



# W.C.C. TIMES

Welcome to the WCC - 2009, the coldest, and the longest winter..ever!

A financial crisis, a prolonged war and some of the craziest Canadian politics of our times... I can't think of a better time to be a cyclist!!

This year's executive was voted in with a fervor matched only by the recent US Presidential race. Or maybe not. I would like to take a moment for reflection and recognition. First.. there have been many committed ( no pun intended ), individuals that have unselfishly given their time for the betterment of the Woodstock Cycling Club. Presidents, Vice, Treasurers and Chairs of road and mountain.. everyone at Pedal Power and the volunteers of trail maintenance and the Dairy Capital Race. There is a long history attached to the WCC thanks to these people. One of my goals as Prez for this year is to put together a historical reference and timeline for the club. If anyone has interesting photos or stories from years ago please get in touch with me. This will become a part of the club website and maybe more.

I express my appreciation and gratitude to everyone that has helped make the WCC a fun and rewarding experience for the rest of us!!

## **Now to demonstrate that the Spirit is not dead..**

- The Dairy capital Classic is Resurrected!, September 13<sup>th</sup>
- WCC has joined on to support Woodstock's Trails Day, June 13<sup>th</sup>  
( [www.trailsdaywoodstock.ca](http://www.trailsdaywoodstock.ca) )
- Participation in the recent Leisure Fair at Goff hall
- Active tour schedule for 2009
- New trails at the Pines for 2009 ( \* Green Trail – Family Friendly Loop \* )

This is just the start! I encourage all members of the club to support the programs and support your club. Let's see more people out for the group rides, trail cleanup days and WCC events. Check out the web site for details, tour contacts and other resources! I will be personally calling members to introduce myself and make sure everyone is getting the most from what we have to offer! Thanks for signing up, tell a friend and see you on the Trails/Road!

For fun I have submitted a Cycling based Word Search, Cross Word and Treadbits - Trivia.

You can reach me at [markeboy@sympatico.ca](mailto:markeboy@sympatico.ca)

Happy Trails!

## **Voices of the WCC**

### **Ryan Say's**

We are going to be introducing regular Trail Maintenance Days this year. To encourage participation they will be held on Sunday mornings, with the first maintenance day be held on Sunday April 26 at 9:00am at the Pines parking lot. Rain date is Sunday May 3<sup>rd</sup>, 2009 at 9:00 a.m.

Bring your rakes and loppers , since the first priority will be the raking and cleaning up of the trails. If we have a good turnout, we can have a crew working on cutting the new Blue Trail.

In the meantime, if we have some members with some spare time on your hands, there are a few trees that have been blown down over the trails.

Any questions reach me at [rludington1128@rogers.com](mailto:rludington1128@rogers.com)

### **Christine Say's**

Her Wednesday night rides are now starting, so meet at Roth Park at 6:30pm. We start the season of with a leisurely ride around Pittock Lake and then move on to the Pines once they are dried and cleaned up. Once the days become shorter in the fall, the rides depart Roth Park at 6:00pm.

Any questions, you can reach me at [blosee@execulink.com](mailto:blosee@execulink.com)

### **Gerald Say's**

Once the local trails start drying up, we will start our weekly Monday night out of town rides. Meet at the Pedal Power parking lot at 5:00pm where we will car pool to the WCC's favorite out of town trails. These include Petersburg, Puslinch, Grand Rive Hardy Road Trail, Boler and the epic Avon Trail.

For those interested in weekly road rides, we will be alternating between Saturday and Sunday mornings leaving at Pedal power at 9:00am. The length and route of the rides will be determined by the turnout. We are also planning on some 100km-160km. rides, with the longer rides having a coffee stop.

And, the third annual Single Speed ride to the Boars Head in Stratford is on Sunday July 16. Meet at the Pedal Power parking lot at 10:00am with your S/S or Fixie and hammer some rail trail and back roads to the Boars Head for a burger and beer fix.

