

# The Outspoken

OSHAWA CYCLING CLUB NEWSLETTER



## President's Message

Finally, we are starting our 2005 season, a very special season since we are celebrating our 25<sup>th</sup> Anniversary as a Club this year. We hope that everyone is going to enjoy the 2005 season and will have the opportunity to participate in club rides as well as the social events.

As part of this year's celebrations, please 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 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.

A quick reminder that we are trying to increase our participation in weekend events and are having a special push for the Sunday rides during the month of May. We would like to see as many riders as possible show up so that new members will have the opportunity to meet others and everyone will have the opportunity to ride with others at their preferred pace.

The first Saturday night Ride and Potluck Supper will be on May 7<sup>th</sup> and will be at the home of Chantal (& Dan) Mailhot. If you are interested in participating, please contact Chantal by phone or email. The rides are meant for the entire family and different routes will be provided so that everyone can have an enjoyable ride before heading back to the host's house for dinner. Arrival time is 4:30pm with a ride start time of 5pm (sharp). Dinner is planned for 7:30 so if you want to ride and have someone meet you at the house after the ride, please feel free to do so.

To everyone who came out to the Winterlude Dinner & Awards night on Sunday February 28<sup>th</sup>, we hope you truly enjoyed yourself. A great big thanks to everyone who brought food and particularly to the

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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 (winners are listed on the website).

Finally, the Executive is working hard to plan rides and events for the club's 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 bring you the kind of riding experiences that you want to participate in.

Have a terrific and safe season on the roads,

P.S. The Scugog Tour committee has already started working on this year's 22<sup>nd</sup> 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.

## Upcoming events

Date	Event
May 7	Saturday Night Ride/Potluck
May 23	Victoria Day Group ride
May 28	1. RAD ride: The Big Apple 2. Post-ride pie
May 31	First Time Trial (BBQ Jun 14th)
June 4	Saturday Night Ride/Potluck

## From the Editor

It's never easy to get our club members to talk about themselves. It's even harder when you want to honour their volunteer contributions. In fact, all four of this month's profiles initially declined, but I managed to talk them into it.

I could use their reluctance as an excuse as to why the first newsletter isn't out until now, but that would be wildly underestimating the importance of my own procrastination.

Anyway, as always, I hope you find something of interest and please help me with the next one ☺

## Membership Update

As of April 16<sup>th</sup>, we have 63 paid and/or honorary members, including 18 members new in 2005. We also have 40 members from 2004 who have yet to submit their membership forms and payment. Of course, they were probably just waiting to see if we still had a club newsletter before sending in their cheque.

## Race Results

Although the OCC is primarily a touring club, we plan to continue with this feature again in 2005 to honour the accomplishments of our members. Please submit your race results (cycling, multisport, running, dragon boat, 24 hour MTB,...) for inclusion. We're going to look you up on Sportstats anyway, so just save us the time. If you know of a club member who deserves mention, let me know.

## CYCLING ON T.V.

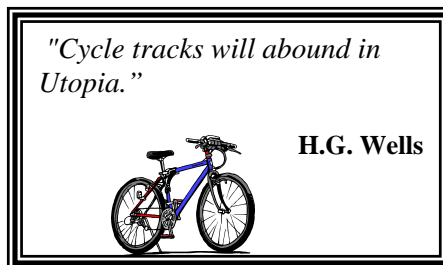
[Good News]

About a year ago, at this time, I wrote an article whining about how OLN Canada wasn't showing any of the cycling events available to it from the American OLN. At the time, OLN Canada seemed to believe that the Tour de France was the **only** professional cycling race in existence, and that we'd rather watch fishing, lumberjacks and big guys pulling trucks with their teeth. A concerted effort by Canadian cycling fans seems to have worked, and OLN Canada is now carrying the unfortunately named "Cyclism" every Sunday evening. This show, which varies in length and

broadcast time, has been showing highlights of early season races such as Paris-Nice and the Tour of Flanders, as well as special features and of course Lance Armstrong updates (it's not nicknamed the Only Lance Network for

nothing). Now that we have coverage of the European peloton, we should do our best to keep it. Here are a few suggestions of how you can help:

