



The Wheely Good News



SPRING 2009

Presidents Message:

As we enter the 2009 season I'd like to welcome any new members as well as our returning members to the Thunder Bay Cycling Club. Our program caters to individuals of all ages and abilities with the intention of promoting fun and safe cycling for everyone. Our Road Touring, Mountain Bike Touring and Racing programs (both monthly road races and weekly individual time trials) will continue to ride on.



This year promises to be another great year. In response to your requests, we (your executive) have made several changes for the 2009 season. Here are some highlights of what to expect:

- Membership fees for 2009 have been increased slightly in light of ever increasing expenses. We have also streamlined the memberships to one flat fee. This was done to simplify our accounting and to encourage participation of all members in the various programs provided. Please also note that there is an increase to the membership fee after May 31st, so please get your applications in early.
- The weekly Road Touring program hopes to become more "rider friendly" this season with some new routes and some variations to old favourites. We are also going to endeavour to group riders by ability with the intention that the rides become slightly more structured and sociable. If you haven't tried road touring, or if you haven't attended a road touring event for some time, I would encourage you to come out and give it a try. And if you come across a new member, please

assist them and make them feel welcome.

- Mountain Touring will be back again in the spring and fall. Several gravel road rides and some "bike and hikes" are planned. These casual rides are an excellent start and finish to the season.
- The racing program will continue to evolve this season. Our existing races will see some changes. An official timer and sag wagons are being added to improve accuracy and safety. New routes are being planned for existing races to accommodate the Category 3 and 4 riders in order to encourage participation of riders of all abilities. A new "Rough Road Race" has been added on September 26th. This Paris-Roubaix style race should add some more spice to the local racing calendar. If you haven't tried racing, what's stopping you?

Our first road tour of the season will be on Sunday, March 29th, at 11:00 a.m.

- Speaking of racing, our weekly Time Trials series will once again be a staple on Thursday nights. These time trials can be an excellent introduction to racing and provide individuals an opportunity to test themselves against the clock. In response to member requests, some favourite old routes are returning and the schedule has been balanced with the various distances. One other change to our program will see the 40 Over 40 Time Trial on Saturday September 12th open to members of all ages with unadjusted times counting towards the overall standings. Check the TBCC website for the schedule, rules, and point system.

- In an effort to try to bring the touring and racing communities together, we are going to introduce the "Ironman Series". Points will be given for participation in tour rides, road races and time trials. The person who accumulates the most points, while attending a set schedule of events, will be the Ironman winner. It is designed to encourage participation in TBCC events and to hopefully provide some crossover between the racers and the touring riders. See the forms page on our website for the necessary paperwork.
- As most of you know, our club requires all individuals attending any TBCC event to be covered by OCA or UCI insurance. In the past any individual who did not want to become a member or did not have insurance through another club, unfortunately had to be turned away. In a response to numerous requests to make the club more accessible to new members, the TBCC has introduced a Trial Membership this season for prospective first time members. This \$20 fee will insure the rider through the OCA and entitle a first time member to try the club for three (3) events. Although the OCA insurance costs the TBCC slightly more than this, we hope that once people try the club, they will decide to stay. The trial fee will then be deducted from the yearly membership fee.
- This spring the TBCC is offering customized Sugoi RS shorts and bib shorts with the club colours. These are currently available for pre-orders. Please visit the "Clothing" section of the website for further details.
- Reciprocal partnerships with the new triathlon club, Multisport North, and the Black Sheep Mountain Bike Club have been established. Since we live in a small community and many times share the same members and volunteers, it is important that we all co-operate with each other. By offering reciprocal discounts we hope to encourage members from these clubs to take advantage of the opportunities that are available.
- The support of the Forest City Velodrome has been dropped this year due to the lack of use by most of our members. This will now allow us to focus our attention and resources on our own programs.
- The programs offered by the TBCC will include new skills clinics in order to help develop and expand the knowledge base of the athletes in our club. Look for an, "Introduction to Time Trialing" to be one of the first. If you haven't tried a time trial in the past, this would be an excellent opportunity to get some tips and tricks prior to your first.
- A new Junior program and a Coaching Certification program are being investigated and discussed. Hopefully these will be in place by 2010.
- A new Charity Ride in support of the Northern Regional Cancer Centre has been scheduled for Sunday, September 13th. This ride is being co-ordinated in conjunction with the Caribou Restaurant and should be an excellent way to raise the profile of the TBCC and to give back to our community.
- Once again the TBCC will participate in the Thunder Bay District Health Unit's "Share the Road" program. The intent of this program is to educate the general public –both cyclists and motorists –to share the road. Through this program we can get the message out that cyclists have the same rights as motorists. By becoming advocates and taking the lead I hope that we can change some attitudes and make the roads safer for all cyclists.
- Related to this, I have asked the executive to rethink our approach and to put a priority on safety for all of our events. This will mean some changes to our previous practises and routes. However, safety is not simply up to the members of the executive. Safety is everyone's responsibility and I'd like to see all of you adopt a similar approach. With our brightly coloured jerseys and jackets, and shorts, TBCC members are highly visible. Safe riding practices not only preserve your own health and well being, but can influence how the general public treats other cyclists. So for 2009 I would like to encourage all of you to BE A ROLL MODEL!!