Any questions you can reach me at [chgems@sympatico.ca](mailto:chgems@sympatico.ca)

## WCC 2009 Tour Schedule

1. March 22nd-Pancake Ride to Jakeman's in Sweaburg. Meet at Pedal Power parking lot at 11:00am. Easy ride of 20 to 30 km on any kind of bike.
2. April 12th -Paris to Cambridge Rail Trail Ride. Meet at Pedal Power parking lot at 11:00am and carpool the short distance to Green Lane Sport's Park in Paris. The ride will go from there to Tim Horton's where we will enjoy a lunch and a Timmie's cup of java before returning to Paris. Ride is 40km on mountain bikes.
3. May 31st -Dundas Valley Rail Trail Ride. Meet at Pedal Power parking lot at 10:00am and carpool to Dundas Valley Conservation Area. The rail trail ride will leave the station heading towards Brantford. Ride will be 30 to 35 km. Those who love single track can opt for the knarly trails at the Conservation Area. Mountain bikes only.
4. June 7th -Balzac's Coffee Ride. Meet at Pedal Power parking lot at 100pm and ride to Stratford where we will enjoy a fresh brewed cup of Balzac's finest coffee beans. Distance is 45km one way and 90+ home. For those going only to Stratford, you will have to arrange a vehicle back. You can also make it into an excursion by dining at one of the fabulous pubs or restaurants which Stratford is famous for.
5. June 28th -Port Dover Ramble. Meet at Pedal Power parking lot at 10:00am and ride to Port Dover. Distance is 90km to Dover on paved roads. Road Bikes only. Enjoy a fine, fresh fish dinner before returning to Woodstock.
6. July 12th - Windmill Road Ride at Turkey Point. Meet at Pedal Power parking lot at 9:00am and carpool to Turkey Point to Chris and Bill's cottage which will be our departing point for the ride. Ride is 30 to 40 km along scenic country paved roads. All bikes welcome. Ride will be followed by a swim at Turkey Point beach and then a fantastic fresh lake fish fry by Chef Bill.
7. August 16th-Niagara Winery Tour. Details to follow.
8. September 6th-St Petersburg Blue Moon Cafe Ride. Meet at Pedal Power parking lot at 11:00am and ride via picturesque country roads to the Blue Moon Cafe in St. Petersburg. This is a lengthy ride of 90+km for road bikes.
9. October 10th-The Fall Colors Ride. This is Gerald's annual ride. Meet at Pedal Power parking lot at 10:00am on Saturday and ride to Canning along dirt, back roads and rail trail's, crisscrossing over the Nith River several times using wooden rail bridges. This is not a ride for the faint of heart and is 60km in length. Mountain Bikes.
10. November 8th-The Tour du Pizza. Meet at Roth Park at 1:00pm and ride along country roads, rail beds and single track. Two distances, easy 20 to 30 km and harder, 40 to 50 km. Mountain bikes. Meet after the ride and enjoy beer and pizza, wine is optional.
11. December 6th- End of Year Ride. Meet at Roth Park at 11:00am and ride mainly single track. Distance 30 to 40km. Mountain Bikes.
12. January 1st- New Years Day Ride 2010. Meet at Pedal Power parking lot at 1:00pm. All types of bikes welcome. Type and distance of ride will be determined by the weather and hangovers!

## Cycling in Europe

I just moved to Germany last year, and the thing that impresses me most about Europe is how much the bicycle is a part of everyday life. People here ride bicycles not just for fun or for exercise, but to go places. Rain or shine and year-round too, I'll see all ages cycling to work or school or to the grocery store. And there's no need to bother getting all dressed up in fancy cycling shorts or clipless shoes. Wear your suit if you're going to the office or your Sunday best if you're off to church! Refreshing, isn't it?

The bikes here are fully decked out – your typical daily ride will have a rack, fenders, chain guards, upright handlebars with bar ends, bells, hub generator and lights all around. These are requirements by law, with exceptions being made for 'race' bikes. So what is out of place in Canada is definitely the norm over here. Yah, the bikes are pretty heavy, but hey - the trips are short and no one ever seems to be in much of a hurry.

