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June 2003

## Oshawa Cycling Club The Outspoken

*Physical Fitness In Cycling / Companionship On The Road*



### President's Message

Warmer weather has finally started to appear and another enjoyable cycling season is well under way, with most of our regular rides beginning and only being days away from the additional summer rides on Tuesday and Thursday nights. Please make sure you check your calendars so you don't miss anything.

Recently, our first weekend away was held in Niagara Falls. We enjoyed terrific meals, spectacular views especially during the meals at the hotel, a very enjoyable ride on Saturday which included a ride along the "Friendship Trail", and only one little mishap (*Riding Tip: enjoy your conversations during rides but not so much that you don't notice the upcoming turns until the last moment*).

The other weekends away this year will be to Picton in June and to Ottawa in September and I strongly encourage everyone to consider coming along. The routes (and speeds) are determined by who is there and no matter your level of riding; it is a terrific weekend away with a mixture of riding, companionship, and a nice relaxing dinner. For more information on the upcoming weekend trips, please feel free to contact Lloyd or Sylvia Wagg (or myself).

I hope you have all had the opportunity to get out on your bikes and enjoy the feeling of being on the road again. I hope everyone has a terrific year cycling and I look forward to seeing everyone at the various rides and events this year.

Finally, congratulations to Teresa Eaton and her husband Chris on the recent birth of their daughter Sophia. We look forward to meeting the newest addition in person.

Happy Cycling,

Jeanette

### RLT/RAD Ride to Wellington (Submitted by Carmen Sweet)

On Sunday, April 13<sup>th</sup>, 2003, the Rideau Lakes Cycle Tour Training and Remote Area Day Rides were combined for a very windy yet flat, scenic and enjoyable six-hour tour (plus lunch). The planned route was 110km but for reasons to be explained many of us rode 133km.

In the spirit of the hockey playoffs, here are the three stars of the ride:



#### The Big Apple Restaurant

It's an obvious landmark for meeting – lots of parking, other distractions and washrooms. The promise of apple pie also proved invaluable for the last two hours of headwinds and wrong turns.



Carmen, Chantal, Dave, Frank, Jamie, Steve and Todd (first ride with us).

For putting up with headwinds both ways (how DOES that happen?) and braving cold temperatures and quaint restaurants where brown bread means white bread covered in gravy.



Ron Hollett

With 8km into the ride, Ron broke his chain. We tried to help but eventually sent him walking back to the Apple. Impressively, he found us at lunch. He also gave the following insight towards the end of the ride:

*“All I know is that in two months we'll have forgotten all of this (relentless wind) but our legs won't and we'll be stronger for it.”*

Personally, I am hoping they will remember for the Rideau Lakes Cycle Tour at the beginning of June.

## Jerseys

We would like to place our next order for club jerseys in June. If you are interested in purchasing a short sleeve jersey at \$55/unit, please contact Chantal Mailhot at [occ@oshawacyclingclub.org](mailto:occ@oshawacyclingclub.org) by June 15th.

Are you interested in a sleeveless club jersey?

Unfortunately, we were not able to offer the sleeveless jersey because we did not meet the minimum order requirement. However, there is an alternative. We have, amongst our ranks, a very talented clothier. Monique Coll-Cox offers made-to-measure quality cycling clothing (bike shorts, bike pants, jerseys, vests, etc). She has kindly offered to provide alterations to the short sleeve club jerseys for approximately \$15. You may reach Monique at [occ@oshawacyclingclub.org](mailto:occ@oshawacyclingclub.org).

## Preventing Cycling Injuries

At our last General Meeting, representatives from the Garden Physiotherapy & Sports Wellness Institute in Whitby took time out from their busy schedules to go over some of the more common non-traumatic cycling injuries, ways that these injuries can be prevented, and available treatments. They were kind enough to allow us to duplicate their handout in our Club Newsletter for those of you who were not in attendance. They are located at 3050 Garden Street, Whitby (North West corner of Garden and Rossland) and can be reached at (905) 665-0266.

a. Pulled/Strained Back and Neck (muscles, discs, joints, ligaments, vertebrae)

Causes:

**BACK:** decreased flexibility/tight hamstring and back muscles, poor mobility in the hip or vertebrae joints, weak abdominal muscles, poor core stability, prolonged positioning in forward flexed position (especially in drops/aero-bars)

**NECK:** weak deep neck muscles, tight larger neck muscles, prolonged positioning in extended position (especially in drops/aero-bars)

Signs/Symptoms:

**BACK:** pain across low back or one sided, pain may refer down leg, with numbness or tingling, pain tends to increase with activity, deep ached felt at waist level, deep inside and wide-spread

