



NEWSBRIEF

The Cross Canada Cycle Tour Society

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The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by February 1. These are acceptable, typed, or on 3.5 in disk, either Macintosh or IBM format, or by FAX to 538-0195.

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PRESIDENT'S CORNER - Ian Polley

Happy New Year to all.

Now that the festive season is behind us, we can start looking forward to another cycling season, with many tours available to those so inclined. I notice that these tours are attracting a lot of attention and deposits. This is what our organization is all about.

It has come to my attention that bicycle thefts are on the increase; one of our members had two bicycles stolen in a matter of a few weeks. (I wonder what his insurance company will say and do at time

of renewal!) The message is to make sure that your bike is securely locked when unattended.

About a month ago, one of our regular riders on the weekly circuits was conspicuous by his absence. Bob Douglas had been unable to contact him by 'phone at his residence, so he decided to try the hospitals, subsequently locating him in Burnaby General, suffering from a broken thigh and wrist; the result of a fall from his bike.

The reason for this item is that, if you become aware of a member becoming incapacitated, maybe you can 'phone the office and leave a message. We are interested in the health of all our members.

Safe cycling.

Ian.

THOSE VICTORIAN SUNDAY CYCLISTS

- Dennis Parsons

Such a heading raises images of ladies in crinolines on penny-farthings, or have you twigged that it is about that crusty crowd on the Island?

Yes. The Capital City Kids and their country cousins from Sooke, Sidney and Saanichton way.

Some of this lot have ridden all the way to Halifax and even to St. John's.

Three, with others from all parts of this country, did just so a little while ago.

And there are those who have cycled China, South Africa, Australia, New Zealand, Europe and so, so many places.

But what do we do on Sundays?

Before we get to that, let's describe what we do on the Wednesday ride.

You've seen the notice regarding this ride on the back page of the Newsbrief.

We rendezvous at 9 AM and with little ado we're on our way north, wending our way through a quiet residential area called Broadmead.

A short sharp dash along traffic laden Royal Oak Avenue, a quick left and again we're riding quietly—along Lochside Drive; a straight flat road which

affords glimpses of Georgia Strait and the U.S. Islands of San Juan only seven miles away.

On some clear days Mount Baker, in Washington State, is spectacular—there to the North East, clad in white, tinged gold and purple.

The crowd has spread out, and the leaders, having reached the locally famous Mattick's Farm, wait and chat until everybody arrives and is accounted for. This is destination one.

Off again. Some keep their tyres black by riding over the hump on the paved road, and others take the shorter route thrashing through bushes, over dust and tree roots, to reach Hunt Road.

We're in the country now, riding through fields of corn or cabbage, kiwi orchards and the smell of Jersey Cattle in the paddock.

Oh for some good clean fresh air and then bang—we're on the highway again to gag on fumes. But not for long. We've reached McDonald's, destination two.

We dribble in while those from Sidney, Saanichton and even Duncan join us to leave a maze of bicycles for patrons to weave through.

Inside yet others who have come by car to escape for a few minutes from relatives visiting from less fortunate places in this world.

It is chatting, reminiscing and photo showing time. Now the noise rises to such a crescendo that even we, the cause, can't stand it and leave to continue our trip along Lochside into Sidney (That's how we spell it here Blanche, Sydney N.S.).

It is in this little town that we choose one of five routes to destination three.

One can either;

- (a) take the shortest route past the airport,
- (b) go past the race course and see the horses as well as geese, turkeys and friendly dogs,
- (c) do Wain road, which is the medium way,
- (d) branch off Wain road out to Tatlow—tree lined and pleasantly quiet, or
- (e) ride the long way, around Land's End road.

All this to get to Ocean Sciences Laboratory on Saanich Inlet where we have lunch in the Cafeteria while enjoying a beautiful vista of trees and water.

The day's ride is over now and we leave willy-nilly for our last destination—home.

The routine is a little different on the third Wednesday of the month.

Then we have a birthday party. This is an idea adopted from Al Hollinger and his Ladner Group.

Destination three then is the Italian restaurant in Saanichton, E.T.A. 1145. Reason: to celebrate with all those who have birthdays in this month.

This is the day when Noreen cycles out to McDonald's with us, then has to cycle back to the starting point to pick up the van which has the cake.

After ordering and while waiting for the meals to be served the birthday cards are passed surrep-

titiously to be signed. Still it has been known for someone to sign his own card.

You have noticed that the Wednesday ride has become formalized with its three destinations and the birthday party, and so too has the Sunday ride to a lesser extent.

Again we rendezvous, but now it is in a café and instead of dashing off we eat muffins, drink coffee and view the latest batch of photos and talk, of course, for half to three quarters of an hour before setting off along Burnside road in the country to the start of the Galloping Goose trail (The story of this linear park, an abandoned railroad, will appear in a future edition of the Beautiful B.C. Magazine).

At this point we congregate before taking one of three routes into Langford where we gather again before choosing one of four routes to My Chosen Café in Metchosen. One of the routes is along Happy Valley Road.

We may choose to miss the café and continue on to 17 mile house via Kangaroo Road or Rocky Point. If we go beyond to Sooke there is only one way—disappointing.

The only constant about Sundays is the meeting at the Muffin Break.

We might decide to go over Humpback Mountain. This trip is reserved as initiation for new members. Named after the salmon it is steeper than a camel's back.

Or we might granny-grind over the Malahat into Shawnigan Lake.

Do the same thing another time into the Highlands.

On days when heavy rain threatens we call on Carl Dukeshire to take us on a guided tour around the perimeter of Victoria. If the weather breaks we can scuttle all plans and streak for home. So far, though each trip has been a resounding success

The trip to beat them all is the one discovered a Sunday or so ago. The Galloping Goose all the way into Shawnigan Lake

Several of us decided to do it but I was soon on my own. I rode at my own pace over the bumpy, rocky road, where a mountain bike would be more suited, but gloating all the time at the lack of smells and the noise of civilization. Just the silence of the forest.

Saw a deer, two snakes (alive) and a mink run across my path.

Went through glades and dark arbours until the track ran out and I had to turn out to a gravel road.

Came upon three of my erstwhile companions—Russ had a flat. I rode with them alongside Sooke Lake which provides Victoria with its drinking water. It was so brilliantly blue, yet I had to attribute this to the clear sky, but when we reached the next lake I didn't see this colour. I thought of purity.

That was one of the Sunday rides and I hope to do it again next year.

VICTORIA CHRISTMAS - Rae Wohlschlegel

A successful Christmas dinner was attended by 40 persons, including Ray Berg from the Mainland, with excellent food and good company. A good time was enjoyed by all.

NEW ENGLAND 1993 - Barton Howes

By Wednesday evening of Day 1 (September 8) everyone had arrived in Camp le Breton in Ottawa, and devoured a feast of KFC chicken, deftly prepared by the cooking team. Riders had worked up an appetite from being guided around Ottawa by Gerry Sutherland and Doc Watson.

On Thursday a.m., there was a reunion of Cross Canada riders as Lise Brooks, Marthe Lambert, Bobby Redmond, Inge and Ian Polley, Faye Wilson and Barton Howes all had a visit before heading out through Ottawa towards Brockville. We had our first initiation to head winds and thunder storms. The cooking and set-up routine got started at the city-run St. Lawrence Park, which had lovely tile-lined washrooms, a sight not seen often on the trip.

September 10th saw the group go over the Ivy Lee Bridge into the US. A monstrous thunder storm was a part of the welcome to Alexandria Bay, NY. Ken and Lee Kraft were also there to meet us and to join the trip. Black Bart's Breakfast Bar started everyone on a good note for the first rest day. Most people took a cruise amongst the 1000 Islands. The day ended with a 75th birthday party for Tage Winckler.

The trip continued uneventfully, bicycle and weatherwise, to Raybrook, NY, which is 7 km north of Lake Placid. There were some interesting animal sightings. While turning around to help Faye with a flat, Barton saw a cougar disappear into the trees. Shirley Mae Jeffrey was almost run down by a bear crossing the highway.

Another rest day was started with B B's B Bar and finished with the arrival of Marthe Lambert and Lise Brooks, who were brought down from Ottawa by Ken Hanna. There were now four riders from the Cross Canada trip, plus Inge and Ian. All these people must have brought the rain, as those who went into Lake Placid had to put up with the wet weather.

Onward we continued to Paradox Lake and a stop at Fort Ticonderoga before reaching Fort Ann. At the fort it was interesting to study the historic part played by the French in this part of North America. At Fort Ann, Lise Brooks found, in her mushroom search, a specimen more than twelve inches in diameter. She did not get an opportunity to cook it up for the camp.

In spite of another cloud-burst, we continued on in NY State and into Vermont. Lovely well-kept picture-card homes were the make-up of the strung out villages. Dorset R.V. site saw a warming camp

fire tended by Shirley Mae and Jim Jeffrey in between sips of wine from their new glasses, a gift of Faye.

Towards Bennington, VT, the sun came out and people had a good ride to the memorial tower and the museum with a display of the works and life of Grandma Moses. A long hill before Woodford State Park gave everyone a good supper appetite. This was the first evening that we encountered frost. Colours in the foliage were beginning to show on the section into Brattleboro. By this time some bike maintenance was required by several people, and fortunately an excellent bike mechanic was found. The first sign after crossing a bridge into New Hampshire was the location of the first NH liquor store. This was a stop for many before riding up a long hill into Richmond.

Variable weather followed us again into Massachusetts and to the KOA campground at Littleton. Ken and Lee Kraft had to leave the trip, and Dorothy and John Philip left to return, due to the ill health of John. Barton Howes assumed leadership at this point.

Another very wet night convinced people that the expense of a motel was needed. After a "sunny" day, the swarm of cyclists descended on the Knotty Pine Motel in Amesbury (Salisbury Beach) Mass. The wire enclosure around the swimming pool next to the road became an instant Chinese laundry as people hung tents, sleeping bags, plastic, etc. in the wind and sun to dry out. More than one motorist slowed down to witness the display.

Next day, a busload of freshly dried out cyclists headed to Boston. A good time was experienced from walking the historic downtown and market areas. The following day people continued their exploration of Gloucester, Rockport, Cape Ann by cycle and car; a good memory for the middle of the trip.

The crew started out homeward bound in the sunshine along the Atlantic coast. It was by far the best riding day of the trip. The journey took us through Mass., NH and Maine on the way to Old Orchard Beach in Maine. It was a lovely camp site of trees which camouflaged a railroad track that seemed to put a four a.m. freight through the middle of everyone's tent.

Back to reality! After rain most of the night, it was back to basics: rain gear. It rained off and on in the morning, and there were not many eating places on the way, but people soon found J's restaurant at Cornish, NH. Again a motel stop was required, and fortunately the Mt. Whittier Motel, near Ossipee, was not filled with "foliage tourists". Grethe and Inge's Danish Soup Kitchen kept everyone feeling good.

September 17, day 20, saw the best displays of the New England fall foliage. The colours were spectacular. Everyone had a good ride to Crawford Notch Campground in the White Mountains. After an hour

wait by some people for the "Budget", the sky opened as the truck arrived. Everyone scurried around to put up their tents and then the cook shelter. In spite of locating on high ground, the cooking space became a two-inch river. Barton found some boards and two sheets of plywood which enabled Jim and Shirley Mae to operate their "Floating Hamburger Bin". Inge and Ian Polley "stood guard" in the cab of the truck overnight, while others shielded their tents with plastic tarps supplied by the camp proprietor. Needless to say, the next stop had to be a motel. Mt. Washington, the highest point in the eastern U.S., was socked in, and no one took the ride on the cog railway to the top.

The Littleton, NH Motel had a grassy area which was large enough to hold our shelter, and so again the group put on their "circus tent act" for the amazed locals.

The dried out vagabond group carried on to East Montpelier, the capital of Vermont. Most went by the laid-out route, while Shirley "alternate route" Fisher, Raynel "connoisseur" Merness, and Dorothy "party-time" Kennedy took a lower road for further exploration. Everyone in the camp site enjoyed the evening camp-fire, in spite of the frost crystals in the air.

After invading the Onion River Sports store for cycling essentials, a good weather day of cycling was enjoyed by everyone to Stowe, VT, - home of the Trapp family. A full moon and clear sky helped to create a complete white out of hoar frost that night, but a filling session at the B³ Bar put everyone in good spirits for a day of exploration on the bicycle paths of Stowe. In the evening some went to a local auditorium for a production of The Sound of Music, to complete the Stowe experience.

Continuing homeward, it was a good ride to Georgia VT, but just in time to put up the cook shelter before the heavens opened. The Homestead campground had an open shelter in which tents were put, jowl by jowl. Faye's satellite speakers for her Walkman got everyone dancing around and singing. Who cared about the rain?

On leaving Georgia, some of the alternate route people rode along Lake Champlain, but everyone got to the coffee break. The route led out of VT and into NY, with the opportunity of shopping at a new Factory Outlet Center. The wind showed up again and welcomed us into Riverside camp site at Mooers Forks, NY. Instead of abating, the wind increased during the night. Lise Brooks got some help to take off the end flaps of the cook shelter at 2:30 a.m. It was at 4:30 a.m., when a metal patio table was blown onto her tent, that she hollered for more help to take the whole top off the cook shelter. Several people were up to help, including Inge, who almost got wrapped in it and thrown into the truck. Meanwhile Jim Jeffrey was video-taping the wind dance his own tent was doing around the camp site, with

Shirley Mae on the inside, laughing. Fortunately the cooking team had stayed inside a cafeteria area and had the foresight to prepare breakfast indoors, since the cook shelter had been "decapitated".

For riding the next day, the wind was continuous, with some added rain. The laundromat in Chateaugay, NY, was a popular spot to warm up and dry out. But eventually the Pine Ridge camp site, and its covered recreation hall, was reached by everyone. Tents were stacked again and Faye's speakers, spouting music, got everyone in a good mood to celebrate Catherine Mick's birthday.

The feeling, of course, was the need of another motel for a night. The Loyalist Motel in Morrisburg satisfied the situation, as well as being across from a strip mall, which contained the New Centennial Restaurant, where our wind-up party was held. Ken Hanna, the trip planner, met us there as well as Skip Brooks and other guests. A great time was held by a great bunch of CCCTS cyclists.

October 6, day 29, the final leg into Ottawa, was ridden in sunny clear weather. Lise Brooks and Ken Hanna kept a good pace that we all could follow through the traffic. Joan Hutchison, who worked hard the whole trip to build up her strength, was with us all the way. As on the Cross Canada trip Marthe Lambert did an excellent job in directing large trucks and cars out of our way at intersections. Just 2016 kilometres later we were at the Concorde Motel making sad but happy farewells.

In summary, most people felt the trip was a good route with lots of interesting scenery and sights. It was unfortunate that the weather did not cooperate, but in spite of this adversity, everyone made their own sunshine and kept each other happy, which made it work.

And that is what the Cross Canada Cycle Tour Society is all about!

OUR SYMPATHY TO DOC - Rae Wohlschlegel

Rosemary Watson, wife of Ronald "Doc" Watson, died 1994 January 1 at Victoria, following a three and a half year fight with cancer and arthritis. Condolences go out to Doc and his family.

RACING - Noreen Redford

We all know now that the CCCTS is NOT a racing club. It is a club for retired persons to enjoy keeping fit and active by recreational riding and touring when desirable. However, there are members who love the challenge and enjoy speed and competition; all of the above for fun and fitness. Just look at Leo Comeau!

To add to the previous news of those who went to World competition at the Senior games in Utah, we

have: **Connie Shaw** - 4 gold medals and a Yellow Jersey - public rider; **Noreen Redford** - 4 gold medals & a Yellow Jersey - licensed rider, and successful in defeating the US National Champion lady at 65 to 69 years and setting a time Road Race Record on the 25 mile course. **Roy Cushway** was also a strong contender in men's cycling.

There were three swimmers entered at the World games with **Mario Lovricic** winning 2 gold and 1 silver medal, **Molly Shepherd** won 1 gold, 2 silver and one bronze medal, and **Ruth Davies** won 1 gold, 3 silver and 2 bronze medals.

Congratulations on a great Canadian showing of World Class.

CLUB JERSEYS - Carl Dukeshire

A reminder - Rider's Cycles, in Victoria, has 40 CCCTS jerseys in stock, size S to XL. They are made by Louis Garneau, good quality, and priced at \$60.00. Sizes are on the small side, and this should be kept in mind when ordering.

Larger sizes can be ordered, but only in lots of 10 or more to retain the price. Also, \$10.00 deposit requested by Rider's which is not refundable if the request is cancelled after the order has been placed with the manufacturer. Larger orders are accepted by Rae Wohlschlegel, 104-1625 Belmont Avenue, Victoria, B.C., V8R 3Y8 (604-592-6680).

In-stock sizes may be ordered by mail, 'phone or fax from Rider's Cycles, 1092 Cloverdale Ave., Victoria, B.C., V8X 2T9, (604-381-1125, fax: 604-386-0408).

GET WELL - Rowan Ley

Get well wishes are extended to:

Gwyn Thomas, who was in hospital over Christmas, due to a nasty fall from his bike, resulting in a fractured hand and broken leg. The fall was due to his bike slipping on a curb, while returning home after attending to club business at its Burnaby office.

Romeo Quinter, who tangled with an automobile on Christmas Eve, and came out second best with a cracked pelvis.

Neil Dobson, who had to return to hospital to have surgery on his knee which was injured along with his leg and foot in a recent fall from a ladder.

CHRISTMAS LUNCH - Roway Ley

On December 14, over 30 ravenous Tues./Thurs. Ladner riders descended upon Felice Bennekou's neoteric Beach Grove digs to partake of a Christmas gourmet luncheon, exchange goofy gifts, and help

Katryn Jeronimus celebrate the month containing the day she was procreated. It was good fun with good company. Very special thanks to Faye Wilson and master chef Barton Howes, for the work they did to ensure we were well sustained, and to Felice for providing her groovy home.

BC FERRIES - John Peck

On October 3, I wrote to BC Ferries concerning their bicycle policy. A reply to my questions came on December 15, almost 12 weeks later.

The answer may interest our readers, so I shall give my questions and their answers:

Q: What plans are there to improve cycling at the Nanaimo terminal?

A: Currently, there are no designated bike lanes at Nanaimo terminal, nor are there plans to redesign the terminal with cyclists in mind. However, the Corporation is well aware that traffic congestion - involving drivers of vehicles and bicycles - is a problem at Departure Bay.

The corporation is also aware that interest in cycling is likely to intensify and that provisions for cyclists will be needed as part of the design of the future mid-Island ferry terminal. Your comments will be considered in the future for construction at a new location.

Q: Why are cyclist sent out of the way when approaching Swartz Bay from the South, when the straight forward route is just as safe?

A: The Corporation has been working with the Ministry of Transportation and Highways, and Cycling B.C., to create a more suitable plan for bicycles at Swartz Bay. This plan included the routing to which you objected in your letter that steers cyclists up the hill rather than across the exit lane. The route you describe as straight forward was considered unsafe.

Other Swartz Bay improvements include:

- changes in exiting procedures to allow cyclists to go with the vehicle traffic,
- cycle path from toll booth to the loading ramp,
- bicycle racks and shelter areas installed next to the ramps, and routed by 'phones and washrooms,
- cycle paths.

Additional changes to improve access to toll booths will be made in the new year. Some changes are being postponed due to budget restraints.

Q: When will provision be made for bicycles on ferry decks, like the tie rope provided on Washington State ferries?

A: A small percentage of our passengers are cyclists and demand for bicycle facilities on the vessels is quite variable. Space on the vehicle decks is at a premium, and it is difficult to determine how much space should be set aside to secure bicycles. What-

ever systems is implemented will have to ensure that bicycles can be locked up and not damaged. I doubt that a rope would be adequate for this purpose.

We have also experimented with bike racks and found they were not particularly well used. In the system used on M.V. "Spirit of British Columbia", bicycles are locked or tied to fittings along the outside wall of the vessel, inside a metal strip known as the "fish plate". Cyclists seem to find this area satisfactory because it keeps bikes out of the way of vehicles and allows them to easily remove bicycles once the ferry docks.

HATHAWAY RIDES AGAIN - January 16

The Vancouver Bicycle Club is arranging three Hathaway Birthday rides on Sunday January 16:

- About 35 km starting 10 a.m. Contact Johnathan Wade 733-2054.

- A 69 km ride (one for every year of his life) starting 9 a.m. Contact Bruce Hainer 873-0320.

- A 111 km (69 miles) ride, which John will lead, starting 8:30 a.m. Contact Bruce Hainer 873-0320.

Pizza lunch will be at Peter Oechsler's house (821 Cumberland Street, New Westminster) - please RSVP to Mark Fearn 733-3964.

You probably know that John had an accident and broke his hand, but one way or another he is expected to be there.

SKATING ANYONE? - Dorothy Kennedy.

Anyone interested in ice-skating with other members at Richmond (Minoru Community Centre) on Thursdays 11:30 to 1:15, 'phone Dorothy Kennedy, 278-2766.

MAP REPORT - Chuck Dick

If you intend to do any serious riding in Washington, Idaho, Oregon or California, Metaker's County Maps are superb. They allow you to explore efficiently and confidently the numerous roads they indicate. We regularly use Whatcom, Skagit, Island, San Juan, Snohomish Counties. They are excellent for car travel exploration and for planning bicycle tours of longer than one day duration, where avoidance of major routeways is essential or desired. Each map will cost you \$3.95US, but will be worth it. Look for the yellow and orange envelopes with the green lettering that contain the maps.

While on the subject of maps, Bellingham Parks and Recreation has a useful map of their parks and major associated roads. "Chukanut Mountain Roads and Trails" is an outstanding map, produced by a

local, showing enjoyable mountain biking and hiking trails. It is available at Base Camp Outdoor Store (a log building) on W. Holly Street. The scale is 1.34 in to the mile and sells at \$5.25US (plasticized) or \$3.50US approx. (plain).

RIDING THE BEAR - BCLV

The four hardy souls who rode the first annual blood thickening, kick-out-the-old-year, New Year's Day BEAR ride enjoyed a winner. To the many unfortunates who missed this one, cheer up, the next one is only a year away - lots of time to prepare.

The weather, which was a tad grey as we left the Peace Arch crossing parking lot, did nothing but improve; for most of the day that is. By the time we reached Mountain View Road, west of Ferndale, we were actually basking in sunshine and enjoying the fresh air and farm smells. The sun remained with us through Bellingham and into old town Fairhaven. A delicious and relaxing lunch at the Coliphon Cafe followed. Too soon, we had to retreat northward to outrun the darkness of these shortened days. Marine Drive, Northwest Avenue and Slater Road brought us quickly back to Ferndale. The short cut home adds a little variety but also adds a long pull up Vista Drive. The rest is rolling hills, farm land scenes and waterways, and on a clear spring day, mountains as far as you can see. Valleyview Road, forty minutes from the cars, brought ominous sprinkles of rain to our lenses. However the weather remained kind all the way across the border. The forty-six kilometres from Fairhaven had taken a little over two hours, with a nice tail wind.

1994 January 1 will be remembered as a great way to start the cycling year. It will also be remembered for the good company, the good food and the roads, mostly dry and free of traffic. The BEAR had taken us along the back-roads of Washington and deposited us gently and kindly back in Canada.

Rain? Buckets! - after we were comfortably in our vehicles and on the way home. Bob Douglas, Vic DePaul, Lynn and Chuck Dick have officially ridden the BEAR and report it to you so you can mark it on your calendar. BEAR - Bellingham, Eat And Retreat.

VALENTINE DAY RIDE - Chuck Dick

You've read about the BEAR and you missed it - so, how about a ride on Monday, February 14, 1944? How about a catchy title for the ride? What words can we associate with the day? Well, there are Heart, Love, Cupid, Arrows, Bows, Ribbons, Candy, Kisses, Smiles, and so on. The object is to try and fit action with destinations, e.g., since bakeries are my favourite destination, BOWS could be

"Bakeries Of Washington State", or LOVE could be "Leave Out Vigorous Eating", or HEART could be "Healthy Eating And Road Travel".

Anyway, since I'm offering to lead the ride, I'm going to call this Valentine's Day one the LOVE and BOWS ride: shortened for "Leave Our Vancouver Establishments and Bike Our Way South". If you have any catchy names for the ride let's have them.

The ride? Meet in Fairhaven Park by 9:30 a.m. (one mile south of Fairhaven on Chuckanut Drive), bring lunch, and we'll ride the Chuckanut, visit Edison, and lunch at Bayview State Park. We'll return by Wilson, Avon-Allen, Ershing, Colony, Old Highway 99 past Lake Samish and Lake Padden and back to the parking lot at Fairhaven by the Parkway. It will be 96 km if we do it all, but February days are still pretty short, so we'll play it by ear - that's why the lunch. There are many roads to short cut the route, if we have to. It's a pretty ride, if it's a nice day. Pray for good weather. Contact Chuck Dick 261-5092.

TOURING BICYCLE FOR SALE

Twenty-one speed Peugeot X-Country, in excellent condition, nearly new, many extras, \$495, Mike Hughes, 479-9400.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) Jan. 26 - Feb. 8.

John Peck 538-0195

Participants: (10) John Peck, Bernice Gregory, Anne Ives, Albert Redford, Noreen Redford, Richard Lebek, Lee Kraft, Josie Zewiec, Cathie Freigang, Bruno Freigang.

Utah's Canyonlands April 10 to 27.

John Philip 531-0260

This 960 kilometre, 17 day circuit around the canyon country in southeastern Utah will be a self-contained camping trip with a flexible itinerary and

without a support vehicle.

Itinerary: Moab - Canyonlands National Park - Arches National Park - Green River - Goblin Valley - Hanksville - Hite Marina/Glen Canyon - Fry Canyon - Natural Bridges - San Juan Goosenecks - Mexican Hat - Monument Valley - Bluff - Blanding - Monticello - Moab.

Participants: (17) John Philip, Dorothy Philip, Roy Towler, Pete Lazenby, Marion Orser, Ray Wilkinson, Kathy Wilkinson, Garfield Clack, Rob Curr, George Setterfield, Andre Kaufmann, Faye Wilson, Bart Howes, Robert Miller, Anne-Marie Labourdette, Leila Montgomery, Dan Kennedy.

The Dempster Highway June 1 to 17.

John Peck 538-0195

This will be a camping tour with a support vehicle. The Dempster Highway is a gravel road which starts near Dawson City in the Yukon, and goes 750 km to Inuvik in the Northwest Territories. Mountain bikes are recommended.

Cost including airfare about \$1300. Ten dollars (non-refundable) was required by January 1.

Maximum 25, participants: (25) Elsie Dean, Faye Wilson, Joan Enman, Bruce Hudson, Marion Orser, Russ Horsnell, Diane Horsnell, Barton Howes, Vic De Paul, Roland Reader, Rose Tanchak, Sonja Joos, Barbara Hetzer, Peter Mix, Tage Winckler, Grethe Winckler, Jack Fisher, Bobbie Redmond, Maurice Tanchak, Bob Jordan, John Peck, Dornacilla Peck, Verena Blatter, Diana Lifton, Leila Montgomery.

Waiting List: (4) Josephine Chapman, Horst Hees, Olive Thorne, Ronald Eade.

Ireland May 2? Ted Stubbs 321-2784

Maximum 10, Participants: (10) Ted Stubbs, Pat Stubbs, John Jones, Rowan Ley, Bernice Gregory, Georgette Courchesne, Ray Berg, John Snuggs, Catherine Hamilton, Victoria Bernhardt.

San Juan Islands, Washington

10 to 12 days in the second half of July.

Bob Douglas 435-3893

\$15 was required by January 1. A camping tour with a support vehicle, costing approximately \$250, staying at Whidby, San Juan, and Orcas Islands, and possibly Lopez Island. A good relatively easy trip for an introduction to cycle-camping.

Maximum 30. Participants: (28) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Albert Manser, Ken Brothers, Marten McCready, Rose Tanchak, Margaret Fyfe, Roy Barrows, Anne-Marie Labourette, Emidia Lepore, Mary Yaremovich, Theresia Keet, Theresa Green, Mike Kelly, Jody Andrews, Peter Noack, Anna Wiskerke, Cornelis Wiskerke, Leo Comeau, Keith Clothier, Dan Baris, Jerry Baris, Georgette Courchesne, Sam Bigelow, Ian Polley, Albert Manser.