But it's not all work and no play. There are endless kilometers of marked trails both on-road and off, and your presence on the road is respected by vehicles. On any given day you'll see people with their touring bikes exploring these trails, and there's always the option to hop on a train for part of the trip. I've seen roadies cruising through town in full kit, as well as mountain bikers taking advantage of the multi-use trails through the woods. I'm less than 5 minutes from the Odenwald, and can get lost in less than 10!

You never have to bring very much with you on a bike tour, as towns are so close together and there's always some place you can fuel up. At a pub, ask for a 'Radler' - 'Rad' is short for 'Fahrrad' (bicycle), and a Radler is half beer/half lemon spritzer. One of these is awesome with a bratwurst and pommes (fries)! At a bakery, treat yourself to a coffee and something sweet – I personally recommend an Apfeltasche or Chocobrötchen (chocolate stick in a bun) myself!

Almost every town has at least one bike shop, and to work in one can require up to a two-year apprenticeship program (although I did see a want ad for a bike mechanic where experience was more important than a diploma). There are plenty of shows to keep you busy too. This year is the first year for Europe's Handbuilt Bicycle Exhibition, and Eurobike in Friedrichshafen (home of Zeppelin - the dirigible, not the band) rivals Vegas's Interbike. Passportes du Soleil is an event in Switzerland where you can ride 30-75km downhill, with lifts taking you up to the top of all the runs and plenty of food stations to keep you going. For the roadies, there's this little race they have in France for three weeks every summer...

It's definitely worth a visit to Europe to experience the cycling scene! If you're still not convinced, give local club rep Gerald Mueller a shout and he'll tell you all about the many tours he's done here, one of which I was fortunate enough to join in on last year! I hope you can make it out and send me an email if you're heading over this way!

Auf wiedersehen,

David Lee

Weinheim, Germany

david.lee1@ymail.com

## Tour de Alps

Last September our old WCC President and now our WCC Euro Chair organized a one week bike tour in the Swiss Alps. With Dave and I both having Swiss wives, we thought we could get away on a guy's trip in Switzerland without the guilt. At the same time, I was getting in a lot of overtime at work, so what a better excuse to get my dream True North touring bike. Dave had to dig deeper to justify a new bike, so he found a great deal on a Salsa on e-Bay. After all, Dave was and still is unemployed.

Dave and I had not seen each other in over two years, so one hoped that we still clicked. Yes! We still had a lot in common from our old riding buddy days. We liked pretty much the same food and micro brew. Still liked to check out bike shops and outdoor stores as well as book stores. And we both liked to cheap out when finding accommodation. We got some great deals on Hostels and Backpacker Lodges.

Europe had a very wet year in 2008, and before the tour it was constantly raining in Switzerland, and I was happy to say that I brought along some Canadian Sunshine, and we had a sunny and dry week of cycling. Since we both have a sort of map fetish, Dave agreed that I had picked a decent looking tour route. With all big idea's, you must have Plan B and C as well as Plan A, and Plan B and C quite often came into play.

When you are cycling in Switzerland, it really is hard to be bored, because the scenery is so spectacular. The only problem for some people is the long and high climbs. Now were talking over three hours, in the saddle for some of these climbs. But then there are the descents. Thanks God for today's modern touring bikes with disk brakes. Just imagine your bike loaded up with rear panniers and front handlebar bag, and your flying along at 68kph. and your on the rear wheel of a Harley, praying you don't get a speed wobble. What a Rush.

Our highest pass was the St. Gottard Pass at 2,108 meters. Coming up from the north side, the last few kilometers was cobblestone. When we started our descent, there was a viewing point, and we observed the alternate route which we ended up taking. This route was fully cobble stoned and was comprised of so many switch-backs, it looked like an endless snake meandering all along the sides of the mountain. This pass took us from the German speaking part of Switzerland into Ticino, the Italian part of Switzerland.

