

The Outspoken

OSHAWA CYCLING CLUB NEWSLETTER



President's Message

Well, it is suddenly September and the cycling season for some of us is nearing its end for another year. I hope that everyone has been able to get out and enjoy some cycling this year...although with the weather this summer, riding hasn't always been easy to fit in.

Twenty-One riders on the various routes of 55, 85 or 137 km enjoyed the Canada Day Ride on July 1st which included examples of the diversity of our nation's weather - sun, cloud, rain, distant thunderstorms, wind, hail. Mike and Carmen did a terrific job of organizing the day and have agreed to do it again next year although they tell me that the distances will increase by 1. Mike has pointed out to me that this ride will be a great way to train for a century.... a 23 year century training plan.

The 21st Annual Scugog Circle Century Tour was held on Sunday August 22nd and I am happy to report that it again went very well. We had 277 riders/registrants who rode their choice of 4 routes before returning to the College for a BBQ. The weather was good, riders were happy, and only a few minor scraped knees were reported. To all of the volunteers that helped out with the Tour, a very big Thanks... we really couldn't do it without your help!

I would like to remind everyone that the Post Scugog Tour Review Meeting is next Thursday Sept 16 at 7pm at Oshawa City Hall. This is everyone's opportunity to come out and tell us what you think about the Tour...what went right and what we could improve. If you are able to do so, we do hope that you will attend.

Our last Time Trial (and BBQ) on September 7th was again a success with 15 riders

participating, including our 2004 Champions - Mike Ring and Carmen Sweet. I would like to thank 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 missed participating this year, just remember that they start again in just 9 months... this gives you lots of time to psych yourself up for the hills and of course, the wind. This year we had a total of 34 club members who participated during the year, which is up from 23 last year and 16 the previous year. For those of you thinking about participating next year, you need to know that a baby scoop of ice cream at Country Perk after the TT remains one of the great deals in our Region and is especially good after participating (or officiating) in a TT.

The Executive hopes that you have enjoyed the 2004 season. We would like to hear from you about the various rides and activities during the year so please feel free to call or email us at any time or talk to us at the Corn Roast on the 25th.

Thanks,

Jennifer Peery

P.S. Congratulations to Brent Armstrong and Kim Corrigan-Oliver who completed their first Ironman earlier this summer and to Todd Stacey who completed his in September.

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From the editor

What a great summer! Oh, I know, it did rain a lot, and on several occasions I did have to mobilize an infant and a three year old for an emergency pick up of their mommy who was taking shelter from a thunderstorm but on the other hand, I used less than half a tube of sunscreen, never got burned, and didn't once come home from a ride coughing up a lung because of poor air quality... Of course, now that we've gone a summer without smog or blackouts, I guess everyone will assume all is well and that we can all relax and not worry about fossil fuels, burning coal for electricity or greenhouse gases.... Hey, what's the use of being an "editor" if you can't get a little political in the "editorial"?... Speaking of abusing the privilege of being the editor... I will be participating in the Run For the Cure for the 5th consecutive year, and I am looking for sponsors...without going into too much detail, this is a disease that has affected my friends, family and colleagues, and I would like to raise as much money to fight it as I can. If you have not sponsored anyone else, would you consider sponsoring me? The easiest way is to just go to www.cibcrunfortheure.com and find my name...Did you know that Microsoft Word does not think Ironman is a word, and wonders if maybe you meant Iranian?...Congratulations to all three club ~~Iranians~~ Ironmen, Brent, Kim, and now Todd, who successfully completed his on September 12th. Thanks to Kim for agreeing to write a report for the newsletter...If anyone else has something they'd like to write about, let me know.

