

# Murphy Trails Cycling Club

April 2006 Newsletter

Editor: Brian Smith



## 2006 Club Activities

**2006 membership fees are \$55/person and additional \$30/family member.** Membership forms are available on [murphytrails.com](http://murphytrails.com) and payments can be made at The Bike Shop 406 Front Street in Sarnia, tel. 519-344-0515, at Centre Ice Sports 200 N. Vidal in Sarnia, tel 519-337-4545 and at Wawanosh Watercraft at 3510 Queen St., Camlachie, tel: 519-869-8252. There are two OCA waiver forms that need to be filled out and signed.

**Mileage Challenge** for all cyclists starts April 1st.

Must be club member and start by May 15, 2006.

Download form at [www.murphytrails.com/2006\\_Mileage\\_challenge.pdf](http://www.murphytrails.com/2006_Mileage_challenge.pdf)

### Road Bike Events - Contact Brian Smith at 332-6199

See the list of rides and events on page 4. Let us know if there is an event you would like to lead or suggest. Regular road rides on Tuesday evening and Saturday morning from Alexander MacKenzie High School.

Season opener: April Fools ride, Sat. April 1st. Good Friday ride on April 14.

### Mountain Bike Events - Contact John Elliott at 869-2047

- Sundays at 8:30 am at Tim Horton's Bright's grove.
- May 6th - Trail cleanup at 12 pm. Refreshments provided.
- May 7th - Open House. 9 am to 3 pm. Guided trail rides.
- Introductory trail rides Monday @ 6:30 PM, June 5th to Sept. 11th.
- June 20th—7 pm summer solstice ride. Meet at Skeeters after.

**Seminar:** There will be a free seminar Wednesday March 29th at Zehrs Community Room at 6:30 PM. Dr. Erin White will present "**Are you ready to go biking? An interactive review of your body and bike mechanics to help improve your biking enjoyment/performance**". The second seminar will be about **Bike Tune-Up and maintenance**. What to do to prepare your bike for the cycling season. Cleaning, lubrication, chain, wheels, brakes and tires. Everyone is welcome to attend. Web site for reference: [www.sheldonbrown.com/](http://www.sheldonbrown.com/)

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### Business Supporters:

*The following businesses support our club and may give discounts to members. Check the website for details.*

- Adam's Apple
- Bluewater Nutrition
- Centre Ice Sports
- Revolution Bicycle Shop
- The Bike Shop
- The Waterbug
- Wawanosh Watercraft

## Web Sites of Interest

See the main website at: **www.murphytrails.com**.

Please use the message board to invite other members for unscheduled road and trail rides.

Check out **www.active.com** individual sports for training tips and advice for running, cycling, mountain biking, triathlon, and more.

Check out my cycling page of links at: <http://home.cogeco.ca/~bsmith1360/cycling.htm>

Bike repair and tool information:

[www.parktool.com/repair/](http://www.parktool.com/repair/)

[www.sheldonbrown.com/](http://www.sheldonbrown.com/)

## Ride Safe - Highway Traffic Act in Brief

- A bicycle is a vehicle—same rights and responsibilities as other road users.
- Must stop at red lights (HTA 124) and stop signs (HTA 136) and travel in designated direction (HTA 153).
- Bicycle is a slow vehicle: must travel as far to the right as practicable (HTA 147), except when making a left turn or passing. You may occupy any part of a lane if your safety warrants it. Never compromise your safety for the convenience of a motorist behind you.
- Cyclists must identify themselves when stopped by the police for breaking traffic laws. You must give the officer your correct name and address—no I.D. is necessary (HTA 218).
- Equipment Required by Law (Fines range from \$40 to \$105):
  - Bell or horn (HTA 75 (5))
  - At night, white light in front (reflector is not enough) and red rear reflector or light (HTA 62).
  - Reflective tape on stays and forks—red in back, white in front (HTA 62 (17)).
  - Bike helmets must be worn for cyclists under 18 (HTA 104) and highly recommended for cyclists 18 and over.
- Eyewear is recommended to protect eyes from grit, bugs and wind.

From OCA website: [www.ontariocycling.org/web\\_pages/rec\\_advocacy\\_d.php](http://www.ontariocycling.org/web_pages/rec_advocacy_d.php)

## 2006 Club Executive

President:	John Elliott	869-2047	Secretary/Treasurer:	Rab Robichaud	336-7454
VP Road:	Brian Smith	332-6199	VP Trail :	Jeff Van Moorsel	899-2712
Webmaster:	Brandon Clarke				

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## **Bike Rides departing from Bright's Grove**

Thursday night rides : A very fast paced 30 - 35 km mountain bike ride from Tim Horton's in Brights Grove into Sarnia, under the Bluewater bridge and back. Meet at Timmy's at 8:30 p.m. The normal route goes through Wawanosh Wetlands and uses the Howard Watson Rail Trail, eventually popping out on Michigan for an all out sprint to the bridge. After some quick "play" around the water works hill, we head home on Cathcart and on to the rail trail for the return trip. We are almost always on our mountain bikes though the road bikes do come out as the weather improves. If it's too wet we stay away from the trails and stick to the roads. We end up back at Tim Horton's in the Grove shortly after 10:00 p.m. Of course it's dark out there so we all have our lights on, front and back.