Since we were touring in the Autumn , we got to experience farmers herding their cattle or sheep, down the mountains from their summer pastures on the very roads we were biking. In this ritual, the cattle are decorated with flowers and head dress's, with their big brass cow bell's just a clanging, while the men and lady farmers walk along with them in their colorful costumes. It's a pretty amazing sight, first thing in the morning.

We each brought on a big supply of energy bars, but with the abundance of great food in Switzerland, the grocery store became more tempting. On the road we munched on tasty chewy bread, Swiss cheese and smoked sausage, along with fresh fruit. The evening was for the hot traditional meals with beer and cider. Food and drink taste so good when you have worked hard for it all day.

Having done both Road and MTB tours in Switzerland, I cannot say which is better. Europe has deep routes in bicycle culture, so it does not matter what your preference is, because as long as you like biking, you will fit in and you will realize that you fit in. Just remember, pedestrians first.

Gerald

## Pancake Ride

The weatherman promised 12 degrees Celsius and lots of sun for our annual Pancake Ride to Jakeman's in Sweaburg. He lied! 8 brave trooper's showed up at Pedal Power's parking lot on Sunday, March 22<sup>nd</sup>. All of us were dressed for the cold, dank and chilling wind. It was great to see old friends who had hibernated for the winter months. Off we set through South Side Park, along Athlone to Clark Road. I had promised no hills so when we turned onto Clark to climb that first steep bump three turncoats jumped ship and headed down Sweaburg Road-the flat, easy, no challenge route-while the rest of us-the true, blue diehards-continued along the chosen way which actually increased our appetite through hard work and which turned out to be quicker than the easy route that Larry, Curly and Moe took.

We turned down the dirt side road to Jakeman's to find hundreds of cars parked at a crowd waiting to get in while others took a hayride around the Trillium Park. Almost an hour passed before we were able to set down and partake of a fabulous pancake and sausage lunch! The wait was worth it. Man was that maple syrup melts in your mouth delicious!

This is where we split up. Half returned directly to Woodstock, while the rest journeyed down the dirt side road to Highway #6 and battled the headwind on the Beachville Road into Woodstock. Thanks for a great turnout on a miserable day, but always remember "any ride is better than no ride at all"!

Any questions about future WCC rides call Kerry at 539-7986 or [kredde@tiremaster.ca](mailto:kredde@tiremaster.ca)

## The New Green Trail

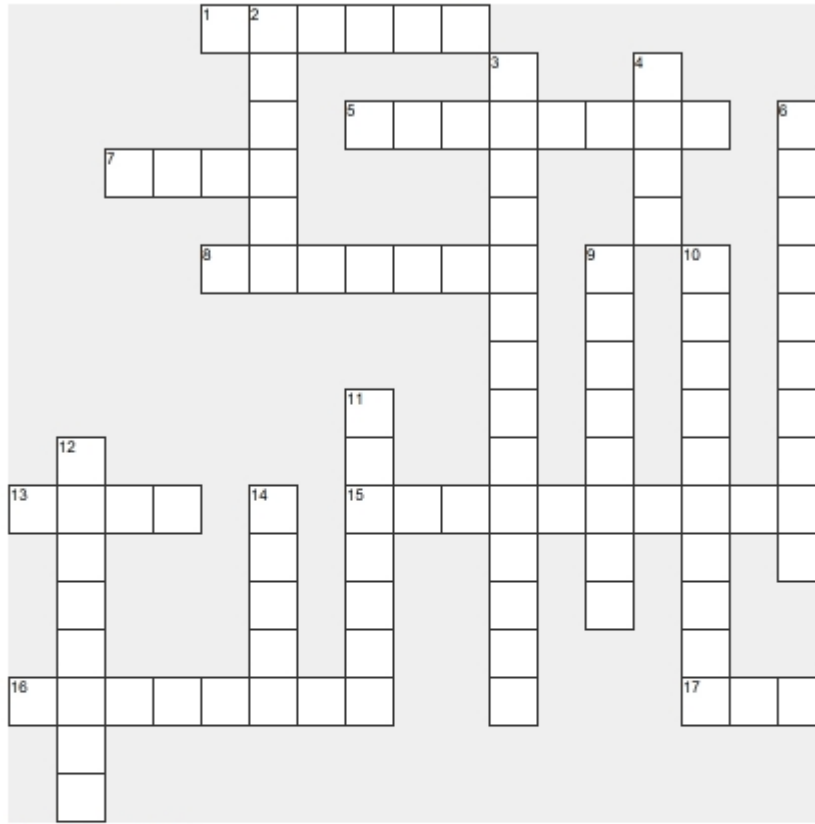
Wayne Harris our new WCC Mountain Bike Chair Person has been busy working on a new quick and easy trail that we are calling the Green Trail. The idea behind the Green Trail was the club felt there was a need for novice riders coming to the Pines could get a quick sense what the Pines was all about, and since the trail is only 3km in length, if there was a need to bail out, it is never too far and difficult to the exit's.