1. Watch it. Who knows, you may get hooked on watching pros struggle up 20% cobblestone climbs or ride road bikes through muddy, rainy conditions over courses up to almost 300 km.
2. Contact OLN and let them know that you have been watching. [www.tsn.ca/oln/contact.asp](http://www.tsn.ca/oln/contact.asp)
3. Support the sponsors who advertise on OLN during cycling coverage. You may not be able to afford a new Toyota, but getting a Dairy Queen Cheesequake Blizzard would be a good way to show your appreciation. If you really like watching pro cycling on OLN, you may consider getting more than one.



## Member profiles

Last year I profiled our club's founders (Gerald C. and Ed R.), its Ironmen tri-athletes (Brent A., Todd S., and Kim C.), our mega-mileage junkies (Keith B. and Diane W.), and a past Canadian champion (Al E.). I encourage new members to learn a little more about these club members, by visiting our website to download and read some of last year's newsletters.

The theme for this issues profiles is volunteerism. The people profiled here are the reason that club events happen, and without them, there would be no Scugog century, no time trials, no awards potluck, etc. Don't forget to thank them the next time you see them helping out at a club event (there is a time trial tradition to buy the timers an ice cream at Country Perk-even if you have to borrow \$10.00 from one of them to do it)! I apologize in advance for missing other notable volunteers, as I know that there are many. I am sure that this will be the theme for the Member Profiles again, so please feel free to email me suggestions for future profiles (or much better yet, completed articles!).

### Jeanette Piercy

Obviously, a two-time winner of the John Alexander Memorial trophy (for contribution to the club) has already been noticed for her significant contributions to the club. In addition to fulfilling her considerable duties as Club President, Jeanette also finds time to help organize the Scugog Circle Century almost every year. She is also one of our time trial officials, a small group who give up their Tuesday nights to watch other club members suffer. Jeanette does find time to ride her bike too, with her favourite club activity being the weekend tours. She estimates she has been on as many as 10 weekend tours to Picton and Niagara. Jeanette would be the first to admit that she is a fair weather cyclist, so she is hoping that Saturdays and Sundays in the summer of 2005 are just a little warmer and drier than they were in 2004!

### Sylvia Wagg

Like Jeanette, Sylvia is on the club executive, and is a frequent club volunteer at the Scugog Circle Century and time trials. When you next see Sylvia or Lloyd, make sure you get the details of their 85 km bike ride home from Pearson Airport...in the dark...and the rain...at 2 in the morning. Amazingly, they still like cycling...and each other!

### Mike McArthur

Mike joined the club in 1984. He rode some time trials himself before he started timing them. He has been helping out at Oshawa Cycling Club and Bicycles Plus events for 20 years now. With Mike's assistance, we hope to have an article on the history of club time trials in a future newsletter.

He rode across Canada in two stages (1987: Victoria to Oshawa, and 1988: Oshawa to St. John's). He also toured in the Baja Peninsula, southern U.S., and New Zealand.

### Ted Maidman

Ted has been a member of the club since "about 1985". Good thing for us that he joined. Ted (and the rest of his family) are born volunteers. Ted has helped out at countless Scugogs and time trials over the years, and when he's not volunteering for us, he can also be seen helping run the time trials for Bicycles Plus. He doesn't limit his volunteerism to cycling, though as both he and his wife Joan help out at Northview Seniors Centre. If you want to thank Ted for his contributions, get to the Scugog registration table anytime after 6:00 A.M.

