


Murphy Trails Mountain Bike Club

April 2005 Newsletter

Editor: Brian Smith

2005 Club Activities

2005 memberships can be paid at The Bike Shop on Front Street in Sarnia, tel. 344-0515. and at Wawanosh Watercraft at 3510 Queen St., Camlachie, tel: 869-8252. There are two OCA forms that need to be filled out.

2005 membership fees are \$55/person and additional \$30/family member.



Volume 1, Issue 1

April 25, 2005

Special points of interest:

- *Contact Barry White about ordering club jerseys for 2005.*
- *Receive 15% discount on bikes, frames, parts and clothing when you present your membership card at OCA Retail Partner Wawanosh Watercraft.*
- *Contact Rolf Hauckwitz at 867-3010 if you are interested in very long road rides. See the Randonneurs website at: www.randonneursontario.ca/*
- *Contact Rob Ballinger at 882-3823 if you are interested in the CAN-Bike program to teach safe cycling skills.*

Road Bike Events - Contact John Kafford at 542-7886

See the list of road rides on page 4.

Mountain Bike Events - Contact John Elliott at 869-2047

- May 7—trail cleanup and work party!
- Introductory rides.
- Opening day ride.
- June 21st summer solstice ride.

Web Sites and Message Board

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

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

The road riding web site is at: www.bluewatercycling.com. See the road riding schedule.

Next club meeting: June 29, 2005

Please attend our next club meeting on Wednesday June 29th at Zehrs Community room. The room opens at 6:30 pm. Our guest speaker begins at 7 pm. Dr. Erin White will present a seminar about stretching and strengthening exercises specific to the "cyclist". He will also review some exercises to help with core stability that reduces back injury risk

Internet sites of Interest

Have a look at my Cycling web page at: <http://home.cogeco.ca/~bsmith1360/cycling.htm>

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

Did you know that 85% of air travel thrombosis victims are athletic, usually endurance athletes?

[www.airhealth.org/athletes.html, July 11, 2004]

Does gym work make you a stronger cyclist? Read the article at: http://www.active.com/story.cfm?story_id=11535

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

2005 Club Executive

| | | | |
|---------------------|------------------------|---------------------------------|----------|
| President: | Brian Smith 332-6199 | Secretary: Barry White | 869-2867 |
| Treasurer: | Rab Robichaud 336-7454 | Road Co-ordinator: John Kafford | 542-7886 |
| Trail Co-ordinator: | John Elliott 869-2047 | Webmaster: Rob Ballinger | 882-3823 |

You Know You're Addicted to Cycling When...

Your surgeon tells you need a heart valve replacement and you ask if you have a choice between presta and schrader.

The funeral director tells you "NO!" you can't ride your Cannondale in the funeral procession, even if you keep your headlight on.

You no longer require a hankie to blow your nose.

You have stopped even trying to explain to your spouse why you need two bikes...you just go buy another one and figure it will all work out in the divorce settlement.

You buy your crutches instead of renting.

You convert your car's brake and gas pedals to clipless.

You find your Shimano touring shoes to be more comfortable and stylish than your gunboat sneakers.

You refuse to buy a couch because that patch of wallspace is taken up by the bike.

You have more money invested in your bike clothes than in the rest of your combined wardrobe.

Biker chick means black spandex, not leather, and a Marinoni, not a Harley.

"Four cheeseburgers and four large French Fries" is for you.

You see a fit, tanned, Lycra-clad young woman ride by, and the first thing you check out is her bicycle.

Despite all that winter fat you put on, you'll skim weight by buying titanium components.

You use wax on your chain, but not on your car.

Your mud guards are made out of milk jugs.

Your first course when you eat out is a large banana split.

When driving, you yell "On Your Left!" on passing another car.

You yell "Hole!" when you see a pothole while driving your car.

Your bike has more miles on its computer than your car's odometer.

You wear your riding gloves when driving your car.

You wear your bike shorts swimming.

You wear Charles River Wheelmen T-shirts all the time, including under dress shirts.

Your bikes are worth more than your car.

You buy a mini-van and immediately remove the rear seats to allow your bike(s) to fit.

When you move to a new area the first thing you look for is a bike shop.

You have more bike jerseys than dress shirts.

You take your bike along when you shop for a car - just to make sure the bike will fit inside.

You use the Yakima or Thule 'Fit Catalog' to pick your next new car instead of Consumer Reports.

