

# The Whooly Good News

Thunder Bay Cycling Club

Spring 2004

## 2004 Membership Information

You must fill out 3 forms: TBCC Membership Application  
OCA Parent/Guardian waiver form  
Insurance waiver form

These forms are available on the TBCC website at <http://tbcc.baynet.net/members.htm> or at the start of every TBCC road or mountain bike tour, and time trial.

You **MUST** be a paid member in order to participate in any TBCC cycling event.

### The "PREZ" says

"Come to the General Meeting. Meet your new executive. Become a member. Find out what exciting things the club has in store for the new season!"



### TBCC GENERAL MEETING

**THURSDAY, MARCH 18, 2004**

**7:30 PM**

**CONFEDERATION COLLEGE**

(check TV at entrance for room #)

### TBCC WebSite ([tbcc.baynet.net](http://tbcc.baynet.net))

Check our website often! Gene Vandal is our webmaster and does a great job keeping it current. You'll find ride schedules, pictures from the latest events, schedule changes and much more.

### Tour of Lakes Reminder

Entry forms for the Tour of Lakes in Brainerd, MN are available on the web

at <http://www.brainerd.com/pbtrail/tourlake.html> .

Entry deadline is May 1<sup>st</sup> or 1200 riders, which ever comes first.

## Presidents Message 2004

Welcome all returning and all new members. If you are considering joining the club for the first time we accept riders of all abilities, We are mainly a road riding club, but, we do have a mountain bike touring schedule that is lots of fun. Check out all our great events.

This year as in the past few years insurance issues dominate club news. Our insurance fee to the OCA has gone up \$12.00 per member to \$22.00 per member. We have had no choice, but, to raise the memberships this year. Please see the membership form. Also, again this year **you must be a member of the TBCC to ride with the club**. There is no grace period and there are no exceptions except for OCA Licensed Racing Riders. The Thunder Country Ramble is a special event which does not require membership in the club, all other events require membership in the TBCC. We also require members to sign two waivers one from the insurance company and one from the OCA at the time of joining. Members under 18 must have their guardian sign the waivers before joining. Please help us to make these rules work since the OCA is monitoring clubs closely and not following these rules has resulted in clubs losing their OCA affiliation last year.

We have a great club with great friendly members. Our goal is to have fun safely riding our bikes in Northwestern Ontario and beyond. Not only do we have local events the club participates in events in Minnesota, Wisconsin, Michigan and often in Colorado. Check the calendar and the web site for up-to-date information.

We have a terrific web site with lots of information, pictures and up-to-date information on our rides. Gene is back as our web master and I think he is the best web master around. Also, we have a phone hot line we update at least weekly and right up to the day of the event if necessary to inform members of changes etc.. It is a good idea to check the hot line regularly and just before leaving for an event. The number is **626-8725** stick it on your phone.

I look forward to seeing everyone at our annual spring meeting at Confederation College Thursday March 18<sup>th</sup> at 7:30 PM. Check TV for the Room Number.

Graham Stewart

## Spring Road Touring Report 2004

Muckihiya, everyone! It's three days past Sibley and even though the ski conditions are excellent, my thoughts are on cycling. I have yet to act on these musings; whereas, I know for a fact that some members already have (Gene, Graham, Laurie . . .). As for the Sibley Tour, wasn't it the best ever?

The 2004 Road Touring Schedule is very similar to past years with the following additions and changes:

- There will not be a tour on the July 10-11 weekend so that we won't conflict with the Tour de Thunder Bay. The hope is that our riders will either take part in one or more of the events or volunteer to help out.
- We hope to utilize new venues (e.g. Nor-Wester) for our apres ride socials. To this end, we have not included any apres ride venues on the schedule. I will attempt to announce the venue the weekend of the ride by way of the Hotline and at the pre ride chalk talk. If you have a favourite that you would like to suggest, just let me know.

Let's hope the weather co-operates as much as it did in 2003 (i.e. only one postponed and one canceled ride). However, weather as well as road conditions can definitely be a factor for ride modification. Therefore, **CALL THE HOTLINE** before you leave for the ride. I will endeavor to alert you to any changes.