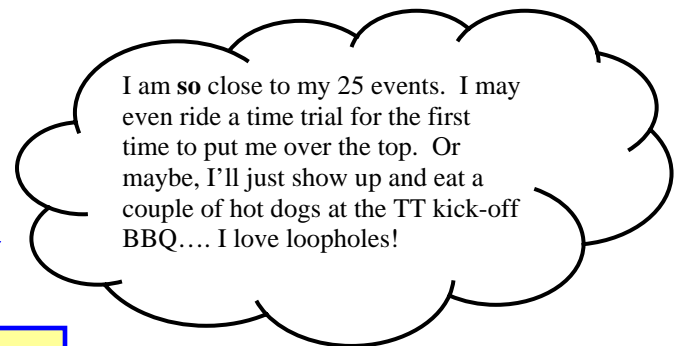
AT LEAST

↓  
**25 in 25!**

Including group rides, BBQs, time trials, meetings, committee meetings and other events, there are approximately **150** Oshawa Cycling Club events scheduled for 2005. The OCC executive is challenging you to make it to at least **25** of these events this year to celebrate the club's **25<sup>th</sup>** anniversary.

### What's in it for you?

- 🚲 A profound sense of accomplishment and satisfaction.
- 🚲 Incredible value and bang for your buck. Once you attend your 22<sup>nd</sup> event, the average cost per event falls below a single loonie!
- 🚲 The chance to win something. You will receive one draw prize entry for every 25 events you attend. Stay tuned for details of the 25<sup>th</sup> anniversary challenge including the prizes that will be available!
- 🚲 Better fitness (depending of course on the social event to ride ratio)
- 🚲 Getting to know other club members better!
- 🚲 You never know what might happen...



### CONGRATULATIONS

*Chris MacReady and Sheila Corrigan will be getting married on May 28th. Chris and Sheila met at the 2003 Corn Roast.*



## Why did we do that?

By Brent Armstrong

You've done it. I've done it. Why did we do that? We wanted to sleep in for a change. We needed that extra morning coffee. We wanted to be lazy. We're always early and on time for work and it takes so much effort. This was our reward. Besides we'll get to it later in the day. Maybe it's the thought of the guy who is so slow or the girl who can't seem to hold a line. Maybe it's those speedy types who want to make us work on our day off. Maybe it's the dude who just wants to talk to us the entire time. All week we've had to talk with people we'd rather not talk to. Maybe it's the wind. It's relentless some days. Always pounding down on us like our weekly workload. Who needs all that on our day off?

Your club was formed in 1980 "for the purpose of safe cycling, promoting physical fitness in cycling and companionship on the road." If we miss a scheduled weekly or weekend ride then none of the above holds true. Well, we can't make all the rides. We have other commitments that get in the way. Sometimes it's just nice to ride solo. Ride within our own heads while using the time to plan out the week or sort out problems in our lives. Maybe just use the time for not thinking about anything for a change.

There's a responsibility when joining a team, group or club. It's a commitment to others who have made the same commitment. It tells them that this collective is important and you want to support it and see it grow. You want to help others receive the same benefits that were introduced to you. Give them a further sense of community and show them how to have fun.

So will we do that again? Miss a group ride, club meeting or social for no real reason? Maybe. Will we feel guilty? Maybe. Does the fact our club is in its 25th year tell you anything? Yes. What should we do about it? Start the season off right and commit to the 25th anniversary challenge!

## Spell Check fun

Awhile back, Bicycling magazine ran a feature called Biketown, in which they gave away free bikes to 100s of residents of American cities and towns in an effort to make them more bike-friendly. One of these "towns" was the Microsoft compound in Washington. Perhaps after this new exposure to the world of cycling, the next version of Microsoft Word won't be quite so confused with some of the following terms:

What I typed in the newsletter	MS Word's suggestions as to what I <u>might</u> have meant
DuraAce	Duracell
Peloton	Platoon
Shimano	Shaman
Ironman	Iranian
Alpe D'Huez	Alpo Dholes

## Website fun

Check out the following websites for some interesting videos of cycling.

<http://www.holylemon.com/content.php?id=314>  
[bikerace gone bad]

<http://www.familyfitnessweekend.com/FFW/Media/viewer.asp?play=1989CokeTriLanceHighlight>  
[Lance Armstrong as an 18 yr old triathlete]