As always our website and hotline will continue to be our means of maintaining our schedule.

Be sure to check or call prior to the scheduled rides in the event of any unforeseen changes.

Finally, you will notice the names and logos of our sponsors featured prominently on our website, banners and publications. The TBCC cannot provide our programs to the level that we have become accustomed to without their generous support. In response to this support, I ask that you consider these businesses when you are making choices for your spending dollars. Buying locally will help to support the local economy and help to keep our programs alive.

Be safe in 2009, and please, support your local bike shops.

Dave Pinner

C-KAP:

For the rest of your life!

The Canadian Kilometer Achievement Program, or C-KAP as it is better known, is an incentive cycling program designed to inspire Canadians to set lifetime cycling goals and to record and submit their total kilometers achieved towards their goals on an annual basis. C-KAP's ultimate goal, of course, is to assist Canadians in enjoying improved health and in living active healthy lifestyles.

Sign-Up Now! at www.ckap.ca



Touring Report:

The 2009 touring season's schedule incorporated the ideas of a number of consulted tourists, a working group of 3 additional tourists, and my goals of:

- less driving: 1 long drive / month (beyond city limits), and more of a north - south balance of starting point;
- shorter rides: a gradual progression of distance, with 1 long ride / month to prepare riders for the century rides ahead;
- Hilites of the upcoming season include:
- gone are the Dawson Road, and the Naniboujou rides;
- the Vickers Heights Community Centre on Broadway Avenue has replaced the Arthur Street Market Place as a tour starting point, with 1 exception: the July century ride;
- the first single century ride will be held in July, and named the Arnold Devlin Memorial metric / Imperial century;
- July tours have an aquatic theme - think

swim, on a hot day: Silver Islet, with a new short ride start at Pass Lake; One Island Lake ride; and a new start (and month): Wild Goose Park, for the Tour the Armstrong Peaks ride followed by lunch at the Lakeview Lodge;

- two new rides are added to August: the Cameron River Falls ride, cohosted by Michael Elliot, starting in Nipigon (not 1 km of highway 11 or 17); and the Kakabeka Street Fair ride start / end in Kakabeka Falls;
- new for September is a charity ride cohosted by TBCC and the Caribou Restaurant;
- On the printed schedule page, the tour route is thoroughly described:
- the short route is separated from the long by a semi-colon, or, the word or;
- it is expected that you will familiarize yourself with the route, before the ride; on the tbaycc.ca website, a mouse click on the route on the schedule will produce a map and description which can be downloaded if you wish;
- On tour day, at the start time, a cow bell will ring to signal rider collection for:
 - announcements;
 - bike check - please come with your steed;
 - introduction of new members;
 - and the collection of like speed and distance riders, if you wish;

Touring has acquired a budget of \$400; if a member hosts an après ride gathering, \$25 is available for a potluck event, and \$50 for a full service event. Another use could be banquet awards; any other ideas are welcome.

By the time this message is posted / read, some folks will have already ridden one or more times. Its time to get your bicycle tuned, set your goals for the upcoming season, and rain to wash the roads.

Keep your bicycle on the road, and the rubber side down.

Chair of touring, 2009,
David Curtis

Racing Report:

Hello fellow cyclists,

I have been proudly awarded the position of Road Race Director, for the 2009 season.

It gives me great honor, to challenge our cycling skills with a new, somewhat difficult schedule; I hope we all enjoy it.

We would like to mention, and I know you've heard it enough, but this year we are going to stress that there has to be a marshal for every TT event. If this is not fulfilled we will have to cancel that weeks event, so let's not have this happen. We also need corner marshal's for our road races, at least one, we will also have position's available for sag drivers. Two will be required, one will follow category 3 & 4, and another will follow category 1 & 2. We will pay for these positions, \$15.00 and \$20.00 respectively.