Because the trail is pretty flat, it should appeal to families coming out with their young children, as well to adults lacking more advanced skills. We're also hoping the trail will appeal to club members who may want to put in a quick ride from their homes out to the Pines, but do not have time for a longer lap.

This new trail is now marked on our map, and we are hoping that if we have a good turnout on our first trail maintenance day, that the trail can be completed.

You can reach Wayne Harris at [brickwig@rogers.com](mailto:brickwig@rogers.com)

# Bicycle Advocacy Crossword



Constructed using Crossword Weaver

## ACROSS

- 1 \_\_\_\_\_ footprint
- 5 Return of the \_\_\_\_\_
- 7 Shared use \_\_\_\_\_
- 8 Dutch shared street
- 13 Federal Highway Administration
- 15 Physically separated bike lane
- 16 \_\_\_\_\_ streets
- 17 Transit Oriented Development

## DOWN

- 2 Bicycle facility guide publisher
- 3 Slows down cars
- 4 Danish architect Jan \_\_\_\_\_
- 6 Bus bike rack manufacturer
- 9 \_\_\_\_\_ U bike racks
- 10 Traffic circle's modern cousin
- 11 Two wheeled chaindrive contraption
- 12 Shared lane markings
- 14 Fixed gear bicycle nickname

## **Treadbits – Trivia....**

If you lined up all the mountain bikes in America, tire-to-tire, and then rode a bike along that line, it would take you 36 weeks, (riding 40 hours per week, 15 miles per hour) to get to the end of the line.

The longest tandem or "bicycle built for two" ever made was actually for thirty-five. It is almost 67 feet long and weighs about as much as a Volkswagen.

The smallest bicycle that an adult can ride has wheels made from silver dollars.

Steve McPeak built and rode a unicycle that was ten stories tall. The greatest skill was not in riding the machine, but in building it so that the chains would not fall off the sprockets.

At St. Helen's School in Newbury, Ohio, unicycling is a mandatory subject. The students are allowed to ride their unicycles in the halls between classes. Collisions are surprisingly few.

Half of all the parts of a typical bicycle are in the chain.

The longest bicycle skid on level ground: 374 feet. The tire went flat 20' before the end of the skid. The bike was equipped with 27" tires containing 110 pounds pressure. The technique was simply a long start to get up to full speed, then the rider leaned way over the front of the bike, reducing the weight on the back wheel to almost nothing. The feat was accomplished by the author of this file, who could have gone slightly further, but he was laughing so hard that he fell off the bike. Don't try this trick at home unless you have a really long living room.

The most efficient animal on earth in terms of weight transported over distance for energy expended is a human on a bicycle. The most efficient machine on earth in terms of weight transported over distance for energy expended is a human on a bicycle.