Guy

<b>Thunder Bay Cycling Club Touring Schedule 2004</b>				
<b>Date 2004</b>	<b>Time</b>	<b>Start</b>	<b>Distance (km)</b>	<b>Route</b>
Mar 28	11:00am	Thunder Bay Mall	22/50	to Hwy 130 / to Kakabeka Falls
Apr 4	11:00 am	Neebing Roadhouse	33/60	to Stanley Tavern and return
Apr 10 (Sat)	11:00 am	Neebing Roadhouse	30/60	to Hwy 608/ to Cloud Bay Trading Post
Apr 18	11:00 am	Stanely Tavern	42/56	11-17/ 590/ 588 / Stanely
Apr 25	11:00 am	North McIntyre Community Centre (Gov't Rd)	30/70	Mapleward /130 / 61 loop
May 2	11:00 am	County Fair Plaza	50/80	Sistonen's Corner
May 8 (Sat)	10:00 am	Thunder Bay Mall / Paipoonge Museum	30/60	Cheese Farm
May 16	10:00 am	Arrow River Bridge / Middle Falls	45/90	Devon Road to Silver Mountain Station & return
May 23	10:00 am	County Fair Plaza	63	Onion/ Pike/ Dog Lake Road
May 30	9:00 am	Thunder Bay Mall	100/160	Metric/ Imperial Century Ride #1
Jun 13	10:00 am	Kakabeka School/ Hwy 595 & 588 (Hymers)	54/90	To Silver Mountain Station
Jun 19 (Sat)	10:00 am	Neebing Roadhouse	40/75	61/608/588/River Rd/130/61-MTO return
Jun 27	10:00 am	Ryden's Store/ Grand Portage Casino	65/80	Naniboujou Lodge Brunch
Jul 04	10:00 am	Boulevard Lake Parking Lot	45/60	Lakeshore Drive & Crystal Beach Road
Jul 11		no tour - T. Bay Triple Crown Stage Race		check racing schedule & participate!
Jul 18	10:00 am	Pass Lake Truck Stop/ Joe Creek Parking Lot	45/77	Silver Islet & return
Jul 25	9:00 am	North McIntyre Community Centre (Gov't Rd)	100/160	Metric/ Imperial Century Ride #2
Aug 1	10:00 am	Italian Hall	45/95	Italian Festival
Aug 7	8:00 am 9:00 am	Thunder Bay Mall Thunder Bay Mall	200 100	Richard Irrgang/ Shaklee Double Century Ride Richard Irrgang/ Shaklee Single Century Ride
Aug 15	10:00 am 10:30 am	Lakeview Lodge Weigh scales on Armstrong Rd	100 60	Tour our peaks - Armstrong Road Tour our peaks - Armstrong Road
Aug 21	12:30 am	Thunder Country Ramble	40/70	route to be announced
Aug 29	10:00 am	County Fair Plaza	46/68	Lappe Store/ Hawkeye Lake & return
Sep 5	11:00 am (Tbay time)	Grand Portage Casino	90/110	to Grand Marais and back to Bayou Boogie

## Time Trials 2004

You must be a fully paid club member in order to participate in any time trial or club event. Non-members will not be allowed to partake, as stated by the OCA. Broadway Ave. has been reduced to three times and the START area on John St. Rd. is again at Toms Rd. just before the slight S-corner about 1 1/2 km past the church. The hilly time trials will be part of the whole TT series this year; it will not be run as an individual event.

The time trials will be reverted back to the distances and routes that were used for the past number of years. This is due to the fact that many of the riders would like to compare their times from year to year on the same course. There have also been a couple of changes with the addition of a 20km time trial to fill the gap between a 15km and 40km ITT, as well as an increase in the number of Mt. McKay hill climbs.

Awards will be given out based on the lowest accumulated time of the 10, 15, 26 and 40-km events for each category. You must do at least one of each distance to qualify for the awards, given out at the awards banquet at the end of the season.

Our age categories remain the same as in previous years. Juniors, 19 and under; Seniors, 20 to 39; and Veterans, 40 and over.

The start time will still be at 6:30 p.m. sharp. Remember to get there early for sign-in. Entry fees are \$2.00 per person per event.

Handicaps for the 40 over 40 only, will be 2 seconds per month for anyone over the age of 40. We may also do this for anyone under the age of 16.

### Time Trial Series - 2004

Date	Start Location	Distance kms
Apr 15	Broadway Ave at 25th Side Rd	10
Apr 22	Corner of Hwy 130 and Hwy 61	10
April 29	Hwy 61 at Neebing Roadhouse	20 – 2 up
May 06	Hwy 130 - at Paipoonge Museum	15
May 13	Broadway Ave at 25th Side Rd - Clean up night	10
May 20	Hwy 61 at Neebing Roadhouse	20/40
May 27	Dawson Road	26
June 03	Hwy 61 at Neebing Roadhouse	15
June 10	John St. Road at Toms Rd [park at the church still]	15
June 17	Hwy 61 at Neebing Roadhouse	40 – 2 up
June 24	Mt. McKay Hill Climb	3.5
July 01	Hwy 61 at Neebing Roadhouse	20
July 09	Corner of Hwy 130 and Hwy 61 (Prologue)	10
July 15	Dawson Road	26
July 22	Hwy 61 at Neebing Roadhouse	40
July 29	Mt. McKay Hill Climb	3.5
Aug 05	Hwy 130 - at Paipoonge Museum	15
Aug 12	Hwy 61 at Neebing Roadhouse	15/40
Aug 19	Broadway Ave at 25th Side Rd - Clean up night	10
Aug 26	John St. Road at Toms Rd [park at the church still]	15
Sept 02	Hwy 61 at Neebing Roadhouse	20
Saturday, Sept 11	Hwy 61 at Neebing Roadhouse - 40 over 40 (Start time 10:00a.m.)	40 Handicapped

## Road Racing 2004

New this year the Club will be hosting a weekend event/stage race that will include three different courses over three different days from July 9th to 11th. It will start on a Friday night with a Prologue (time trial), then continue on Saturday with a road race and then finish on Sunday with a Criterium followed by prizes and overall awards. You will have the choice to ride all three races for an overall winner (by general classification), or you can choose to ride one or two of the days. The chosen date does not conflict with other popular outdoor or cycling events. We will be looking for everyone to participate to make this 1st annual event fun and exciting. We will not only need racers but volunteers as well. If you have any comments or concerns about the proposed racing weekend event we would greatly appreciate your feed back. This is your club and we want to know what you want!!

