
Murphy Trails Mountain Bike Club

June 2005 Newsletter

Editor: Brian Smith



2005 Club Activities

2005 memberships can be paid at The Bike Shop at 410 Front Street North in Sarnia, tel. 344-0515, at Wawanosh Watercraft at 3510 Queen St., Camlachie, tel: 869-8252 and Centre Ice Sports at 200 Vidal St. North, Sarnia, tel: 337-4545. There are two OCA forms that need to be filled out and signed.

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

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

- June 21st Summer Solstice ride starts at 6:30 pm.
Mountain bikers will do one circuit of Murphys - ride at own pace, not a race. Road bikers who want to participate can go for their own ride, either from Jeff's or Alexander Mackenzie at 5:45 pm.
We will go to Skeeter Barlows in the Grove for wings, etc. afterwards, ~8:30. Rab says that the club could probably spring for some munchies. I will make reservations for a table or two at Skeeters in mine and the bike club's name. Club members who want to eat and drink but don't want to ride (wussies!) can go direct to Skeeters.

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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/*

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 on page 4.

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 safe stretching and core strengthening to improve the cyclists' performance. All are welcome to attend.

Event: Giro D' Lambton

The Giro D' Lambton was our first successful road event. The Time trial was held on Thursday May 26th with four participants. Stage 1 and 2 were held on Saturday May 28th with eight participants and a total distance of 80 km. Thank you to the volunteers Deb Kafford, Gillian and Ray Watts and hosts Jeff Vanmoorsel and his family. The group of eight riders, starting on the left, were: Leo, Graham, John E., Ken, John K., Brian, Chandra and Peter.



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

Nutrition Corner

Salt for Sports - Don't Wait Until You Are Thirsty

The key to retaining water during exercise is to take in salt to replace the salt you lose in your sweat. Thirst is a late sign of dehydration. Sweat contains a far less concentration of salt than blood. Exercisers lose far more water than salt. The water comes from blood plasma so the concentration of salt in the blood rises. You will not feel thirsty until the concentration of salt in your blood rises high enough to engage thirst osmoreceptors in the brain. It takes a loss of 2 to 4 pints of fluid to do that.

If you take salt while you drink you will only need 2 pints of water to replace 2 pints lost by sweating. If you do not take salt it can take up to 4 pints of water to replace 2 pints of sweat because the water you drink will pass out through your kidneys.

When you ride you need to replace lost water, electrolytes and calories. This was discovered by a Florida physician in the late 60's. There are many different brands and flavors of Sports Drinks on the market today and they all have the similar formulas. The basic ingredients are simple carbohydrates (glucose, galactose, fructose, sucrose, lactose and maltose), complex carbohydrates (maltodextrin,), sodium, potassium and protein.

See the home made recipes for the Barry Bar and Mellonade on www.murphytrails.com.

Web sites for additional information:

www.accelerade.com/

www.cytosport.com

www.gatorade.com/

www.gpush.com/

PoweringMuscles.com articles for cyclists:

www.poweringmuscles.com/pages/cycling.html

Ontario Cycling Association

The OCA web site is at: www.oca.org.

Check out O-Cup race schedule and events.

The Science of Lance Armstrong

The Discovery Channel celebrates it's pro cycling team with "Watch With the World" programming event, "The Science of Lance Armstrong" beginning June 27th. Beginning June 6th, Discovery will unveil "Chasing #7" a seven week campaign leading up to the Tour de France, at 8 and 11 pm. Refer to the web page below for more information.

<http://www.velonews.com/pr/prn/articles/8130.0.html>

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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>
JUNE 2005					
Tue Jun 21	5:30 pm	Al Mackenzie HS	Camlachie	Road	meet at 8:30 at Skeeters with Mountain Bike riders.
Sat Jun 25	7:00 AM	Sarnia - drive to Jordan per map (CALL JOHN KAFFORD AT 542-7886 TO REGISTER)		Road	Jordan - Niagara Hills
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 (This is not a club ride. Register with MS Bike Tour at: http://www.msbiketours.com/ontario/bike_grandbend.htm)	Special-150 km	Road	MS Tour London-Grand Bend
Sat Jul 30/31/Aug 1	6:00 AM	Petrolia (CALL Rob Janzen TO REGISTER)	Special-225 km	Road	Petrolia - Dunnville
AUG 2005					
Sat/Sun Aug 20/21	7:00 AM	Sarnia - drive to Oliphant per map (CALL JOHN KAFFORD AT 542-7886 TO REGISTER)		Road	Touring - Wiarton / Sauble area
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. (This is not a club ride. Register at: http://www.lmb.org/crr/bwr2.ihtml)	USA-100 mile	Road	Bluewater Ramble, USA
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.					