**WORD SEARCH**

K S E Y O U S V T E A T B S E R I T  
A I L S X K D O L E J R E K L I B T  
I G B X I B A K R O A D B M M X I H  
D N O X O W P I F K C I I R L P N G  
K A W R H O E G E R C K K A E E Y I  
D L P N C G E S F L H Z E J I U H R  
I S A W G T N G D V D A R D Y T S Y  
P F D H I O K K A N Z L E F H O Q L  
P E S B I C Y C L E I S G I T F Y Q  
V L D K Z V N A P G T S I R U C N Y  
L V K A Z J D N H R A V S N M Z T J  
N G B E L Z L T E F W U T P M H C Y  
Q G D K B S S E E G X C R D R S N O  
L N C G P S T T Y S K Z A F Q P R J  
R Z B W R C Y D Z S E O T Z Z O W Q  
T F E L L F Z P A H S P I S R A C E  
C H A I N K Y I L T S Z O R O T V S  
B Z E R H U K N O X L M N U C J J K

BICYCLE  
CHAIN  
HELMET  
LIGHTS  
RACE  
SIGNALS

BIKEREGISTRATION  
ELBOWPADS  
KNEEPADS  
LOCK  
RIGHT  
STREET

BRAKES  
FUN  
LEFT  
PEDALS  
SAFETY  
TIRES

*18 of 18 words were placed into the puzzle.*

**FOR BIKE RIDING ONLY**  
**RIDERS MUST BE W.C.C. OR HAVE A O.C.A. CARD**

**TRAIL LIST**

- G1 - GREEN
- 1 - RIDGE RUN
- 1A - GERALD'S CLIFF
- 1B - 354 Trail
- 1C - IKE'S HILL
- 2 - DEER RUN
- 3 - TWISTY 1 & 2
- 4 - LAKESIDE
- 4A - TRY ME
- 5 - OLD TWISTY
- 6 - ROAD RUN
- 7 - BROKEN SHOULDER
- 8 - DOUG'S DELIRIUM
- 9 - CARDIAC HILL
- 10 - BLOODY LUNG
- 11 - TREE HUGGER
- 12 - CROSS OVER
- 13 - BRUNO'S TRAIL

Yellow are cross over's  
 Green trails are easiest.  
 Red trails are of medium technical difficulty.