BC 94 - August 4 - 30.

Diana & Al Lifton 468-5696

This year's tour (with support vehicle — Al driving) will take us through southern British Columbia. Much of the terrain will be steep as we make our way through the Coast, Cascade, and Monashee Mountain Ranges. Daily distance will be low, under 80 kms, averaging 61kms per day. The tour will start and end at Tsawwassen ferry docks. We will take the usual route on the north side of the Fraser River to Hope, then the Coquihalla Highway to Merritt, the Okanagan Connector to Westbank, Kelowna, and Vernon for our first rest day. Travelling east from Vernon, we will cycle through Lumby, Cherryville, Fauquier, Nakusp, New Denver, Kalso to Nelson for our second rest day. Turning west, we plan to take the southern highway No. 3, passing north of Castlegar and Rossland on the Nancy Greene Parkway to Christina Lake and Grand Forks, Greenwood, and Osoyoos for our third rest day. The last stretch and homeward bound will take us through Keremeos, Princeton, Manning Park, Hope, and back to Tsawwassen reversing our outgoing route.

Total distance: 1460 kms; cycling days: 24, plus 3 rest days (27 days in all). Cost: \$540 (\$20 per day). Participants will be listed as deposits (\$100) are received, before April 15, please. Balance (\$440) due by June 15.

Participants: (8) Diana Lifton, Al Lifton, Judy Jackson, Elsie Dean, Andre Milaire, Martine Donahue, Garfield Clack, Ken Brothers.

Switzerland

Approximate dates: August 15 to September 9.

Andre Kaufmann 581-3923

By January 31, send \$250, \$50 of which is not refundable. The time has come to make a firm commitment.

Maximum 12. Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Dennis Scoriah, Freda Scoriah, Vernon Patterson, Katryn Jeronimus, John Peck.

Bavaria Romantische Strasse September

Max Bissegger 536-3202

Cost about \$2500. I have sent enquiries to Germany and Switzerland to find a local tour guide. I hope there will be more information in the next Newsbrief. I'll try to make this tour begin immediately after the Switzerland Tour.

Maximum 20. Interested: (16) Max Bissegger, Frances Bissegger, John Peck, Chris Kabel, Dorothy Kennedy, Shirley Fisher, Bernice Gregory, Al Hollinger, Carl Dukeshire, Joyce Dukeshire, Chuck Dick, Lynn Dick, Joy McQuade, Alyce McKay, Josie Zewiec, Theresia Keet.

Willamette Valley, Oregon

September 10-24

Ted Stubbs 321-2784

Maximum 25, cost \$350. Participants: (20) Ted Stubbs, Pat Stubbs, Joan Enman, Anne-Marie Labourdette, Ken Brothers, John Peck, Albert Manser, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, James Erickson, Anna Wiskerke, Cornelis Wiskerke, Garfield Clack, Emidia Lepore, Josie Zewiec.

1995 TOURS

CROSS AMERICA - Chuck Dick

Participants: (13) Chuck Dick, Lynn Dick, Richard Lebek, Theresa Green, Mario Lovricic, Ray Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes, John Hiza.

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CALGARY WEEKLY TRIPS

Sundays: Meet at 9:30AM at Priddis store. Contact Bob Jordan 931-3227.

A pony went into a bar and said, "Could I please have a drink, I'm just a little hoarse".



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 2

February 1994

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by March 1. These are acceptable, typed, or on 3.5 in disk, either Macintosh or IBM format, or by FAX to 538-0195.

aware of this problem. It was brought to my attention that, in a couple of cases, messages were passed by word of mouth and nothing ever came of it. With the agreement of the Newsbrief editor, I will ask that we make space available to enter names of members who are under the weather. For this to work, we need to be advised either by 'phone message or letter to the office.

I will be away next month, therefore I will not be writing a president's corner.

See you in April, happy and safe cycling. Ian

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

VICTORIA NEWS - Rae Wohlschlegel

We received a letter from Dennis Parsons from South New Zealand. He will now be on the North Island. He arrived in Christchurch, from Australia, a few days before Christmas. It sounds as if he is enjoying travelling on his own and in his usual laid back style. He had been touring with a couple of Germans and was going to be travelling with a young Japanese man (hoping to make use of his knowledge of Japanese). He spent six days in Christchurch and is enjoying meeting the friendly people of the South Island. Many of the towns he mentions going though are familiar to us who were on the '91 NZ tour.

PRESIDENT'S CORNER - Ian Polley

Do you realize that the first tour of 1994 is now history? Yes, the touring season is under way again with Hawaii being the first out of the chute. As I look at the list of tours this year, as in past years, the sun is the magnet that draws us out. The next tour is also in a warmer climate (Utah) and is early in the season: April 10-27.

In the last Newsbrief I wrote of members who are under the weather and that we would like to be made

BICYCLES EXPLAINED - Eva Folk

In past Newsbriefs there have been some very technical articles dealing with bicycle gears and numbers. As there are a lot of us who do not understand these terms, I would like to put bicycle components into a simpler form.

First of all, bicycles have two wheels, both of which must be round. No other shape will do. These wheels need tyres, of which there are two kinds - inflated and flat. The inflated are best. The flat kind

are practically useless, and it is hard to understand, in this day and age, why there are still so many around. Down below are two pedals which must be pushed around, although they are not of a round shape. The flat kind of pedals are simple and anybody can use them. Some people favour toe-clip or clip-on pedals but, unless you have smart feet, forget about using these. Brakes consist of two levers on the handlebars and are very easy to understand. Some people use brakes that squeal, but I have never seen any benefit to this kind of brake. A very important part of a bicycle is the seat or saddle. Thus far the perfect seat has not been invented so, while you are waiting, you may as well use any old thing that is on your bicycle. They are all sure to give you a pain. Down below there are a whole lot of sprockets, clusters, gears, derailleurs and numbers, but don't worry about them as they are all beyond understanding. We can safely leave all that to the technical people.

I hope this gives a simpler and more understandable picture of the machine which is called a bicycle.

HAWAII 94 - Lee Kraft

CCCTS's third annual tour of the Big Island was held on January 26 to February 8. This year's tour followed much the same route as in previous years, with both mountain stages and high speed time trials.

The first day's ride, though long, was remarkably effortless, consisting of the flight to Honolulu. A further gradual build-up in intensity was made in stage 2, reaching Hilo.

The peloton's first challenge was the ride to Honokaa, a navigational puzzler consisting of the scenic route, where many trees could be seen, or the regular route, where only the ocean and mountains were visible. The race contenders were content to wait to do battle in the mountains; however, the first casualty dropped from the peloton, Albert, unnerved by course hazards.

Stage 4, the first climb of the tour, broke open the pace and spread the field, and the pre-race favourites, Noreen and Bernice, vied for the yellow jersey heading to Waimea. A circular rolling time trial to Hawi and back was the 5th stage, judged to be optional by some participants. A mandatory rest day followed, all to pay homage to Bruno's 64th. The next stage, 7, headed south to Kona, a moderate grade uphill almost the entire way, with a precipitous decline in the last four miles, allowing all riders to increase the average showing on their cyclometers. With the Tour de Big Island at the halfway point, the Director Sportif, John Peck, declared another recovery day. By this time it was clear that Noreen, Bruno and Cathie were leading the pack.

Controversy entered the race on the 9th day, a mass-start time trial to Captain Cook, the race over by 10:30 am, with Richard winning the stage. No great time gained or lost by any rider. Dignity, however, was misplaced by Bruno's successful mooning of the Calgary team. Driven more by heat than copy-cat urges, the U.S. and Vancouver Island members were also discovered uncovered (buck naked).

The road to Naalehu proved one of the most difficult of the tour. Not with grades, but with headwinds, strong enough to blow a Eucalyptus over the highway and blow the riders off their bikes; all riders resorting to periodic walks. At day's end, the peloton's spirit was raised by Richard's treasury of Henny Youngman jokes, all together good for at least one laugh.

The eventual winners of the coveted yellow jerseys (a 3 way tie) were decided in the penultimate stage, the climb to Volcano Village. The lead changed hands several times, with Bernice and Anne pushing an early morning break-away. As is often the case, the peloton reeled in the early leaders, with first Noreen, Bruno and Cathie, then Josie, John and Richard all passing on the long climb.

With certain defeat looming, Bernice, Anne and Lee chose to employ the desperate strategy of catching a ride in the back of a pick-up, thereby blasting past the competition. By using this tactic, they not only gained the overall lead, but also were presented with the Tonya Harding Award for True Sportsmanship.

After a rest day at Kilauea, with a rain-brightened optional points race around the crater, John was feted for, again, his brilliant tour organization.

The traditional last stage parade down to Hilo, past McNuts, left the final standings intact. Le Maillot Jeune awarded to the three pick-up riders, and the red polka dot "King of the Hills" going to Noreen. The cheers from the thronging crowds was tumultuous.

[Prospective Hawaii riders for 1995 should not mis-read this story. It was actually not a race. Ed.]

WHERE DO WE LIVE - Ken Grieve

Possibly, I should be dating this letter April 1, because John Peck could be practising one of his practical jokes on us! In his report on "Where We Live" (page 6, December 1993), the percentage figures add to 93%, not 100%. It seems the category "1% in other countries" exclude the unaccounted for 7%. Are the remaining 7% possibly extra-planetary members who live in places like Mars, or perhaps, in areas like the Antarctic which may not be considered "other countries"?

One recalls jokes about professional mathemati-

cians being unable to add up their wives' grocery lists accurately. Could this be the explanation of the anomaly of the missing 7%?

[Indeed! We are delighted that someone reads the Newsbrief closely. The other 7% live in West and North Vancouver, not the Antarctic. John Peck]

INVITATION - from Horst and Josephine

We are getting married and invite you to come and celebrate with us. It's Potluck, no gifts please. Thursday 1994 March 3, 4:30 PM, Braefoot Park Athletics Hall, 2359 McKenzie Avenue, Victoria. Josephine Chapman and Horst Hees, 389-1152.

FINANCES - Bob Douglas

The audit of our operations for the year ended 1993 October 31 has ended. Once again we must thank Kathie Wilkinson for typing the statements and Jack Wicockson for the audit. An abbreviated version of our accounts follows.

Balance Sheet as of 1993 October 31

Assets		Liabilities	
Bank	\$9378	Trip Funds	\$5322
CSBs & Term Dep.	34000	Prepaid dues	2699
Accrued Interest	1686	Prepaid banquet	700
Payments, deposits & receivables	752	Payables due members	246
Equipment	14472	Funds surplus	51321
	<u>\$60288</u>		<u>\$60288</u>

Operation 1992 Nov. 1 to 1993 Oct. 31

Revenue		Expenditure	
Dues	\$5574	Rents	\$3895
Internal Income	2308	Postage	1295
Contributions	1754	Printing, copying	1277
Sales	600	Depreciation	1023
Gain on Social Evening	318	Telephone	928
		Items for resale	560
		Repair caomping eq.	293
		Travel	230
		New Office outfit	220
		Stationery	192
		Cooking Equipment	178
		Donations	150
		AGM	133
		5 items inder \$70	231
	<u>\$10554</u>		<u>\$10605</u>

Please feel free to contact the treasurer for greater details or for the complete statement.

Also please look for your Canadian Tax Receipt which should be in the envelope with this Newsbrief.

NURSES - John Peck

Did you know that 8% of our members (16% of women members) are registered nurses. But we should practise safe cycling anyway.

WELCOME TO NEW MEMBERS

A belated welcome to the following, who are in the membership list distributed in December.

Kirsteen Aston, Margaret Blacoe, Tom Boguski, Mathew Brady, George L. Calver, Bill Chigas, Helen Cooper, Olga Coyes, Dorothy Egg, Mary Eickhoff, Bruno & Cathie Freigang, Kasandra Houghton, Sally Irwin, Eileen Jones, Verne & Mary Matus, Terry McGinnis, Peter K. Noack, Vic Pothier, Gilles Prud'homme, Alex Soukoreff, Eveline Stout, Gwyn Thomas, Mary Yaremovich.

And a welcome to newer members:

- Ward Armstrong, 503-364-3583
529 Juntura Ct., S.E.,
Salem, OR, USA, 97302.
- Denny Davis,
3855 Cedar Hill Road,
Victoria, B.C., V8P 3Z5.
- Ronald & Mary Eade, 403-238-0696
9843 Oakhill Dr. SW,
Calgary, AB, T2V 3X1.
- Bill & Sheila Fry, 671-9295
315-2890 Point Grey Road,
Vancouver, B.C., V6K 1A9.
- Rae & Norma Sinclair, 299-5127
251 N Grosvenor,
Burnaby, B.C., V5B 1J3.
- Pauline Whyte, 905-646-5947
5 Carn Castle Gate,
St. Catharines, Ontario, L2N 5V4.
- Zel Harvie, 403-228-4934
116 Garden Crescent S.W.,
Calgary, Alta., T2S 2H9.

We now have 305 members, but have lost 42 in the

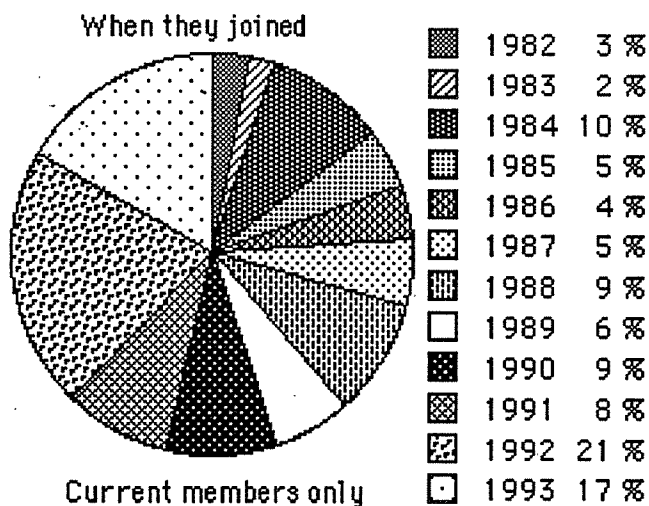
last four months.

ADDRESSES FOR SNOWBIRDS

If you told us that you have a second address for a period of a few months, then that information is recorded. If you cease being a snowbird, and forget to tell us, the chances are that your Newsbrief will go to the wrong address.

STATISTICS - John Peck

One of the presentations at the AGM was a pie chart showing when our current members joined the Society.



It is interesting to note that 3% have been members for eleven years, while 38% have joined in the last two years.

[Yes, Ken, it does not add up to 100% because of rounding errors. Ed.]

NEW VERSES - Ron France

At one of our recent pot luck dinners and dance, out here in the boondocks, we wound up the night with a sing song for a change. When we got into the one verse of "A bicycle built for two", I mentioned to our local composer that it's too bad there aren't more verses like other songs. "No problem, Ron" he said, "I'll whip you up a few more verses." So you aspiring song birds, here they are.

Daisy, Daisy, give me your answer do.
I'm half crazy over the love of you.
It won't be a stylish marriage.
I can't afford a carriage.

But you'll look sweet upon the seat
Of a bicycle made for two.

Monty, Monty, here is my answer dear.
I can't cycle, I hope I have made it clear.
If you can't afford a carriage,
There won't be any marriage,
'Cause I'll be damned if I'll be crammed
On a bicycle made for two.

Daisy, Daisy, I have now bought a Ford.
Now we can marry, if this meets with your accord.
We will have a happy marriage,
We'll have my horseless carriage,
You won't be damned, nor will you be crammed,
On a bicycle made for two.

Monty, Monty, I thought I had made it plain.
I'm now married to a man with an aeroplane.
It has been a happy marriage,
I don't need your horseless carriage,
'Cause now I fly, high in the sky,
In a "Bleriot" built for two.

HOW TO TRIP TRAFFIC SENSORS -

John Peck

If you think that traffic light sensors, the loops built into the roads, are too insensitive to allow bicycles to trip them, then here is some advice that comes from Chuck Hanna-Myrick in the "Cascade Courier", of the Cascade Bicycle Club.

The sensing depends upon disturbing a magnetic field created by the buried wires. Since there is less metal in your bicycle than in a car, you should stop with your bicycle over the outside edge of the loop, rest on your left foot and lean slightly towards the loop. This gives the best chance that the metal in your bicycle will disturb the magnetic field and give you the green light.

Perhaps we should now be asking that where the buried wires have been paved over, a 'hot spot' should be marked with an X on the road surface, so that cyclists can know where it is.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles

must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - April 10 to 27.

John Philip 531-0260

A bulletin and itinerary have been sent to the participants.

Participants: (17) John Philip, Dorothy Philip, Roy Towler, Pete Lazenby, Ray Wilkinson, Kathy Wilkinson, Garfield Clack, Andre Kaufmann, Faye Wilson, Barton Howes, Robert Miller, Anne-Marie Labourdette, Leila Montgomery, Dan Kennedy, Bruce Ross, Rae Wohlschlegel, Ben Kihlman.

The Dempster Highway - June 1 to 17.

John Peck 538-0195

Cost including airfare about \$1300. Ten dollars (non-refundable) was required by January 1.

This will be a camping tour with a support vehicle. The Dempster Highway is a gravel road which starts near Dawson City in the Yukon, and goes 750 km to Inuvik in the Northwest Territories. Mountain bikes are recommended. A Bulletin will be sent to participants with the March Newsbrief. I'll be away until March 2.

Maximum 25, participants: (25) Elsie Dean, Faye Wilson, Joan Enman, Bruce Hudson, Russ Horsnell, Diane Horsnell, Barton Howes, Vic DePaul, Roland Reader, Rose Tanchak, Sonja Joos, Barbara Hetzer, Peter Mix, Tage Winckler, Grethe Winckler, Jack Fisher, Bobbie Redmond, Maurice Tanchak, Bob Jordan, John Peck, Dornacilla Peck, Diana Lifton, Leila Montgomery, Norm Sinclair, Rae Sinclair.

Ireland May 2? six weeks, Ted Stubbs 321-2784

Maximum 10, Participants: (10) Ted Stubbs, Pat Stubbs, John Jones, Rowan Ley, Bernice Gregory, Georgette Courchesne, Ray Berg, John Snuggs, Catherine Hamilton, Victoria Bernhardt.

San Juan Islands, Washington - July 18-28.

Bob Douglas 435-3893

\$15 was required by January 1. A camping tour with a support vehicle, costing approximately \$250, staying at Whidby, San Juan, and Orcas Islands, and possibly Lopez Island. A good relatively easy trip for an introduction to cycle-camping.

Hike, bike and swim. Ride the Chuckanut Drive and visit Ferndale, Bellingham, La Conner, Deception Pass, Oak Harbour, Coupeville, Anacortes, Friday Harbour, Eastsound and Mt.

Constitution.

Maximum 30. Participants: (30) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Albert Manser, Ken Brothers, Marten McCready, Rose Tanchak, Margaret Fyfe, Roy Barrows, Anne-Marie Labourdette, Emidia Lepore, Mary Yaremovich, Theresia Keet, Theresa Green, Mike Kelly, Jody Andrews, Peter Noack, Anna Wiskerke, Cornelis Wiskerke, Leo Comeau, Keith Clothier, Dan Baris, Jerry Baris, Georgette Courchesne, Sam Bigelow, Ian Polley, Albert Manser, Gilles Prud'homme, Miep Dennison.

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Switzerland - August 15 to September 9?.

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Maximum 12. Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John

Philip, Dorothy Philip, Dennis Scorah, Freda Scorah, Katryn Jeronimus, Judy Jackson, John Peck.

Bavaria Romantische Strasse September 7-23.

Max Bissegger 536-3202

Cost about \$2700, deposit \$700 by February 28, balance \$2000 by July 1.

Through preliminary correspondence and various telefax's back and forth, I am onto Mr. Marx from the Romantische Strasse Tourist Office in Dinkelsbühl. I have sent a wish list over of where we would like to go, and Mr Marx will work out a cycle friendly route for us. As of today I have no suggested route from him.

Also the accommodation system is different from that of North America. There are no motels as we know them, along the route. I was advised that small hotels are the right thing for overnight stay. They will serve dinner and breakfast. In my initial estimate I did not include a daily dinner. This change increases the cost to \$2700 from \$2500.

Also, if you wish to extend your trip in Europe at the conclusion of the Bavaria tour, please contact Penny Simpson at Marlin Travel in White Rock, 538-4488.

To entice you here is a rough itinerary: Heidelberg, Würzburg, Ulm, Kempten, Füssen, Wangen, Meersburg, Steinam Rhein, Basel, and back to Frankfurt by bus. This may change.

Maximum 20. Interested: (17) Max Bissegger, Frances Bissegger, John Peck, Chris Kabel, Dorothy Kennedy, Shirley Fisher, Al Hollinger, Carl Dukeshire, Joyce Dukeshire, Joy McQuade, Alyce McKay, Josie Zewiec, Theresia Keet, Barbara Hetzer, Mathilde Klassen, Harry Lang, Mel Kerr.

Willamette Valley, Oregon - September 10-24.

Ted Stubbs 321-2784

\$100 deposit by June 1, Cost about \$350.

Join us and enjoy Oregon's lovely Fall weather. We'll cycle with the Spoke Folk of Eugene on their Sunday ride. The Willamette Valley is a very flat area - easy cycling - but getting there and back from the coast requires crossing the Cascade Mountains which have some hills, but nothing too strenuous. We'll travel through Salem, Albany, Corvallis, Eugene, the wine country around McMinnville, and the rugged coast almost to Lincoln City. Enjoy the harvest of the productive Willamette Valley, plus the lovely forests of the Cascades.

Maximum 25, participants: Ted Stubbs, Pat Stubbs, Joan Enman, Anne-Marie Labourdette, Ken Brothers, John Peck, Albert Manser, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, James Erickson, Anna Wiskerke, Cornelis

Wiskerke, Garfield Clack, Emidia Lepore, Josie Zewiec, Jim Jeffrey, Shirley Mae Jeffrey, Roy Towler, Sylvia Mather, Audrey Hayes, Zel Harvie, John Harvie.

1995 TOURS

CROSS AMERICA - No leader

There is a possibility that this tour will be cancelled if a leader does not step forward. If you are willing please contact Chuck Dick or Marion Orser.

Participants: (17) Chuck Dick, Lynn Dick, Richard Lebek, Theresa Green, Mario Lovricic, Ray Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes, John Hiza, Vernon Petterson, Nanette Earl, Gerry Sutherland, Bill Hannan.

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NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 3

March 1994

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Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

PRESIDENT'S CORNER - Chuck Dick *[Ian Polley is away]*

Without tours and rides progressing, as we've now come to expect - successfully - it's time to turn our attention to our semi-annual get-together. Yes, our Spring 1994 meeting cum social, is set for Thursday, April 7 in the Delta Recreation Centre (Tsawwassen) Room C at 11 AM. We'll expect to see as many as possible attend, have some lunch and listen to infor-

mation on the tours that are liberally sprinkled through the Summer and Fall months. You'll probably pick up on many conversations where the usual tall tales are being told, but that's what get-togethers are for.

Your directors, besides handling the administration on your behalf, debate many interesting issues. The question of "what kind of rides do you want?", crops up many times, along with the question of how much support should there be for racing competitions, randonneur century rides (metric and regular) etc. Our constitution clearly states that we are a touring club or society, but this does not preclude our keeping you informed of cycling activities for all types of cyclists. To be aware and informed is part of our task, so you'll note that we have included a list of some of the cycling activities occurring in the north west in the next few months. Those of us who have enjoyed a variety of beautiful routes, including century, double century and competition rides would encourage you to extend your skills. Joining some of those difficult ones will not only improve your competence, but also your confidence. Most of us don't give ourselves enough credit. A beautiful and very relaxing event is the annual Tulip Festival ride near Mt. Vernon; one day, different scenery, and well catered.

A questionnaire will be available for you to complete at the semi-annual meeting. It is designed to provide us with some answers to the mysteries surrounding the trips you wish - destinations, reasonable budget figures, length of trips, group sizes, supported or unsupported etc. plus your valuable suggestions. Each effort is appreciated, particularly by those of us who have planned extravaganzas that have "bombed" because of little or no interest. We are also looking (always) for new leaders who would like to try a trip or two, but who may need assistance. Look no further! All of us would be glad to help or to locate someone who knows your area of

interest.

New members, some a long way removed from cycling, have asked for a workshop on the technical details of bicycle repair. A workshop is tentatively scheduled for Monday April 4. If you are interested, give Al Hollinger or Bob Douglas a call.

It's some way off yet, but planning of 1995 tours is starting and rumours suggest a bumper crop. Somewhere off in the distance I can hear the Danube running wildly and -- is that New Zealand sheep I hear?

Very best wishes to all of you and to the tour leaders who give so much of themselves on our behalf. Super cycling whether it be alone, as a team or group member, or as one churning gears in competition.

SPRING SOCIAL - April 7

The Spring Social will start at 11 A.M. on April 7 at the South Delta Recreation Centre, Room C (main building). Come and meet your friends and hear about forthcoming tours. Lunch will be served at a cost of \$3. Bring your mug or drink from styrofoam.

A HAPPY TALE - Katryn Jeronimus.

It seems that it had to happen. The rain stopped and the sun peeked through just in time for Josephine and Horst's wedding on March third in Victoria B.C.

There were about twelve happy cyclists from the mainland attending the ceremony. Seven of us went together in Shirley's car. We took the 1 P.M. ferry over and the last ferry back. That should tell you that we really enjoyed ourselves. We brought food and drink.

Besides family with their small children, there were lots of friends, swimmers, joggers and cyclists. Needless to say that the happy couple are very athletically minded, as we all know.

Even triathlon minded!

I said to Al Hollinger, "How many people do you think are here?" Al said, "Maybe as many as eighty. Count the feet and divide by two; that will give you the right answer."

After dinner entertainment was provided. There were sketches, live and taped music and, best of all, Horst shared with us his poem that he had written for his wife, Josephine. The poem was very appropriately called "*The Kiss*". I still remember the first line. "The Kiss; Does that mean maybe, yes, or buzz off?"

Well, it turned out to be "yes", for sure!

Congratulations to you, Josephine and Horst, from all of us.

ANOTHER SHORT TALE - Eva Folk

As attacking dogs continue to be a problem on both the Tuesday and Wednesday rides, I would like to update the information with regard to dealing with them.

Latest studies show that a mean dog has very low self esteem. He has been angrily berated for his bad behaviour for most of his life and, while he really can't bite the hand that feeds him, he takes out his frustration on passers-by. By yelling "Go home, Bad dog", as has been previously recommended, it only reinforces his low morale and makes him feel that everybody hates him.

Nowadays it is thought best to speak to the attacking dog in a soft, gentle voice, the theory being that there is a spark of good in every bad dog. By speaking in a soothing manner and calling him nice names like "Good Dog" or "Nice Poochie", he will be so astonished and then confused that he will stop in his tracks. He will forget what all the barking and threats were about and let you pass safely.

I would be interested in hearing from anyone who has tested this hypothesis.

JOHN CAMERON - John Peck

John Cameron died on March 7. He had been ill for a few months with cancer. John joined our society in 1985. He rode from Jasper to Vancouver in '86 and did the Cross Canada. He also participated in BC '87, Cuba and Santa Barbara '89. His last tour was to Haida Gwaii in August 1993. We remember his cheerful sense of humour and his compassion for humanity. Another memory is strawberries and cream, with the Camerons, on the Okanagan '88 tours. Our sympathy goes to his wife Corol and all his relatives and friends.

ICBC & BICYCLE HELMETS - Bob Douglas

Recently I wrote to ICBC as follows:

As one interested in the use of bicycle helmets, I would appreciate detailed knowledge of ICBC's policy regarding same.

For example, if one insured by ICBC caused a head injury to a bicyclist, is the use of a helmet taken into account in any settlement? All other circumstances being the same, is there a percentage difference in the settlement offered between the helmeted and non-helmeted? Is age of the bicyclist a factor? Would there be a change in policy, and if so the anticipated change, if provincial legislation made helmet use mandatory?

The reply was:

The Insurance Corporation does not have a specific policy regarding the use or non-use of bicycle helmets. However, if it can be shown that by wearing a helmet a head injury could be prevented, the corporation will certainly use that as a defence in reducing a claim. Please refer to the following judgement:: Anderson v. Leung (25 November 1988). As you know, the wearing of a helmet is not a legal requirement in British Columbia; however, if it was, I'm sure that the corporation would take a more aggressive role in using that as a contributing factor in reducing compensation in head injury claims.

