

The Whooly Good News

THUNDER BAY CYCLING CLUB

SPRING 2003

Mark Your Calendar

TBCC Annual Spring Meeting

Monday, Mar. 24 at 7:00 pm

At Confederation College

In Room C-238



**SPONSORS OF THE TBCC HOTLINE
626-8725**

PRESIDENT'S MESSAGE



I haven't had a complete winter as yet. I have only had about five weeks of intermittent skiing compared to the ten or

twelve we normally get. Anyway, on to the cycling year ahead.

We have quite a few modifications in club policies this year compared to previous years.

The Ontario Cycling Association and Jones Brown Inc., the Ontario clubs insurance company, has made some changes to their policies again this year. First, our insurance fees have increased by \$1.50 over last years rate. Fortunately for the membership though, our fee will remain the same as in 2002. If the rates go up again next year, as I think they probably will, the Club fee will go up at that time also. At least this is not a significant as last years fee hike of \$5.00.

Secondly, the OCA and JB Inc. have requested that all clubs have a risk management policy to cover their activities and to establish rules for those activities. These rules/policies are common sense safety steps applied to club activities. This RM plan will be put together by the club executive within the next few weeks, as it has to accompany the affiliation paperwork and insurance fees that must be returned to the OCA.

Thirdly, each existing or new member will have to sign two waivers before they are accepted into the club this year. The OCA and insurance company require 100% compliant to this rule. The OCA waiver along with the parent/guardian waiver, for those members under the age of eighteen, **MUST be on legal sized paper**. These waivers passed in on letter sized paper will **NOT be accepted**. The insurance company waiver is the only one that can be printed on letter sized paper. For those of you that do not have legal sized paper, these waivers will be available at the annual Spring meeting or

your touring/racing directors will have them on hand throughout the season.

Lastly, the three (3) try-out rule the club used in previous years, has been eliminated this year, due to new requirements by the insurance company. This means that any person participating in any club activity (road/MTB tours, TT's, races) must first be fully paid member.

I hope all these changes thrown at us by the OCA and the insurance company will not deter the existing members from joining the club this year, as all this paperwork is just used in defending the club and the OCA during litigation, if ever necessary.

The club is still going to operate the same way it always did, except for following the new guidelines laid out in the risk management policy. This means that we would like every member to police themselves and each other a bit closer this year when it comes to their riding styles or habits (i.e.-getting too far out into the roadway and obstructing traffic flow on roads that do not have a paved shoulder). We really don't need a member's poor riding habits making it difficult for everyone else in the club. Many complaints against the club last year were totally unwarranted, because a lot of drivers feel we don't belong on the road, [as bicycles aren't vehicles to them], even though the Highway Traffic Act deems us as such. But then, some of the other complaints were legitimate. A small change in our riding habits can make a big difference.

Before I finish, I would like to bring up one other issue that was brought to my attention last year a couple of times, and that was club members on solo rides who were not wearing their helmets. I have no problem with this, it's your prerogative, but



AWARD SPONSORS

I do wish you would not wear the TBCC jersey when you do it, as this reflects poorly on the rest of the club. After all, our club mandate is to promote SAFE cycling. By riding helmet-less we are not setting a very good example.

Well, now that I have finished being mister policeman, I wish everyone a happy and safe cycling season ahead. See you on the road...as soon as skiing is finished, that is.

Eugene Vandal

ROAD TOURING



Muckihiyall!

Fellow Cyclists!

-20 C. (-30s with wind chill) and very little relief in sight; it's difficult to believe that 3 weeks from now we will be pedaling along Arthur Street! This brutal winter

shows no sign of giving up. Hopefully, the weather will turn around and quickly?

It is with great anticipation that I look over the 2003 touring schedule. Not so much the rides themselves (much the same as last year), but the camaraderie of the group and the chance to see people after this cabin fever inducing winter.

A few notes on this year's schedule:

1. Risk management induced by insurance companies' reluctance to ever pay (they never mind collecting, however) has made it imperative that you pay up and join the club before your first ride. We can no longer allow people to coast and pay whenever. You have to become a member to ride with the club.

2. Let's make a commitment to group riding and skill development. Keep in mind that these are group rides. Not that we all have to ride together (in fact, 30+ riders in one group would not be advisable) but there is always someone, perhaps a few with whom you could form a pace line.

3. Let's endeavor to ride safely and within the rules of the HTA (eg. not 3 abreast). Our goal should be to get through a season with no negative press.