**NECK:** pain/stiffness in neck, pain radiating down your arm, weakness of the elbow, wrist or hand, and numbness in the arm or hand, loss of movement

b. Patellofemoral Syndrome (patella, femur, quadriceps muscles)

Causes: muscles imbalances around the knee (the quadriceps), degeneration of the cartilage behind patella (knee cap), overuse

Signs/Symptoms: pain behind the kneecap or in the joint, inability to fully squat due to pain, pain going up/down stairs, pain with uphill riding

c. Carpal Tunnel Syndrome (median nerve wrist/carpal bones)

Causes: increased pressure around the median nerve in the carpal tunnel, poor handlebar setup causing improper positioning of wrists over prolonged period of time

Signs/Symptoms: numbness or tingling in the thumb, index and middle fingers, and half of the ring finger, pain may shoot or radiate up as far as the shoulder, chronic pain sets at hand and wrist

d. Achilles Tendonitis (calcaneus, ligaments, Achilles tendon)

Causes: inflammation of a tendon, usually caused by repetitive minor trauma, overuse, improper pedal technique (toe pointing)

Signs/Symptoms: pain lifting onto toes, tenderness to touch, decreased strength, functional difficulties, pain with pedaling

2. INCREASED RISK FOR INJURIES

- Increased age
- Poor flexibility
- Poor core stability
- Poor body mechanics
- Insufficient warm-up
- Weak and/or de-conditioned muscles
- Poor bike fit

### 3. PREVENTION

#### a. Pulled/Strained Back

Back stretch: lying on your back, bring both knees to your chest, round your back (ball)  
Hamstring stretch: sit, legs straight, lean forward over your legs, keep knees straight  
Abdominal strengthening/setting: tuck your bellybutton under your ribs  
Back strengthening: lying on your front, raise your opposite leg and arm

#### b. Pulled/Strained Neck

Neck stretch: sitting, tilt your neck forward until you begin to feel the stretch, hold for 30 seconds, repeat three times; do the stretch tilting to each side (ear towards shoulder), then rotating (chin towards shoulder)

#### c. Patellofemoral Syndrome

Knee flexibility: hamstring, quadriceps, hips and calf stretches  
Knee strengthening: hamstring curls, inner and outer thigh muscle  
Resisted knee extension: cross legs at your ankles, try to straighten injured/back leg, but resist and overpower it with your good/front leg  
Functional knee strengthening: closed chain kinetic exercises (squats, lunges)  
Balance/proprioceptive training: stand on one foot for 30 seconds and repeat 10 times

*Try and ride so your knees point straight in front of you.*

#### d. Carpal Tunnel Syndrome

Wrist stretches: elbow straight, palm facing down, pull hand downward with other hand, pull hand up with other hand  
Strengthening wrists: free weight wrist flexion and extension exercises

*Change your riding style – If you're leaning on your wrists, center your weight more onto the pedals with wrist straighter. Change your hand position during ride. Adjust handlebar position so wrists rest in neutral.*

#### e. Achilles Tendonitis

Gastroc stretches: at wall (back knee straight)  
Soleus stretches: at wall (back knee slightly bent)  
Calf strengthening: toe-ups

### 4. TREATMENT

#### a. Acute Management

PRICE: protect, rest, ice, compression elevate for the first 72 hours; after use heat  
Physical therapy  
Gentle range of motion exercises  
Light activity after acute phase (i.e. after first 7-10 days)  
Bracing

b. **Benefits of Physical Therapy**

- Reduced inflammation
- Decreased loss of range of motion
- Prevent scar tissue formation
- Quicker return to play and activities of daily living
- Education and progression of exercises for faster and maximal healing
- Manual therapy for pain relief, gains in range of motion and function of the injured area
- Sport-specific and balance retraining to prevent further and/or recurrent injury

5. **CONCLUSION**

- Injuries are preventable and treatable
- Stretch tight areas and warm up (light biking, light jog) prior to play
- 10-15 minutes of full body stretching after cycling
- Build core stability
- Don't ignore weak areas or areas which are 'nagging' (listen to your body)
- Don't play through increasing pain (when you feel better, you will play better)

### **Tour for the Cure**

The Belleville Cycling Club is running its 3rd Annual Century Ride on Sunday, August 10<sup>th</sup>, 2003 in conjunction with the Cancer Society. Total pledges for the past two years have topped \$12,000. The tour leaves Meyers Pier in Belleville and continues through Prince Edward County. Start time for the century will be 7.00 am. A fifty-mile course will be run with a start time approximately two hours later in the morning. It is not a race but it is a competitive event.