You start yelling at cars to "hold your line."

You're comfortable bumping elbows with step vans.

You view crashes as an opportunity to upgrade components.

You clean your bike(s) more often than your car.

You're on the Board of Directors for a Bike Club.

You spend weeks during the summer spraying arrows on the sides of roads.

You and your significant other have and wear identical riding clothes.

You mount a \$600 cap, on a \$1,000 pickup truck, so your \$3,000 bike doesn't get wet.

You can't seem to get to work by 8:30 AM, even for important meetings, but you don't have any problems at all meeting your buddies at 5:30 AM for a bike ride.

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2005 MT/Bluewater Cycling Road Ride Schedule

| <u>Date</u> | <u>Time</u> | <u>Departure</u> | <u>Route #</u> | <u>Type</u> | <u>Event</u> |
|--|-------------|----------------------------|----------------------|-------------|---|
| APRIL 2005 | | | | | |
| Sat Apr 23 | 10:00 AM | 6652 Oil Heritage Rd | New Member-50km Road | | New membership ride and BBQ. |
| MAY 2005 | | | | | |
| Sat May 7 | 9:00 AM | 6652 Oil Heritage Rd | | MTB | Trail Clean-up Work Party ! |
| Sat May 14 | 9:00 AM | Petrolia Tim Horton's | | Road | Adopt A Road - Clean-up Work Party ! |
| Thu May 26 | 6:00 PM | 6652 Oil Heritage Rd | Aberarder Rd | Road | Giro D' Lambton Prologue (Day 1) |
| Sat May 28 | 9:00 AM | 6652 Oil Heritage Rd | 2 stages (per map) | Road | Giro D' Lambton (Stg.1, Lunch, Stg.2) |
| JUNE 2005 | | | | | |
| Sat Jun 25 | 7:00 AM | Sarnia - drive to Jordan | per map | Road | Jordan - Niagara Hills (CALL JOHN KAFFORD AT 542-7886 TO REGISTER) |
| JULY 2005 | | | | | |
| Thu July 7 | 6:00 PM | 6652 Oil Heritage Rd | Aberarder Rd | Road | Tour De Lambton Prologue (Day 1) |
| Sat July 9 | 9:00 AM | 6652 Oil Heritage Rd | 2 stages (per map) | Road | Tour De Lambton (Stg.1, Lunch, Stg.2) |
| Sat Jul 23/24 | 8:00 AM | drive to Grand Bend | Special-150 km | Road | MS Tour London-Grand Bend (This is not a club ride. Register with MS Bike Tour at: http://www.ms biketours.com/ontario/bike_grandbend.htm) |
| Sat Jul 30/31/Aug 1 | 6:00 AM | Petrolia | Special-225 km | Road | Petrolia - Dunnville (CALL Rob Janzen TO REGISTER) |
| AUG 2005 | | | | | |
| Sat/Sun Aug 20/21 | 7:00 AM | Sarnia - drive to Oliphant | per map | Road | Touring - Wiaraton / Sauble area (CALL JOHN KAFFORD AT 542-7886 TO REGISTER) |
| SEPT 2005 | | | | | |
| Sat Sept 3 | 8:00 AM | Al Mackenzie HS | Special-150 km | Road | Up/Down River (3 Ferry crossings) |
| Thu Sept 8 | 6:00 PM | 6652 Oil Heritage Rd | Aberarder Rd | Road | Vuelta A Lambton Prologue (Day 1) |
| Sat Sept 10 | 9:00 AM | 6652 Oil Heritage Rd | 2 stages (per map) | Road | Vuelta A Lambton (Stg.1, Lunch, Stg2) |
| OCT 2005 | | | | | |
| Sun Oct 2 | 8:00 AM | Tim H Vidal St. | USA-100 mile | Road | Bluewater Ramble, USA (This is not a club ride. Register at: http://www.lmb.org/crr/bwr2.ihtml) |
| Sun Oct 16 | 9:00 AM | 6652 Oil Heritage Rd | Road/BBQ/MTB | Both | Year End Bash |
| NOV 2005 | | | | | |
| Sat Nov 19 | 1:00 PM | Ups n' Downs Pub | Annual Meeting | Both | Contact Brian Smith for details |
| See website at: (http://www.bluewatercycling.com/2005_ride_summary.htm) for updated ride schedule. | | | | | |
| Contact John kafford for information and route maps. | | | | | |