4. Even though the emphasis should be on group riding, ride preparedness must be individual. Helmet, spare tube and pump (and ability to use them), full water bottle(s), cell phone/quarter/ thumb are minimum requirements. You may encounter difficulties and there is a chance that you may be all alone at the time, so you have to be self contained.

Finally, keep in mind that the emphasis should be on fun and group interaction. Fitness, adrenaline rushes through racing, etc., should be left for the other 6 days of the week.

Guy Latimer



completed a short 18 km route in the Riverdale area followed by a nice brunch at Riverdale Store afterwards. What a great day - make it a point to ride Frostbuster III on Jan. 1/04.

Once again we are offering a wide variety of mountain bike venues for our upcoming season. As with any project, we are constantly trying to improve and refine our product and this year some of the rides, which were not well attended last season, have been dropped while others have been fine-tuned or rescheduled. As always, we are appreciative of any input and fresh ideas to further

enhance the riding experience. Hopefully, we have something for everyone to participate in and enjoy. Since some of our fall rides had to be cancelled due to inclement weather last year, I will be pleased to reinstate them sometime during the summer should there be sufficient interest - e.g. Boy Scout Rd. bike n' hike, Loch Lomond, Silver Falls bike n' hike as well as some new venues such as Oliver Lake, Cloud Lake, Lake Lenore and Molly's Mountain, to name a few. All-in-all, it should be another great year of mountain bike touring as we are building on an already wonderful product - if it ain't broke, don't fix it, right?

In closing, let me say I truly look forward to seeing and riding with all the crazies of the TBCC and continue the great times we had last year. I hope you all do to.

Fabio Zorzes

MOUNTAIN BIKE TOURING



Hello once again to all TBCC members. Although the region is still in the frigid grip of winter as I write these few words, spring is not too far away and that usually triggers the well-conditioned, deeply ingrained instinct to get out and ride our bikes. Hopefully, we won't have to wait long. We started the cycling year off right with a wonderful ride on Jan. 1st as fourteen riders braved the cool temperature (-16C) and

Road Race schedules will be out in the next two weeks and delivered to all the cycle shops.

ROAD RACING (Notes from the racing chair.)

It may not be warm yet but what little snow we have won't last long; so get your few days of sunny, warm spring skiing in and then hop

on the road bike before the fitness from ski season melts away.

We're underway with a full weekly time trial series and bi-weekly road race series starting the third week of April. There's 22 time trials / 11 road events. Please access the club website for complete details. Key points to keep in mind: You **MUST** be a club member to ride an event. Underage riders **MUST** have a parental consent waiver signed. You **SHOULD** do this at the spring meeting so we can get the early season events off to timely starts.

Goals for the 2003 season.

Broaden the overall participation in our racing events. Some of us just tour, some just time trial, some just road race. Some have found the benefits of participating on all levels. Learning to ride under stress in a race situation enhances your riding skills and fitness level making the long "sightseeing" rides more of a pleasure. Make it your goal to try some road races. Start early when the courses are shorter and flatter. Bring a friend of equal abilities to lean on. The B and C category events are out there to let all ability levels experience the competitive side of cycling. Do it on the race course instead of trying to leave everybody in your dust on the next bike tour.

Secondly I'd like to see the club produce some more of the outstanding racing cyclists that we were known for in the recent past. Canadian olympic and national team road and track cyclists and numerous provincial junior/senior road and time trial champions both male and female have come out of the TBCC racing program. I would encourage any of our core group of racing cyclists or newest junior age riders interested in travelling to race at sanctioned Ontario, Manitoba or USCF events to let me know so we could get together a program to work in that direction.

Good luck with the 2003 racing season, hope to see everyone out for the awards at the banquet in the fall.

Remember when you're racing it's: Go Hard or Go Home.

Len Tuhkanen

TBCC CLOTHING

Our clothing prices remain the same this year, \$55.00 for the jerseys and \$100.00 for the jackets. We still have a limited quantity of non-logo jackets at a reduced price. Call Graham at 475-8095 for your clothing needs.

TBCC.BAYNET.NET

If anyone has any suggestions or changes for the website, please contact me at 473-8142 or at tbccinfo@yahoo.ca.

STORING YOUR CROSS COUNTRY SKIS

Here's a tip for all you X-C skiers on storing your skis for the summer. This article was taken from the Madnorski News newsletter, written by Eric Mittelsteadt, TOKO Tech Team.

How does the old saying go, "An ounce of prevention is worth a pound of cure"? Most cross country skiers realize the benefit of exercise to their overall physical health and well-being. The same approach applies to our cross country skis.