Pledge forms from the cancer society will be used; however if someone chooses not to collect pledges then a fifty-dollar fee will apply on ride day. Sag support, T-shirts, a light lunch and prizes will be presented after the event at the Pier.

Need more information? Contact Doug Gill at [D.Gill.Belleville.WTP@on.aibn.com](mailto:D.Gill.Belleville.WTP@on.aibn.com).

### **Bike Canada 2003: A Challenging Bike Tour Designed For You**

A new challenge has been designed for hardened bike tourers this summer: it is Bike Canada 2003, the cycling tour of Canada, which will begin on June 21st in Vancouver, to end in Montréal on August 9th.

The elaborated route visits six provinces of Canada and stops in numerous important cities, among which the capital of the country, Ottawa. For that purpose, it takes quiet roads, in order to conjugate an intense experience of open air with short urban excursions.

Every person having a solid experience in cycle touring and being able to travel in an autonomous way is invited to participate in this long journey, according to his/her availability, and for the sections of the route of his/her interest.

In order to obtain more information about this adventure, please consult the official website of the project at the following address: [http://pages.infinit.net/bedardjf/bc2003/index\\_en.html](http://pages.infinit.net/bedardjf/bc2003/index_en.html). You can also write to [bikecanada2003@hotmail.com](mailto:bikecanada2003@hotmail.com) if you wish to receive any supplementary information.

## Sweet Potato

(Submitted by Monique Coll-Cox)

Orange fleshed sweet potatoes combine valuable antioxidants and minerals. Rich in carotene and vitamins C and E, they lower the risk of heart disease, stroke, some cancers and cataracts. Exceptionally high in vitamin E which is link to many health benefits, including heart and skin health, and male fertility. Excellent potassium source – help prevent and regulate high blood pressure. A good source of iron – up to one quarter of young women in Western countries are short of iron, causing lower resistance to infection and reduced energy.

**Cooking:** Score them once or twice and bake them in their skin for about 1 hour at 375°F. Enjoy as a side dish on its own or with your favorite topping like butter or cheese.

**Storage:** Store your sweet potatoes in a cool place or your refrigerator's vegetable drawer.

### Sweet Potato Muffins

1-cup flour (2/3 spelt, 1/3 Soya and oat)

2 tsp baking powder

1 ¼ tsp cinnamon

½ tsp salt

1-cup sweet potato (cooked with peel and mashed)

- Use a steamer to cook and use the steamed juice in the blender or food processor to make your mash.

½ cup demererra sugar (or honey or molasses)

- Reduce Soya milk if using liquid sweetener.

½ cup Soya milk

¼ cup melted butter or oil

1 large egg

¼ cup raisins (optional)

¼ cup walnuts (optional)

Bake in 350°F oven for about 25 minutes.

Yields 12 large muffins.

If you are a chip lover, try the recipe below.

### Sweet Potato Chips

Peel the sweet potatoes and then cut into fat chips about 1 cm square. In a large, heavy bottom skillet, heat the oil (canola or olive) and stir fry the potatoes over high heat for 8-9 minutes, until tender and blistered in places.

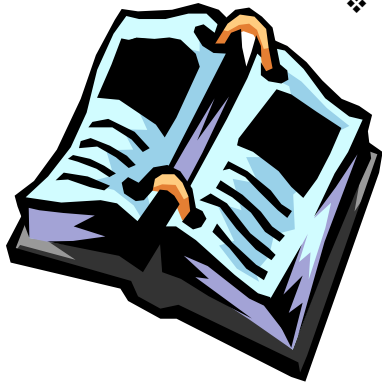
Reference:

(1) Muffin recipe – Katie Maynard via e-mail

(2) Chips recipe and nutritional information – Healing Foods by Miriam Polunin

Key nutritional values per 100g (1/4lb) baked sweet potatoes	
Calories (kcal)	115
Carotenes (mcg)	5140
Fiber (g)	3.3
Iron (mg)	0.9
Potassium (mg)	480
Vitamin C (mg)	23
Vitamin E (mg)	6
Zinc (mg)	0.4

## Upcoming Events



- ❖ Rideau Lakes Cycle Tour. Good luck to all OCC members who will be completing the tour on June 6<sup>th</sup> & 7<sup>th</sup>.
- ❖ Club-organized Picton Weekend Tour on June 21<sup>st</sup> & 22<sup>nd</sup>.
- ❖ Club BBQ on Sunday, July 20<sup>th</sup>.
- ❖ **Scugog Circle Century Tour on Sunday, August 24<sup>th</sup>. Be sure to register early.**