Duties for a sag wagon; must carry first aid supplies, stay behind last rider and carry spare wheels if your vehicle allows this. Thank You.

President	Dave Pinner	621-0620
Treasurer	Susan Kajmowicz	344-3479
Secretary	Bill Ulakovic	767-8239
Road Racing	Berto Pasciullo	473-9659
Road Touring	David Curtis	623-0486
MTB Touring	Fabio Zorzes	577-8835
Clothing	Graham Stewart	475-8095
Hotline/Newsletters	Pam Dawes	935-2751
Webmaster/Promotions	Eugene Vandal	info@tbaycc.ca

The TT series has changed a little. It'll be a bit more challenging, hopefully everyone likes the new structure; a 40 km is scheduled at the end of each month! We still have the 2 Moose Hill Climb TT's and the classic Mile Hill Climb. The 40-40 will be included for all this year; it'll be a nice change, to TT at 10 am. on a Saturday... might be some fast times that day!

I'd like to adhere on a strict sign up protocol. That is, by 6:20, you should have signed in. Your sign-up number is your position number,(eg. you sign up as the 19th rider, that is your number "19".) You will line up at the start line in groups of five, then the next group of five and so on, this should help organize the event. As you cross the finish line, you call out your number.

Sign up for the 40 km only, will end at 6:15, and your number will be assigned at 6:20. This will give you 10 min. plus your start number to warm up. Only for the 40 km I'd like to try seeding the riders. This may create a bottleneck at the finish line, so we'll see how it works and what feed back we get.

If we have extra help at the start line we will hold riders, but otherwise we'll use the OCA rule with one foot on the ground.

So that's it simple enough I think, let's enjoy and pray for nice weather.

The Road Race series has a little twist for 2009, like all road races safety is an issue. So I was given the challenge with, how do I make it safer without closing roads and creating an expensive venue? Well, as we all know no matter what you do, it's our responsibility to race safe and heed all traffic rules and signs. Most of the races

are the same as years before with some changes for the better; we'll have to see.

This season I included a rough road race; it'll take us through some hard packed gravel roads on the north side of town. It was mentioned to me that it may resemble some races held in France, we'll have to wait and find out!

I would also like to mention a new event I'd like to implement into this season's Triple Crown.

For the 2nd day's event, I'd like to have a 2 up sprint of about 150 meters, for the morning.

The previous day's event will be used to seed

the riders into groups of 2. The winner moves on with a 5 second time bonus each time they win, until we reach the top 10. The top 10 racers will receive an additional 5 sec. as they move on, until we have the overall top winner. In the afternoon we will have a criterium of; 30 laps-cat.1, 25 laps-cat.2, 20 laps-cat.3 and 15 laps-cat.4. Both will be held in Inova Park. The road race will be held on Hwy. 588, Barrie Rd., River Rd. loop of 15 km. We'll start near C-line road which is up past the hill on the 588.

Well that's road racing, full speed ahead!

I hope this season appeals to all, so let's get out there and enjoy ride, what more can you ask for!

We'll see you at the spring meeting, until then, stay fit and always ride safe.

Sincerely,
Berto Pasciullo

Clothing Report: **TBCC Cycling Short Design and Information**

The Shorts

The Sugoi RS Short has earned a reputation as a worldwide multi award-winning short . This incredible short is made from Ultra Aero fabric, which is a dimensionally constructed kit that creates less friction and superior aerodynamics when moving through the air. The fabric's firm stretch and recovery provides high-tenacity fit to keep muscles energized and working efficiently during extreme conditions. With an impressive 10 panel contour design, signature leg grip, and flat seam.

10 panel complex contour

3S Flat seam
9 inch inseam
Signature leg grip

Pre-Orders

We would like to have members pre-order if they are interested in purchasing a pair of shorts. They can be ordered as regular or bib style. The prices will be \$100.00 for the regular style and \$115.00 for the bib style. If you are interested please send your request and short size to the TBCC email address found [here](#).

Deadline for pre-orders is April 1st.



3d Model

Back panel

Time Trial Rules and Regulations

DATE & TIME:

Time trials are held Thursday evenings, beginning at 6:30pm. unless the weather isn't suitable. On those days, phone the hotline for more info.

SIGN UP:

Sign-up for the TT's must be before 6:25pm for the shorter events (5, 10, 15, 20km) and before 6:15pm for the 40km events, which ensures the events start on time. Road marshals should also be there by 6:15pm.