Allison Carroll  
Road Racing TBCC  
Rollin' Thunder Bike & Ski  
Contact me at [akaenergizer@hotmail.com](mailto:akaenergizer@hotmail.com) for any changes you would like to see.

### Thunder Bay Triple Crown Stage Race July 9<sup>th</sup> – July 11<sup>th</sup> 2004

#### Friday July 9, 2004 - 10 km Prologue

Time: 7:00pm  
Place: Corner of Hwy 130 and Hwy 61

#### Saturday July 10, 2004 - Road Race

Time: 10:00am  
Place: TBA  
Distance: TBA

#### Sunday July 11, 2004 - Criterium

Time: 10:00am  
Place: TBA

\*\*This schedule is subject to change. Please call the **TBCC HOTLINE (626-8725)**, provided by CRC Communications, for regular updates to the schedule.

#### 2004 Thunder Bay Cycling Club Executive

President - Graham Stewart 475-8095  
Past President - Eugene Vandal 473-8142  
Treasurer - Sophie Young 767-1716  
Secretary - Fabio Zorzes 577-8835  
Road Touring - Guy Latimer 767-5921  
MTB Touring - Fabio Zorzes 577-8835  
Road Racing - Allison Carroll 623-6090  
Hotline/Newsletters - Pam Dawes 935-2751  
Promotions/Webmaster - Eugene Vandal 473-8142  
Clothing - Graham Stewart 475-8095

## Mountain Bike Touring

As I write these few words, the temperature outside is -33C with a stiff wind to further add to our winter misery. One can't help wonder if its ever going to warm up enough to ride our bikes again. It's even too cold to ski! Oh well, sooner or later Spring will once again be here and all this miserable cold weather will seem like just a distant bad dream.

As per custom, our cycling year started Jan. 1<sup>st</sup> with Frostbuster III. The temperature was fairly mild but we certainly got snowed upon! The countryside was beautiful and the mid-way rest stop featuring coffee, apple cider and bunwiches at my brother Angelo's house was much appreciated – as was the heat from the well-stoked woodstove.



Our regular mountain bike touring season will start once again in May with the ever-popular Stanley Hotel/Harstone Rd. and Carp R. rides. For those seeking a greater challenge, the MTB schedule will include a 'hardcore mountain marathon' which will feature both distance, hills and even a hike thrown in for good measure. Come out and test your limits – it should be a hoot. For something completely different, join us for the first annual St. Urho's tour this fall – a day of biking and golfing. Again, with your participation, a great time will happen – guaranteed! The fall schedule features all the usual favourites including the Falling Snows ride which is fast becoming a club staple. Try it – you'll hate it – but you will keep coming back. Of course, new tour routes and ride ideas are always welcome.

I would personally like to thank all those who participated in the MTB touring last year and welcome them and all others to come out and experience the fun and comraderie of mountain bike touring. There's really nothing else like it. It is only through the support and encouragement of the club membership by their attendance at these events that our club can continue to diversify and prosper. See you on the trails.

Fabio Zorzes  
MTB Touring

### Backroad Mountain Bike Touring

Date	Start Location	Time	Distance	Route
Fri May 14	Stanley Hotel	6:30 pm	15-35	Harstone Rd and Concession 6
Fri May 28	Chippewa Park	6:30 pm	25	Carp River Bike 'n' Hike
Sat Aug 28	Stanley Hotel	10:00 am	50	St. Urho's Tour - Bike 'n' Golf

After September 1, the following rides will be scheduled (no particular order). Check the Hotline weekly for ride details.

Latimers - Hazelwood Lake	20-40	Ride, sauna, swim, BBQ
Sturgeon Bay Rd & Hwy 61	25-30	Bike 'n' Hike - challenging hills, awesome views of Lake Superior
Falling Leaves Tour	65	South Gillies (use road or mountain bikes)
Urban Tour/Clunker Ride	TBA	
Falling Snows	30-40	
Boy Scout Camp Road	20-35	Bike 'n' Hike
Pantry's MTB Ride	~40	Rita Lake Road or Silver Islet
Silver Falls	~20	Silver Falls Road Bike 'n' Hike
Chimney Climb	~20	Silver Islet
Hardcore MTB Challenge	TBA	Slate River valley and surrounding hills