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# Murphy Trails Mountain Bike Club

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September 2005 Newsletter

Editor: Brian Smith

## 2005 Club Activities



Volume 1, Issue 2

September 1, 2005

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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 6.

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

- October Classic on Sunday October 16 starts at 8:30 am. See details on page 2. This event is for Mountain and Road bikers.

## Next club meeting: October 5, 2005

Please attend our next club meeting on Wednesday October 5th at Zehrs Community room. The room opens at 6:30 pm. Everyone is welcome. Topic is Nutrition for long rides.

## Web Sites and Message Board

See the main website at: [www.murphytrails.com](http://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](http://www.bluewatercycling.com). See the road riding schedule on page 4.

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### Special points of interest:

- *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 or [twowheelers@netscape.ca](mailto:twowheelers@netscape.ca) if you are interested in very long road rides. See the Randonneurs website at: [www.randonneursontario.ca/](http://www.randonneursontario.ca/)*

**Murphy trails/Bluewater Cycling present**

**'The October Classic'**

**'for road and mountain bikes'**

**Sunday October 16, 2005**

**@ Jeff Van Moorsel's (Lambton Insulation)**

6652 Oil Heritage Road (Lambton Rd. 30) between Fisher Line  
and Aberarder Line)

**Registration starts at 8:30 am. Rides begin anytime thereafter, but must  
be finished by 2:30 pm. Not a race – you ride at your own pace.**

**Poker run format. 4 Road ride checkpoints. 6 trail ride checkpoints.**

**52 km Road Ride plus 13 km Trail Ride (Trail ride is one complete circuit  
of Murphy's – technical wooded singletrack)**

Major prize draw for those completing both rides.

Lesser prize draw for those completing one ride.

Food (burgers, sausages, pop, etc.) available between and after rides.

Event goes rain or shine.

**Cost (includes 2 food tickets):**

**\$10 for current member of Murphy Trails/Bluewater Cycling.**

**\$10 for current member of OCA affiliated club (show card).**

**\$35 for non-members – this includes event fee and OCA event insurance.**

**All proceeds to support club activities.**

## Congratulations Dale & Gregg Mellon for completing the Trans Rockies ride.



They call the TransRockies the toughest mountain bike race on Earth. To us personally, it was a life experience unlikely to be topped by anything. This grueling, 2-person team-event took place over 7 days where Gregg and I cranked, pushed, grunted, and hiked our mountain bikes, at times gasping for breath, over 600 km and 12,000 vertical metres (over 39,000 feet) through the stunning but sometimes severe backcountry trails from Fernie, B.C. to Canmore, Alberta. 350 athletes (175 teams of 2, both pros and amateurs alike) started this race which included: epic, rock and root-riddled singletrack; dust-sucking, leg-punishing, gravel fire roads; treacherous, boulder-ridden descents, butt-kicking, headwind-laden paved roads; icy cold, waist-deep, raging river crossings; as Keith Bontrager called it - "tire-sucking, brake-pad eating, frame-clogging, snot-slick clay" and drive-train wrecking mud; along with a fair supply of sun, rain, wind, sleet, hail and even snow! Many athletes were not able to finish this ultra-endurance event. We couldn't have completed this mind and body-breaking event without the help of our good friends, and riding buddies, Barry White and Blaine Clark, the outstanding mechanics who had the arduous task of keeping our bike-sin top working order despite the worst that Mother Nature could muster up.

As the pain slowly fades (and the saddle sores slowly heal) we will wear our Finisher's T-Shirts with pride for a long time knowing that we are stronger, both as riders and as a couple, because of this experience. If you have ever been inspired to do this race, choose your teammate wisely and prepare for some major suffering. Or give us a call -- maybe we can talk you out of it!!! (Oh yeah, and don't buy a new bike until AFTER the event!)

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## Cycle trip report by John Kafford:

Had a great cycling vacation 1st week of August... Peter Hoeltzenbein and I traveled for 7 days, 6 nights doing a "best of" tour...

What started as a plan to ride "unsupported" for 7 days evolved into a "drive & ride" and consequently was far more relaxing and a very enjoyable trip. Peter and I were well matched and agreed at the start to ride our touring bikes at a leisurely 20 to 25 kph. We did this a few weeks earlier in July when we loaded up our bikes, including front wheel racks and panniers to simulate the week long adventure. We did a century to Leamington where we over-nighted at the Days Inn. The pace was light, but the weather was brutally hot! Rather than tour the park next morning, we opted to leave at 6AM (before sunrise) to try and beat the heat for the century ride back home. The highlight of the trip both ways was the restaurant in Mitchell's Bay (Gulls and Bouys) which had an outdoor patio and an inexpensive but delicious breakfast (bacon, eggs, toast and coffee --- my type of fuel --- chuck the Powerbars!). As much as we enjoyed the scenery, the sun and heat was too much. From this experience Peter and I talked about our upcoming trip for the 1st week of August and agreed that it might be better to use a vehicle to re-position during the "heat of the day" and save the riding for the mornings and evenings. Jumping ahead, it never worked out for the evenings! By the time you have ridden a long trip for the morning and most of the afternoon, a hot shower and getting cleaned-up for a rest in the evening was a much better option. The trip we planned was ALMOST perfect, but reality and the unpredicted will always force some changes to the best made plans. After 5 days, the last 2 days were a "taper down", so the routes were pared down to the best parts only... we were tired old men by the last few days!

Aug.1 - biked the London trails from Springbank park, then left for Jordan / Niagara

- we biked the Jordan loop that the Club rode in June.