The age of a cyclist may well be an important factor in adjusting a cyclist's claim; however, that determination would be decided on each individual claim.

BIRTHDAYS - Rowan Ley

Thirty-four members showed up for the Tuesday Ride's monthly dinner meeting to help Felice Bennekou and Harry Lang celebrate their respective birthdays. Eva Folk displayed her skills as epistolarian with a unique tribute to a beaming Harry Lang on the advantages of being 80 years young. Talk of the evening was about the very likeable young member who showed up for the day's ride, but unfortunately forgot her bicycle.

ACCIDENTS - Andre Kaufmann

Accidents should never happen, but when they do the directors would like to collect details for study and analysis. We could learn from our mistakes, as other hazardous sports do. For this purpose, Accident Report Forms are available and have already been distributed to a few. Please fill them in and return them to the office. You will be doing future riders a service.

OTHER RIDES - Chuck Dick

'Phone Chuck 261-5092, find a friend, join a carpool, go alone, but just do it. Don't forget you are challenging yourself in these ones, and having fun. Rather than listening to the tall tales, you'll have some of your own.

March 18-20 - Bicycle and Summer Sports Festival, Plaza of Nations, a 20 km cycle path ride is also in the works. CCCTS will be represented at the Festival, 'Phone Rowan Ley 731-6478.

April 10 - Pacific Populaire - Riley Park 8 AM to

9:30 start, 25, 50 and 100 km.

April 17 - 200 km Randonneur, the first of the series, contact the BC Randonneurs for others (Cycling BC 737-3034) including the 300, 400, 600, 1000 km.

April 17 - Tulip Ride, Rexville Grange, Mt. Vernon 8 AM, \$7, 10, 20 miles, snack, 206-428-0404.

May 15 - Manulife Ride for Life, UBC 50 km.

May 15 - Skagit Classic, 25 and 45 km and metric century, Bayview School, Mt. Vernon, Washington.

May 22: Double Metric Century, Millersvania, Washington, 10 m South of Olympia, 7 AM.

May 29 - Single Sock Century, Vancouver Bicycle Club.

June 5 - Le Tour de Spokane, 100 miles through beautiful country, 9AM.

June 11 - Apple Century, Wenatchee, a great fun ride, dinner the night before, warm weather, 100 miles, 8 AM.

June 12 - Flying Wheels Summer Century, 100 miles, Redmond, Washington, 7 AM.

June 18 - Summer Spokes Century, 100 miles, Marymoor Park, Redmond, 7 AM.

June 25,26 - Seattle to Portland, double century, 200 miles, 10,000 riders, pre-registration required.

July 31 - Tour de Peaks, 8, 35, 62 mile loops, best food of the century rides.

Aug 6,7 - TOSRV (Tour of Several River Valleys), 14th annual ride, Marysville, WA, camping, sag, meals, check points with food and drinks, 7 AM.

Aug 12,13 - RSVP (Ride Seattle to Vancouver and Party), 10th annual, 185 miles, full support, Univ. of Washington, 5:30 -6:30 AM start.

Aug 27 - Crater Lake Tour, 63 miles, should be done as part of camping holiday from Diamond Lake Camp.

Sept 3-5 - Yakima Wine Valley Tour, mmm!, a delicious way to go, 130 miles, wineries, motel, meals, guide and sag.

Sept 3,4 - Portland to Eugene, double century classic over scenic course, 6 AM.

Sept 11 - Single Sock Century, VBC, get the other half of your pair of socks.

Sept 11-17 inclusive, first annual cross Washington trip, 8 AM, \$425, full support, really exciting.

Sept. 18 - Autumn Century, 100 miles along the Spokane river, \$25, Wandemere Mall in Spokane, 8 AM.

Sept 24,25 - Tour des Lacs Spokane, 2 days, 5 different challenging routes, an outstanding tour and challenge along up to 7 beautiful lakes if you go the Cadillac of tours. Call Ardene at 509-482-2588

Sept 25 - Chuckanut Century & Metric Century Ride, Alaska Ferry Terminal start, Bellingham, 7:30-10:30 AM start, Also 50 and 32 mile loops, \$14.

Sept 30 - Oct 2 - Mt. Ranier Loop Tour, 160 mile,

3 days, 10,000 ft loss/gain, tent 1 night only, Enumclaw, WA, 8 AM. Strong willed and strong heart, but think of the story you can tell!

There are many more and I haven't touched the racing, the Seniors Games, or the National Seniors Games in Utah

Watch for the first Cross Canada Cycle Tour Society's own Century, Metric Century and Half Century rides coming soon. It will be June and probably will be called the Summer Solstice Century, fun, food, frolic and most important, the finish. Mostly on back roads, little traffic and time for lots of stops, and it's light until 9 PM.

EDMONTON ANYONE? - Mary Eickhoff

I'm riding Lower Mainland to Edmonton June 26 to July 9 via Coquihalla, Yellowhead. Any cycle tourists interested please call Mary, 535-2513.

MEDICAL COVERAGE - Bob Douglas

Medical Services Plan coverage for B.C. residents is essentially as follows:

In B.C. - Hospital care, physician and pharmacare.

In other Provinces - Hospital care, physician at B.C. rates, but some special services (e.g., chiropractic, physiotherapy, podiatry, massage, pharmacare) are not covered. In other provinces, except Quebec, hospitals will bill B.C. directly if your CareCard is produced. Quebec will often do the same.

Outside Canada - Hospital at \$75 CDN per day, physician at B.C. rates, but no emergency out-patient or day care surgical. Average cost for hospital stay in the U.S. is \$750 - \$1000 per day.

For greater detail, telephone the Medical Services Plan, 669-4211 in Burnaby or 387-2652 in Victoria.

BIKE COPS - from the VBC Dynamo

Seattle's 70-bike police patrol force costs no more than two or three regular cruisers to operate, and is far more effective, with a record of 5 times as many arrests. It is the Most Feared Arm of the Seattle Law Force according to a survey of residents in the local slammer.

FOR SALE - Chuck Dick

Bicycle Tourer's Dream! Two well-constructed (corduroy nylon heavy duty) backpacking or suitcase

bags by Mt. Equipment. Both have zip-on self-contained day packs which double as extra pockets. Excellent backpack suspension system with heavy padded shoulder and hip belt. Large capacity bags have side and end carrying handles, plus shoulder straps when used as suitcases. All zippers are lockable and are very heavy duty coil YKK. Blue one - \$85, red one \$95 (has additional features). Sell as a pair at \$10 off total price. Contact Chuck Dick 261-5092.

OUR FUTURE - John Peck

Forty two per cent of our members live in Greater Vancouver, i.e., 126, while 54% live in the province of B.C., i.e., a total of 162. This means perhaps that we appeal to about 0.013% of the population. Assuming the population of Canada to be say 30 million, and assuming that each large city had a club like ours, this means that we might appeal to about 4000 cyclists across the entire country. Do you see a Canadian Seniors Cycle Touring Club of 4000 in the future? It is not impossible.

How could this come about? Perhaps in the future we could be a National Society with local branches in each large city. To be effective, there would need to be much local autonomy, with a national executive meeting occasionally. Local branches might be responsible for daily rides and tours in their area of interest, or elsewhere. All tours would be in a national Newsbrief so, for instance, Ottawa members might join a tour organized by the Calgary section. There are already six members in Ottawa and ten in Calgary.

Is this pie-in-the-sky? I don't think so. We now have much expertise to offer, and we are unique in offering bicycle tours for seniors. Should we work actively towards it? Well, to grow too fast might be a mistake; but to set our sights on a larger goal might not be. What do you think? The directors would like to hear from you.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your

name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - April 10 to 27.

John Philip 531-0260

An itinerary has been sent to the participants.

Participants: (17) John Philip, Dorothy Philip, Roy Towler, Pete Lazenby, Ray Wilkinson, Kathleen Wilkinson, Garfield Clack, Andre Kaufmann, Faye Wilson, Barton Howes, Robert Miller, Anne-Marie Labourdette, Leila Montgomery, Bruce Ross, Rae Wohlschlegel, Ben Kihlman, Irving Weiss.

Ireland May 2 six weeks, Ted Stubbs 321-2784.

Maximum 10, Participants: (8) Ted Stubbs, Pat Stubbs, John Jones, Rowan Ley, Ray Berg, John Snuggs, Catherine Hamilton, Victoria Bernhardt.

The Dempster Highway - June 2 to 17.

John Peck 538-0195

\$100 required by March 31, balance \$1200 by April 30. A bulletin has gone to all participants.

Maximum 25, participants: (25) Elsie Dean, Faye Wilson, Joan Enman, Bruce Hudson, Russ Horsnell, Diane Horsnell, Barton Howes, Vic DePaul, Roland Reader, Rose Tanchak, Sonja Joos, Barbara Hetzer, Peter Mix, Tage Winckler, Grethe Winckler, Jack Fisher, Bobbie Redmond, Maurice Tanchak, Bob Jordan, John Peck, Dornacilla Peck, Diana Lifton, Leila Montgomery, Norm Sinclair, Rae Sinclair.

Waiting List: Ronald Eade.

San Juan Islands, Washington - July 18-28.

Bob Douglas 435-3893

Deposit \$15. A camping tour with a support vehicle, costing approximately \$250, staying at Whidby, San Juan, and Orcas Islands, and possibly Lopez Island. A good relatively easy trip for an introduction to cycle-camping.

Hike, bike and swim. Ride the Chuckanut Drive and visit Ferndale, Bellingham, La Conner, Deception Pass, Oak Harbour, Coupeville, Anacortes, Friday Harbour, Eastsound and Mt. Constitution.

Maximum 30. Participants: (30) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Albert Manser, Ken Brothers, Marten McCready, Rose Tanchak, Margaret Fyfe, Roy Barrows, Anne-Marie Labourdette, Emidia Lepore, Mary Yaremovich, Theresia Keet, Theresa Green, Mike Kelly, Jody Andrews, Peter Noack, Anna Wiskerke, Cornelis Wiskerke, Leo Comeau, Keith Clothier, Jerry Baris, Georgette Courchesne, Sam Bigelow, Ian Polley,

Albert Manser, Gilles Prud'homme, Miep Dennison, Joan Herbert.

Waiting List: (7) Vernon Patterson, Helen Cooper, Cathie Freigang, Bruno Freigang, Ann Miller, Lee Kraft, Ken Kraft.

BC 94 - August 4 - 30.

Diana & Al Lifton 468-5696

Total distance: 1460 kms; cycling days: 24, plus 3 rest days (27 days in all). Cost: \$540 (\$20 per day). Participants will be listed as deposits (\$100) are received, before April 15, please. Balance (\$440) due by June 15.

This year's tour (with support vehicle — Al driving) will take us through southern British Columbia. Much of the terrain will be steep as we make our way through the Coast, Cascade, and Monashee Mountain Ranges. Daily distance will be low, under 80 kms, averaging 61kms per day. The tour will start and end at Tsawwassen ferry docks. We will take the usual route on the north side of the Fraser River to Hope, then the Coquihalla Highway to Merritt, the Okanagan Connector to Westbank, Kelowna, and Vernon for our first rest day. Travelling east from Vernon, we will cycle through Lumby, Cherryville, Fauquier, Nakusp, New Denver, Kalso to Nelson for our second rest day. Turning west, we plan to take the southern highway No. 3, passing north of Castlegar and Rossland on the Nancy Greene Parkway to Christina Lake and Grand Forks, Greenwood, and Osoyoos for our third rest day. The last stretch and homeward bound will take us through Keremeos, Princeton, Manning Park, Hope, and back to Tsawwassen reversing our outgoing route.

Maximum 30, participants: (18) Diana Lifton, Al Lifton, Judy Jackson, Elsie Dean, Andre Milaire, Martine Donahue, Garfield Clack, Ken Brothers, Marten McCready, Audrey Hayes, Peter Cordoni, Horst Hees, Josephine Chapman, Art Borron, Brenda Borron, Sonja Joos, Joan Herbert, Vic Pothier.

Switzerland - August 15 to September 9?

Andre Kaufmann 581-3923

All reservations for the hostels are made and we are waiting for confirmation. Only then will we be able to make a proper calculation, but as a good guess it will be around \$50 per day. This will include breakfast, dinner and accommodation.

I urge you to go and see KAEGI TRAVEL, 1226-736 Granville Street, Vancouver, telephone 683-1291. The price of the flight to Basel is \$1368, including taxes. Remember that you have to join Hosteling International, in Vancouver, 1515 Discovery St.; in Kamloops, Old Court House Hostels.

A map will be available for each tour participant.

Maximum 12. Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Dennis Scoriah, Freda Scoriah, Katryn Jeronimus, Judy Jackson, John Peck.

Bavaria Romantische Strasse September 7-23.

Max Bissegger 536-3202

Cost about \$2700, deposit \$700 by February 28, balance \$2000 by July 1.

So far this month I have faxed various letters to Germany, and received some, without much concrete substance. I received from the Romatische Strasse Tourist Office in Dienheim and envelope full of brochures and maps, but no route layout or suggestions for nightly stay-over. It is very frustrating. I can't make any decisions. The only thing I am negotiating is an extension from the Airline for the initial payment to the 18 or 31 of March. I feel that I cannot commit myself to airfares if I have no budget in writing for accommodation.

I do hope for the April Newsbrief that I can send you a fully documented tour.

If you wish to extend your trip in Europe at the conclusion of the Bavaria tour, please contact Penny Simpson at Marlin Travel in White Rock, 538-4499.

Maximum 20. Interested: (18) Max Bissegger, Frances Bissegger, John Peck, Chris Kabel, Dorothy Kennedy, Shirley Fisher, Carl Dukeshire, Joyce Dukeshire, Joy McQuade, Alyce McKay, Josie Zewiec, Theresia Keet, Barbara Hetzer, Mathilde Klassen, Harry Lang, Mel Kerr, Poul Svendsen, Marthe Lambert. Any others?

Willamette Valley, Oregon - September 10-24.

Ted Stubbs 321-2784

\$100 deposit by June 1, Cost about \$350.

Join us and enjoy Oregon's lovely Fall weather. We'll cycle with the Spoke Folk of Eugene on their Sunday ride. The Willamette Valley is a very flat area - easy cycling - but getting there and back from the coast requires crossing the Cascade Mountains which have some hills, but nothing too strenuous. We'll travel through Salem, Albany, Corvallis, Eugene, the wine country around McMinnville, and the rugged coast almost to Lincoln City. Enjoy the harvest of the productive Willamette Valley, plus the lovely forests of the Cascades.

Maximum 25. Participants: Ted Stubbs, Pat Stubbs, Joan Enman, Anne-Marie Labourdette, Ken Brothers, John Peck, Albert Manser, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, James Erickson, Anna Wiskerke, Cornelis Wiskerke, Garfield Clack, Emidia Lepore, Josie Zewiec, Jim Jeffrey, Shirley Mae Jeffrey, Roy Towler, Sylvia Mather, Audrey Hayes, Eva Folk, Ray Berg, Joan Herbert, Zel Harvie, John Harvie.

1995 TOURS

CROSS AMERICA - No leader

There is a possibility that this tour will be cancelled if a leader does not step forward. If you are willing please contact Chuck Dick.

Participants: (18) Chuck Dick, Lynn Dick, Richard Lebek, Theresa Green, Mario Lovricic, Ray Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes, John Hiza, Vernon Petterson, Nanette Earl, Gerry Sutherland, Bill Hannan, Garfield Clack.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Betty Kerr 985-5038.

Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Rae Wohlschlegel 592-6680 or Carl Dukeshire (Duke) 658-2696.


Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

CALGARY WEEKLY TRIPS

Sundays: Meet at 9:30AM at Priddis store. Contact Bob Jordan 931-3227.

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It takes twenty-six muscles to smile, sixty-two to frown. Why not make it easy for yourself?



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 4

April 1994

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by May 5. These are acceptable, typed, or on 3.5 inch disk, either Macintosh or IBM format, or by FAX to 538-0195.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
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	Katryn Jeronimus	943-3627
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	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

PRESIDENT'S CORNER - Ian Polley

At the recent executive meeting we discussed and produced a questionnaire, which we distributed at the Spring Social. It asks questions dealing with types of rides and tours our members are interested in, including length of tours. For those of you who would care to drop us a line, or 'phone and leave a message on this matter, we would appreciate hearing from you.

We are also designing a pamphlet or handout, explaining our society's aims and objectives. One of the reasons for this is that there are many seniors out there, I'm sure, we've all seen riding alone, and are not aware of our group. Some of these people may be looking for such a group as ours. We will make these handouts available to seniors groups in various community centres etc. and wait for the results.

Lastly I refer you to John Peck's piece in the March Newsbrief: "Our Future". I personally am very interested in expanding our society, with local branches and possibly a depot in Ottawa, where we would keep equipment. This would help our logistics when planning tours in Eastern Canada or the United States, and we would also like to hear your views on this.

Happy and safe cycling. Ian.

THE ISLAND PICNIC - Carl Dukeshire

Our first official CCCTS Island picnic is planned for May 18, starting at 11 AM. It will be held at Centennial Park, Wallace Drive in central Saanich, 14 km from the ferry terminal at Swartz Bay. Detailed directions will be included in the May Newsbrief.

We islanders extend a warm welcome to our fellow mainland members and hopefully the response will encourage further annual picnics. No, this does not replace our annual picnic in Delta.

To assist in planning (this being our first effort), and perhaps most importantly, to ensure adequate food and beverages are on hand, it would be appreciated if those planning to attend so indicate to our Burnaby office, or on the Island to either Rae Wohlschlegel or Carl Dukeshire. If you are a "last minute Charlie", don't worry, please come, we will make allowances for you.

SPRING SOCIAL - John Peck

The Spring Social was held on April 7, where we heard about all the tours for the coming few months, and discussed a few things concerning the club's future. A splendid lunch was provided by social convenors Miep Dennison and Katryn Jeronimus and their helpers Pat Stubbs and Helen Tuma. We all appreciated their efforts.

THE JOY OF BIKING - Miep Dennison

The one thing I do enjoy and like,
Is put on my helmet and ride my bike.
Even in the rain biking is fun,
We fight the wind, and enjoy the sun.
You look around and you feel so free,
There is a white headed eagle in the tree.
You see the blossoms coming, now it is Spring.
The joy of biking, you don't miss a thing.
We bike along without any fear;
Enjoy the smell we see and hear.
Wherever we go on the road or dike,
Not in a wheel chair but on our bike,
Consider that we are the lucky ones.
Stay happy and enjoy, you biking bunch.

BACK IN THE SADDLE

Six months ago Neil Dobson suffered a very bad leg injury in which his left leg was broken in three places. But you can't keep a good man down. Neil was seen recently cycling 35 km around Southlands, even though he is unable to get the injured foot in the toe straps. Congratulations Neil. We look forward to seeing you on one of the regular weekly rides in due course. - Mike Kelly

Gwyn Thomas is mobile again after his injury. He is now able to take the bus on his necessary trips and can get around nicely on foot. He is able to ride his stationary bicycle, but unable to take to the road as yet. We wish him good healing and look forward to seeing him on the road again. - Roy Towler

The following are also on the road to recovery: Ken Brothers, Ian Cassie, Brian Curtis and Larry Keet. We are looking forward to seeing you all back. - Shirley Fisher.

FROM THE ISLANDERS - Rae Wohlschlegel

Anyone interested is invited to accompany us on any Wednesday ride. The third Wednesday of the

month is our birthday lunch at Columbus. Every other Wednesday we have lunch at the Ocean Sciences Institute at Pat Bay.

If you catch the 09h00 ferry from Tsawwassen and let us know you are coming, some of us will meet you at corner of Lands End Rd. and the Highway at approximately 10h45. That is the first crossroad after leaving the ferry. It is your choice how much riding to do and which ferry to catch back: 3 or 5 pm or stay over. We are looking forward to seeing you.

LIBRARY - Ted Stubbs

We now have a reference library in our office. If you have any books that are of interest, we would appreciate having them.

PERILS OF BICYCLE FLYING - John Peck

Flying your bicycle for a tour always has its problems, but consider this:

We flew our bicycles to Hawaii for the January tour. We had obtained permission from the airline to use plastic bags, since there would be only six bicycles on the same flight. Because on previous occasions we never knew whether we would be asked to pay for bicycles or not, this time we insisted that all bicycle charges would be pre-paid. There was a muddle in 1993, when four unlucky cyclists had to pay while the others did not, so this year we were able to get a letter stating that four bicycles would be flown free of charge. The charge to and from Hilo was \$100 per bicycle.

Our plan was to fly to Honolulu, stay the night there and continue to Hilo the next morning. We were assured by our travel agent that the bicycles could be booked through to Hilo, so that we need not handle them in Honolulu. Upon arrival in Hilo, the plan was to assemble the bicycles and ride to the first hotel from the airport. That was the theory anyway!

In practice it was different, but those who have flown their bicycles will not be surprised. Upon departure at Vancouver we presented the bicycles, only to be told that we could not book them through to Hilo. The agent said something about an "illegal connection". We protested that it was contrary to the information given us. He tapped several keys on his computer, and returned with the news that if we paid "excess baggage", then the bicycles could be booked through, and we need not handle them at Honolulu, except at the customs post. We asked the cost of excess baggage. It was \$35. We decided to avoid a hassle and to pay. We went over to another counter

to hand over the extra money. After the clerk had made out the slip, we said, "By the way, the bicycle charges are pre-paid." "Oh!", he said, "then they will go right through. You don't need to pay excess baggage", and he tore up the slip.

We flew to Honolulu with little worry. Upon arrival there we had to pass through customs, and presented our luggage and bicycles. We said, "Where do we put the bicycles which are booked through to Hilo?"

The answer was, "You cannot do that, you have to handle them yourselves, and take them to the local airline." We protested again that it was contrary to what we were told. They relented a little and said, "Very well then, leave them here and we will try to get them to you, but your airline does not open until 9:30." But our flight to Hilo left at 9:30. "We will get them to you as soon as we can" was the reply.

In the morning one of our party said, "Let's take the hotel van and ask him to wait while we collect the bikes and shuttle them ourselves." Well, we tried, but all entry to the customs hall was barred. We went back to our airline, but all they could promise was that they might arrive in Hilo after us. So we gave up and flew to Hilo.

At Hilo we asked about bicycles. After consulting their computer they said that the bikes might be on the next flight. They invited us to fill in a lost luggage claim. We said, "Does this mean that you will deliver them to us?" The answer was "Yes." So while some of us walked to the hotel, others took a ride in a taxi with all the luggage. After a walking tour of Hilo and a lunch our bicycles arrived.

Of course, we had to fly the bicycles home again. But perhaps you have heard enough already.

GEOGRAPHY OR HORMONES - Ken Grieve

Our Editor, and statistician, John Peck, sometimes publishes data about our membership, for instance, "Where we Live". Recently as Office Manager (an irony for sure), I was driven to speculate concerning our club gender make-up, since I had attempted, without success, to persuade a woman, any woman, to staff the office one day each week, as the remaining four days were already staffed by males (true, I did not get around to every possible candidate). Eventually Buffy Gram came to the rescue, doing Wednesdays (for which I thank her, both for myself and the Club).

While attempting to "hook" a female for the office, I noted, also, that there were only three women directors among fifteen Board members (one fifth of the Board. Make it four members if we count Mary

Eickhoff, who attends as Recording Secretary). This seems to resemble the CCCTS make-up, though there is no formal bar to women serving (feminists please note!).

The puzzle was why were so few women doing either? Let me first grant the justified apprehension that as a new director, a woman may automatically be handed secretarial duties, or be expected to look after coffee and cakes for board meetings, and the like, by traditional male members. For whatever insubstantial reasons, I have always assumed that women account for about a third of our membership. I concluded that this "fact" explained partly the lack of women on the Board and in the office. I decided that I had best check the statistics to be certain. To my surprise, I discovered that nearly one half of our members are female: 151 women, 177 men at the end of 1993. Statistically one might expect six or seven female directors and two out of five regular office staff.

There are a few women spouses and companions listed who are not active cyclists, but not significantly more than their male counterparts, so that factor can be eliminated.

What about the geographical factor? Presently, and likely for the coming period, the Society will not be able to draw upon our Canadian national membership outside of B.C. for directors, for practical reasons, and outside of the Vancouver area for volunteer office staff, nor can we draw on our "world" membership.

At the end of December 1993, there were approximately 67 women in the Vancouver area (to 85 men); 21 women in the Victoria area (to 34 men); making a total of 88 women in the combined Vancouver-Victoria districts (to 119 men). In Vancouver-Victoria, therefore, we find 31 more potential male directors, and 18 more men, in the Vancouver area, as potential office staff.

It seems then that we have an imbalance of about one-third of 88 (say 30) women outside Vancouver-Victoria that cannot be drawn on readily for directors, and approximately one third of 67 (say 20) women not available in the Vancouver area for the office.

The relative scarcity of female members living in the Vancouver-Victoria areas therefore may account partly for the poor representation of women on the Executive, and in the office.

Should Calgary, Ottawa, and ? form their own branches, perhaps it may be feasible to elect national directors from such branches, but the problem of attending monthly meeting would remain, for geographical and financial reasons.

I doubt that there is anything that can alleviate (if it needs alleviating) quickly this Vancouver-Victoria

gender imbalance, unless a number of female members were to move there. At least, I feel I have formulated an explanation that satisfies me somewhat. Still, is it just the "less aggressive nature" of most females: a question of conditioning and hormonal balance, i.e., less testosterone?

KETTLE VALLEY - John Peck

Have you thought of the old Kettle Valley railroad, now disused? Some would like to make it into a rustic bicycle route. To know more about it, write to Okanagan-Similkameen Parks Society, P.O. Box 787, Summerland, B.C., V0H 1Z0, and ask them for their pamphlet. It has an excellent map showing you the possibilities from Rock Creek to Osoyoos. You may even want to join the Society. Richmond Bicycle Club were there in '90. You might ask Mary Eickhoff 535-2513. There is also a story in the March 1994 issue of Cycling British Columbia by Valerie White and Alex Whitfield, which describes the route in detail.

BICYCLE HISTORY - from WSCC Freewheeler

At the ARCO Exhibits Building in Bellingham, Whatcom County Museum, ends May 8, a display of bicycles from nearly every age.

RIDE FOR HEART, May 15 - Rowan Ley

Ride for Heart is on Sunday, May 15. There are two routes: 50k or 20k. Support the Heart and Stroke Foundation of B.C. & Yukon. If you want to be a volunteer, you receive a Ride For Heart Volunteer T-shirt, lunch and the chance to win a Norco Mountain Bike. Telephone 737-BIKE.

SUMMER SOLSTICE - Chuck Dick

The first annual summer solstice CCCTS Century (100 miles) Metric Century (100 km) and Half Century (50 miles) rides will be on Tuesday, June 21.

The routes for these will follow the quiet and sometimes not so quiet (short stretches) roads of the Whatcom and Skagit counties. We'll leave our cars at the Peace Arch crossing and start on our selected routes (maps and descriptions supplied) at suggested times. The object is not to race but to indicate a suggested number of hours to complete your selected route. If you want to ride hard and finish early, it's

your choice, but the primary object is fun, companionship, some rest stops, good eats, and at the end of the day feeling tired but successful. I hope everyone will challenge himself / herself to complete what is normally above his / her normal. You've got all day.

If we enjoy this one, next time we may be able to organize something a little better, e.g., food along the route, rest / water stops etc. - maybe some prizes for the closest guesstimate to your actual time.

Please 'phone me if you are going to be there, Chuck Dick 261-5092.

Starting times from the border are suggested as 100± miles 8 AM, 100± km 10 AM, 50± miles 10:30 AM

Here are some personal "bests and worsts" to shoot at:

Wenatchee: 100 miles - 6hrs 20min,

Seattle - Portland: 118 miles - 7hrs 45min,

Blaine - Bay View return: 106 miles - 11 hrs, with lots of stops.

Have fun. Remember, please, be in touch and sign up. If you would like to volunteer your services in some capacity - let's talk.

Other rides: Your March Newsbrief had lots of ideas for other rides. I've had a number of responses and questions and it looks as if some of you are planning a busy "personal best" Summer while others are going to experience your first, "Can I really do that?" ride. Good luck and if you need any tips, 'phone.