OCC Time Trial Factoids

- 75 rides against the clock this year
- 34 OCC members participated
- 27 members averaged over 30 km/h at least once
- 21 members broke the 30 minute barrier
- the baby scoop of ice cream at Country Perk is actually quite a lot of ice cream

Upcoming (and recent) Events

Date	Event
Sept 7	OCC final Time Trial and BBQ
Sept 10	Club member Hayden Ring takes off his training wheels.
Sept 16	Scugog Tour Review meeting
Sept 25	Corn Roast
Oct 2	RAD ride (around Rice Lake)
Oct 3	Run for the Cure
Dec 1	submit cycling related Christmas wish list to relatives
Sometime in Jan or Feb	Potluck/Awards

Time Trial Wrap-up

15 club members came out for the final time trial of 2004. Our club time trials have come a long way from the first year that I did them, when there was a dedicated group of 5-6 of us each week. This year, we averaged 11 riders/night, and that includes a miserable night in which only two people rode. Congratulations to all 34 club members who participated, and to all who set a personal best this year (I think that was almost everyone, as we had a couple of ideal nights, and several determined efforts). Special kudos go to Brent and Carmen who led the way by riding six time trials each, and special thanks go to Jeanette and Sylvia for timing. Finally, I'd like to encourage anyone who hasn't come out to consider it, and remember it's a race against yourself, and that the ice cream tastes better after you've earned it.

"It doesn't get easier, you just get faster."



Greg LeMond

Member Profile: Al Essery

Al started racing in 1948 as a novice, and ended his racing career in 1960. Almost his entire racing was done on the track, but unlike Lori Ann Muenzler and today's top track cyclists, Al and his contemporaries raced on dirt, asphalt and cinder tracks in addition to the steeply banked wooden ovals we normally associate with track cycling. In fact, much of Al's racing was done on a $\frac{1}{2}$ mile dirt track at Alexandra Park right here in Oshawa. On weekends when there weren't other bigger races to go to elsewhere in Ontario, upstate New York or even Quebec, there would be racing at Alexandra Park. Local cyclists would race against racers from other clubs in the area, including Toronto. It would be safe to assume that Al won his fair share of these club races.

Of course, winning club races at Alexandra Park does not get you inducted into the Oshawa Sports Hall of Fame, as Al was in 1998. Al received this honour, which he described to me as the highlight of his career, because of his considerable success early in his career. In 1949, in only his second year racing, Al was Ontario's Junior Cycling Champ. In 1951, Al had his best year. He was the Canadian champion at both the $\frac{1}{4}$ mile and $\frac{1}{3}$ mile distances, and was also the Ontario champion in the 1 mile and 5 mile distances. This



Al winning a match sprint at the Toronto Exhibition track in 1958

versatility was also apparent by his holding of the All Round Ontario Cycling Championship the same year. Al would use a gear slightly easier than most of his competition. Although he would have to end up spinning faster to keep up the speed, he found that he was able to get an advantage in the initial acceleration. For those of you familiar with the terminology, he usually used an 84" gear for $\frac{1}{4}$ mile races, and an 87" gear for longer races.

Later in his career, Al competed in team races on wooden tracks in Delhi (see picture) and Toronto. These tracks were 125 metres/lap, with 58 degree banking in the corners and 45 degree banking on what must have been very short straightaways. Al describes this as more dangerous riding than the tracks he raced on early in his career.

Among the hazards of racing on the wooden tracks were sliding down the side of the track if you were going too slowly, or getting forced through the railing at the top of the track and falling 15 feet to the floor. Al reports that he came close to the latter experience a few times.

Al's racing career took him as far afield as Vancouver, where he participated in the British Empire Games trials in 1958. After almost 30 years off the bike, Al resumed riding in 1988 with the OCC, and thoroughly enjoys our club rides. We enjoy having a National Champion as a member.



Al riding on the wooden Delhi track with 45 to 58 degree banking



British Empire Games trials - 1958

Ironman Lake Placid Report

by Kim Corrigan-Oliver

I awoke race day (wait a minute - I actually slept on the eve of Ironman) feeling great. I had managed to get some sleep and awoke refreshed and ready for race day. Today was the day I had been dreaming about for many years, today was the day I was going to be an Ironman.

I ate breakfast at the hotel room and then made my way to the transition area to get the last minute things done - drop off special needs bags, get body marked, load up my bike with my nutritional needs and check the bike one last time.

There was an excitement in the air; everyone was quietly focused and preparing for the day. There were volunteers everywhere, family members and supporters all prepared for the long day ahead.

Once I had finished my entire pre race preparations I made my way to the swim start. Into the water I went. I headed over the 1:20 swim board, for those of us who were thinking we could finish the swim in one hour and 20 minutes. I spent some time getting to know the athletes that had gathered in the same area and it was nice to know that there were others that who were taking part in their first Ironman as well (in total there were 800 athletes making their first attempt at the distance).