Aug.2 - biked from Niagara-on-the-Lake to Fort Erie city limit and return

- biked the Dundas to Jerseyville rail trail

Aug. 3 - biked from Galt, Paris, Brantford to Jerseyville rail trail

- lost my watch in the only accident we had... I was riding recklessly down the forest trail re-enacting the scene from Star Wars, dodging trees when I had to make a blind 90deg left turn... hadn't seen anyone for a long time, but managed to run into a mountain biker on the trail. I had to deal with a cut and bleeding wrist and it was about 3/4 of an hour later I felt hungry and looked to see what time it was... no watch! The watch was my engagement gift from Deb from 27 years ago! It was now too far back to try and find it.

Aug.4 - drove early morning and toured Elora and West Montrose (covered bridge fame). Didn't start riding until 11AM. Started at Hillsberg and rode rail trail to Cataract, then left the trail to explore the "Forks of the Credit" from Hwy.10 to Bellfountain. This area was in hilly, deep woods -- fabulous riding!

- continued drive to Orillia and rode the city trails before supper.

Aug.5 - drove to Port Severin. Rode to Honey Harbour and then to the Big Chute where the marine railway carries the boats between lakes. Beautiful countryside and low traffic volume. Drove to Collingwood and then rode the Georgian Trail to Meaford and return. Stayed at a B&B in the Pretty River Valley area.

Aug.6 - Rode up the Scenic Caves Road in Collingwood... longest climb... lowest gear and just crank! Went to Thornbury and returned via the Georgian Trail back to Collingwood... short tiring day!

- Drove to Owen Sound and toured by truck to Inglis Falls. First night of beer and wings... couldn't care any more about diet!

Aug.7 - Drove north to Wiarton via the bay road. Got the bikes off the back of the truck at a small park between Oxenden and Red Bay. Rode west and then at Oxenden took the inland roads (County 24?). When we came back we descended the hill just east of Oxenden and did 76 kph on the descent... scary! From here on, we drove through Wiarton, Oliphant, Sauble and returned home in time for dinner.

It was a great trip and one that I would like to repeat in future. OR try the same type of traveling and cycling in Eastern Ontario, Quebec or in the Maritimes!!!!

I hope that you have all had some significant cycling adventure this summer. If you haven't, I hope you give it a try. Having sold the airplane and fully converted over to cycling as a sport... the rewards are great. The adventure is what you make of it, and you get the added bonus of the exercise, fresh air, relaxation and great companionship...

## Nutrition and Fitness Corner

Dr. Erin White gave a presentation about stretching and core strengthening to improve performance. Warm up muscles with easy movements or riding before working hard to avoid injury potential. Stretch muscles after your workout for improved range of motion and recovery. Stretch the lower back while lying on the floor. Bring one knee at a time up to your chest for 30 seconds with the other leg straight on the floor. Still lying on the floor with both knees bent half way, tighten your butt and abdominal muscles to flatten your lower back. Hold for 5 seconds and repeat 2 or 3 times. Stretch your hamstring muscles on the back of the legs, by sitting on the floor and touching your toes.

Abdominal “Hollowing” is when you pull your navel back towards the spine, while inhaling. Then relax while exhaling. This strengthens the Transverse Abdominal muscles for a stable lower back.

You can use an exercise ball to improve core strength and balance.

## Recovery Rules for Mortals

1. ALWAYS take at least 1 OFF (passive recovery) day each and every week. NO activity.
2. Take 1 to 2 ACTIVE recovery days each week during hard training weeks. This means that you can be out on your bike with a light spin, little terrain, and a low HR. This helps to speed the removal of waste products of hard training and keeps your legs in tempo. Active recovery can also be spent off the bike with hiking, walking, light flexibility work.
3. ALWAYS do a post-ride stretching routine (5 to 15 minutes) after ALL hard rides to speed recovery and further remove waste products that cause fatigue and soreness.
4. Do cross training once a week to give your body a new stimulus and allow for recovery of your 'cycling system'. This is not really a recovery session, but a change of scenery that can sometimes be just as beneficial. Do body-weight conditioning OR functional training Careful NOT to place these workouts too close to a hard ride and these are best done the day before an OFF training day.

That's a start for recovery. It can be active or passive. Bottom line. You have to recover enough each week to allow your body to progress. There is no faster way to kill your fitness than to NOT have recovery days.

## Ontario Cycling Association

The OCA web site is at: [www.oca.org](http://www.oca.org).

Check out O-Cup race schedule and events.

## 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

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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>
<b>SEPT 2005</b>					
Sat Sept 3	8:00 AM	Al Mackenzie HS	Special-150 km	Road	Up/Down River (4 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)
<b>OCT 2005</b>					
Sat Oct 1	10:30 AM	Arkona Municipal Building	Special - 60km	Road	Arkona Colour Tour (\$5/person) (This is not a club ride. It is open to the public.) Contact Mark Teeple at 519.247.3256, mteeple@golden.net
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: <a href="http://www.lmb.org/crr/bwr2.ihtml">http://www.lmb.org/crr/bwr2.ihtml</a> )
Sun Oct 16	9:00 AM	6652 Oil Heritage Rd	Road/BBQ/MTB	Both	Fall Classic (see page 2)
<b>NOV 2005</b>					
Sat Nov 19	1:00 PM	Ups n' Downs Pub	Annual Meeting	Both	Contact Brian Smith for details See website at: ( <a href="http://www.bluewatercycling.com/2005_ride_summary.htm">http://www.bluewatercycling.com/2005_ride_summary.htm</a> ) for updated ride schedule.
<b>Contact John kafford for information and route maps.</b>					

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