DISCOUNTS FOR SENIORS - Gwyn Thomas

The following details may be of interest to CCCTS members and are taken from Consumer Reports' "Travel Buying Guide 1993" in most cases. The age at which discounts apply are given in brackets.

Airfare Discounts: There are two types of senior discounts on airfares:

a) Straight discounts:

Air Canada (60+), 10% discount on all fares. Also 10% discount for travel companion of any age. These discounts do not apply to seat sale or excursion fares.

America West, Continental, TWA and USAir (62+) 10% discount on all fares. No travel companion discount. No discount on excursion fares.

The above straight discounts would be of benefit on one way fares and on routes where no excursion fare exists. Excursion fares, however, are usually lower than the above 10% straight discount fares.

b) Coupon Books (usually 62+) All senior coupon books work in the same way. You buy a book of 4 or 8, each coupon good for a one way fare within the

lower 48 states. You must book 14 days in advance and use all coupons in the book within a one year period. These coupons are of greatest benefit on the long hauls.

	Book of 4	Book of 8
Alaska, American, Delta	US\$568	US\$984
Northwest, United, USAir	US\$568	US\$984
America West	US\$430	US\$720
Continental	US\$549	US\$949
TWA	US\$496	US\$1016
Air Canada (Canadian Routes)	US\$548	US\$889

Rail Discounts: Amtrak (62+) 15% off lowest available fare.

Via (60+) 10% off normal fare. Off season fares are 40% off normal plus 10% senior discount for a total of 50% off.

European: 25% to 50% off standard fares.

Department Stores:

The Bay (65+) 15% discount on all merchandise the first Tuesday of the month.

Zellers (60+) 15% discount on all merchandise the first Monday of the month, plus approximately extra 3% in bonus points toward other merchandise detailed in the Club Z catalogue.

K Mart (65+) 15% discount on all merchandise the last Monday of the month.

Sears: Presently reviewing senior discount policy. No information available.

Eaton's: No senior discounts.

Discounts are also available to seniors on car rentals and on hotels. There is too much detail to include the information here.

SURREY'S BLUEPRINT - Ken Grieve

Surrey city council has moved ahead of many municipalities in Canada by initiating a professionally prepared "Bicycle Blueprint", or plan, which was brought before council this March. The consulting consortium employed was composed of Urban Systems Ltd., Canwest Cycling Dimensions Ltd., Cycling B.C., and Daphne Hope. The blueprint was completed on November 1993, and I believe cost \$50,000. Surrey Engineering department's "mandate was to work with the consultants on the provision of a report on an integrated bicycle network."

The department recommended the "following ... Action Plan for 1994, as a first step":

- 1) Establish a bicycle advisory committee,
- 2) seek public input on bicycle facility guide-lines, end-of-trip facilities, proposed routes and funding preferences,
- 3) explore funding commitment for bicycle facilities,

4) liaise with Ministry of Transport and Highways, RCMP, GVRD, School District and other association groups, to initiate programs which will promote bicycle use,

5) integrate bicycle planning into city transportation plans,

6) determine how developers can be involved in end-of-trip facilities with their projects.

The Department concluded: "We believe it is timely for Council to give us a sense of their direction respecting the use of general revenue funding towards implementation of the Bicycle Blueprint."

About 35 CCCTS members are residents of Surrey and White Rock (White Rock members can probably join the advisory committee, and help put pressure on our politicians). Of the 35, there are perhaps half a dozen couples. Engineering wants public input on the Bicycle Blueprint. Council, citing a zero increase in budget, will not likely want to spend any money implementing the plan. Nonetheless, we CCCTS Surrey cyclists can pressure Surrey Council by a) letting Surrey Engineering know that we agree (best to write C/o Mike Lai, Transportation Engineer, a very congenial young commuter cyclist, the liaison, and b) by 'phoning or writing your favourite councillor (should you have one), emphasising the importance of finding the money to make cycling pleasanter and safer. You can also consider joining the proposed 15-member Bicycle Advisory Committee (Bill Peers, a well known non-CCCTS senior cyclist was a member of the interim committee last year).

If your local politicians are not improving road conditions for cyclists, CCCTS members elsewhere in Canada might consider goading them to improve things.

You can obtain a copy, free, of the Report to Council from the Surrey Engineering Department, at City Hall.

CYCLING IN VICTORIA - Barbara Wilson

[Brian Curtis' daughter reports in the Ottawa Bicycle Club "Spokesperson"]

During a recent visit to B.C.'s capital, Victoria, I had the opportunity to cycle with members of the CCCTS. Comprised mainly of retired people and others "who want to remain active", these fitness buffs are truly amazing. The club has organized many extended cycle tours over the years to such places as South Africa, Australia, Hawaii, Alaska, Arizona, Europe and across Canada. And these hardy souls prefer to camp and prepare their own meals, with or without the assistance of a support vehicle. Some participate annually in the Senior

Games, held provincially.

My first ride was on a frosty November morning when about 20 club members met for the day's ride around the Saanich Peninsula. And for once I wasn't the oldest. Our route took us north along some lovely secondary roads following the east coast channel to Sidney's McDonalds, a favourite refreshment stop, where I was treated like a senior and charged 27¢ for a hot chocolate. Who am I to argue?

Onward, we followed Landsend Road around the northern tip of the peninsula, passing Deep Cove, to the Institute for Ocean Sciences on Patricia Bay for lunch. Each rider finds his or her way home, so I decided to take the road around the back end of Elk Lake following a challenging training route used by the Victoria racers.

On my next ride, we pedaled east through Langford and Metchosen onto Kangaroo road where we saw numerous deer bounding up the hillside and grazing in people's yards. Our destination was 17-Mile House in Sooke, an historic road-house built just before the turn of the century, which now serves pub fare and local seafood. We returned via Colwood and a visit to the grounds of Hatley Park, the former estate of James Dunsmuir, now the home of Royal Roads Military College. Hatley Castle, completed in 1908 as J.D.'s retirement home, is a magnificent building from all angles. The Italian Gardens contain original Dunsmuir urns and statues of the four seasons. The Japanese Gardens include lakes, a teahouse, a water-wheel and fish ladders. And there were even wild peacock wandering all over the grounds.

I was really impressed with these "guys and gals on wheels" many of whom are well into their 60s, 70s and even 80s. It made me realize that speed and distance aren't everything - you have to "smell the roses" occasionally. In the OBC, there are many older members we should befriend and encourage to participate in club activities. The rest of us will be there soon enough!

SPORT SPONGES

There are still some available at the office, \$11 ex office (taxes included), or add \$2 for postage. Dennis Parsons recommends them highly.

EDMONTON ANYONE? - Mary Eickhoff

I'm riding Lower Mainland to Edmonton June 26 to July 9 via Coquihalla, Yellowhead. Any cycle tourists interested please call Mary, 535-2513.

BIKE CLINIC - Bob Douglas

Treat your bike to a tune-up at Al Hollinger's (946-1347) at 10:30 AM on Monday May 2, rain or shine. A snack and ride may follow.

TULIP RIDE - Sunday April 17

Starts at Rexville Grange, Mt. Vernon 8 AM, \$7 includes snack, helmet required; 10 and 20 mile routes; 206-428-0404 for more information.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - In progress.

Ireland May 2 six weeks, Ted Stubbs 321-2784.

Maximum 10, Participants: (8) Ted Stubbs, Pat Stubbs, John Jones, Rowan Ley, Ray Berg, John Snuggs, Catherine Hamilton, Victoria Bernhardt.

Gabriola Island - May 24 - 26.

Dennis Parsons 474-0937

Pat has invited us to go to her log cabin again. I wrote to her from New Zealand to tell her we would be there from 24 to 26 May (Tue. to Thu.). The trip costs \$45 and by now many know what to expect; a gruelling ride with supper laid on upon arrival with speeches, birthday greetings, tour reminiscences to follow; tenting on her vast front lawn and breakfast, lunch and supper provided and another night on her gently sloping lawn (about 40°). The return trip can be less gruelling if you know which ferries to take.

The Dempster Highway - June 2 to 17.

John Peck 538-0195

Airport tax goes up on May 1, so please have all

the money in by April 25 at the latest, not April 30 as previously suggested, so we can each save \$10.

Maximum 24, participants: (24) Elsie Dean, Faye Wilson, Joan Enman, Bruce Hudson, Russ Horsnell, Diane Horsnell, Barton Howes, Vic DePaul, Roland Reader, Rose Tanchak, Peter Mix, Tage Winckler, Grethe Winckler, Jack Fisher, Bobbie Redmond, Maurice Tanchak, Bob Jordan, John Peck, Dornacilla Peck, Diana Lifton, Leila Montgomery, Ronald Eade, Noreen Redford, Albert Redford.

San Juan Islands, Washington - July 18-28.

Bob Douglas 435-3893

Deposit \$15. A camping tour with a support vehicle, costing approximately \$250, staying at Whidby, San Juan, and Orcas Islands, and possibly Lopez Island. A good relatively easy trip for an introduction to cycle-camping.

Hike, bike and swim. Ride the Chuckanut Drive and visit Ferndale, Bellingham, La Conner, Deception Pass, Oak Harbour, Coupeville, Anacortes, Friday Harbour, Eastsound and Mt. Constitution.

Maximum 30. Participants: (30) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Albert Manser, Ken Brothers, Marten McCready, Rose Tanchak, Margaret Fyfe, Roy Barrows, Anne-Marie Labourdette, Emidia Lepore, Mary Yaremovich, Theresia Keet, Theresa Green, Mike Kelly, Jody Andrews, Peter Noack, Anna Wiskerke, Cornelis Wiskerke, Leo Comeau, Keith Clothier, Jerry Baris, Georgette Courchesne, Sam Bigelow, Ian Polley, Ann Miller, Gilles Prud'homme, Miep Dennison, Joan Herbert.

Waiting List: (6) Vernon Patterson, Helen Cooper, Cathie Freigang, Bruno Freigang, Lee Kraft, Ken Kraft.

BC 94 - August 4 - 30.

Diana & Al Lifton 468-5696

Total distance: 1460 kms; cycling days: 24, plus 3 rest days (27 days in all). Cost: \$540 (\$20 per day). Participants will be listed as deposits (\$100) are received, before April 15, please. Balance (\$440) due by June 15.

This year's tour (with support vehicle — Al driving) will take us through southern British Columbia. Much of the terrain will be steep as we make our way through the Coast, Cascade, and Monashee Mountain Ranges. Daily distance will be low, under 80 kms, averaging 61kms per day. The tour will start and end at Tsawwassen ferry docks. We will take the usual route on the north side of the Fraser River to Hope, then the Coquihalla Highway

to Merritt, the Okanagan Connector to Westbank, Kelowna, and Vernon for our first rest day. Travelling east from Vernon, we will cycle through Lumby, Cherryville, Fauquier, Nakusp, New Denver, Kalso to Nelson for our second rest day. Turning west, we plan to take the southern highway No. 3, passing north of Castlegar and Rossland on the Nancy Greene Parkway to Christina Lake and Grand Forks, Greenwood, and Osoyoos for our third rest day. The last stretch and homeward bound will take us through Keremeos, Princeton, Manning Park, Hope, and back to Tsawwassen reversing our outgoing route.

Maximum 30, participants: (20) Diana Lifton, Al Lifton, Judy Jackson, Elsie Dean, Andre Milaire, Martine Donahue, Garfield Clack, Ken Brothers, Marten McCready, Audrey Hayes, Peter Cordoni, Horst Hees, Josephine Chapman, Art Borron, Brenda Borron, Sonja Joos, Joan Herbert, Vic Pothier, Val Gillespie, Joan Enman.

Switzerland - August 15 to September 4.

Andre Kaufmann 581-3923

All reservations for the hostels are made and we are waiting for confirmation. Only then will we be able to make a proper calculation, but as a good guess it will be around \$50 per day. This will include breakfast, dinner and accommodation.

I urge you to go and see KAEGI TRAVEL, 1226-736 Granville Street, Vancouver, telephone 683-1291. The price of the flight to Basel is \$1368, including taxes. Remember that you have to join Hosteling International, in Vancouver, 1515 Discovery St.; in Kamloops, Old Court House Hostels.

A map will be available for each tour participant.

Maximum 12. Participants: (10) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Dennis Scoriah, Freda Scoriah, John Peck, Pablo Bleiker.

Sunshine Coast - August.

Lee Kraft 206-371-2257.

A 10-12 day tour with a light support vehicle. It may, or may not, join with the Straits Circle Tour (see below).

Straits Circle - September

Dennis Parsons 474-0937

Let's try it again this year. Refer to Newsbrief March to August last year for itinerary. The group should be small, eight to ten, but other groups could follow day by day if some would volunteer to take them. Let's hear from you please and we'll start setting a date.

Bavaria Romantische Strasse September 7-23.

Max Bissegger 536-3202

Cost about \$2700, balance \$2000 by July 1.

There is no route layout information from the Romatische Strasse Tourist Office. With information from Germany and the German Tourist Office in Toronto, I have laid out the route as best as I can. It reads: Würzburg, Rothenburg, Tauber, Nördlingen, Gingen, Ulm, Kempten, Füssen, Wangen, Meersburg, Stein am Rhein, Waldshut, Basel. It is the direction I would like to go, but it may have to be fine tuned or altered slightly for whatever reason. I will be in Germany for week June 27 to July 3, and I will tour the above route by car, to find out first hand what the roads and the accommodations are like. From the requests for accommodation by letter and fax I have received little confirmation so far. I will be working on it.

If you wish to extend your trip in Europe at the conclusion of the Bavaria tour, please contact Penny Simpson at Marlin Travel in White Rock, 538-4499.

We have reached our group size; participants (17): Max Bissegger, Frances Bissegger, John Peck, Alyce McKay, Josie Zewiec, Theresia Keet, Dorothy Kennedy, Shirley Fisher, Carl Dukeshire, Joyce Dukeshire, Barbara Hetzer, Harry Lang, Mel Kerr, Poul Svendsen, Marthe Lambert, Eila Taylor, Sam Bigelow.

Willamette Valley, Oregon - September 10-24.

Ted Stubbs 321-2784

\$100 deposit by June 1, Cost about \$350.

Join us and enjoy Oregon's lovely Fall weather. We'll cycle with the Spoke Folk of Eugene on their Sunday ride. The Willamette Valley is a very flat area - easy cycling - but getting there and back from the coast requires crossing the Cascade Mountains which have some hills, but nothing too strenuous. We'll travel through Salem, Albany, Corvallis, Eugene, the wine country around McMinnville, and the rugged coast almost to Lincoln City. Enjoy the harvest of the productive Willamette Valley, plus the lovely forests of the Cascades.

Maximum 30. Participants: Ted Stubbs, Pat Stubbs, Joan Enman, Anne-Marie Labourdette, Ken Brothers, Albert Manser, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, James Erickson, Anna Wiskerke, Cornelis Wiskerke, Garfield Clack, Emidia Lepore, Josie Zewiec, Jim Jeffrey, Shirley Mae Jeffrey, Roy Towler, Sylvia Mather, Audrey Hayes, Eva Folk, Ray Berg, Joan Herbert, Zel Harvie, John Harvie, Micheline McComb, Bev McComb.

1995 TOURS

CROSS AMERICA - No leader

There is a possibility that this tour will be cancelled if a leader does not step forward. If you are willing please contact Chuck Dick.

Participants: (20) Chuck Dick, Lynn Dick, Richard Lebek, Theresa Green, Mario Lovricic, Ray Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes, John Hiza, Vernon Petterson, Nanette Earl, Gerry Sutherland, Bill Hannan, Garfield Clack, Olive Wilkins, Ben Kihlman.

Kananaskis - Ted Stubbs 321-2784.

Danube - Chuck Dick 261-5092.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

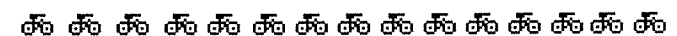
Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Betty Kerr 985-5038.

Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.





NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 5

May 1994

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by June 7. These are acceptable, typed, or on 3.5 inch disk, either Macintosh or IBM format, or by FAX to 538-0195.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

PRESIDENT'S CORNER - Ian Polley

It was good to see such a turnout at the Spring Social on April 7. At that time we passed around a questionnaire, prepared by Gwyn Thomas, our membership secretary. There was a good response to the questions presented and these are being perused by the executive and will be taken into consideration in the future. For those of you who were not at the Social, we asked a variety of questions, such as length of tours, camping or motel/hostel tours, self supporting tours, mountain bike tours and rides. We

decided to take a sample only of the membership and used the Spring Social to accomplish this.

Thanks are due to Miep and Katryn, our social conveners, and their helpers, who put on a luncheon at the Social. Talking of socials, don't forget the first Vancouver Island Picnic on May 18 starting at 11 AM. Let's help make it a success.

We are still looking for a leader or coordinator to take on the Cross America tour, scheduled for 1995. Without one it will be most difficult get the tour off the ground. There must be someone out there who would like the challenge.

Our touring season is now well under way with two tours now completed and the third, Ireland and Wales, in progress. The completed tours, I'm advised, were very successful and enjoyed by the participants.

Happy and safe cycling.

Ian

CANYON LAND - Anne-Marie Labourdette

This was a "loaded" trip. The tour started in Moab, the capital city of the mountain bicycle sport. Moab is a small town, vibrant with a population that inflates to ten times its original number on weekends. The visitors, all between the ages of 20 and 30, drive sporty little vans with bicycles perched on top. So there is lots of life and much activity all around.

Ten of us, not so young but full of enthusiasm despite our apprehensions, pedalled vigorously out of the Canyon with bicycles loaded to the brim. Our first long-distance stop was to be Green River.

Ah, what a pleasure awaited us! We camped with a temperature of 25 degrees, and on a beautiful green lawn.

On the following days the road became silent because of the absence of cars and trucks. Everywhere the desert flowers were in bloom. What a delight! But very soon we reached a parched, scorched land, bleak and almost devoid of vegetation, habitable only by snakes and scorpions! The

weather became hotter, 30 degrees during the day, and the scenery changed again to formations of red rocks of all shapes and sizes, some elegant some grotesque.

However, the ups and downs of the hills continued. At first I walked, but as the days went by, fortified by the climate and the constant exercise, I became stronger and I realized it was easier to pedal up than to walk pushing a loaded bicycle. Life was Spartan for me with the minimum of cooking!. Nevertheless I felt extremely well in that dry and hot climate.

And so the days went by. Some of us were more adventurous and energetic in exploring all around. However, with temperatures in the 30's, seeing Monument Valley became too great a challenge to me. But our tough guys, in the best traditions of John Wayne who did several of his cowboy films here, were not deterred by the challenge.

As the tour came to an end we reached an elevation of 7100 feet. The tulips and the lilacs were in bloom in the little town of Monticello. A crisp southward wind help push us back to Moab and we covered 76 miles on our last day.

The tour was a great success. Nobody had any break-downs except for a the odd flat tyre, and the weather was superb.

For a good trip, John, "THANK YOU!"

A NATIONAL DREAM - Mel Kerr

First may I express my pleasure that we have a great group of people running our club. Our members have to be appreciative of our directors who offer their time and energy on our behalf.

John's suggestion of a National Society is an excellent one, in fact, it was the vision of the original spark plug of our club, Bert Robinson. These ideas require effort and determination to achieve the goal.

It would be very interesting if our members in our various regions would place articles in their local newspapers inviting participation of seniors (retired people) in either regular rides or an ambitious ride like we did in 1983. The challenge of a Cross Canada ride certainly appealed to me and changed my life style. Our board of directors and anyone who has lead a tour have very valuable knowledge of organizing a society and operating a tour and I hope that, by offering such knowledge, a National Dream can be encouraged.

GOLF OR BIKING? - Katryn Jeronimus

That was the question for Joy that Tuesday. Well the original plan was indeed biking, but what do you do without equipment? Sorry to let you know that

Joy left the house without her bike. So much for talking to your neighbour and forgetting to load your bike in the car.

Al Hollinger thought he would have the solution to this problem, after all, you do not have a collection of 13 bicycles and 6 motor-cycles and not be able to serve your clients. But Joy did not even like one of them; they were either too small, too big or too macho.

So Joy left in happy spirits to take up her golf.

Who needs a bike anyway, give me golf any day!

A CORRECTION

The editor apologizes to Ken Grieve for dropping an important word. In last month's article "Geography or Hormones", the third sentence of the second paragraph should have begun with: "This seems to resemble the CCCTS past make-up".

CHALLENGES - John Peck

We have been criticized for not supporting the Seniors Games and not being enthusiastic about Century Rides and other such challenges. Perhaps the criticism has some validity. But consider that our club is primarily a touring club, and most of our members have joined it for that reason. Some of us just like touring for the pure pleasure of it. We are not interested in racing, we do not wish to challenge ourselves, we don't care how far we have ridden or how much time it takes. We don't have to prove that we can ride 100 miles, we do not collect medals and we file certificates in the waste basket. We just want to ride because it makes us feel good.

But we certainly would not want to silence those who like challenges. So those who are interested in games or challenges, please use the Newsbrief to tell like-minded members about such activities. Another point of view is always welcome.

MATURE COVER - John Peck

We are told that the cover story in the May/June issue of Maturity Magazine will be about the CCCTS. This free magazine is distributed by the Bank of Montreal and ITP Travel agents. Look for it.

SINGLE SOX SENTURY - May 29

The Vancouver Bicycle Club presents its Single Sox Sentury, Sunday May 29 and Sunday September 11. Choose the 160 km, 100 km, 60 km or the 25 km route. Register before May 15 for both events

for \$18, or for one event only \$10. If further information is required, please contact Tanis Wittal 299-7697, or Bruce Hainer 873-0320.

CALORIES - Gwyn Thomas

The following information is taken from "The Columbia University Complete Medical Guide", and relates to the number of calories burned per hour during cycling at various speeds:

Speed	Calories burned per hour
9KPH 6 MPH	240 - 300
13KPH 8 MPH	300 - 360
16KPH 10 MPH	360 - 420
18KPH 11 MPH	420 - 480
19KPH 12 MPH	480 - 600
21KPH 13 MPH	600 - 660

POINT ROBERTS SOCIAL - Katryn Jeronimus

The date is May 31. We will meet, as usual, at 10 AM in the Recreation parking lot in Ladner. We do our own ride and instead of having lunch at Ellen's Yoghurt bar, we go to the Point and enjoy lunch, music and wine. In case it rains, we have the same plan, but at my residence, i.e., 412 Kerry Place, Tsawwassen.

BIKE CLINIC - Katryn Jeronimus

Ten people attended Al's workshop about how to look after your bicycle on the road and off the road. It was followed by a lunch and social chat. Alice McKay decided to bring Mr. Capps (from the Lower Mainland bicycle stores) along on her tours rather than watching a repair video tape. The weather was cooperative as well. It turned out to be a useful and pleasant morning.

BERT DAVIES IS EIGHTY - Dennis Parsons

Bert was born in 1914 and wasn't eligible for service in the "War to end all wars" but did manage to get in on the sequel where he served with honour and was lucky to survive.

He has cycled for a long time and until just recently was racing, but has given that up because he became bored with winning all those medals.

We all enjoy cycling with Bert and had a party to celebrate his birthday, where he was heard to say, "If I had known I was going to live this long I would have taken better care of my body".

GRATITUDE - Dennis Parsons

I would like to express my gratitude for the existence of the Cross Canada Cycle Tour Society. Without discovering it and being introduced to the riders and people, I could not have learned as much as I did to get the confidence to spend four and a half months cycling alone in the Antipodes. May the CCCTS go on for ever.

THE ISLAND PICNIC - Wednesday May 18

As reported in the April Newsbrief, detailed directions to the picnic site would be provided in this issue. The picnic is still on, so come one, come all. Cost is \$3, bring your own mug.

Location: Centennial Park, Wallace Dr. Central Saanich.

From ferry terminal: via highway 17 (distances start at overpass) 3km - tourist bureau on right (we'll meet you from the 9 AM ferry ex. Tsawwassen); at 5km right on Beacon Ave. go 25 metres and left at Sterling Way; at 6.6km left at Canora Rd., 7.3 km right onto East Saanich Rd (at Chevron Stn.); 12.6 km right onto Wallace Dr. (at Chevron Stn.); 14km Centennial Park on right.

From Up Island: uphill to West Saanich Rd, turn left; right onto Stelly's X Rd.; left onto Wallace Drive (park will be on left).

Others: West on Mnt. Newton X Rd. from Hwy 17 (at Macdonalds); left on Wallace Dr. (picnic site will be on right).

FOR SALE

A 23" Nishiki Continental, low milage, fenders, lights, B.B. Generator, front and rear carriers and panniers, pump, some tools, spare tyre and tube, rain cape, reflective vest, \$300 or best offer, Eric Bennett 929-1319.

RIDE FOR HEART, May 15 - Rowan Ley

Ride for Heart is on Sunday, May 15. There are two routes: 50k or 20k. Support the Heart and Stroke Foundation of B.C. & Yukon. If you want to be a volunteer, you receive a Ride For Heart Volunteer T-shirt, lunch and the chance to win a Norco Mountain Bike. Telephone 737-BIKE.

EDMONTON UPDATE - Mary Eickhoff

Katryn Jeronimus and Wendy Pearson will join me on my "Return to Roots Ride" leaving from the

Lower Mainland Sunday June 26. Three more individuals have expressed interest and we hope they'll be able to come along. My thanks to all the friendly members who have expressed interest in our tour and offered helpful information.

As a new member to CCCTS, I really appreciate the activities the club offers and the welcoming attitude of everyone I've met. It's a super group!

SUMMER SOLSTICE - Chuck Dick

The first annual summer solstice CCCTS Century (100 miles) Metric Century (100 km) and Half Century (50 miles) rides will be on Tuesday, June 21.

For the itinerary, see the last Newsbrief

Please 'phone me if you are going to be there, Chuck Dick 261-5092.

Starting times from the border are suggested as 100± miles 8 AM, 100± km 10 AM, 50± miles 10:30 AM

Here are some personal "bests and worsts" to shoot at:

Wenatchee: 100 miles - 6hrs 20min,

Seattle - Portland: 118 miles - 7hrs 45min,

Blaine - Bay View return: 106 miles - 11 hrs, with lots of stops.

Have fun. Remember, please, be in touch and sign up. If you would like to volunteer your services in some capacity - let's talk.

Other rides: Your March Newsbrief had lots of ideas for other rides. I've had a number of responses and questions and it looks as if some of you are planning a busy "personal best" Summer while others are going to experience your first, "Can I really do that?" ride. Good luck and if you need any tips, 'phone.

WELCOME TO NEW MEMBERS

Pablo Bleiker, 581-6474
9636 Regent Place, Surrey, B.C., V3V 2S3.

Jim Brett,
2211 Greenlands Rd., Victoria, B.C., V8N 1T6.

David Brown, 509-966-5615
4503 Fairbrook Dr., Yakima, WA, USA, 98908.

Charles & Jeannine Finnigan, 748-9518
34-111 McKinsty Rd., Duncan, B.C., V9L 5E5.

John & Zel Harvie, 403-228-4934
116 Garden Crsc. S.W., Calgary, Alta., T2S 2H9.

Denise Desautels & Norman Neiderer, 940-4249
4696-48B Street, Ladner, B.C., V4K 1P9.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - Completed.

Ireland - In progress.

Gabriola Island - May 24 - 26.

Dennis Parsons 474-0937

Max. 22, \$45 required by May 10.

Please contact anyone who has done the trip, if you have questions, or 'phone me at 474-0937 any time before 8 AM.

Participants: (20) Ronald Watson, Bert Davies, Bob Forsberg, Jim Brett, Cornelis Roos, Katryn Jeronimus, Lee Kraft, Jan Grove, Catherine Mick, Leo Comeau, Joy Mcquade, Ella Laramee, Noreen Redford, Albert Redford, Sam Bigelow, Maurice Muloin, Theresa Green, Rolf Petersen, Horst Hees, Josephine Hees.

The Dempster Highway - June 2 to 17.

John Peck 538-0195

We are ready to go and participants have received another Bulletin.