Well at exactly 7am the cannon went off and 2000 of us started swimming. What a rush! The swim was not as bad as I thought it might be, I got hit a couple of times, but managed to keep myself clear of too much trouble. I finished the first loop and got a quick glance at my watch, I had swum it in 37 minutes - now back into the water for the second loop. The second loop was a little easier, as the field has spread out and there was a little more room and a little less body checking. I exited the swim in 1:15 and felt great!!!!

The run to transition was great, lots of spectators cheering us on. I took my time in T1 making sure that I had something to drink and got changed into cycling clothes. Then it was off to bike 180km. The first loop was great, I didn't push too hard, took my time and enjoyed the scenery and the ride. I came through town to start the second loop and picked up some of the energy from the cheering crowds. The second loop was a little harder than the first, legs were getting a little tired and it was beginning to warm up a little. When I reached the last climb on the second loop, I let out a big whoo hoo and the crowds went crazy, I knew I was close to the finish of the bike and was feeling pretty good. Off the bike in 6:58 and ready to run...

Into to transition 2, I knew I was more than halfway through my day and was feeling great. I again took my time, changed into some clean dry clothes grabbed some water and was off for the marathon. The first loop was great, I walked the aid stations and the steep up hills and was feeling great. The body was cooperating really well, but the feet were starting to hurt a little, blisters had begun to set in. I had blisters in places I had never had them before. The second loop was a power walk, with a few weak attempts at running. I kept the speed up with the walk and had the power arms going too, spirits were high and the crowds were awesome.

When I approached town at the end of the second run loop I knew I was going to be an Ironman, my dreams were coming true and all the hard work and commitment to my goals were going to pay off. I approached the speed skating oval and picked up the pace, I was running, I was feeling good, I could hear them announcing my name and number; I saw Todd and then my family. I was doing it!!! I crossed the finish line in 14 hours 18 minutes and 42 seconds and was elated. I was an Ironman!

It was a great race and a great day. The body was a little sore for a day or two, but was feeling much better by Wednesday - post race. The week following Ironman I managed a couple of walks and some easy swims.

My training has pretty much returned to normal now, with the exception of swimming (I got my Ironman tattoo last week, so no swimming for a couple of weeks). The rides are slowly increasing in length, as are the runs. The resting heart rate has returned to normal and I am feeling really great!!!!

Thanks to Todd for all of his support on race day. Every time I came through town he was there cheering me on. You have no idea how much it helped on race day. I didn't get a chance to see Greg York on race day, but I know you were there - sorry I didn't make it to the finish line while you were still there. I hoped you enjoyed volunteering, and thanks for doing it.

For those of you who will ask - "are you going to do it again?" I most certainly will. My plans are to do Lake Placid again in 2006. I will use next summer to focus on the half Ironman distance so I can go back in 2006 and PB. (Although I did receive an interesting email from a mentor this week - he wants to know if I am interested in Ironman Germany next summer - hmmmmmm).

And if any of you have Ironman dreams of your own, think about joining me in 2006. It is an experience that you will never forget and I promise you will learn so much about yourself and how far you can really go. Remember - "Anything is Possible".

Race Results

Sorry if we missed anyone. Please send in your race results.

Lake Placid Ironman Triathlon July 25 th (4 k swim/180 k bike/42k run)	Brent Armstrong	11:26:21	107/344 M 35-39
	Kim Corrigan-Oliver	14:18:42	76/110 W 30-34
Wisconsin Ironman Triathlon Sept 12 th (4 k swim/180 k bike/42k run)	Todd Stacey	13:06:32	180/368 M 35-39
OCC Time Trials June 15 th to September 7 th (16 km)	Brent, Eric, Terence, Kim, Neil, Kim, Marty, Jeff, Pat, Bruce, Janet, Jordan, Rolf, Chris, Frank, Steve, Alison, Mike, Peter, Wayne, Brent, Steve, Paula, Mike, Emeric, Bruce, David, Todd, Carmen, Doug, Steve, Art, Dirk, Greg	Results available on club website: www.oshawacyclingclub.org	