I like to think of my ski equipment as an investment in my health and happiness. We invest both time and money in preparing our skis to perform well so why not take a few minutes at the end of the ski season to protect our investment. Applying a "cover coat" of storage wax to ski bases is important for two reasons. First, ski bases, when exposed to oxygen for extended periods (e.g., over the summer), can become dry which reduces the ski base's ability to absorb wax. Reduced wax absorption means that, while skiing, the wax will wear off of your skis more quickly and you will be waxing more frequently (if you want your skis to perform well). For any skis with a sintered base (which is most "sport" skis and better on the market) that have significantly oxidized, the only solution to refresh the base material is to have the skis stone ground which will cost about \$40 (more on stone grinding in a future issue). Second, applying storage wax to ski bases also prevents scratches to the bases, collection of dust and dirt, insect droppings, etc. Following are two quick and simple steps that will keep your ski bases healthy and extend the life of your investment:

- 1.) Using a waxing specific brush (preferably copper but the basic white nylon will also work), firmly brush from tip to tail several times to remove any dirt and dust that may have accumulated onto the ski bases. In the case of waxable classic skis, remove the kick wax first, let dry, then brush.
- 2.) Apply one generous coat of hot wax (using a waxing iron set at a low temperature) to your ski bases using a "warm conditions" wax such as yellow. One or two passes with the iron should leave the wax nice and even on the ski base. You don't have to get fancy at this point with expensive waxes. The idea is

I like to think of my ski equipment as an investment in my health and happiness.

to protect the bases so just use a basic inexpensive wax such as Toko World-loppet yellow, Swix CH-10 or any other "warm" wax. Technically, you can use any kind of ski wax as a "storage" wax but I prefer a "warm conditions" wax like yellow because it's a lot easier to remove next season than a "cold conditions" hard wax such as blue. **DO NOT REMOVE THE WAX** as you would normally do for skiing. Just leave it cool (about 20 minutes) and you're done. Store your skis someplace that is cool and dry. This process of brushing and "cover coating" should take no more than five minutes per pair of skis. A small amount of time that's well worth your investment. Have a great summer. ★

OUT-OF-TOWN EVENTS

June 7-8

Annual Tour of Lakes

The 2003 Tour of Lakes will begin at the Crosslake Community Center on Dagget Pine Road in Crosslake. Check in and start any time between 6:00 and 8:00 a.m.

June 14-15

24Hrs. of Kamview (MTB)

-contact Rita at 344-2944

----- also -----

National 24 Hour Challenge

- Grand Rapids: Michigan

Location: Thornapple Kellogg High School

Hours: 8:00 am - 8:00 am

For More Info Call: (616) 241-1969

Personal best endurance bicycle ride. In 2002, participants came from 26 states and Canada completing 90,992 miles. There are five year age groups ranging from 18 - 70'.

June 29 - July 6 G.R.A.B.A.A.W.R.

July 20 - 26 R.A.G.B.R.A.I.-XXX

July 25-26 Dragon Boat Festival

For other special or out-of-town events, click on "SPECIAL EVENTS" on the calendar page of our website.



DATE: SATURDAY, AUGUST 23, 2003

This next article was taken from the Twin Cities Bicycling Club webpage

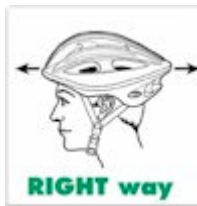
Bicycle tips: Helmets

Mirror, Mirror On The Wall: Whose Helmet Fits Best of All?

by Kristine Poelzer

Take a minute to check out your helmet's fit in the mirror and make a few adjustments for proper safety protection.

1. The front is almost touching your eyebrows.
2. The helmet is level across the top of your head.
3. The side buckles are right below your earlobes.
4. The side straps straddle your ears.
5. The chinstrap is fastened tight enough to allow only ONE of your fingers to squeeze between it and your skin.



Here are a few links regarding things to consider while riding your bicycle, plus a few safety tips. Again these are located on the TCBC (Twin Cities Bicycle Club) website. They're worth the read.

<http://www.mtn.org/tcbc/ride-consider.html>

<http://www.mtn.org/tcbc/bt-home.html>

SIBLEY PHOTOS

All the photos that were taken during the Sibley weekend are available at:

www.kingfisherphotography.com

tbcc.baynet.net/2003/sibley/sibley2003.html

The Sibley results are have also been posted on the Thunder Bay Nordic Trails website. These are formatted as Adobe Portable File Documents (pdf)

2003 Thunder Bay Cycling Club Executive

President	Eugene Vandal	473-8142
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