Maximum 24, participants: (24) Elsie Dean, Faye Wilson, Joan Enman, Bruce Hudson, Russ Horsnell, Diane Horsnell, Barton Howes, Vic DePaul, Roland Reader, Rose Tanchak, Peter Mix, Tage Winckler, Grethe Winckler, Jack Fisher, Bobbie Redmond, Maurice Tanchak, Bob Jordan, John Peck, Dornacilla Peck, Diana Lifton, Leila Montgomery, Ronald Eade, Noreen Redford, Albert Redford.

San Juan Islands, Washington - July 18-28.

Bob Douglas 435-3893

Deposit was \$15, now overdue. Balance \$235 (total \$250) due by June 15. A camping tour with a support vehicle, staying at Whidby, San Juan, and Orcas Islands, and possibly Lopez Island. A good relatively easy trip for an introduction to cycle-camping.

Hike, bike and swim. Ride the Chuckanut Drive and visit Ferndale, Bellingham, La Conner, Deception Pass, Oak Harbour, Coupeville, Anacortes, Friday Harbour, Eastsound and Mt. Constitution.

Maximum 30. Participants: (30) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Albert Manser, Ken Brothers, Rose Tanchak, Margaret Fyfe, Roy Barrows, Anne-Marie Labourdette, Emidia Lepore, Mary Yaremovich, Theresia Keet, Theresa Green, Jody Andrews, Peter Noack, Anna Wiskerke, Cornelis Wiskerke, Leo Comeau, Keith Clothier, Dan Baris, Jerry Baris, Georgette Courchesne, Sam Bigelow, Ian Polley, Ann Miller, Gilles Prud'homme, Miep Dennison, Joan Rumsey, Vernon Patterson.

Waiting List: (6), Helen Cooper, Cathie Freigang, Bruno Freigang, Lee Kraft, Ken Kraft, Judy Jackson.

Hurricane Ridge - August 1.

Frank Jacobsen 381-5944

Climb 5200 feet in 17 miles? Insane, you say? No, it's not really all that bad. It works out to an average grade of 5.8%. The grade is consistent without any really steep parts.

This is a premium tour. One USA cycle association rates Hurricane as one of the best ten rides in the country. Another rates it as the seventh best.

Here's the payoff. The scenery is absolutely breathtaking. There are many lookouts. The traffic is ideal: no trucks, only tourists. The biggest risk is rainy weather.

Last year, five of us had a delightful cycle up to the ridge on a warm sunny day. We missed the enthusiastic CCCTS cyclists from the lower mainland! But that's understandable, because of the logistics of coming to Victoria, staying overnight, catching the 6:20 AM ferry to Port Angeles, cycling, and then arranging to get back to the lower mainland.

So this year we'll make it easier. If you are interested in participating, phone myself or Noreen Redford (592-1865). We will make arrangements for you to stay with a CCCTS member here in Victoria on July 31 and optionally on August 1. Bring your sleeping bag as you may be sleeping on the carpet.

We will be departing on the Coho Ferry to Port Angeles at 6:20 AM. They want cyclists to be there at 6. The plan is to catch the 5:15 PM ferry back. If you miss it, there is a later ferry at 9:30. The cost for rider and cyclist is \$9.25 US each way.

An extra water bottle is recommended in case of a hot day. You may wish to bring a sandwich or two because the restaurant food at the top is not always the greatest. If you still have energy, there is a short delightful hike which will give you even better views.

Although there is no fee for this tour, please let

Noreen or myself know if you're coming. This is because the trip will be rescheduled if the weather forecast for the Olympic Mountains is bleak. In such a case, we will phone each one of you.

All participants are invited to a beer/wine and pizza/pasta party after the tour.

BC 94 - August 4 - 30.

Diana & Al Lifton 468-5696

Total distance: 1460 kms; cycling days: 24, plus 3 rest days (27 days in all). Cost: \$540 (\$20 per day). Participants will be listed as deposits (\$100) are received, before April 15, please. Balance (\$440) due by June 15.

For itinerary see April Newsbrief.

Maximum 30, participants: (21) Diana Lifton, Al Lifton, Judy Jackson, Elsie Dean, Andre Milaire, Martine Donahue, Garfield Clack, Ken Brothers, Marten McCready, Audrey Hayes, Peter Cordoni, Horst Hees, Josephine Chapman, Art Borron, Brenda Borron, Sonja Joos, Joan Rumsey, Vic Pothier, Val Gillespie, Joan Enman, Doreen Haydon, John Haydon, Frank Jacobsen.

Switzerland - August 15 to September 4.

Andre Kaufmann 581-3923

Reservations for hostels and hotels are now all confirmed. The hostel of Friederichshafen is not available and we will have to ride to Konstanz (also confirmed). Please pay the remaining balance of \$750 by July 15 to the CCCTS Office. Final instruction will be made by mail.

Maximum 12. Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Dennis Scoriah, Freda Scoriah, John Peck, Pablo Bleiker, Richard Lebek.

Sunshine Coast - August 18 - 30, 13 days.

Lee Kraft 206-371-2257 or 433-7710.

Itinerary: West Van. (Horseshoe Bay) ferry to Langdale, tour Sunshine Coast to Earls Cove, ferry to Vancouver Island, tour to Courtenay, onto Quadra Island, off to Cortes Island, off to Hornby Island, down to Nanaimo (maybe Gabriola Island) and Horseshoe Bay.

We will cycle as many paved back roads as possible to avoid summer traffic. The semi support vehicle will carry your condensed gear, sleeping bag and tent. If you can squeeze in your camp stove for coffee or tea - great. Lunches can be packed or eat out. Dinner will be catered in to camp as often as possible. If it rains we motel it. Average 50 - 60 k's. Cost \$300, give or take, ferries extra. Hike and tour plans are under way for days off.

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The only thing you can wear that's never out of style is a smile.

Straits Circle - September

Dennis Parsons 474-0937
Max 12, Cost \$495.

This is a casual cycling tour up the coast of Vancouver Island to cross Georgia Strait and cycle down the Sunshine Coast. Skipping the traffic in Vancouver, we continue south through Bellingham and La Conner to Port Townsend, then west to Port Angeles, where we cross the strait of Juan de Fuca to finish in Victoria. We will spend a whole day at the beach on Texada Island and another discovering Port Townsend's heritage houses.

No support vehicle or tents, but sleeping bags for hostelling when not motelling. September is the finest month on the coast, with sunny and calm weather almost guaranteed.

Participants (2) Art Borron, Bette Kerr.

Bavaria Romantische Strasse September 7-23.

Max Bissegger 536-3202

Cost about \$2700, balance \$2000 by July 1.

Participants (17): Max Bissegger, Frances Bissegger, John Peck, Alyce McKay, Josie Zewiec, Theresia Keet, Dorothy Kennedy, Shirley Fisher, Carl Dukeshire, Joyce Dukeshire, Barbara Hetzer, Harry Lang, Mel Kerr, Poul Svendsen, Marthe Lambert, Eila Taylor, Sam Bigelow.

Willamette Valley, Oregon - September 10-24.

Ted Stubbs 321-2784

\$100 deposit by June 1, Cost about \$350.

Join us and enjoy Oregon's lovely Fall weather. We'll cycle with the Spoke Folk of Eugene on their Sunday ride. The Willamette Valley is a very flat area - easy cycling - but getting there and back from the coast requires crossing the Cascade Mountains which have some hills, but nothing too strenuous. We'll travel through Salem, Albany, Corvallis, Eugene, the wine country around McMinnville, and the rugged coast almost to Lincoln City. Enjoy the harvest of the productive Willamette Valley, plus the lovely forests of the Cascades.

Maximum 30. Participants: Ted Stubbs, Pat Stubbs, Joan Enman, Anne-Marie Labourdette, Ken Brothers, Albert Manser, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, James Erickson, Anna Wiskerke, Cornelis Wiskerke, Garfield Clack, Emidia Lepore, Josie Zewiec, Jim Jeffrey, Shirley Mae Jeffrey, Roy Towler, Sylvia Mather, Audrey Hayes, Eva Folk, Ray Berg, Joan Rumsey, Zel Harvie, John Harvie, Micheline McComb, Bev McComb, Tage Winckler, Grethe Winckler, Betty McCulloch.

1995 TOURS

Hawaii - February

John Peck 538-0195

Another unsupported two week tour of the Big Island using motels and restaurants. Participants 6-12. Estimated cost \$1500.

Cross America

There is a possibility that this tour will be cancelled if a leader does not step forward. If you are willing please contact us.

Participants: (20) Chuck Dick, Lynn Dick, Richard Lebek, Theresa Green, Mario Lovricic, Ray Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes, John Hiza, Vernon Petterson, Nanette Earl, Gerry Sutherland, Bill Hannan, Garfield Clack, Olive Wilkins, Ben Kihlman, Lise Brooks.

Kananaskis - Ted Stubbs 321-2784.

Danube - Chuck Dick 261-5092.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Betty Kerr 985-5038.

Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

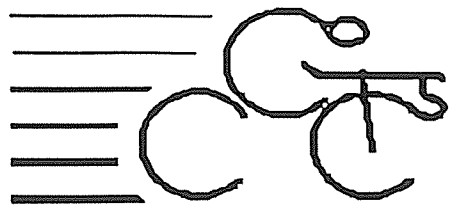
VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

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Dates to remember: Annual Picnic August 2, AGM and Banquet November 18, 19.



NEWSBRIEF

The Cross Canada Cycle Tour Society

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June 1994

Address: 6943 Antrim Avenue, Burnaby, B.C. V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by July 6. These are acceptable, typed, or on 3.5 inch disk, either Macintosh or IBM format.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

years this event has also been used as a swap meet, so if you have anything to trade, swap or sell this may be the time to do it. The suggestion is to mark the item for sale with your name, hopefully the potential buyer will locate you in the throng, and you can complete a deal.

In the past few Newsbriefs we have been pleading for a coordinator to lead the Cross America Tour. Well it looks as if we may have such a person. There will be more in future Newsbriefs. Suffice to say the itinerary and time frame may be changed.

We received a couple of postcards from Ted Stubbs. His weather luck is holding, as per usual, plenty of rain! I guess that's what keeps Ireland so green, plenty of the wet stuff.

There is a T.V. program on CBC called 'Cycling' that is aired on Saturday and Sunday. It's an interesting program dealing with various aspects of cycling. The producers of the show are looking for videos of tours, so if anyone would like to lend them a video I'm sure they would appreciate it.

Happy and safe cycling. Ian.

BC SENIOR GAMES - Leo Comeau

The British Columbia Senior Games Society is a registered Provincial Society, representing seniors (55+) and responsible for organizing the B.C. Senior games.

The objectives of the society are to:

- Promote active participation by seniors in sport, recreation, fitness and culture;
- Demonstrate the values and abilities of seniors;
- Engender a sense of community spirit;
- Organize the B.C. Senior Games.

In a series of articles I will endeavour to give you information as to the importance and make-up of the Games.

These Games are comprised of 20 medal events from 12 zones in the Province. They are generally held on the last weekend before Labour Day. This

PRESIDENT'S CORNER - Ian Polley

Firstly, a big thank you to the Victoria members who put on their first Annual Picnic. This was held at Centennial Park on May 18th. Our hosts, led by Carl and Rae, ably assisted by many of the Victoria members made the day a great success. The weather also cooperated. So once again Victoria, thank you, and maybe this will be the start of a tradition.

While I'm on about picnics, the Lower Mainland Picnic will be held on August 2nd at Deas Island Regional Park. So keep that date in mind. Over the

year they will be held in Prince Rupert on September 1, 2, and 3.

A few historical facts:

On 1987 July 14 the B.C. Seniors Games was officially registered.

On 1988 June 14-16, the first B.C. Seniors Games were held in Vernon, Zone 5, with 650 competitors in 15 medal events.

On 1989 September 6-8, the second B.C. Seniors Games were held in Trail, Zone 6, when 1000 seniors competed in 18 events.

On 1990 September 5-8 the third B.C. Seniors Games was held in Comox Valley, Zone 2, when 1400 seniors competed in 20 medal events. Bill Clayton from Cranbrook was the oldest competitor at 100 years. Three communities: Comox, Cumberland and Courtenay, plus the military and native community contributed to the most successful Games.

On 1991 September 4-7, the fourth Seniors Games was hosted by Coquitlam, Zone 3, with 1750 competitors. The host committee was chaired by Mr. Les Robson, who has won many gold medals in the track and field events. 150 seniors from 7 care facilities competed in 3 medal events, and the opening ceremonies. These Games were also an integral part of Coquitlam centennial celebrations.

On 1992 August 26-29, the fifth Seniors Games were held in Dawson Creek, Zone 12, with 1400 competitors. The Games were shared with Pouce Coupé and were also part of the 50th anniversary events marking the opening of the Alaska Highway.

On 1993 September 1-4, the sixth Seniors Games were held in Cranbrook, Zone 7, and approximately 1700 competed including 46 cyclists (see November 1993 Newsbrief for details).

Next time I will talk about bicycling rules and categories.

Club. Ted, Bob, Ian, Ray and I decided to do some more drafting. This was the most wonderful part of the ride, until Ted got carried away, and not by the wind, because we were facing it. He was likely training for the coming tour in Ireland. Good luck Ted. However we all got to Green Acres together and enjoyed lunch reminiscing about the days gone by and future events. Finally we got on our bikes again and all but myself headed for Steveston. I headed back home to Pitt Meadows as time did not permit me to go all the way to Steveston.

I thoroughly enjoyed the day, the weather was beautiful, and I enjoyed drafting in a group. To me that is the ultimate in bicycling.

Permit me to make a couple of observations so all the team will enjoy it more.

1) A speed should be set beforehand, but not to that of the strongest riders, but to that of the weakest.

2) The head or lead rider should always pull out of the line counter clockwise, that is to the left. The other riders carry on their normal speed and the one that was head rider slows just enough so when the others pass him, all he has to do is move in at the rear of the line, without having to sprint to catch up.

3) The head rider should only stay in front for short intervals. I would say if you count to 20 or 30, say half a minute. That way the head rider doesn't have time to get tired, especially if there is a head wind.

We should do this more often. It is surprising how it enhances your endurance and cycling ability. But remember you must be serious about it for if not you may cause an accident, hurting yourself or someone else seriously.

4) Always keep your eyes on the front rider's back wheel and keep your fingers on the brakes, should he slow down unexpectedly for something. Remember practice makes perfect. Adieu. God Bless.

MY FIRST SUNDAY RIDE - Leo Comeau

On a beautiful Sunday morning I left Pitt Meadows at 9 AM to join the Sunday riders at the north end of the Queensborough Bridge, with a stop on the way at the Super Store on Lougheed Highway, to say hello to the Austin Club riders. Unfortunately I missed them, so I rode on to the bridge, arriving at about 10:40. There I met Martin McCready, who was waiting for the group to arrive from 41st and Cambie. While we were waiting, a rider from the Vancouver Bicycle Club by the name of Gordon Kobayashi came along. After the introductions we exchanged cards and he told us he was interested in joining our society. We welcomed him, and after the other riders: Ted Stubbs, Bob Douglas, Ian Polley, Gilles Prud'homme, Theresa Green, Ray Berg, Neil Dobson, and Tom Tuma arrived, Martin and I joined in and we had a wonderful ride to Green Acres Golf

IS BIGGER BETTER? - Ken Grieve

Would a bigger membership produce a better Cross Canada club, especially if much of the increase were east of Winnipeg? Our President seems to feel that we could have more and better organized tours in the East, if the Society had an "equipment depot" say, in Ottawa, to store a cooking tent, stoves, etc. Who am I to argue with President Ian, an experienced cycle-tourist and wagon-master?

For much of its existence, the Society has muddled along with half its current membership (i.e. 150 or less), and many of us in the past have enjoyed many great tours in B.C. and elsewhere, due in large part to the dedicated and talented tour organizers in the Society. Certainly, I welcome new members who have heard the "good news" and want to join the club; however, I am not convinced that we need

worry because we are not 1,000 or more members, or that we require special drives to reach 1,000 or more.

Recently, during a day tour coffee stop, Past President Marten McCready observed that despite very extensive publicity from "Sea to Shining Sea" in local journals, TV interviews, etc. during his several Cross Canada tours, the Society gained only a few new members following each tour!

Possibly CCCTS members are rather special people, since there are hundreds of thousands of over 50s who ride bicycles, and ski and hike, yet few join clubs like ours. And we are pretty easy to find; usually one need only contact the Canadian Cycling Association, or a provincial office like Cycling B.C. to find us.

Nigel Peck, John Peck's son, suggested to me that most seniors do not believe that they can do what we do—camp, cook, and cycle 100 kilometres or more day in and day out, sometimes in terrible weather. Although most of us think such activities are pretty normal, maybe the truth is there are not many around like us, at least at our age! Personally I must give some credit to Bert Robinson, the Society's original promoter, because in 1983 he was able to convince over a hundred seniors that they could cycle across Canada from ocean to ocean, and then across Australia from north to south.

There is a downside to expanded membership, say to 1,000 members. There would be more than three times the present office work for volunteers. Our Newsbrief would cost more, and require greater endeavour and probably more volunteers to produce, although I suppose that if branches were set up elsewhere central office demands would lessen. It could be harder for members to join tours, since most tours are limited to 25 to 30. Yet possibly no tour coordinator would be disappointed with insufficient interest for a proposed tour to fly. The Society might find itself obliged to hire at least a part-time "Executive Director", and start paying for outside accounting, since we cannot depend on the very able and totally dedicated Bob Douglas to be our watchdog of the treasury, and unpaid accountant indefinitely.

Although I would not wish to prevent anyone hearing "the good news" of our Society's existence; on the other hand I believe that we will continue to have a very successful club, whether we expand or not. True, to continue to exist we must replace members as we become less able to tour or pass on. Thus far we have managed to do this. I think I like the slow, but steady expansion the Society has experienced over the last few years—after all, more than doubling our membership in four or five years is not too bad for this kind of organization.

MAY 31st PICNIC - Eva Folk

The last day of May was picnic day at Point Roberts for 32 cyclists. The Tuesday riders did their usual run and were quite famished by the time they reached the boardwalk at the beach. They were joined by five serious party-goers from Victoria. Faye Wilson and Barton Howes had the barbecue grill ready and good picnic food was spread out on the picnic tables. All CCCTS members are known for their huge appetites, especially the Tuesday crowd, and it was not long before most of the food was gone. Josie Curtis, who happened to come slightly late, was left with mostly celery. The weather had been gray all morning, but left off raining until we were finished socializing and were ready to leave. So it was a marvellous picnic and we owe thanks to Al Hollinger, the enthusiastic organizer.

NATIONAL PUBLICITY - Bob Douglas

Get a copy of the May-June issue of Maturity magazine at all costs, but it's free at the Bank of Montreal. There is someone dear to us all on the front cover; also a couple of articles on cycling.

FOR SALE

Like new 21" Miyata 615 GT. Triple butted chrome molybdenum - Shimano (18) light action gears, mangalight ft frame. Spare tube, tools, lock, pump, rear carrier. A classic at \$395 obo. Tom Hoeflok 985-2696 or Jo-Ann Hoeflok 739-1194.

OTHER ITEMS FOR SALE

Rhode Gear Shuttle Bike Rack - Fits cars and vans, holds 3 bikes. New US\$120. Now C\$95.

Ladies Nike Cleatless Bike Shoes - New US\$85. Now C\$45.

Burley Child Carrier - New US\$320. Now C\$270.

Phone Ken or Lee Kraft at 206-371-2257 for further details.

SUMMER SOLSTICE - Chuck Dick

The first annual summer solstice CCCTS Century (100 miles) Metric Century (100 km) and Half Century (50 miles) rides will be on Tuesday, June 21.

For the itinerary, see the April Newsbrief

Please 'phone me if you are going to be there, Chuck Dick 261-5092.

Starting times from the border are suggested as 100± miles 8 AM, 100± km 10 AM, 50± miles 10:30 AM

Here are some personal "bests and worsts" to shoot at:

Wenatchee: 100 miles - 6hrs 20min,

Seattle - Portland: 118 miles - 7hrs 45min,

Blaine - Bay View return: 106 miles - 11 hrs, with lots of stops.

Have fun. Remember, please, be in touch and sign up. If you would like to volunteer your services in some capacity - let's talk.

Other rides: Your March Newsbrief had lots of ideas for other rides. I've had a number of responses and questions and it looks as if some of you are planning a busy "personal best" Summer while others are going to experience your first, "Can I really do that?" ride. Good luck and if you need any tips, 'phone.

BIKE MAINTENANCE SUMMARY

- Bob Douglas

1. TOOLS

- FOR ALL RIDES - Pump, Tire Irons, Patch Kit, Spare Tube.

- FOR TOURS - All of the above plus 4, 5, and 6 mm Allen Wrenches, small Crescent Wrench, small Straight and Phillips Screwdrivers. The Society's tool box will contain all other tools likely to be needed such as Crank Arm Removers, Freewheel Removers, Spoke Wrench, Chain Rivet Tool, Bottom Bracket Tools.

2. LUBRICANTS - Use light oil or spray lubricant on chain, derailleurs, and brake pivot points. Use grease on hubs, pedals, bottom bracket, and head set.

3. TIRES AND TUBES - Keep inflated to manufacturer's specification.

- Inspect for cuts and remove imbedded debris.
- Learn how to patch tubes and replace tires.

4. BRAKES - Levers should operate smoothly and not touch handlebars when squeezed tightly.

- Pads should be aligned with rim and have a slight "toe-in" at forward edge.
- Replace frayed brake cables, and frayed derailleur cables.

5. CHAIN - Try to confine oil to rollers; excessive oil attracts dirt.

- Skipping chain is usually due to a mixture of new and worn chain and cogs, or to stiff links in chain. Check for stiff links by observing chain passing over

derailleur pulleys as you slowly turn backwards.

- Chain coming off is usually cured by derailleur adjustment. Learn to use the derailleur adjusting screws.

6. FREEWHEEL - Lubricate by laying bike down, chain side up, and let oil seep into seam between fixed and moving parts.

7. CRANK ARMS - Keep tightened to approximately 25 foot-pounds.

8. BOTTOM BRACKET - Check for looseness by sideways pull on crank arms, and for tightness by turning crank arms with chain removed.

9. HEADSET - Check for looseness by rocking bike with front brake applied, and for tightness and wear by smoothness of turning.

10. WHEELS - Check for free movement but not loose turning. Check for broken spokes and trueness of travel.

11. PEDALS - Should turn freely but not be loose.
- Pedal removal - remember left pedal has left-hand threading.

- Lubrication - grease preferred, but you can remove dust cover and add oil.

12. MISCELLANEOUS - Check out causes of squeaks and rattles which are often caused by loose accessories such as fenders, lights, carriers, and water bottle cages.

- Ensure saddle is mounted securely.

This item was copied from a previous Newsbrief.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - Completed.

Ireland - Completed.

Gabriola Island - Completed.

The Dempster Highway - In progress.

San Juan Islands, Washington - July 18-28.

Bob Douglas 435-3893

Deposit was \$15, now overdue. Balance \$235 (total \$250) due by June 15. A camping tour with a support vehicle, staying at Whidbey, San Juan, and Orcas Islands, and possibly Lopez Island. A good relatively easy trip for an introduction to cycle-camping.

Hike, bike and swim. Ride the Chuckanut Drive and visit Ferndale, Bellingham, La Conner, Deception Pass, Oak Harbour, Coupeville, Anacortes, Friday Harbour, Eastsound and Mt. Constitution.

Maximum 30. Participants: Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Ken Brothers, Rose Tanchak, Margaret Fyfe, Roy Barrows, Anne-Marie Labourdette, Emidia Lepore, Mary Yaremovich, Theresia Keet, Theresa Green, Peter Noack, Anna Wiskerke, Cornelis Wiskerke, Leo Comeau, Dan Baris, Jerry Baris, Georgette Courchesne, Sam Bigelow, Ian Polley, Ann Miller, Gilles Prud'homme, Miep Dennison, Vernon Patterson, Helen Cooper, Lee Kraft, Ken Kraft, Judy Jackson, Marjorie Murphy, Jean Horrocks, Dennis Parsons.

Hurricane Ridge - August 1.

Frank Jacobsen 381-5944

Climb 5200 feet in 17 miles? Insane, you say? No, it's not really all that bad. It works out to an average grade of 5.8%. The grade is consistent without any really steep parts.

This is a premium tour. One USA cycle association rates Hurricane as one of the best ten rides in the country. Another rates it as the seventh best.

Here's the payoff. The scenery is absolutely breathtaking. There are many lookouts. The traffic is ideal: no trucks, only tourists. The biggest risk is rainy weather.

We will be departing on the Coho Ferry to Port Angeles at 6:20 AM. They want cyclists to be there at 6. The plan is to catch the 5:15 PM ferry back. If you miss it, there is a later ferry at 9:30. The cost for rider and cyclist is \$9.25 US each way.

An extra water bottle is recommended in case of a hot day. You may wish to bring a sandwich or two because the restaurant food at the top is not always the greatest. If you still have energy, there is a short delightful hike which will give you even better views.

The trip will be rescheduled if the weather forecast for the Olympic Mountains is bleak. In such a case,

we will phone each one of you.

All participants are invited to a beer/wine and pizza/pasta party after the tour.

11 cyclists from Victoria are going on this tour. These people have volunteered 13 beds in their homes to accommodate CCCTS cyclists from the Mainland. If you are interested in this challenging (but delightful) tour please contact Frank Jacobsen 381-5944 or Noreen Redford 592-1865 to arrange accommodation.

BC 94 - August 4 - 30.

Diana & Al Lifton 468-5696

Total distance: 1460 kms; cycling days: 24, plus 3 rest days (27 days in all). Cost: \$540 (\$20 per day). Participants will be listed as deposits (\$100) are received, before April 15, please. Balance (\$440) due by June 15.

For itinerary see April Newsbrief.

Maximum 30, participants 24: Diana Lifton, Al Lifton, Judy Jackson, Elsie Dean, Andre Milaire, Martine Donahue, Garfield Clack, Ken Brothers, Marten McCready, Audrey Hayes, Peter Cordoni, Horst Hees, Josephine Chapman, Art Borron, Brenda Borron, Sonja Joos, Joan Rumsey, Vic Pothier, Joan Enman, Doreen Haydon, John Haydon, Frank Jacobsen, William Hook, Bob Jordan.

Switzerland - August 15 to September 4.

Andre Kaufmann 581-3923

Reservations for hostels and hotels are now all confirmed. The hostel at Friederichshafen is not available and we will have to ride to Konstanz (also confirmed). Please pay the remaining balance of \$750 by July 15 to the CCCTS office. Final instructions will be made by mail.

Maximum 12, participants 11: Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Dennis Scoriah, Freda Scoriah, John Peck, Pablo Bleiker, Richard Lebek.

Sunshine Coast - August 18 - 30, 13 days.

Lee Kraft 206-371-2257 or 433-7710.

Itinerary: West Van. (Horseshoe Bay) ferry to Langdale, tour Sunshine Coast to Earls Cove, ferry to Vancouver Island, tour to Courtenay, onto Quadra Island, off to Cortes Island, off to Hornby Island, down to Nanaimo (maybe Gabriola Island) and Horseshoe Bay.

We will cycle as many paved back roads as possible to avoid summer traffic. The semi support vehicle will carry your condensed gear, sleeping bag and tent. If you can squeeze in your camp stove for coffee or tea - great. Lunches can be packed or eat out. Dinner will be catered in to camp as often as possible. If it rains we motel it. Average 50 - 60 k's per

day. Cost \$300, give or take, ferries extra. \$50 deposit due by July 1. Hike and tour plans are under way for days off.

Straits Circle - September 6-22.

Dennis Parsons 474-0937

Cost \$450 with \$20 deposit by July 30.

This is a casual cycling tour up the coast of Vancouver Island to cross Georgia Strait and cycle down the Sunshine Coast. Skipping the traffic in Vancouver, we continue south through Bellingham and La Conner to Port Townsend, then west to Port Angeles, where we cross the strait of Juan de Fuca to finish in Victoria. We will spend a whole day at the beach on Texada Island and another discovering Port Townsend's heritage houses.

No support vehicle or tents, but sleeping bags for hostelling when not motelling. September is the finest month on the coast, with sunny and calm weather almost guaranteed.

Maximum 12, participants 4: Art Borron, Bette Kerr, Dennis Parsons, Rae Wohlschlegel.

Bavaria Romantische Strasse

September 7-23.

