

The Outspoken

OSHAWA CYCLING CLUB NEWSLETTER



President's Message

Finally, summer is truly here and the cycling season is being fully enjoyed by most of us. I hope that everyone has been able to get out to ride and will be joining us for many of the rides and events this year.

Our first Time Trial (and BBQ) was a tremendous success with 19 riders participating, including our returning Men's Champion - Mike Ring. The kickoff may have been postponed by 2 weeks due to adverse weather conditions on June 1st but the "raindate" was enjoyed by all. I'd like to give a big thanks to Brent Armstrong for his co-ordination of the BBQ and to everyone else who helped out to make it a great night. To those of you considering doing the ride in the upcoming weeks, please be assured that we have requested that the traditional strong north wind take a rest on Tuesdays so that future rides will be much easier.....really....

The Canada Day Ride was enjoyed by 21 riders on the various routes and included examples of the diversity of our nation's weather - sun, cloud, rain, distant thunderstorms, wind, hail. It was actually a great day and to those of you who missed it this year, I highly recommend marking it on your calendar for next year - especially you Mike and Carmen (another little project for you). A big thanks does go to Mike and Carmen for organizing this very special ride and for even getting us flag tattoos to show patriotic spirit while we relived the history of this great nation.

The Executive does hope that you are enjoying the 2004 season. Please give us your input on the various rides and events as the year progresses so that we can know what to change in the future and what to continue.

Continue to enjoy a terrific and safe season on the roads,

P.S. And yes, yet again, another quick reminder that the Scugog Tour committee is working on this year's Tour and is still looking for volunteers, particularly on the day of the event. Please contact me (or Chantal, Sylvia, Dave Ashton) if you are able to help out. The proceeds of the Tour make it possible to finance much of what we do as a club and keep our membership costs low so your help with the Tour is very important. Thanks.

Upcoming (and recent) Events


Date	Event
Almost every single day	An OCC ride!
June 29	Time Trial #2 (results on website)
June 30	Teachers in OCC start showing up for weekday rides 😊
July 1	137 km Canada Day ride 
July 13	Time Trial #3 (come set a PB)
July 17	RAD ride [starting at Beavermead Park, Peterborough]
July 25	Brent and Kim at Ironman Lake Placid

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From the editor

First of all, thanks to Brent for writing most of the rest of this newsletter. The RAD ride from the Big Apple sounds even better than last year...of course Brent didn't tell you that he went for a 20 km run after the RAD ride!...I missed it as it unfortunately coincided with an 8 hour MTB relay race at Mansfield that I participated in on May 29..... Brent has suggested a monthly Race Results column for the newsletter, so please send in your results or those of other club members if they're too modest (cycling, triathlon, running, three-legged race at the Company Picnic, whatever...) to inform and inspire. My theory is it's one more training tool for Brent. Now that he has pretty much committed to putting his exact Ironman time in next month's newsletter, he has that much more motivation to continue sticking with his program to make sure he meets his goal...If you didn't make it out to the big OCCTTBQ event, then RBRAVTCWFR¹... For those who rode for their first time, the wind isn't always like that. But the good news is that on any reasonably normal night, you should have no trouble beating your time and setting a new PB...thanks to all of you who came out to the Canada Day ride to share the Canada Day tradition that Carmen and I have shared for a few years...Good luck to Brent and Kim at the Ironman Lake Placid

"If you haven't tried these things, you should... These things are fun, and fun is good."



Dr. Seuss

RAD RIDE REPORT

By Brent Armstrong

So you missed the BIG Apple RAD ride on May 29th eh. Well how is that possible? You drive the 401 East until you see a three story high BIG red apple. For the many OCC members who got it right here's our story. The weather was cool, the winds were active and our sky was clear as we left the parking lot of apple pie heaven and headed east towards Brighton. Today's ride was a 91k loop from Colborne traveling through Brighton, Greenley's Corners, Grafton and back

to the BIG apple. Having never ridden this route before I was very impressed. We had scenery, good road conditions, wide paved shoulders, low traffic volume and slight changes in altitude. Yes, you know what I'm talking about. Was the air actually thinner or was our demand for oxygen just a little higher than normal? It was a fairly uneventful ride except for the extra 9k we rode into Castleton. Seems that we had such a good pace-line going we missed the cut-off. "PIPELINE ROAD" Gord was yelling. We got it now Gord and for future rides too.

I guess the BIG pay off was the apple treats in the restaurants after the ride. For those who stopped riding long enough to enjoy the fruits of the day's labours, I'm sure it just added to the event. For those of you who missed this ride, READ YOUR OCC CALENDAR!