Sunday Morning rides : For 10 years a group of local riders have been pedaling the area every Sunday morning. A core group of riders have been keeping this tradition going and going, rain or sleet or shine. Starting at 8:30 a.m. at Tim Horton's in the Grove with some trash talking, we use our years of experience to decide which trails would be the best to ride taking into account the weather conditions and the mood of the group. Quite often we will car-pool to Port Franks to ride the trails to Grand Bend and back. A stop halfway for coffee and a snack is usually in order. These rides end back at Tim Horton's in the Grove around 1:00 p.m. This is a casual ride for fit riders looking for some good fun with a great group of people. Newbies are always welcome. If you're a roadie thinking about trying some off road riding this is the ride to try it out. As the group gets larger in the summer, an "A" and "B" group forms, meeting at the same halfway point but taking different routes. Come out and be a part of this great tradition.

## **Book review: Food for Fitness**

"Food for Fitness" was written by Chris Carmichael who has trained Lance Armstrong and also written "The Ultimate Ride" get fit, get fast and start winning. Chris relates the Periodization method of training to the nutrition program. A periodization program breaks a yearly training program into four segments called Foundation, Preparation, Specialization and Transition periods. Each period is further broken into four week training blocks. Each training block is broken down to weekly training cycles.

The amount of energy you burn changes as you go through the weekly training cycles. You need the right kind and amount of food and recovery time to support your workouts. Make changes gradually to avoid shocking your body.

This book can help you choose the right fuels for the job. Natural foods allow our bodies to better absorb the nutrients. Included is an athlete's guide to carbohydrates, protein and fat. There are recipes, meal plans and a guide to preparing food. The chapter on fueling up for performance: Before, During and After is very informative.

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**SCHEDULE of RIDES and EVENTS**

Please check [www.murphytrails.com](http://www.murphytrails.com) message board for the most up-to-date details on these rides.

Mountain Bike rides on Sundays @ 8:30 AM from Tim Horton's Bright's Grove, Intermediate and Advanced levels. Car pool to various trails such as Port Franks to Grand Bend.

Mountain Bike rides on Mondays @ 6:30 PM at Murphy Trails, June 5th to September 11th. Beginners and Intermediate levels.

Road Bike rides on Tuesdays @ 5:45 PM from Alexander MacKenzie High School. 60 km distance. Intermediate level.

Very Fast Mountain Bike rides on Thursday @ 8:30 PM from Tim Horton's Bright's Grove, Advanced.

Road Bike rides on Saturdays @ 10AM (April), 9AM (May), 8AM (June/July/August) from Alexander MacKenzie High School. 60 to 160 km. Intermediate and advanced levels.

**Date    Time    Departure    Type    Description    Leader**

**MARCH 2006**

Wed Mar 29 6:30 PM Zehrs Community Room Dr. Erin White seminar. Bike Maintenance Seminar. Everyone is welcome to attend.

**APRIL 2006**

Sat Apr 1 10 AM Al Mackenzie HS Road April Fools Ride to Petrolia Tim Horton's - 70 km Brian Smith  
 Sun Apr 9 drive to MTN Paris to Ancaster Barry White  
 Fri Apr 14 10 AM 6652 Oil Heritage Road Good Friday. Lunch in Parkhill. - 100km Brian Smith  
 Sat Apr 22 10 AM Mooretown Road Randonneurs - Harson's Island 20 km non club event.  
 <[www.randonneursontario.ca/sched/huronsked06.html](http://www.randonneursontario.ca/sched/huronsked06.html)>

**MAY 2006**

Sat May 6 12 PM 6652 Oil Heritage Trail Cleanup - BBQ to follow. Jeff VM/Rab  
 Sun May 7 9AM-3 PM 6652 Oil Heritage MTN Guided Trail Ride - must sign waiver Rab  
 rain date Sun May 27th

**JUNE 2006**

Sat Jun 10 7 AM Al Mackenzie HS Road Lambton Century 100 km or 100 Mile ride. Brian Smith  
 everyone rides to Sombra and rest in Petrolia. 100 mile to Forest and Bright's Grove.  
 Tue Jun 20 7 PM 6652 Oil Heritage MTN Ride Murphy Trails & meet at Skeeters after. Rab  
 6 PM Skeeters Road Road Ride & meet at Skeeters after. Brian Smith

**JULY 2006**

Sat July 1 8 AM Al Mackenzie HS Road Canada Day ride to Wallaceburg. 120 km Brian Smith  
 optional ride 160 km

**SEPTEMBER 2006**

Sun Sept -tba- 8 AM-4 PM 6652 Oil Heritage MTN 6 Hour Relay Race. 7-8 km per lap. Rab  
 Members \$10, non-Members \$70, 2 person / 4 person / 4 person co-ed. Prizes and BBQ.