Max Bissegger 536-3202

Cost about \$2700, balance \$2000 by July 1.

Participants 17: Max Bissegger, Frances Bissegger, John Peck, Alyce McKay, Josie Zewiec, Theresia Keet, Dorothy Kennedy, Shirley Fisher, Carl Dukeshire, Joyce Dukeshire, Barbara Hetzer, Harry Lang, Mel Kerr, Poul Svendsen, Marthe Lambert, Eila Taylor, Sam Bigelow.

Willamette Valley, Oregon - September 10-24.

Ted Stubbs 321-2784

\$100 deposit was due by June 1. Cost about \$350.

Join us and enjoy Oregon's lovely Fall weather. We'll cycle with the Spoke Folk of Eugene on their Sunday ride. The Willamette Valley is a very flat area - easy cycling - but getting there and back from the coast requires crossing the Cascade Mountains which have some hills, but nothing too strenuous. We'll travel through Salem, Albany, Corvallis, Eugene, the wine country around McMinnville, and the rugged coast almost to Lincoln City. Enjoy the harvest of the productive Willamette Valley, plus the lovely forests of the Cascades.

Maximum 30, participants: Ted Stubbs, Pat Stubbs, Joan Enman, Anne-Marie Labourdette, Ken Brothers, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, James Erickson, Anna Wiskerke, Cornelis Wiskerke, Garfield Clack, Emidia Lepore, Jim Jeffrey, Shirley Mae Jeffrey, Roy Towler, Sylvia Mather, Audrey Hayes, Eva Folk, Ray Berg, Joan Rumsey, Zel Harvie, John Harvie, Micheline McComb, Bev McComb, Tage

Winckler, Grethe Winckler, Betty McCulloch, Gwyn Thomas, Jean Horrocks, Marion Orser, Bob Stevens.

1995 TOURS

Hawaii - February

John Peck 538-0195

Another unsupported two week tour of the Big Island using motels and restaurants. Participants 6-12. Estimated cost \$1500.

Participants: John Peck, Anne-Marie Labourdette.

Cross America

Participants 22: Chuck Dick, Lynn Dick, Richard Lebek, Theresa Green, Mario Lovricic, Ray Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes, John Hiza, Vernon Patterson, Nanette Earl, Gerry Sutherland, Bill Hannan, Garfield Clack, Olive Wilkins, Ben Kihlman, Lise Brooks, Andre Kaufmann.

Kananaskis - Ted Stubbs 321-2784.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Betty Kerr 985-5038.

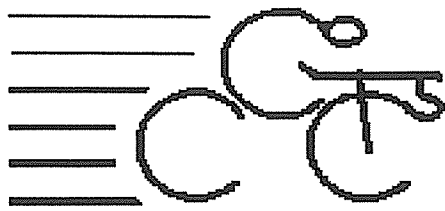
Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.





NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 7

July 1994

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by August 6. These are acceptable, typed, or on 3.5 inch disk, either Macintosh or IBM format.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohischiegei	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

PRESIDENT'S CORNER - Ian Polley

I am sitting in front of my typewriter trying to think of something to write about. With the deadline fast approaching, our Newsbrief editor will be asking for my report tomorrow. Often when I'm cycling I have thoughts which I think will be a basis for a president's corner. After the ride I fail to make notes of these thoughts, and now I find myself fumbling around trying to write something.

I have been made aware of two members having suffered injuries whilst cycling. The first being Ken

Grieve, who took a spill and broke a bone in his shoulder. The second accident appears to be of a more serious nature. It happened after a Sunday ride in Victoria, the victim being Peter Noack. I don't have more details at this time, but hopefully we will have an update by the time we go to press [see below Ed.]. We wish them both, and any other members who may be under the weather, a speedy and full recovery.

I spoke to a few of the members who entered Chuck Dick's Summer Solstice. From all accounts they were well laid out rides, with enough challenges to make it interesting. I think Chuck deserves a vote of thanks for the time and effort he put in to make this a successful outing.

Don't forget the Annual Picnic and Swapmeet on August 2 at Deas Island Regional Park, starting at 11 AM.

Safe and happy cycling.

Ian

PETER NOACK - Carl Dukeshire

On Sunday June 26, while enroute home via Martindale Rd. from the Victoria Sunday ride, Peter Noack was struck by a car. He apparently suffered head injuries and is in Victoria General Hospital, where at this time he is listed in fair condition. All members of CCCTS wish him a full and speedy recovery.

STOLEN BIKES - Josephine Hees

Quick action pays off. At 7:10 am on Monday May 31, 1994, Horst and I strolled out to our camper van intending to get on our bikes and cycle out to Swartz Bay. We were on our way to join you all for the picnic at Point Roberts. We were horrified to find that the van, which we had confirmed was locked at about 9:30 pm the night before, had been broken into and both our bikes, including my brand new Miyata

1000 LT, purchased on Saturday, were gone. Although items from the inside of the van had been tossed outside, nothing else was missing. The thieves had ignored the cassette player and speakers. Obviously the bikes had been the target.

We 'phoned the police immediately and while we waited for them to arrive we composed and printed a notice detailing the bikes including their colour, components, serial numbers, sizes and any distinguishing features (for instance my bike had a "tiger" pattern orange and black lycra seat cover). When police arrived they advised us to alert every pawnbroker and bike shop in Victoria and also to watch the classified section of the newspaper to see if our bikes appeared for resale. The police confirmed what we already knew - that the thieves had gained entry to the van by forcing open the small triangular window on the driver's side. They also informed us that our area in Victoria is one of the worst, if not the worst, in the city for bike thefts.

I 'phoned many of the bike shops and pawnbrokers and then Horst and I hopped on the scooter and distributed the notice, in person, to every pawnbroker and bike shop that would accept it. Some pawnshops do not accept bikes, and others do not accept any merchandise without a bill of sale, so there was little point of informing the staff in these shops about the theft. We passed the notice on to couriers and even faxed it to cyclist friends and anyone else who might see the bikes. The idea was to get the word out, get it out quickly, and spread it around as widely as possible.

Our strategy paid off! By 5:45 pm of the same day my beloved bike was recovered. Someone had tried to sell it to a pawnbroker on Douglas Street which was, coincidentally, one of our first stops. I will press charges and hopefully that will help to discourage this particular thief from trying it again. Horst's bike has not yet been found, but we are hoping it will turn up soon. Horst, in the meantime, has got himself a new bike - in fact a twin of mine. Both are now resting very safely in the storage room of our condominium and we check them frequently to make sure they are still there.

DEMPSTER HIGHWAY 1994 - Elsie Dean

The pretty leaves were on the trees. The birds of every kind came from the South, built their nests and laid their eggs. The cow moose had their calves born, and hovered over them protectively. Fish that spawn in the Spring went up creeks to do the work of reproduction. (Dene Cultural Institute, "Mom we've been discovered.")

It was spring in the Yukon on June 2, 1994 when our merry band of 24 CCCTS cyclists arrived by 'plane, truck and car in Whitehorse. There we topped up our provisions with fresh frozen meat and expe-

dition type bread. The sag wagon, driven from Vancouver by John and Dornacilla Peck, had been amply stocked with other supplies by Joan Enman and Faye Wilson.

The next day we took a bus to a camp site near Dawson City. Our schedule gave us a day to explore this town spawned by the gold rush at the turn of the century, and somewhat restored to its earlier splendour. We were fortunate to be there the day the Commissioner held afternoon tea to which all were invited.

June 5 we set out to ride the 750 km of gravel of the Dempster Highway. To our delight and surprise the road was good and the traffic thin. We could ride side by side in the tracks and through silence we could easily hear an approaching vehicle. The first stop at Tombstone was a real campground.

But the next day we were introduced to a wild camp. It was then that Leila Montgomery learned what was meant by a "wild camp"; till then she thought we were in for a wild time. Leila soon discovered the real meaning. To quote her description: "Where you grab a shovel and a roll of toilet paper and head for the bush."

For all the lack of modern facilities, we were well compensated by the fascinating and ever changing scenery. By bathing ourselves in basins of water or freezing rivers, we arrived at the first stop, Eagle Plains Hotel, in respectable shape. However, the hot water and modern plumbing were a very welcome sight.

Before we left Eagle Plains, we were presented with a proclamation, "Arctic Circle Crossing, Yukon Territory, Canada. 66°33' North of the Equator" inducting each of us into the ranks of the hardy souls venturing north. The next day we crossed the Circle and continued north-east and on day 10 we crossed the Continental Divide that marks the Yukon and Northwest Territories border.

What a day that was! The wind blew so hard across the valley that Grethe was blown off her bicycle. Undaunted, Grethe struggled on and arrived at the summit where the wind howled unobstructed.

We stopped to shop at Teetl'it Zheh (Fort McPherson) a Dene settlement on the Teetl'it Gwinjik (Peel River). On day 13 we crossed the Tsiigehtchick (Red River) and visited the Gwich'in village at the confluence of the Tsiigehtchick (Red River) and the Dehcho (Mackenzie River). Here we chatted with the people that were out and about, including young people happy to be home after attending distant colleges and universities. And what a spot it is! Looking out over the Big River, I felt a strong desire to stay on.

After crossing the Dehcho, we cycled on along the eastern bank of the river looking out over the delta where the river splits into three channels. On day 15, we reached the town of Inuvik and sped gratefully into the Mackenzie Hotel for a hot shower.

Unfortunately the good weather we had enjoyed, the near 24 hours of sunshine, changed and we spent our last days in the Arctic under cloudy skies. It was particularly disappointing since we were there in time for "Midnight Madness", a celebration of the midnight sun on the longest day of light. We did, however, proceed with our plans to charter 'planes and fly to Tuktoyaktuk situated on the shore of the Beaufort Sea. Tuktoyaktuk is an Inuvialuit village that encompasses the traditional lifestyle of living off the land, and the vary visible structure of the Canadian Military "Early Warning System", as well as the all-but-closed oil industry. Some of us did take off our shoes and put our feet in the sea of melting ice for which we received a "Certificate of Courage" from the Arctic Toe Dipping Club.

Our visit was all too brief, leaving many unanswered questions about this wondrous land and the people who live there. We boarded the 'plane and flew up and down across the NWT on our way home. We left behind John and Dornacilla to drive the sag wagon down the dusty Dempster and all the way home to Vancouver. They did it for us so that we could camp and eat in the usual CCCTS style. Many thanks.

When this trip comes up again, be sure to go, because way back in the days of bow and arrows, they had Spring, Summer, Fall, and Winter just like they have now.

THANKS - Connie Shaw

The Victoria Women's Sexual Assault Centre thanks nineteen Victoria members who volunteered as route marshals for the Triathlon for Healing held recently in Victoria. The event raised approximately \$9000.

ONE FOR THE RECORD - Chuck Dick

The first annual CCCTS Summer Solstice Century, Metric Century and Half Century is over and I believe each of us achieved what we set out to do, enjoy ourselves. The important thing is you were there and you were in good company, under clear blue skies. The road surface, the heat, the drying head-winds whichever way we turned, the hills, the over-abundance of directions, the maps that sometimes didn't match the directions, the pit stops are all things we'll remember - and, oh, yes, the miles we made.

Sixteen hardy and enthusiastic riders started from the Peace Arch crossing between 8 and 9 AM, depending on the selected distance. All of us followed the same route through Blaine, Birch Bay, into Ferndale and to Marine Drive off Bennett Drive

north of Bellingham. From there we spread far and wide, eventually returning via the Vista Drive, Loomis Trail route back to Blaine. The Century riders, of which I was part, headed to Fairhaven and on south of Bay View State Park before turning for home via the same route. This wasn't the scheduled route, but because of the heat and known hills, we opted for the slightly longer 106 mile alternate.

Because of the pace and the heat, some elected to go only as far as Larabee State park and accumulated somewhere in the range of 120 km. Four of us in the 100 mile bunch, through bad management, bad leadership or temporary insanity actually completed the Century. Too much of our time was spent refuelling, so we took over ten hours to complete struggling back about 6:20 PM. Romeo Quinter, a strong rider at any time, decided to add another 20 miles for good measure by taking some of his refreshments in Burlington. In spite of the extra distance and further refreshments in Blaine, he was back and gone before we crossed the border. A sample of our "refuelling" stops include the "Red Bus" in Fairhaven (twice), the Edison gas station cafe, and the bakery in Ferndale (only once thank goodness).

Since we never did see the Half Century riders, it is presumed all finished. No 'phone calls from loved ones or neighbours is a good sign that they probably arrived home OK. For the Century riders who created a new distance and destination, we can only suggest that the Coliphon Cafe in Fairhaven, with those delicious extra large cream cheese bagels with soup and good coffee, were your downfall, and not the heat and my maps and descriptions.

However, that said, there is much to do to improve these rides, but they have to get started. I thank all for making it happen and I know you will help, and have already helped through your comments, to make it happen again. You were supportive in '94 by daring to test the distances, to test your map reading abilities, and even in some cases put your orienteering skills to work. Strip maps, one or two corrections, shorter descriptions, road signs, sustenance stops from our own vehicles, a mass start, and volunteers from the club will make it better.

I'll do it again and I hope you will too, as well as other members who might enjoy a little personal challenge. We had lots of laughs and some pain, but we did it. Someone suggested another seasonal ride entitled the "Autumnal Equinox Ride", Sept 20/21. Interested? 'phone 261-5092.

Summer Solstice '94 participants: Leo Comeau, Pete Cordoni, Vic DePaul, Chuck Dick, Tweed Daoust, Mary Eickhoff, Bev McComb, Micheline McComb, Marion Orser, Vic Pothier, Romeo Quinter, Arno Seidelmann, Gwyn Thomas, Roy Towler and Bill and Fran (friends of the McCombs).

JERSEYS

A reminder that club jerseys are available, with discount for members, from Rider's Cycles, 1092 Cloverdale Ave, Victoria, telephone 381-1125.

AFFILIATION - Brenda Borron
(with ideas from Art Borron)

This letter is prompted by John Peck's "Our Future" and Ken Grieve's "Is Bigger Better?", appearing in the March and June Newsbriefs.

I think the biggest problem facing our Society today is finding successors for our tour leaders and directors. We have one new tour leader trying his hand this summer, but mostly we see a small group of dedicated old faithfuls who have also served on the executive for many years. Many, if not most of them, are in their seventies now, and phenomenal though they be, even a Duracell battery runs down eventually.

Our increasing membership has not solved this problem, and you cannot always rely on "someone stepping in". True, the Cross Canada tour was rescued by Gerry Sutherland, who stepped in as leader and did a marvellous job. (Question: has anyone contacted him since then to see if he is interested in leading or helping with another trip?) But it looks as though the Cross America tour will be aborted for lack of a leader. Given the nature of our club, the active time span of our members is more limited than in most organizations. Therefore an important function of the executive lies in finding and grooming successors both as directors and tour leaders.

There is a lot of resistance to the club expanding outside the province. Ken quotes Marten McCready as saying that despite publicity on Cross Canada tours, we gain only a few new members following each tour. There might be a reason for this. I personally know at least two instances where interested people encountered on tour were very actively discouraged from joining the club.

But there might be another way to increase the number of tours available without changing the CCCTS appreciably. What about an affiliation with other, like, clubs? We could start on a trial run by approaching, say, the Easy Rider senior section of the Elbow Valley Cycle Club with a proposal for two reciprocal tours. We would reserve ten spots for their members on a regular club tour on the West Coast (e.g., Sunshine Coast, Washington, whatever), if they would put on a similar tour in Alberta (e.g., Kananaskis/Highwood Pass, Golden Triangle, etc.). Then see how it goes. True, we can run trips in these areas, but how much easier without the problem of scouting it all out first. It would also add to the number of new tours in our own country. Not all our

trips are filled, and I suspect one reason may be repetition, or the cost of ambitious trips.

Who knows: if that sort of thing caught on, we might one day see a Cross Canada Tour for seniors organized by various clubs, each taking responsibility for its own area. A person could cycle the whole thing, or sign up for a particular region. It could increase the number of tours and lessen the work.

REFLECTIONS ON SOLO - Dennis Parsons

For four and a half months I travelled from Cairns, sometimes using a bus, to Melbourne, circumnavigated the South Island of New Zealand, if that is permitted on a bicycle, and travelled from Wellington to Auckland with a trip to Coromandel on the North Island.

It is only my opinion of course, but the South Island is the most beautiful country in the World; the scenery is, at times, truly breathtaking. As cities go, though, Victoria, B.C., is still the most beautiful (let's see some letters to the editor on this).

The now famous 12x15x36 inch hockey bag, first used on the 1986 Cross Canada trip, came in very handy. I could stow all four panniers, the tent, sleeping bag and everything I did not need on a flight, and then, on arrival and after clipping on the panniers, I could wrap my tent in it and strap it to the carrier. I had to box my bike to fly from Canada and had no difficulty getting a box in Auckland to return. I met a well-travelled Englishman who had never boxed his bicycle. There must be different rules in the U.K. When transporting by bus, I was asked to cover the chain and used old rag and duct tape. On a local train from Melbourne to the airport, I took my fully loaded "burro" into the coach with me. People had to walk around it.

I took advantage of inexpensive accommodation, \$8 to \$15 at hostels and \$12 to \$20 at hotels which seemed right out of the Old Wild West. The alternative, tenting, cost \$6 to \$10. In all hostel and camping sites full cooking facilities were available with also deep freezers, and microwave ovens. One need only carry cutlery.

I chose to tent on some occasions, but was only once forced to do so. Then I brought out my emergency rations which consisted of tins of bully beef, sardines, salmon (one of each), box of cheese wedges, Swedish crisp bread and a carton of easy-spread butter (not available in Canada yet).

Weight has to be considered when preparing for it, but as the trip progresses one realizes that bulk is a very important factor. One can be brought to a standstill in a head wind. I discarded my mattress because of its bulk, yet carried a heavy tape measure and bread board which I had found, though I did give them away at the first opportunity.

I did some arithmetic one day while cruising along and figured that if you put a 150 lb person on a 20 lb bicycle that carries 30 lb of gear, that person has to propel 200 lbs. Now if 10 lbs is added, there is a 33% increase in the pannier weight, but really only an insignificant 5% in the total. To continue with these useful statistics it follows that Grethe or Martine should be able to carry 110 lbs of gear and still keep up with afore-mentioned person.

To finish these reflections, I used the best panniers I could buy and still water found its way into them, but my breathing waterproof cycling shell fulfilled my expectations. I bought this essential piece of wet gear at a factory outlet in Kamloops last year. I was completely dry in the heaviest downpour, and no condensation formed inside. It is light enough to be a good windbreaker and hand washes easily too.

The other dry-next-morning garment, my CCCTS club jersey, was an introduction to several conversations with interesting people. Into the Sport Sponge container I stuffed a J-towel and a dental floss box and in my soap box I carried a bar of soap that just lasts and lasts. It is available everywhere and has been since 1789. Look for it at a store near you.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - Completed.

Ireland - Completed.

Gabriola Island - Completed.

The Dempster Highway - Completed.

San Juan Islands, Washington - July 18-28.

Bob Douglas 435-3893

Maximum 30, participants: (27) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Ken Brothers, Rose Tanchak, Margaret Fyfe, Roy Barrows, Emidia Lepore, Mary Yaremovich, Anna

Wiskerke, Cornelis Wiskerke, Leo Comeau, Dan Baris, Jerry Baris, Ian Polley, Ann Miller, Gilles Prud'homme, Vernon Patterson, Helen Cooper, Lee Kraft, Ken Kraft, Judy Jackson, Marjorie Murphy, Jean Horrocks, Dennis Parsons, Anne-Marie Labourdette.

Hurricane Ridge - August 1.

A one-day tour. Call Frank Jacobsen 381-5944 or Noreen Redford 592-1865. For details see previous Newsbrief.

BC 94 - August 4 - 30.

Diana & Al Lifton 468-5696

Total distance: 1460 kms; cycling days: 24, plus 3 rest days (27 days in all). Cost: \$540. Fees should be paid by now. For itinerary see April Newsbrief.

Maximum 30, participants: (23) Diana Lifton, Al Lifton, Judy Jackson, Elsie Dean, Andre Milaire, Martine Donahue, Garfield Clack, Ken Brothers, Marten McCready, Audrey Hayes, Peter Cordoni, Horst Hees, Josephine Hees, Sonja Joos, Joan Rumsey, Vic Pothier, Joan Enman, Doreen Haydon, John Haydon, Frank Jacobsen, William Hook, Bob Jordan, Gwyn Thomas.

Switzerland - August 15 to September 4.

Andre Kaufmann 581-3923

Pay the remaining balance of \$750 by July 15 to the CCCTS Office. Final instruction will be made by mail.

Maximum 12. Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Dennis Scoriah, Freda Scoriah, John Peck, Pablo Bleiker, Richard Lebek.

Sunshine Coast - August 18 - 30, 13 days.

Lee Kraft 206-371-2257 or 433-7710.

For details see June Newsbrief.

Straits Circle - September 6-22

Dennis Parsons 474-0937

Max 12, Cost \$450, deposit \$20 by July 30.

The purpose of this tour is for cyclists to enjoy short distances with time to smell the daisies and to gather oysters, clams and just beachcomb. With a little extra effort one can visit places like Birdseye Cove and Maple Bay as well as Hornby and Denman Islands. In Washington State we have charming La Conner too.

We enjoyed some good food on the last trip, including the meal we cooked ourselves at the Retreat, Texada Island.

The cost is for accommodation only, but can be greatly reduced with shelter sharing agreements among the participants.

Holiday traffic will be over, bugs will be gone, we'll have sunny windless days and the warmest

temperatures in Canada, and we're asking for something more - two fourths for bridge.

Itinerary: Sept. 6 to Duncan, 7 Nanaimo, 8 Qualicum, 9 Fanny Bay, 10 Texada Island, 11 stay a day, 12 Powell River, 13, Ruby Lake, 14 Gibsons, 15 Crescent Beach, 16 Bellingham, 17 La Conner, 18 Port Townsend, 19 Seethetown, 20 Sequim, 21 Port Angeles, 22 Victoria.

Participants (4) Art Borron, Bette Kerr, Dennis Parsons, Rae Wohlschlegel.

Bavaria Romantische Strasse September 7-24.

Max Bissegger 536-3202

Total \$2700, balance \$2000 was due on July 4.

First thing, please note: for some unknown reason in Air Canada's reservation system, they have us returning on September 24. We have tried to change it back to Sept. 23, with no result.

Now for the trip itself. I travelled the whole route, and it is absolutely beautiful. I also had good weather. I had to make some changes because of the hotel accommodation. The route now is as follows: Würzburg, Rothenburg o. d. Tauber+, Nördlingen, Burgau, Kaufbeuren, Kempten+, Wangen, Konstanz+, Stein am Rhein, Waldshut+, Basel. The places we are staying for 2 nights (marked +) are spectacular, and we also can bike to various other places from there, if desired, for example from Konstanz to the island of Mainau.

Your final payment is now due as we have to pay for airline tickets, and I have made various hotel deposits.

Participants (17): Max Bissegger, Frances Bissegger, John Peck, Alyce McKay, Josie Zewiec, Theresia Keet, Dorothy Kennedy, Shirley Fisher, Carl Dukeshire, Joyce Dukeshire, Barbara Hetzer, Harry Lang, Mel Kerr, Poul Svendsen, Eila Taylor, Sam Bigelow, Bernice Gregory.

Willamette Valley, Oregon - September 10-24.

Ted Stubbs 321-2784

\$100 deposit by June 1, Cost about \$350.

We are looking for a truck driver.

Maximum 30: Participants: Ted Stubbs, Pat Stubbs, Ken Brothers, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, Anna Wiskerke, Cornelis Wiskerke, Garfield Clack, Emidia Lepore, Jim Jeffrey, Shirley Mae Jeffrey, Roy Towler, Sylvia Mather, Audrey Hayes, Eva Folk, Ray Berg, Joan Rumsey, Zel Harvie, John Harvie, Micheline McComb, Bev McComb, Tage Winckler, Grethe Winckler, Betty McCulloch, Jean Horrocks, Marion Orser, Robert Stevens.

Dates to remember: Annual Picnic August 2, AGM and Banquet November 18, 19.

1995 TOURS

Hawaii - February

John Peck 538-0195

Another unsupported two week tour of the Big Island using motels and restaurants. Participants 6-12. Estimated cost \$1500.

Participants: John Peck, Anne-Marie Labourdette, Ken Kraft, Lee Kraft, Jack Sheppard.

Cross America

It appears that a leader has been found, more news next Newsbrief.

Participants: (27) Chuck Dick, Lynn Dick, Richard Lebek, Theresa Green, Mario Lovricic, Ray Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes, John Hiza, Vernon Patterson, Nanette Earl, Gerry Sutherland, Bill Hannan, Garfield Clack, Olive Wilkins, Ben Kihlman, Lise Brooks, Andre Kaufmann, Bobbie Redmond, Leila Montgomery, Faye Wilson, Barton Howes, Ronald Watson.

Kananaskis - Ted Stubbs 321-2784.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

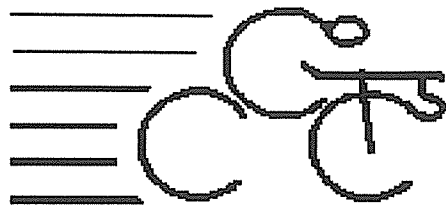
Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

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NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 7

July 1994

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by August 6. These are acceptable, typed, or on 3.5 inch disk, either Macintosh or IBM format.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohischleget	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

Grieve, who took a spill and broke a bone in his shoulder. The second accident appears to be of a more serious nature. It happened after a Sunday ride in Victoria, the victim being Peter Noack. I don't have more details at this time, but hopefully we will have an update by the time we go to press [see below Ed.]. We wish them both, and any other members who may be under the weather, a speedy and full recovery.

I spoke to a few of the members who entered Chuck Dick's Summer Solstice. From all accounts they were well laid out rides, with enough challenges to make it interesting. I think Chuck deserves a vote of thanks for the time and effort he put in to make this a successful outing.

Don't forget the Annual Picnic and Swapmeet on August 2 at Deas Island Regional Park, starting at 11 AM.

Safe and happy cycling. Ian

PETER NOACK - Carl Dukeshire

On Sunday June 26, while enroute home via Martindale Rd. from the Victoria Sunday ride, Peter Noack was struck by a car. He apparently suffered head injuries and is in Victoria General Hospital, where at this time he is listed in fair condition. All members of CCCTS wish him a full and speedy recovery.

PRESIDENT'S CORNER - Ian Polley

I am sitting in front of my typewriter trying to think of something to write about. With the deadline fast approaching, our Newsbrief editor will be asking for my report tomorrow. Often when I'm cycling I have thoughts which I think will be a basis for a president's corner. After the ride I fail to make notes of these thoughts, and now I find myself fumbling around trying to write something.

I have been made aware of two members having suffered injuries whilst cycling. The first being Ken

STOLEN BIKES - Josephine Hees

Quick action pays off. At 7:10 am on Monday May 31, 1994, Horst and I strolled out to our camper van intending to get on our bikes and cycle out to Swartz Bay. We were on our way to join you all for the picnic at Point Roberts. We were horrified to find that the van, which we had confirmed was locked at about 9:30 pm the night before, had been broken into and both our bikes, including my brand new Miyata

1000 LT, purchased on Saturday, were gone. Although items from the inside of the van had been tossed outside, nothing else was missing. The thieves had ignored the cassette player and speakers. Obviously the bikes had been the target.

We 'phoned the police immediately and while we waited for them to arrive we composed and printed a notice detailing the bikes including their colour, components, serial numbers, sizes and any distinguishing features (for instance my bike had a "tiger" pattern orange and black lycra seat cover). When police arrived they advised us to alert every pawnbroker and bike shop in Victoria and also to watch the classified section of the newspaper to see if our bikes appeared for resale. The police confirmed what we already knew - that the thieves had gained entry to the van by forcing open the small triangular window on the driver's side. They also informed us that our area in Victoria is one of the worst, if not the worst, in the city for bike thefts.

I 'phoned many of the bike shops and pawnbrokers and then Horst and I hopped on the scooter and distributed the notice, in person, to every pawnbroker and bike shop that would accept it. Some pawnshops do not accept bikes, and others do not accept any merchandise without a bill of sale, so there was little point of informing the staff in these shops about the theft. We passed the notice on to couriers and even faxed it to cyclist friends and anyone else who might see the bikes. The idea was to get the word out, get it out quickly, and spread it around as widely as possible.