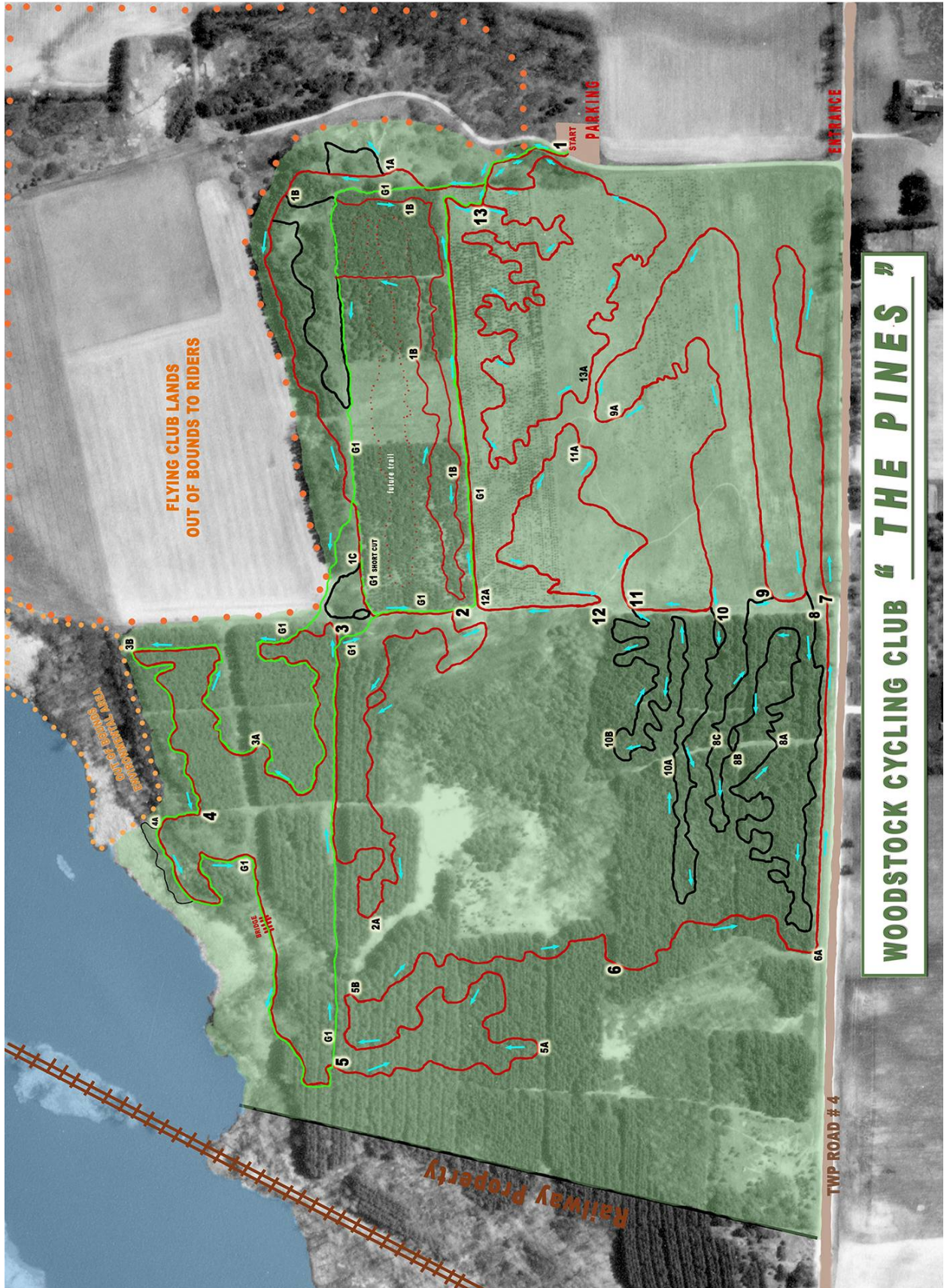
Black trails are advanced and very technical in nature.

**Notice:**

Bike trails by their nature may present assorted possible hazards to the riders choosing to use them.  
 Anyone using these trails does assume full responsibility for their own safety and does also assume full liability for any injury or loss that may occur as the result of their actions on these trails.

**EMERGENCY 911 NUMBER 745751**

**MAP MADE & DONATED BY ALEX SMITH PHOTOGRAPHY 519-456-5086**



**WOODSTOCK CYCLING CLUB " THE PINES "**

# Woodstock Cycling Club

## 2009 Club Membership Application

First Name: \_\_\_\_\_ Last  
Name \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code \_\_\_\_\_

E-Mail: \_\_\_\_\_ Please print clearly

Phone# \_\_\_\_\_

May we add your name and contact details to a membership list to be distributed to members looking for riding partners.

Yes/No \_\_\_\_\_

Do you have any ideas for club activities \_\_\_\_\_

Do you plan to be an active rider at the Pines. Yes/No \_\_\_\_\_

Fee schedule as of Jan 1 2009 through Dec 31 2009

Single under 18 \$40.00

Single over 18 \$50.00

Single Over 65 \$40.00

Please find enclosed \$ \_\_\_\_\_ for my WCC club dues for 2009

I understand that cycling may be a dangerous sport.

I further understand that membership in the WCC does not entail any liability on the part of the WCC its officers, board members, executive, committee members or other club members.

In signing this application I recognize that I am not covered by insurance policies that may be negotiated on behalf of the WCC from time to time and with various bodies save and except for the coverage that is identified there within.

There is no blanket insurance coverage for all cycling activities.

Members should look to their own insurance policies for coverage details.

Signature of Applicant \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_

Date \_\_\_\_\_

Insurance Waiver \_\_\_\_\_

Card \_\_\_\_\_ Decal \_\_\_\_\_