about how quickly we could finish. Chantal wanted to beat 28.7, her average speed of 2002. I thought that sub 5:30 would be a worthwhile goal, but I was actually starting to think we could maintain a 30 km/h average and finish in 5:20 or less. The 40 km between Little Britain and Lindsay continued to fly by as we all took turns at the front, and we occasionally met up with other large groups. We also saw what at first we thought was a lost cyclist, but it turned out to be Keith, taking a short riding break from his duties at the Lindsay rest stop. Keith



*The paceline pulls through*

was one of several club members who had ridden the "Volunteer's Century" the week before in under six hours. After a short break in Lindsay for bananas, Gatorade and cereal bars, we set off for River Road and the last 60 km. Somewhere between Lindsay and Nestleton, the effect of our pace began to show, and it was even suggested that the group split up. We agreed at a brief stop in Nestleton that having worked so well together for 130 km, we would try to finish as a group. I still had it in my mind that a 30 km/h century was a possibility, but it was looking less likely as not everyone in the group was able to take turns at the front, and I was beginning to tire too. Then, just as my energy and speed began to seriously drop, Carmen took a strong turn at the front, and I got a chance to rest.

As we turned west on the 10<sup>th</sup> line from Burketon, a strange thing happened. I was at the front of our group, climbing one of the many rollers into a slight headwind, keeping what I thought was a pretty quick pace, and fully expecting to have to back off at the top of the hill to let the rest of the group

catch up, when both Chantal and Mark went blowing by me, like, well, like big Ron does. Apparently, they had gotten their second wind. For what was probably the seventh or eighth time, I exclaimed, "This is fun!"

Despite our newfound energy, the rolling stretch along 10<sup>th</sup> line and Raglan Rd. had caused our average speed to drop considerably. As we turned south on Ritson, with close to 10 km of downhill in front of us, I suggested that if we pushed, we'd have a chance at breaking 5:20, and averaging 30 km/h. To my surprise and delight, nobody felt like coasting in, and so the 8 km stretch from Raglan to Conlin was pretty much a team time trial. My heart rate soared to well over 170, and my legs were burning, but we were zipping along over 40 km/h, and every couple of minutes, the average speed on my computer would go up by a tenth of a km/h (29.4, 29.5, 29.6...). This was fun! As we reached the 160 km distance (just before Simcoe), I looked down to note that we had done it in just under 5:19, with an average speed of 30.0 km/h!

Carmen and I would like to thank our riding partners for the day, Chantal, Marc, and Marc, and also all of the other club members who manned the checkpoints, drove support, served food, etc. IT WAS FUN!

## **TIME TRIALS BY CHANTAL MAILHOT**

This past season's time trials were a blast! And I'm sure that all those who participated on a bi-weekly basis throughout the season will agree. Although most would also agree that they are somewhat intimidating for first-timers and that you may not necessarily feel "great" during the event, the post-ride "high" and the physical benefits are well worth it.

While the physical benefits are important, the main reason for participating in the time trials on a regular basis is the camaraderie and support that develop between the participants. There is the joy in celebrating someone's success. Congratulations, Steve! You set an aggressive goal for yourself and achieved it on your final attempt. You missed it a couple of times by just seconds but kept in there and did it. Good for you! There is also the concern that's felt when a cyclist has a "bad" day. Needless to say, Carmen, you gave us all quite a scare but to avoid any further embarrassment, I won't go into any further details. And finally, we have the friendly competition that develops when you look at the overall standings. Again, the standings are not THAT important! Time trials are certainly not about the standings, but rather trying to better your own personal time and improve your overall general fitness. BUT it is interesting to note that 3 out of the 4 top placements in the standings are WOMEN! OK, so it's obvious that a woman wrote this article, but there's no harm in poking a little fun at the guys. So ladies, we need to keep up the good work next season. For those who have not participated in the time trials yet, come on out and give it a try. Gentlemen, will you be up for the challenge?

## **OFF SEASON TRAINING**

### **SPINNING CLASSES**

#### Goodlife, Oshawa Center

Spinning classes offered again this year at the reduced price of \$10 per visit for OCC members upon the presentation of their membership card. Many of our members attend these classes. If you have any questions, please contact Jeanette Piercy. One of our members, Kim Carnegie, said this about the

classes: "... spinning classes are an excellent off season training. The O.C. Good Life is close, convenient and well run. You get out of it what you put in. One can spin lightly, socialize and burn some calories or push hard and build strength/power. I am also the O.C. Good Life bike mechanic and can assure you the bikes are all in good order ... of the 34 bikes many (about 16) have clipless (S.P.D.) pedals for the serious spinners."

#### CDW Performing Arts Centre

871 Wilson Road South, Unit #2

Wednesday evenings at 6:30pm and Saturday afternoons at 2:30pm

An indoor bike trainer and your bike are required. Immediately after the cycling on Wednesdays at 8pm, the facility offers a dryland class, which involves core stability and strengthening, and flexibility. The instructor for both is Kim Corrigan-Oliver. She is a certified personal trainer and nutrition and wellness specialist, and is tackling Ironman Lake Placid this summer. For more information regarding the classes, you can contact Kim at [kimcorrigan\\_oliver@hotmail.com](mailto:kimcorrigan_oliver@hotmail.com) or pick up a dryland training brochure at the Running Room in Whitby

#### Dornellas Fitness Factory, Scarborough

Classes are held Tuesday and Thursday evenings, and Saturday and Sunday mornings. They have spinners that you can rent if you don't have an indoor trainer for your bike. For more information on these classes, check out the web-site [www.endurotraining.com](http://www.endurotraining.com).

### **OUTDOOR CYCLING**

Marty Gallas is planning on continuing his cycling activities outdoors throughout the winter, so if any one is interested they can let him know. Start times on Saturday or Sunday (depending on which day is "weather better") will likely be around mid-day in order to take advantage of the warmest part of the day. Duration will also depend on how cold it is.... would like to get 1.5 hours in.

### **X-COUNTRY SKIING**

Anyone interested in cross-country skiing should contact James Biersteker.