Our strategy paid off! By 5:45 pm of the same day my beloved bike was recovered. Someone had tried to sell it to a pawnbroker on Douglas Street which was, coincidentally, one of our first stops. I will press charges and hopefully that will help to discourage this particular thief from trying it again. Horst's bike has not yet been found, but we are hoping it will turn up soon. Horst, in the meantime, has got himself a new bike - in fact a twin of mine. Both are now resting very safely in the storage room of our condominium and we check them frequently to make sure they are still there.

DEMPSTER HIGHWAY 1994 - Elsie Dean

The pretty leaves were on the trees. The birds of every kind came from the South, built their nests and laid their eggs. The cow moose had their calves born, and hovered over them protectively. Fish that spawn in the Spring went up creeks to do the work of reproduction. (Dene Cultural Institute, "Mom we've been discovered.")

It was spring in the Yukon on June 2, 1994 when our merry band of 24 CCCTS cyclists arrived by 'plane, truck and car in Whitehorse. There we topped up our provisions with fresh frozen meat and expe-

dition type bread. The sag wagon, driven from Vancouver by John and Dornacilla Peck, had been amply stocked with other supplies by Joan Enman and Faye Wilson.

The next day we took a bus to a camp site near Dawson City. Our schedule gave us a day to explore this town spawned by the gold rush at the turn of the century, and somewhat restored to its earlier splendour. We were fortunate to be there the day the Commissioner held afternoon tea to which all were invited.

June 5 we set out to ride the 750 km of gravel of the Dempster Highway. To our delight and surprise the road was good and the traffic thin. We could ride side by side in the tracks and through silence we could easily hear an approaching vehicle. The first stop at Tombstone was a real campground.

But the next day we were introduced to a wild camp. It was then that Leila Montgomery learned what was meant by a "wild camp"; till then she thought we were in for a wild time. Leila soon discovered the real meaning. To quote her description: "Where you grab a shovel and a roll of toilet paper and head for the bush."

For all the lack of modern facilities, we were well compensated by the fascinating and ever changing scenery. By bathing ourselves in basins of water or freezing rivers, we arrived at the first stop, Eagle Plains Hotel, in respectable shape. However, the hot water and modern plumbing were a very welcome sight.

Before we left Eagle Plains, we were presented with a proclamation, "Arctic Circle Crossing, Yukon Territory, Canada. 66°33' North of the Equator" inducting each of us into the ranks of the hardy souls venturing north. The next day we crossed the Circle and continued north-east and on day 10 we crossed the Continental Divide that marks the Yukon and Northwest Territories border.

What a day that was! The wind blew so hard across the valley that Grethe was blown off her bicycle. Undaunted, Grethe struggled on and arrived at the summit where the wind howled unobstructed.

We stopped to shop at Teet'it Zheh (Fort McPherson) a Dene settlement on the Teet'it Gwinjik (Peel River). On day 13 we crossed the Tsiigehtchick (Red River) and visited the Gwich'in village at the confluence of the Tsiigehtchick (Red River) and the Dehcho (Mackenzie River). Here we chatted with the people that were out and about, including young people happy to be home after attending distant colleges and universities. And what a spot it is! Looking out over the Big River, I felt a strong desire to stay on.

After crossing the Dehcho, we cycled on along the eastern bank of the river looking out over the delta where the river splits into three channels. On day 15, we reached the town of Inuvik and sped gratefully into the Mackenzie Hotel for a hot shower.

Unfortunately the good weather we had enjoyed, the near 24 hours of sunshine, changed and we spent our last days in the Arctic under cloudy skies. It was particularly disappointing since we were there in time for "Midnight Madness", a celebration of the mid-night sun on the longest day of light. We did, however, proceed with our plans to charter 'planes and fly to Tuktoyaktuk situated on the shore of the Beaufort Sea. Tuktoyaktuk is an Inuvialuit village that encompasses the traditional lifestyle of living off the land, and the vary visible structure of the Canadian Military "Early Warning System", as well as the all-but-closed oil industry. Some of us did take off our shoes and put our feet in the sea of melting ice for which we received a "Certificate of Courage" from the Arctic Toe Dipping Club.

Our visit was all too brief, leaving many unanswered questions about this wondrous land and the people who live there. We boarded the 'plane and flew up and down across the NWT on our way home. We left behind John and Dornacilla to drive the sag wagon down the dusty Dempster and all the way home to Vancouver. They did it for us so that we could camp and eat in the usual CCCTS style. Many thanks.

When this trip comes up again, be sure to go, because way back in the days of bow and arrows, they had Spring, Summer, Fall, and Winter just like they have now.

THANKS - Connie Shaw

The Victoria Women's Sexual Assault Centre thanks nineteen Victoria members who volunteered as route marshals for the Triathlon for Healing held recently in Victoria. The event raised approximately \$9000.

ONE FOR THE RECORD - Chuck Dick

The first annual CCCTS Summer Solstice Century, Metric Century and Half Century is over and I believe each of us achieved what we set out to do, enjoy ourselves. The important thing is you were there and you were in good company, under clear blue skies. The road surface, the heat, the drying head-winds whichever way we turned, the hills, the over-abundance of directions, the maps that sometimes didn't match the directions, the pit stops are all things we'll remember - and, oh, yes, the miles we made.

Sixteen hardy and enthusiastic riders started from the Peace Arch crossing between 8 and 9 AM, depending on the selected distance. All of us followed the same route through Blaine, Birch Bay, into Ferndale and to Marine Drive off Bennett Drive

north of Bellingham. From there we spread far and wide, eventually returning via the Vista Drive, Loomis Trail route back to Blaine. The Century riders, of which I was part, headed to Fairhaven and on south of Bay View State Park before turning for home via the same route. This wasn't the scheduled route, but because of the heat and known hills, we opted for the slightly longer 106 mile alternate.

Because of the pace and the heat, some elected to go only as far as Larabee State park and accumulated somewhere in the range of 120 km. Four of us in the 100 mile bunch, through bad management, bad leadership or temporary insanity actually completed the Century. Too much of our time was spent refuelling, so we took over ten hours to complete struggling back about 6:20 PM. Romeo Quinter, a strong rider at any time, decided to add another 20 miles for good measure by taking some of his refreshments in Burlington. In spite of the extra distance and further refreshments in Blaine, he was back and gone before we crossed the border. A sample of our "refuelling" stops include the "Red Bus" in Fairhaven (twice), the Edison gas station cafe, and the bakery in Ferndale (only once thank goodness).

Since we never did see the Half Century riders, it is presumed all finished. No 'phone calls from loved ones or neighbours is a good sign that they probably arrived home OK. For the Century riders who created a new distance and destination, we can only suggest that the Colophon Cafe in Fairhaven, with those delicious extra large cream cheese bagels with soup and good coffee, were your downfall, and not the heat and my maps and descriptions.

However, that said, there is much to do to improve these rides, but they have to get started. I thank all for making it happen and I know you will help, and have already helped through your comments, to make it happen again. You were supportive in '94 by daring to test the distances, to test your map reading abilities, and even in some cases put your orienteering skills to work. Strip maps, one or two corrections, shorter descriptions, road signs, sustenance stops from our own vehicles, a mass start, and volunteers from the club will make it better.

I'll do it again and I hope you will too, as well as other members who might enjoy a little personal challenge. We had lots of laughs and some pain, but we did it. Someone suggested another seasonal ride entitled the "Autumnal Equinox Ride", Sept 20/21. Interested? 'phone 261-5092.

Summer Solstice '94 participants: Leo Comeau, Pete Cordoni, Vic DePaul, Chuck Dick, Tweed Daoust, Mary Eickhoff, Bev McComb, Micheline McComb, Marion Orser, Vic Pothier, Romeo Quinter, Arno Seidelmann, Gwyn Thomas, Roy Towler and Bill and Fran (friends of the McCombs).

JERSEYS

A reminder that club jerseys are available, with discount for members, from Rider's Cycles, 1092 Cloverdale Ave, Victoria, telephone 381-1125.

AFFILIATION - Brenda Borron
(with ideas from Art Borron)

This letter is prompted by John Peck's "Our Future" and Ken Grieve's "Is Bigger Better?", appearing in the March and June Newsbriefs.

I think the biggest problem facing our Society today is finding successors for our tour leaders and directors. We have one new tour leader trying his hand this summer, but mostly we see a small group of dedicated old faithfuls who have also served on the executive for many years. Many, if not most of them, are in their seventies now, and phenomenal though they be, even a Duracell battery runs down eventually.

Our increasing membership has not solved this problem, and you cannot always rely on "someone stepping in". True, the Cross Canada tour was rescued by Gerry Sutherland, who stepped in as leader and did a marvellous job. (Question: has anyone contacted him since then to see if he is interested in leading or helping with another trip?) But it looks as though the Cross America tour will be aborted for lack of a leader. Given the nature of our club, the active time span of our members is more limited than in most organizations. Therefore an important function of the executive lies in finding and grooming successors both as directors and tour leaders.

There is a lot of resistance to the club expanding outside the province. Ken quotes Marten McCready as saying that despite publicity on Cross Canada tours, we gain only a few new members following each tour. There might be a reason for this. I personally know at least two instances where interested people encountered on tour were very actively discouraged from joining the club.

But there might be another way to increase the number of tours available without changing the CCCTS appreciably. What about an affiliation with other, like, clubs? We could start on a trial run by approaching, say, the Easy Rider senior section of the Elbow Valley Cycle Club with a proposal for two reciprocal tours. We would reserve ten spots for their members on a regular club tour on the West Coast (e.g., Sunshine Coast, Washington, whatever), if they would put on a similar tour in Alberta (e.g., Kananaskis/Highwood Pass, Golden Triangle, etc.). Then see how it goes. True, we can run trips in these areas, but how much easier without the problem of scouting it all out first. It would also add to the number of new tours in our own country. Not all our

trips are filled, and I suspect one reason may be repetition, or the cost of ambitious trips.

Who knows: if that sort of thing caught on, we might one day see a Cross Canada Tour for seniors organized by various clubs, each taking responsibility for its own area. A person could cycle the whole thing, or sign up for a particular region. It could increase the number of tours and lessen the work.

REFLECTIONS ON SOLO - Dennis Parsons

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The now famous 12x15x36 inch hockey bag, first used on the 1986 Cross Canada trip, came in very handy. I could stow all four panniers, the tent, sleeping bag and everything I did not need on a flight, and then, on arrival and after clipping on the panniers, I could wrap my tent in it and strap it to the carrier. I had to box my bike to fly from Canada and had no difficulty getting a box in Auckland to return. I met a well-travelled Englishman who had never boxed his bicycle. There must be different rules in the U.K. When transporting by bus, I was asked to cover the chain and used old rag and duct tape. On a local train from Melbourne to the airport, I took my fully loaded "burro" into the coach with me. People had to walk around it.

I took advantage of inexpensive accommodation, \$8 to \$15 at hostels and \$12 to \$20 at hotels which seemed right out of the Old Wild West. The alternative, tenting, cost \$6 to \$10. In all hostel and camping sites full cooking facilities were available with also deep freezers, and microwave ovens. One need only carry cutlery.

I chose to tent on some occasions, but was only once forced to do so. Then I brought out my emergency rations which consisted of tins of bully beef, sardines, salmon (one of each), box of cheese wedges, Swedish crisp bread and a carton of easy-spread butter (not available in Canada yet).

Weight has to be considered when preparing for it, but as the trip progresses one realizes that bulk is a very important factor. One can be brought to a standstill in a head wind. I discarded my mattress because of its bulk, yet carried a heavy tape measure and bread board which I had found, though I did give them away at the first opportunity.

I did some arithmetic one day while cruising along and figured that if you put a 150 lb person on a 20 lb bicycle that carries 30 lb of gear, that person has to propel 200 lbs. Now if 10 lbs is added, there is a 33% increase in the pannier weight, but really only an insignificant 5% in the total. To continue with these useful statistics it follows that Grethe or Martine should be able to carry 110 lbs of gear and still keep up with afore-mentioned person.

To finish these reflections, I used the best panniers I could buy and still water found its way into them, but my breathing waterproof cycling shell fulfilled my expectations. I bought this essential piece of wet gear at a factory outlet in Kamloops last year. I was completely dry in the heaviest downpour, and no condensation formed inside. It is light enough to be a good windbreaker and hand washes easily too.

The other dry-next-morning garment, my CCCTS club jersey, was an introduction to several conversations with interesting people. Into the Sport Sponge container I stuffed a J-towel and a dental floss box and in my soap box I carried a bar of soap that just lasts and lasts. It is available everywhere and has been since 1789. Look for it at a store near you.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - Completed.

Ireland - Completed.

Gabriola Island - Completed.

The Dempster Highway - Completed.

San Juan Islands, Washington - July 18-28.

Bob Douglas 435-3893

Maximum 30, participants: (27) Martine Donahue, Neil Dobson, Gwyn Thomas, Bob Douglas, Ken Brothers, Rose Tanchak, Margaret Fyfe, Roy Barrows, Emidia Lepore, Mary Yaremovich, Anna

Wiskerke, Cornelis Wiskerke, Leo Comeau, Dan Baris, Jerry Baris, Ian Polley, Ann Miller, Gilles Prud'homme, Vernon Patterson, Helen Cooper, Lee Kraft, Ken Kraft, Judy Jackson, Marjorie Murphy, Jean Horrocks, Dennis Parsons, Anne-Marie Labourdette.

Hurricane Ridge - August 1.

A one-day tour. Call Frank Jacobsen 381-5944 or Noreen Redford 592-1865. For details see previous Newsbrief.

BC '94 - August 4 - 30.

Diana & Al Lifton 468-5696

Total distance: 1460 kms; cycling days: 24, plus 3 rest days (27 days in all). Cost: \$540. Fees should be paid by now. For itinerary see April Newsbrief.

Maximum 30, participants: (23) Diana Lifton, Al Lifton, Judy Jackson, Elsie Dean, Andre Milaire, Martine Donahue, Garfield Clack, Ken Brothers, Marten McCready, Audrey Hayes, Peter Cordoni, Horst Hees, Josephine Hees, Sonja Joos, Joan Rumsey, Vic Pothier, Joan Enman, Doreen Haydon, John Haydon, Frank Jacobsen, William Hook, Bob Jordan, Gwyn Thomas.

Switzerland - August 15 to September 4.

Andre Kaufmann 581-3923

Pay the remaining balance of \$750 by July 15 to the CCCTS Office. Final instruction will be made by mail.

Maximum 12. Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Dennis Scoriah, Freda Scoriah, John Peck, Pablo Bleiker, Richard Lebek.

Sunshine Coast - August 18 - 30, 13 days.

Lee Kraft 206-371-2257 or 433-7710.

For details see June Newsbrief.

Straits Circle - September 6-22

Dennis Parsons 474-0937

Max 12, Cost \$450, deposit \$20 by July 30.

The purpose of this tour is for cyclists to enjoy short distances with time to smell the daisies and to gather oysters, clams and just beachcomb. With a little extra effort one can visit places like Birdseye Cove and Maple Bay as well as Hornby and Denman Islands. In Washington State we have charming La Conner too.

We enjoyed some good food on the last trip, including the meal we cooked ourselves at the Retreat, Texada Island.

The cost is for accommodation only, but can be greatly reduced with shelter sharing agreements among the participants.

Holiday traffic will be over, bugs will be gone, we'll have sunny windless days and the warmest

temperatures in Canada, and we're asking for something more - two fourths for bridge.

Itinerary: Sept. 6 to Duncan, 7 Nanaimo, 8 Qualicum, 9 Fanny Bay, 10 Texada Island, 11 stay a day, 12 Powell River, 13, Ruby Lake, 14 Gibsons, 15 Crescent Beach, 16 Bellingham, 17 La Conner, 18 Port Townsend, 19 Seethetown, 20 Sequim, 21 Port Angeles, 22 Victoria.

Participants (4) Art Borron, Bette Kerr, Dennis Parsons, Rae Wohlschlegel.

Bavaria Romantische Strasse September 7-24.

Max Bissegger 536-3202

Total \$2700, balance \$2000 was due on July 4.

First thing, please note: for some unknown reason in Air Canada's reservation system, they have us returning on September 24. We have tried to change it back to Sept. 23, with no result.

Now for the trip itself. I travelled the whole route, and it is absolutely beautiful. I also had good weather. I had to make some changes because of the hotel accommodation. The route now is as follows: Würzburg, Rothenburg o. d. Tauber+, Nördlingen, Burgau, Kaufbeuren, Kempten+, Wangen, Konstanz+, Stein am Rhein, Waldshut+, Basel. The places we are staying for 2 nights (marked +) are spectacular, and we also can bike to various other places from there, if desired, for example from Konstanz to the island of Mainau.

Your final payment is now due as we have to pay for airline tickets, and I have made various hotel deposits.

Participants (17): Max Bissegger, Frances Bissegger, John Peck, Alyce McKay, Josie Zewiec, Theresia Keet, Dorothy Kennedy, Shirley Fisher, Carl Dukeshire, Joyce Dukeshire, Barbara Hetzer, Harry Lang, Mel Kerr, Poul Svendsen, Eila Taylor, Sam Bigelow, Bernice Gregory.

Willamette Valley, Oregon - September 10-24.

Ted Stubbs 321-2784

\$100 deposit by June 1, Cost about \$350.

We are looking for a truck driver.

Maximum 30: Participants: Ted Stubbs, Pat Stubbs, Ken Brothers, Ray Wilkinson, Kathy Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, Anna Wiskerke, Cornelis Wiskerke, Garfield Clack, Emidia Lepore, Jim Jeffrey, Shirley Mae Jeffrey, Roy Towler, Sylvia Mather, Audrey Hayes, Eva Folk, Ray Berg, Joan Rumsey, Zel Harvie, John Harvie, Micheline McComb, Bev McComb, Tage Winckler, Grethe Winckler, Betty McCulloch, Jean Horrocks, Marion Orser, Robert Stevens.

Dates to remember: Annual Picnic August 2, AGM and Banquet November 18, 19.

1995 TOURS

Hawaii - February

John Peck 538-0195

Another unsupported two week tour of the Big Island using motels and restaurants. Participants 6-12. Estimated cost \$1500.

Participants: John Peck, Anne-Marie Labourdette, Ken Kraft, Lee Kraft, Jack Sheppard.

Cross America

It appears that a leader has been found, more news next Newsbrief.

Participants: (27) Chuck Dick, Lynn Dick, Richard Lebek, Theresa Green, Mario Lovricic, Ray Merness, Marion Orser, Mike Kelly, Peter Cordoni, Martine Donahue, Joan Enman, Audrey Hayes, John Hiza, Vernon Patterson, Nanette Earl, Gerry Sutherland, Bill Hannan, Garfield Clack, Olive Wilkins, Ben Kihlman, Lise Brooks, Andre Kaufmann, Bobbie Redmond, Leila Montgomery, Faye Wilson, Barton Howes, Ronald Watson.

Kananaskis - Ted Stubbs 321-2784.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mei or Bette Kerr 985-5038.

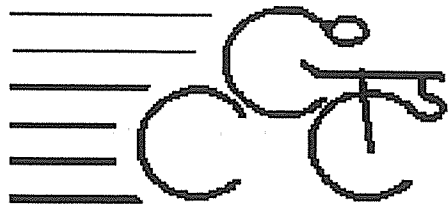
Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

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NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 8

August 1994

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by September 6. These are acceptable, typed, or on 3.5 inch disk, either Macintosh or IBM format.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

PRESIDENT'S CORNER - Ian Polley

Here we are in the dog days of summer; hopefully everyone is making the most of this beautiful weather by getting out and cycling or doing other favourite summer pastimes. On Tuesday, August 2, we held our annual picnic, which was a great success. Ably catered by Miep Dennison and Katryn Jeronimus, we had our usual fill of goodies while we chatted with friends and reminisced of past tours and our plans

for future tours we may be taking. It was good to see three octogenarians, Ken BROTHERS, Brian CURTIS, Harry LANG. We also had a visitor from South Africa, Jean Machill, who was the cook on the tour of that country. It was good to see a number of the participants of that tour renewing their acquaintance with her and having a group picture taken.

I had a brief conversation with Carl Dukeshire who informed me that the condition of Peter Noack has not improved since our last Newsbrief. Our thoughts go out to him and his family and hope for a speedy recovery.

I participated in the San Juan tour, ably led by Bob Douglas, and was pleased to meet a number of members who were making their first tour. With the weather being so good I'm sure they will join other tours in the future.

On Thursday August 4, Al and Diana Lifton started on their tour of BC, which I'm sure will be the usual success that they so often lead. After that, Andre Kaufmann leads a group over to Switzerland for a tour of his homeland in the Alps; after which Max Bissegger breaks new ground with his tour of the "Romantic Road" in Germany. The last tour will be led by Ted Stubbs in the Willamette Valley in Oregon. We wish them all success and safe riding.

It is time now to think of the future of our society, which means the continuation of a vibrant executive. Anyone out there interested in getting involved or has suggestions for potential candidates, 'phone or drop a note to the office.

That's about all for this time. So happy and safe cycling. Remember the AGM and annual dinner dance in November.
Ian.

Mark these on your calendar: Annual Banquet: November 18, Annual General Meeting: November 19.

ONE MORE for THE ROAD - Gerry Sutherland

Yes! One more drink for the road (of water - that is), while cycling, is never too much to have; especially when the temperature is over 32°C and you have 168 km to ride that day. I learned rather dramatically the truth of this statement a few weeks ago. It went like this.

Here in Ottawa we have a 335 km, Ottawa - Kingston - Ottawa weekend ride called the "Rideau Lake Tour". It is staged about the second week in June and I have participated about nine times. So, you would think I should know all there is to know to successfully complete such a trip.

Well, for this year's trip, because the weather forecast called for such a hot weekend, I decided to start early and ride hard to try and make the trip from Ottawa to Kingston before the heat built up in the afternoon. Great plan - so I thought. And I started fast arriving at the mid point in Perth around 10 am - just about three hours to cycle some 85 kms. At that rate I should have been in Kingston by 2 pm at the latest.

Things started to fall apart about 15 kms out of Perth. I noticed the struggle it took to climb hills of any size. My stomach was getting sick and my head was so hot and heavy. Maybe I needed to rest so I found some shade and lay down for about ten minutes. Then, up and on the bike again, because I did not want to get behind my schedule and not make the 2 pm goal.

Well, another 10 kms and I was really in trouble. I was quite sick; my legs were like rubber, and I had quite a severe headache. Fortunately, a mobile radio/first aid station, set up for the tour, was located along the road just at the point where I could not proceed any farther. The first aid attendant "iced" me down and got me to continually sip water. She said I was beginning to suffer from heat exhaustion and requested that I call it a day. I did and later got a ride into Kingston.

In retrospect I realise that, although my riding plan seemed reasonable, I had made some rather major mistakes in carrying it out. First, I should never have attempted to 'beat the heat'. After all I am not in my 20's and, although I had ridden about 1500 kms this spring, I don't follow a triathlon training program. On a long 160 km ride, an absolute average of 20 kms per hour is plenty fast.

Secondly, riding in the heat would not have been all that bad if I had done the right things. Frequent five to ten minute rests in the shade would have helped me from overheating. When I began really to feel the heat, I should have poured some water over myself and ridden with a damp cloth tucked into the back of my helmet, so it would hang over my neck.

Finally, although I felt as though I was drinking enough water, obviously I was not. In hot weather the rule is "drink, drink, and drink some more".

To finish the story, I must tell you that I rode the 160 kms back to Ottawa the next day without problems even though it was still quite hot. But, I had learned my lesson and I rode at a reasonable speed; I took frequent rests; and most importantly, I kept having "one more for the road".

TOUR ARCHIVES - Ken Grieve

The office has prepared an archival list of tours done since the founding of the CCCTS in 1982, listing area, date, and itinerary, plus other relevant data. It is by no means complete at present. We have sent the list to past and present coordinators for their information, and, hopefully, their inspiration (and criticism, corrections, and citing of omissions).

You may wish to have an attractive tour repeated, one perhaps not done for a number of years, or even be inspired to organize a tour yourself. If you request a copy, we will be pleased to mail an up-to-date list of Archival Tour Material for your information and examination.

KEEP YOUR MOUTH SHUT - John Peck

Gerry's "One more for the road" prompts me to say something on how to breathe. Mountain climbers, back packers and long distance runners probably know, but strangely senior cycle tourists seem not to have learned how to breathe. The secret is always to breathe through your nose and not through your mouth.

If you open your mouth and exhale onto your spectacles, as many people do before cleaning them, you will observe that the mouth is a ready source of moisture, and it condenses on your lenses so that you can wipe them. Now if you breathe perhaps thirty times per minute during a six hour bicycle ride, this means that you are exhaling say 30x60x6, i.e., 10,800 times. If you exhale though your mouth and lose say a drop of water each time, this could amount to 10,800 drops or about a litre of water. You may dispute the numbers but the general conclusion is still valid: if you keep your mouth open while cycling you will lose moisture much faster. But all of this is in addition to the moisture lost from sweating.

From experience I know that breathing through the nose conserves precious water. Often I fill my water bottle for a day's ride, but when I come home I find that the bottle is still full.

If you find yourself breathing through the mouth,

you are going too fast. So the secret is: slow down and breathe through the nose.

TOURING TECHNIQUES - John Schubert (extract from Adventure Cycling)

It looked grim out there.

I was driving I-80 across Utah Salt Flats when I spied a pair of cyclists, riding head first into the westerly wind. They were a good 50 miles from the nearest town, and they were huddled down, hiding behind their handlebars from the stinging salt air. And then, when they finished with Utah, their reward would be - sorry, life is unfair - the sagebrush of Nevada, at that state's widest part. It was a good time, I thought, to be sitting inside a nice air-conditioned Ford Torino with a cooler full of soda beside me.

Was theirs a well-planned trip?

We didn't stop to talk, so I'll never know for sure. Maybe they had friends in Nevada, or some such reason for their punishing route. But more likely, they wanted to be "through riders", drew a line across the map, and started following the line.

In the planning department, that's bad technique.

There are a thousand things you can do to make bike riding more fun and more pleasant, or, on the dark-sided contrary, more drudgery and pain.

Some of these are elements of athletic skill. Some are attitudinal. Some are matters of planning, and contemplating how to make the trip fun, and knowing when it's time to ignore that line drawn on the map.

Since you spend the heart of each day riding the bike when you are on a tour, you might as well do some planning to enjoy it the most. An ill-planned ill-ridden trip can certainly be drudgery. This means using the right techniques in three overlapping contexts:

- How you plan the trip.
- How you plan each day's riding.
- How you approach each pedal stroke.

Well, how do you plan? You talk to other riders, bring out the encyclopedia and look at maps, read books, and look for historic sites on the map.

Or, I can't resist saying this, you buy Adventure Cycling maps. Suddenly, all that planning is done for you, more thoroughly than you could ever do it yourself.

Either way, consider a little trick: plan a shorter trip than you have time for. Then you'll have extra time to make side trips to sights that sound enticing, spend a day or three working on the farm you wound up visiting, stick around for that cute town's week-end blueberry festival, watch movies to sit out a

rainy day, or whatever else strikes your fancy.

For example, suppose you have a month to spare. Wouldn't it be better to spend a month visiting the hot springs and historic sites of Wyoming and Montana, than to race across the Salt Flats, just so you could have a joyless coast-to-coast ride?

Don't ride too much. Enjoy the sights. Bicycle tourists, particularly the young macho ones, love their 100 mile days. Sure, one or two long days make a nice ego trip. But long days make a stinko day-after-day routine. You reach your destination with neither the time nor the energy to sightsee, socialize and visit. The emphasis on milage defeats the very reason you travel by bike - because it's the best way to tour. If your milage is too high, you'll only have the time to ride, pitch camp, fuss with your equipment and sleep. Pedal less and sightsee more!

Commercial tour companies usually have a maximum of about 50 miles per day - and that's on the tours they advertise as "challenging". If you're in good shape, that's fairly easy - that's the whole idea. The commercial operators want you to be refreshed enough to enjoy the luxuriant country inn and gourmet meal they have arranged for you. Whether you're having the country inn deluxe treatment or canned hash at the state campground, take a tip from the pros and give yourself the time and energy to have fun.