CATEGORIES:

Male and Female
Junior (18 and under)
Senior (19 - 34)
Veteran (35 - 49)
Master (50 and over)

TO QUALIFY:

Qualifying for TT's awards, you must complete at least one of every distance (10, 15, 20 & 40km) throughout the summer, excluding the final 5km one-way event. Awards will be based on the lowest cumulative times per event, per category.

The 40 over 40 is a time handicapped event for riders over 40 years of age, however riders of all ages may participate. Riders over the age of 40 receive time bonuses of 2 seconds per month and prizes will be awarded based on those adjusted times. Unadjusted times from this event will be used as a 40 km TT.

Qualifying for hilly TT's awards, you must complete both Moose Hill events, excluding the Mile Hill TT. Awards will be based on the lowest cumulative times per event per category.

For the Fastest Annual 100 Kilometre Awards, the fastest times are taken from any TT event that total up to 100 kilometres. Calculations for this award are based on any of your fastest TT events, for that year.

All equipment must be in proper working order, good brake pads, properly inflated tires, secure head set and handle bars, secure seat post and saddle, tight wheel skewers.

Helmets must be worn at all events.

OCA TIME TRIAL RULES:

The OCA bases their rules on those of the Canadian Cycling Association (CCA) who can be found at: www.canadiancycling.ca. Ultimately, the CCA conforms to the rules as set out by the Union Cycliste International (UCI), the world's regulatory body for cycling. Their website is: www.uci.ch/english/index.htm

TT RULES.

- Obey the starter's instructions.
- Line up at starting line on the shoulder in departure number order. While you are waiting to start, keep over to the side, well off the travel lane of the road.
- Have respect for nearby residents. If nature calls, find a discrete location,

- not the neighbours' bushes.
- Whenever possible, we will hold riders at the start, otherwise, you must start with one foot on the ground, the front tire not beyond the start line. The starter will count down the last few seconds. You may start after the starter says, "Go".
- Respect the wishes of all marshals and timekeepers.
- If you miss your start time, or have a mechanical after you have started, you will not have a restart. If a rider has a mechanical prior to their start we will consider moving them to the end of the list.
- TT's are individual. This means no drafting is allowed except in team time trials. If you do, you will be disqualified. Drafting means not following in anyone's slipstream and leaving a lateral distance of 11/2 metres when you are passing someone. If you are passed you must maintain a distance of 10 metres between you and the rider who has just passed you.
- When overtaking another TT participant, abide by traffic laws pertaining to passing another road user. Do not pass to the right.
- Be aware of the dangers of intersections along the course, even if you do have 'Right of Way,' and act accordingly. Remember, you are ultimately responsible for your own safety.
- Do not ride with your head down.
- Many of our courses have a turn-around point at midway. You must check in both directions well in advance of the turnaround point to determine whether it is safe to turn. If in doubt, err on the side of waiting. Remember, the turn marshal is there for guidance only, but you must stop if the marshal gives that instruction. The turn is around the outside of the cone, or if there is no cone around the outside of a mark, or within 10 feet in front of the marshal.
- As you pass the timekeeper, you must call out your start number. Failure to do so may mean that you will not get a result. If there is a rider in front of you at the line, let them call their number out first.
- Do not disturb the timekeeper while he or she is trying to get results.

Riders shall not approach the timekeepers for any reason prior to the announcement of official results in the parking area, unless there is an emergency or there has been an accident. This could result in you being penalized.

Items For Sale:

- **Trek T200 Tandem**
- **SIDI Cycling Shoes**
- **Marinoni Squadra**
- **Trek Madone 5.2**

Items Wanted:

- Lightly used road bike - for long day touring, more than racing - about 54 cm frame, good quality. Call Nancy Knight at 622-1426 or email her at wildiris1@hotmail.com.
- Looking for a large framed mountain bike - any kind and in any (working!) condition. Willing to pay up to \$200. Contact Martha at marthaemoon@gmail.com.

See website for more details on these items

Tour of Lakes Room Bookings

I received my Tour of Lakes entry in the mail last week so jumped the gun and booked rooms in Brainerd (actually in Baxter). The ride starts in Baxter this year and I booked a hotel that is very close to the start and finish. Anyone interested in booking a room can call:

Hawthorn Suites ([Website](#))
7208 Fairview Rd
Baxter, MN 56425
218-822-1133

I have reserved 10 rooms at a special price of \$99.90/night for Friday, June 5 and Saturday, June 6. Each room is non-smoking and has 2 queen beds. Just call and ask for a room with the Thunder Bay Cycling Club. Any rooms not taken by May 4 will be released. Check the above website for a map to the hotel.

Cheers,
Pam