Next RAD ride

July 17th

- **Beavermead Park (Peterborough) to Pontypool and back**
- **This is the 2003 Peterborough Half-Ironman bike course!**
- **This was one of the most popular 2003 RAD rides. You can end your ride with a swim at Beavermead Park.**

¹ read Brent's report, and visit the club website for results.

Member Profiles

It seems appropriate as we celebrate the history of Canada this month with our 137 km Canada Day ride, that we should also salute Canada's geography by profiling two club members who racked up **more** than enough kilometres in 2003 to cross Canada, **including** the Gaspé, Cape Breton and Newfoundland. No, neither Dirk nor Keith actually rode across the country last year, but they both exceeded 10 000 km, although they both persist in talking miles!

Diane Weirach

Although Diane has always enjoyed riding her bike, it wasn't until 1999 that she caught the "higher mileage bug". Since then she has participated in a long list of bicycle tours all over North America, ranging from relaxed wine rides in Niagara-on-the-Lake to a ride that is both beautiful and incredibly difficult, the Blue Ridge Parkway and Skyline Drive in Virginia and North Carolina (think ~2000 metres of climbing **every** day for 10 days).

She has also spent a week in Colorado, and completed century rides such as the Hilly Hundred, the Horsey Hundred, and clearly the most prestigious of them all, the OCC Volunteer's and Club Member's Century. Diane is obviously a committed cyclist, having come back from a fractured rib suffered in a mountain bike crash, and a broken collarbone from a road bike crash.

One of the most amazing things about Diane's 10000+ km last year is that many of them were done on the mountain bike, and she also has many "km" done on a trainer that she didn't count! Although she does many of her km outside of Durham Region, she remains a proud member of the Oshawa Cycling Club, getting our jersey exposure all over North America.



Keith Buchanan

Keith actually **has** ridden across Canada, back in 1999 (Vancouver-Toronto) and 2001 (Whitby-Halifax). He's also ridden the Rideau Lakes Tour (Ottawa-Kingston-Ottawa) 12 times, including this year when he rode from Kingston to Ottawa (110 miles) in 6:13, 20 minutes faster than the year before. Keith attributes the improvement to winter training, alternating days in the weight room and on his trainer, both at home and at Bicycles Plus spin classes, and getting on the road in February doing 2500 miles on the road **before** the Rideau Lakes weekend. Like some of our other cyclists, Keith was originally a runner. He started as a track runner, before moving up to the marathon distance. He ran his first marathon in 3:33, and improved to a PB of 3:10 at the age of 50. He qualified for and ran the Boston Marathon in 1981 in a time of 3:15, despite hitting the wall (that's what runners call "bonking") on Heartbreak Hill, and almost not finishing.

Through my "interview" with Keith I also learned that he still thinks in miles, he has refereed football at the high school and college levels since 1962, and that he rides about 10 000 km **every** year²

If you have an idea on a club member who you think should be profiled, drop me a line (mikeringoshawa@yahoo.com). Of course, you are more than free to attach a completed profile article to the email if you want.

² Memo to the awards committee...my name should **not** be on the distance trophy for 2002.

Record Turn Out for 1st TT of the Season

Report by Brent Armstrong

The weather was almost perfect for the first Time Trial of the season. A record nineteen (19) riders had decided to be the first members to participate in our very popular Time Trial and BBQ. Of those riders, many were either first timers and or new members. All the riders put in a strong effort despite a relentless headwind for the first half of the ride.

The event was operated by a talented group of volunteers whom had performed their duties to near perfection. Our timing staff consisting of Jeanette and Sylvia had organized the riders using the "fast goes last" method and made sure results were kept accurate with the use of numbered bibs for each rider. Our marshal's Mike and Ray repainted the course markers and directed the riders at the turn around point. Chef Chris made sure everyone was properly supplied with fine finish line foods such as veggie dogs and Oktoberfest sausages.

For those riders who missed this event don't forget the TTs run every other Tuesday at 6:30 starting from the Zion church. If you missed the BBQ then you'll get a second chance at the last TT of the season. This is an invitation to all OCC members riding or not and family members. For results see the club website.

Race Results

Sorry if we missed anyone. This is a new feature. Please send in your race results.

Muskoka Triathlon June 20 th (2 k swim/55 k bike/15k run)	Brent Armstrong	3:32:46	44/93 Men 35-39 (252/687 overall)
	Todd Stacey	3:36:40	51/93 Men 35-39 (282/687 overall)
Lake to Lake Classic June 20 th (50 k MTB)	Carmen Sweet	2:17:10	8/43 Women 30-39 (10/136 overall)
	Mike Ring	2:01:05	21/209 Men 30-39 (75/950 overall)
Kitchener-Waterloo O-CUP (80 k Road)	Mike Ring	About 2:06:00	48/57 Senior 3