Eat before you're hungry; drink before you're thirsty. Do you have any idea just how much you can sweat? Your humble author once sweated 6 pounds of water - that's three quarts - in 40 minutes of hot weather exercise. Look in any exercise physiology book: six pounds is enough to render you partially dehydrated, and degrade your performance.

So how much do you sweat when you ride an hour or two in the hot sun? A lot more than you replenish with that one-pint water bottle!

I once rode across a desert where the thermometer nudged above 100. Because the air was bone dry, I was never physically conscious of sweating. But every hour or two, I'd stop and cool off in a lunch counter. And I'd drink a gallon of ice water along with my soda and sandwich. Had I waited until I felt thirsty - or had the temperature been 30 degrees cooler to fool me into forgetting that I obviously must be sweating - I might have gotten severely dehydrated.

By the same token, you consume lots of calories while riding, and you need to replenish them almost continually. Stop at fruit stands, buy the best looking fruit, and munch as you ride. The food you eat as you ride won't replenish all the calories you burn (roughly 300 calories per hour at 15 mph), but it will help keep you from getting severely depleted. Eating

"fast energy" foods lessens your reliance on your body's precious glucose supplies.

Heat stroke is a bummer. Avoid it. Exercising in hot weather can cause your body to generate heat faster than you can get rid of heat through sweating. When your body temperature gets too high, your body's "thermo-stat" - actually a gland called the hypothalamus - malfunctions. How high is too high? Oh, five or six degrees above normal. And what malfunction does the hypothalamus offer? It tries to make you body still hotter, by shutting down all cooling mechanisms. It can cook you to death in minutes. That's heat stroke.

So what's a bike rider to do? Stay cool! Drink lots, so you have plenty to sweat. Drink more, because the more water inside you, the more blood volume you can have. Blood volume is important because your body like a car radiator uses coolant, to pump heat from your working muscles out to the skin, where heat can be released to the outside air.

Never ever let yourself get dehydrated. It can kill you. Drink tons of water.

Electrolyte replacement and energy drinks are helpful, for all the reasons they state on their labels, but many of them are too concentrated, and should be diluted 2:1 with water. Diluted cola is a great energy drink too, if you can get past the taste. The sugar and caffeine are a great pick-me-up.

(To be continued).

DEAS TUNNEL SERVICE - Bob Douglas

The free shuttle bus service through the tunnel (capacity 9 bikes) has been improved to 7 trips per day until Labour Day, then week ends only in the rest of September. Southbound leaves at 8 AM, 9 AM, then every 2 hours until 7 PM. Northbound trips are a half hour later.

The 404 Airport to Tsawwassen Ferry transit bus (capacity 2 bikes) started a one year, year round, service on July 1. There are 5 stops: each terminal, the Richmond exchange, Ladner exchange and the north end of the tunnel. We understand the service is approximately hourly until 8 PM and that the normal passenger fare applies.

IDEAL DISTANCES - Ken Grieve

I would not want it thought, following my article in the June Newsbrief, that I believe average cycling days of 100 km are desirable, or normal. Yes, we can do them, usually, but should we have to? If I were ever to help organize a cycle tour, which I don't plan to (I leave that for more talented people), a

principle would be mostly easy rides and much leisure time.

I have long thought that an ideal distance for seniors is no more than 70 km daily, and never above 80 km. By "seniors", I really mean people who are at least 60 or 65. When Bert Robinson was promoting the Society, circa 1983, it seemed clear that one had to retire to join. I was in my early 60s, and not retired, so I did not even think of joining.

With certain exceptions, like our racers, I believe most cyclists above 65 prefer reasonable distances, especially on camping tours. Advantages are: 1 - you don't have to race to your destination to be in time for dinner; 2 - any hilly country is not so stressful; 3 - you have time to look at attractions, and even indulge in side tours; 4 - if on kitchen duty, you arrive earlier and less exhausted; and 5 - less exhaustion and earlier arrival means you have time and energy to see the town (if there is one), and cycle or hike about the area.

My impression is that younger people, still pretty much in the prime of life in their 50s, often find the challenge of 100 km days (and above) more acceptable than do most of us senior "seniors". For additional challenge on 70 km distances, youths and maidens in their 50s may choose a longer, preferably hilly route, or add 30 or 40 km on at the end, so that they will be suitable exhausted.

I recognize that coordinators who incorporate rather gruelling distances are not necessarily sado-masochists, since it is sometimes not feasible to schedule 70 km averages, if campgrounds or motels are few and far between. A good example was the Dicks' enjoyable Alaska tour of 1991, averaging 56 miles daily, including steep terrain from Anchorage to Fairbanks in the first section. A senior "senior" must then calculate if the novelty of the tour is worth the extra pain. In my opinion, most of the time, the average of 70 km daily is very feasible.

BC SENIOR GAMES - Leo Comeau

Before going to the rules and categories, we explain the zones and what territories they cover. There are 12 zones and we summarize them by mentioning a typical place in each zone.

1: Victoria, 2: Nanaimo, 3: Langley, 4: Vancouver, 5: Kelowna, 6: Nelson, 7: Cranbrook, 8: Kamloops, 9: Prince George, 10: Prince Rupert, 11: Smithers, 12: Dawson Creek.

The BC Senior Games are open to all permanent residents of British Columbia who are 55 years or older by December 31 of the year of the games.

A permanent resident of BC is a person who is eligible to be on the British Columbia voters list.

All competitors must be a member of the BC Games Society. Memberships are available through the zone that you reside in.

For bicycling the age categories are 55 to 59, 60 to 64, 65 to 69, 70 to 74 and 75 plus.

Events are: Time Trial 16 km; Road Race 60 to 70 km for men, 40 to 50 km for women; Hill Climb: 2 to 3 km, grade 6% to 9%.

Participation is restricted as follows:

(a) Two men and two women per age category per zone.

(b) A cyclist from a younger age category cannot compete in an older age category.

(c) Riders may be licenced or un-licenced.

Each zone may send a maximum of 20 cyclists.

There are also rules about wearing helmets, point allocation, medals, and zone playoffs.

For details please telephone Leo Comeau 465-7116.

for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - Completed.

Ireland - Completed.

Gabriola Island - Completed.

The Dempster Highway - Completed.

San Juan Islands, Washington - Completed.

Hurricane Ridge - Completed.

BC 94 - In progress.

Switzerland - August 15 to September 4.
Andre Kaufmann 581-3923

Maximum 12. Participants: (11) Andre Kaufmann, Frieda Kaufmann, Chuck Dick, Lynn Dick, John Philip, Dorothy Philip, Dennis Scorah, Freda Scorah, John Peck, Pablo Bleiker, Richard Lebek.

Sunshine Coast - August 18 - 30, 13 days.
Lee Kraft 206-371-2257 or 433-7710.

For details see June Newsbrief.

Straits Circle - September 6-22
Dennis Parsons 474-0937
Max 12, Cost \$450, deposit \$20 by July 30.

The purpose of this tour is for cyclists to enjoy short distances with time to smell the daisies and to gather oysters, clams and just beachcomb. With a little extra effort one can visit places like Birdseye Cove and Maple Bay as well as Hornby and Denman Islands. In Washington State we have charming La Conner too.

We enjoyed some good food on the last trip, including the meal we cooked ourselves at the Retreat, Texada Island.

The cost is for accommodation only, but can be greatly reduced with shelter sharing agreements among the participants.

Holiday traffic will be over, bugs will be gone, we'll have sunny windless days and the warmest temperatures in Canada, and we're asking for something more - two fourths for bridge.

Itinerary: Sept. 6 to Duncan, 7 Nanaimo, 8 Qualicum, 9 Fanny Bay, 10 Texada Island, 11 stay a day, 12 Powell River, 13, Ruby Lake, 14 Gibsons, 15 Crescent Beach, 16 Bellingham, 17 La Conner,

SECOND SOCK SENTURY - Bruce Hainer

The Vancouver Bicycle Club presents its Second Sock Sentury, on September 11. Choose 25, 60, 100 or 160 km route. Don't coast along any longer. Contact Tanis Wittal 299-7697 or Bruce Hainer 873-0320 for additional information. The longer you labour over this the more it will cost you, sign up early and save money. Hope to see you there on September 11. Also, don't forget to pick up your sock, enjoy the food, and there is a prize draw at the finish.

SPORT SPONGES

There are still some available at the office, \$11 ex office (taxes included), or add \$2 for postage. Dennis Parsons recommends them highly.

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted

18 Port Townsend, 19 Seethetown, 20 Sequim, 21 Port Angeles, 22 Victoria.
Participants (5) Art Borron, Dennis Parsons, Rae Wohlschlegel, Eleanor Bannister, Bill Hannan.

Bavaria Romantische Strasse September 7-24.
Max Bissegger 536-3202

All monies are due and payable. During June 27 - July 3, I toured the proposed route with my brother. I secured all accommodation and fine-tuned the route. I think it will be a once-in-a-lifetime experience and I am excited about the tour. Most of the participants have received instructions, brochures and maps outlining the tour and towns we stay in. All we need now is fair weather and a tail wind.

Participants (17): Max Bissegger, Frances Bissegger, John Peck, Alyce McKay, Josie Zewiec, Theresia Keet, Dorothy Kennedy, Shirley Fisher, Carl Dukeshire, Joyce Dukeshire, Barbara Hetzer, Harry Lang, Mel Kerr, Poul Svendsen, Eila Taylor, Sam Bigelow, Bernice Gregory.

Willamette Valley, Oregon - September 10-24.
Ted Stubbs 321-2784

\$100 deposit by June 1, Cost about \$350.

We are looking for a truck driver.

Maximum 30: Participants: Ted Stubbs, Pat Stubbs, Ken Brothers, Ray Wilkinson, Kathleen Wilkinson, Bob Douglas, Catherine Mick, Theresia Keet, Bruce Ross, Theresa Green, James Erickson, Anna Wiskerke, Cornelis Wiskerke, Garfield Clack, Emidia Lepore, Jim Jeffrey, Shirley Mae Jeffrey, Roy Towler, Sylvia Mather, Audrey Hayes, Eva Folk, Ray Berg, Joan Rumsey, Zel Harvie, John Harvie, Micheline McComb, Bev McComb, Tage Winckler, Grethe Winckler, Betty McCulloch, Jean Horrocks, Marion Orser, Robert Stevens, Dan Kennedy, Marjorie Murphy.

Cross America - February - March.
(Cycling Snowbirds '95)
Barton Howes 378-0927 (Merritt)

I hope to get this latent tour off the ground in February. It should be good cycling weather there in the Southern US, while snow is being shovelled at home. The trip will be done in two months, with at least 8 rest days. There may be some longer cycling days as the terrain permits. The route will be San Diego CA to St. Augustine FA. Cost about \$2100, plus air fare to start and to get home (or Amtrak). \$20 non-refundable deposit when registering.

Participants: (13) Shirley Fisher, Dorothy Kennedy, Ben Kihlman, Theresa Green, Ronald Watson, Horst Hees, Josephine Hees, Garfield Clack, Leila Montgomery, John Hiza, Vernon Patterson, Gerry Sutherland, Joan Engman.

Kananaskis - Ted Stubbs 321-2784.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

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1995 TOURS

Hawaii - February 1 - 14.
John Peck 538-0195

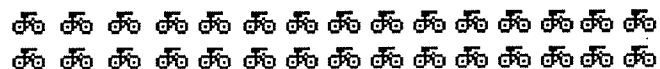
Twelve days round the Big Island, no camping, no cooking, no support vehicle, 6-12 persons, just the tour for you. Estimated cost \$1700, which includes air fare and about \$300 that you will spend on food. A \$10 deposit by September 30 to keep your name on the list.

Participants: John Peck, Anne-Marie Labourdette, Ken Kraft, Lee Kraft, Jack Sheppard, Josie Zewiec, Cathy McPherson.

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Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.





NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 9

September 1994

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

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	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

PRESIDENT'S CORNER - Ian Polley

Where has the time gone? It seems like only a couple of weeks ago that I was extolling this year's various tours and telling everybody to sign up for them. Well, we're just about at the end of this year's touring season, and it's time to make plans for next year's rides. Earlier this year when we asked at the semi-annual meeting what kind of tours you were interested in, the response indicated that there was an

interest in some of our previous tours, those that have been gathering dust in our files. Our office manager, Ken Grieve, has been spending a lot of time documenting and updating these old tours with the hope that there are members out there who are prepared to lead tours, and who are looking for assistance in planning such tours. So here's a challenge to potential tour co-ordinators.

It is also that time of year when we have to make arrangements for our annual general meeting and banquet, the dates to bear in mind are November 18 and 19. Mark them on your calendar. We always have a good dinner and dance which is usually well attended. The AGM on November 19 is the time to meet your executive as a body and air some of your views. So please make an effort to attend, we look forward to seeing everybody there.

I hear from our Victoria members that Peter Nowak is much improved, which we are all thankful for. I don't know if he's up to visitors yet, but I'm sure a card would not be amiss.

Safe and pleasant cycling. Ian.

NOMINATIONS FOR DIRECTORS

Nominations for directors for 1995 will appear in the next Newsbrief. If you know someone who would make a good director, please let the nominating committee know. They are: Miep Dennison, Chuck Dick, Carl Dukeshire and John Peck.

SALTSPRING - Katryn Jeronimus.

On August 4 and 5, eleven of us went over to Saltspring Island (four "hot-shots" just for the day), and the other seven stayed overnight in a very nice Bavarian style Bed and Breakfast on Cusheon Lake. The seven of us hitch-hiked to town, Ganges, for a

tasty Greek dinner. We just happened to miss the last bus! Yes, we had fun. Some went for a swim in the lake and some preferred the hot-tub under the stars. I happened to be one of them. My style all right.

I'm planning to do it again in the last week of September. Most likely September 29-30. Participants 10-12. Costs roughly \$65 single, \$75 double, extra bed \$15. Katryn 943-3629.

SAN JUAN TOUR REPORT - Bob Douglas

The net cost was \$3,201 Cdn. or \$16.59 per person per night in camp. A percentage breakdown is food 45.8, vehicle 27, camping 23.5, miscellaneous including a contribution to CCCTS 4.9, less the profit of 1.2 on Ian's refreshment operation.

The weather was close to perfect and I believe the only mishaps were a couple of flat tires or tyres if you prefer that.

Congratulations to the newer members who rode up Mount Constitution and thanks to all for their co-operation.

TOURING TECHNIQUES - John Schubert (continued from Adventure Cycling)

Alcohol is a diuretic, which means it makes you urinate and dehydrates you. So it can cause big problems if you try to drink it when you should be drinking water. Also, riding requires all your skill and coordination, so, if you are going to drink alcohol, wait for the end of the day. Even then, it's a nutritional disaster, since it sandbags your metabolism (by forcing your body to convert it into body fat). So a drinking binge will make you ride slower the next day.

Hypothermia is just as much a bummer as heat stroke. When the Titanic sunk, hundreds of soon-to-be-dead passengers clung to life preservers in the chilly Atlantic. The cold water sucked the heat, and the life, out of their bodies. Yet all death certificates dutifully said "drowning", because the physicians of the day hadn't gotten the concept of hypothermia.

Well, you don't need to be in the cold ocean to be a hypothermia victim. People have died of hypothermia in 50-degree air. Stay warm enough! When the chilly rain hits, put on your windbreaker. Wear leg tights below 68 degrees, and arm warmers or long sleeves when you feel the urge. Don't tough it out. Stop and get the correct clothes on.

Do not, on any account, wear cotton in wet weather. When cotton gets wet, it sucks the heat out of you. A cotton sweatshirt can be a killer in a rain storm. Wool, polypropylene, and many brand-name

proprietary fibres are good in wet and dry weather alike.

Use low gears and spin them like a hummingbird. Your cadence (pedalling speed) should be around 90 rpm. You should be using a gear low enough that you're barely conscious of pushing on the pedals. Use your derailleurs frequently, to maintain that cadence and effort level.

Shift down for hills. Anticipate them, don't react after they've already slowed you down. When you're not touring, you can be a he-person and stand on the pedals to muscle over hills in relatively high gears. On tour, that's a bad idea. For one thing, any long hill will last longer than you do. For another, muscling over hills on a loaded bike is stressful to your injury-prone body. It uses up all your glucose, leaving you exhausted, with only low-octane fat to burn.

While your lower body spins, keep your upper body motionless. You need good, smooth control over your bike, and an important part of that is to isolate your leg motion from the rest of your body. (I used to practise by balancing a book on my head while pedalling a stationary exerciser at 90 rpm. I could keep the book in place about 20 seconds.) Being smooth will enhance your ability to control the bike.

Put your panniers on your bike and use a deserted parking lot to practice looking behind as you ride. That's an important skill, but most riders aren't very good at it, and they tend to swerve as they move their heads. Practise until you can look without swerving. One trick you might like is to drop your left arm to your side as you look over your left shoulder. Feel free to buy and use a rear-view mirror (many cyclists adore them), but remember that all mirrors have blind spots, and there are times when you still need to look behind.

You have a heavier, less manoeuvrable bike. Ride it that way. Don't pedal steep turns because if you hit a pedal on the road, you'll probably crash. Look ahead, so you have ample time to react to pot-holes, gravel, railroad tracks, and other road hazards. Cross railroad tracks and pavement lips at a 90 degree angle - good advice on any bike, but especially important on a loaded touring bike. Be attentive to other traffic. Don't ride too fast for your now-reduced braking power, your so-so manoeuvrability, and your reaction time. Motorists may display indifference to you and/or a lack of skill in driving their big vacation vehicles. Do your blood pressure a favour: don't mistake this lack of skill for hostility. Compensate for it with care and defensive riding on your part.

Don't get going too fast; your brakes and handling aren't as good. Brake before you get into turns; a bike being braked while turning is a bike trying to get

away from you. If you must brake in a turn, use the back brake alone, sparingly. The rest of the time, your front brake has most of your stopping power. Apply both brakes together. Squeeze them; don't grab.

To avoid pitching over the handlebars, you should understand what occurs in a pitchover accident. As you brake harder, weight is transferred from your rear wheel to your front wheel. When the weight transfer is so complete that the rear wheel is weightless, it starts to lift off the ground.

You can guard against pitchover with your choice of an intermediate skill level or a high skill level technique. The intermediate technique: squeeze both brakes equally hard. If the rear wheel starts to skid - a sign that most of its weight has been transferred to the front wheel - let up an equal amount on both brakes.

The higher skill level technique is only for experienced, good bike handlers, and it rewards their greater skill with shorter stopping distances. Apply the front brake twice as hard as the rear brake. If the rear wheel starts to skid, let up on the front brake only, to transfer just enough weight back to the rear wheel to stop the skidding.

Don't ride at night on a loaded bike. I do recommend that you equip your touring bike with a good quartz-halogen battery operated headlight and tail-light, and reflectors. But try not to use them unless you genuinely get stuck at night, or in other low-visibility conditions.

Those other low-visibility conditions include foggy mornings, early or late in the day when the sun is in everyone's eyes (this one can be lethal; best to sit out the worst half hour and write some postcards), and late afternoon when the sun is down. That late afternoon light can fool you. You can still see clearly, but in the dimmer light, motorists' vision - particularly their perception of colour and fine detail - goes to seed. During these times, use your lights. Batteries are cheap insurance. So is brightly coloured clothing.

Today's battery headlights are lightweight, well made, and they snap off the bike in seconds, whereupon they make superb flashlights. So they do double duty for you.

Why no night-time touring? Riding at night adds difficulty. Riding on unfamiliar roads adds difficulty. Add them all together - which you do when touring at night - and you increase the difficulty enough that you reduce your margin of safety. For example, you could miss seeing a pot-hole when searching for a street sign, and not be able to react to the pot-hole because of the load on your bike.

Make sure that your bike fits. Your saddle height should be adjusted so that when your leg is at the bottom of the pedal stroke, with your toe pointed

slightly down, there is a visible, but slight, bend in the knee.

One way of getting this adjustment is to have a friend hold the bike upright and put your heels on the pedals. Backpedal. Your saddle height should be just low enough so that you don't have to rock your hips from side to side.

There are other adjustments and changes - top tube length, handlebar stem length, toe clip size, shoe/foot position - that can spell the difference between comfort and misery, or even injury. They're difficult for a novice to check by himself. We heartily recommend that you have an experienced person check your position on the bike. A shop where you're a regular customer may do this as a courtesy, or they may charge a nominal fee.

Make sure your equipment is ship-shape. A bike in poor condition is a drag at best and a danger at worst.

Last but not least, wear a helmet. Always. Helmets aren't just for places where there's lots of traffic. If you fall off your bike for any reason, at any speed, you need head protection.

GETTING IN SHAPE - John Schubert (more from Adventure Cycling)

"Oh, I'll just get in shape during the first few days of the tour. It'll hurt some, but I'll just take it easy and ride slowly."

That, friends, is the song of fools.

I know one person who wound up touring Europe on a Moped, with a permanently injured knee, because that plan didn't work for him. Another who tried to apply that plan to a hiking/camping trip, had to hobble his way out of the deep woods to the nearest knee surgeon.

Countless others have suffered lesser indignities. But the common factor is this: if you aren't in shape, a long tour will hurt, particularly after the first day, and your risk of injury is much higher. Neither nagging pain nor the risk of injury helps you enjoy yourself. You may tell yourself you'll "just ride slowly" while you're getting in shape, but if you have a sore butt, sore legs, and depleted blood glucose, you won't feel like riding at all.

With these cheerful words to motivate us, let's go on some nice fun bike rides close to home, in the months prior to the tour. That way, we'll get in shape, and our tour will be delightful. Never sore or grouchy, never feeling exhausted, we'll feel pleasantly flushed, rather than droopingly exhausted, at the end of each day's ride. We'll have plenty of energy left over to frolic in the hot springs, take award-winning photographs, make new friends, and

otherwise enjoy ourselves.

You may need a physical. Some of you need to make your first trip to the doctor for a physical exam. Any history of cardiovascular disease or other health difficulties? Been sedentary for the last ten years? Get that physical and head off any big-time problems.

(To be continued.)

1994 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii (The Big island) - Completed.

Utah's Canyonlands - Completed.

Ireland - Completed.

Gabriola Island - Completed.

The Dempster Highway - Completed.

San Juan Islands, Washington - Completed.

Hurricane Ridge - Completed.

BC 94 - Completed.

Switzerland - Completed.

Bavaria Romantische Strasse - In progress.

Willamette Valley, Oregon - In progress.

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John Peck 538-0195

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tour for you. Estimated cost \$1700, which includes air fare and about \$300 that you will spend on food. A \$10 deposit by September 30 to keep your name on the list.

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(Cycling Snowbirds '95)

Barton Howes 378-0927 (Merritt)

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Participants: (22) Shirley Fisher, Dorothy Kennedy, Ben Kihlman, Theresa Green, Ronald Watson, Horst Hees, Josephine Hees, Garfield Clack, Leila Montgomery, John Hiza, Vernon Patterson, Gerry Sutherland, Joan Engman, Bobbie Redmond, Nan Earl, Bill Hannan, Marthe Lambert, Lise Brooks, Peter Cordoni, Margaret Hornby, Olive Wilkins, Rae Wohlschlegel.

Kananaskis - Ted Stubbs 321-2784.

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	Barton Howes	378-0927

PRESIDENT'S CORNER - Ian Polley

Well here we are at the end of another touring season, which I think was very successful. It was great to see a new tour leader emerge from the membership and lead a tour to Bavaria. I'm sure everyone joins me to say thank you to all co-ordinators for the time and effort you all put in to make these tours possible. We are always looking for members to lead tours, possibly with new destinations in mind, or even reactivating old tours that are on our files.

It's now time for all you good people to start making reservations for the annual banquet, which takes

place on Friday Nov. 18 in Delta. We need to know how many people will be attending so that the caterer can make preparations. So send those cheques (\$20). It should be noted that the A.G.M., which will be held on Saturday Nov. 19, starts at 12:00 noon. Hope to see you at both events.

I hear that Grethe Winckler was attacked by a dog on her recent tour in Oregon. As most of you know, you can't keep Grethe down, she hasn't missed a beat since her unfortunate meeting with the animal. I'm sure there will be more on this in tour reports.

That's all for this month. So happy and safe cycling.

BANQUET - Miep Dennison

Our yearly banquet will be held on Friday November 18. Happy hour at 6, dinner at 7 in the Ladner Community Centre. Send \$20 to the treasurer now please. See you there. Don't forget that the AGM will be on Saturday November 19 in the Community Centre, Tsawwassen at 12 noon.

NOMINATIONS FOR DIRECTORS

The board of directors has nominated the following as candidates for election at the AGM. Of course, nominations will also be accepted from the floor at that meeting. Resumes of these nominees will be published in the next Newsbrief.

Mary Eickhoff, Marion Orser, Dennis Parsons, Horst Hees, together with those continuing: Chuck Dick, Bob Douglas, Ken Grieve, Barton Howes, John Jones, Andre Kaufmann, Rowan Ley, John Peck, Ian Polley, Ted Stubbs, Rae Wohlschlegel.

We regret that space does not allow for contributions this month from Eva Folk, Leo Comeau, Garfield Clack, Ken Grieve and Charlie Finnigan.

BAVARIA - Joyce Dukeshire

Bavaria - gentle rolling Irish-green hills, Swiss Chocolate cows tinkling in the fields curious at our passing, winding bike trails wending through medi-aeval villages a thousand and more years old, castles and domes and steeples, too beautiful to describe to their fullest, Bavarian forests and orchards and vineyards - through all this pedalled seventeen of us in brightly coloured Maple Leaf adorned attire, and not far away was Hans in the green van, to support us. We ate of schnitzel and spätzle and pancake soup and drank of wine and beer and 'chocolat' and didn't lose as many pounds as desired as our cycling didn't quite burn up the intake. As all tours, it was a trip of memories...

of Max and Hans singing with gusto, songs of their homeland,

of Frances pedalling furiously downhill to gain momentum for the hill upwards,

of Barbara being our valued interpreter and 'working nurse' for the sick,

of Bernice mother-henning, chicken-souping the ill and injured,

of Shirley caring and watching for her fellow cyclists,

of Dorothy having fun sparring with a cute Italian waiter,

of Sam so enjoying his meals, and staying thinner than all of us,

of Harry jokingly bemoaning the sighting of another church,

of Poul grinning from ear to ear with a tall beer in his hand,

of Theresa detouring to see another church or dome,

of Eila saying, "Isn't this a lovely ride?", with rain dripping from her helmet,

of John smoothly gate-crashing Neuschwanstein Castle, after losing his ticket,

of Josie 'milking' a full-sized stuffed cow in a unique Bavarian shop,

of Alice buying her beer glasses after the beer was gone,

of Mel reminding us we don't need to be 21 to be first up a hill,

of Duke, my steady stalwart waiting at the top of a hill while I struggled to find my granny gear, at the bottom,

of Fritz and Barbara meeting us in Kempten and organising a lovely tour of Neuschwanstein and Oberammergau - thank you from all of us - even though we were rejected from Austria on the way back to Kempten. A fun adventure.

We rode into many villages to the full throng of festivals and parades, an added highlight. The views along the Rhine and crossing the Danube, were spectacular.

Duke and I added 'part two' to this adventure, and

took the train from Basel to Salzburg from where we biked to Vienna in seven days, all along the Danube. Thankyou Chuck and Lynn for sharing this route with us, surely a trip into heaven; we so enjoyed it and feel now we can tackle anywhere.

Thankyou Max and Hans, for the memories.

SPOKE FOLK - Bob Devine

All the Spoke Folk who rode with us last Sunday were exuberant in their expression of pleasure, re-sharing one of our typical Sunday rides with all those sharp looking, hard riding members of the CCCTS.

Several members of your group expressed an interest for returning to this area and, among other things, cycling what is often called 'The Covered Bridge Ramble'. The return could be timed to join the Mid-Valley Wheelmen on their ride, or it could be done on your own - Spring, Summer or Autumn.

Also, one or two of your members wished to get more details about the 'Sierra to the Sea' ride that I happened to mention. Information regarding that ride is enclosed [*ask Ted Stubbs - Ed*], and I can only assume that this ride is still being done each year. Dick Moffitt, myself and three other Spoke Folk did the ride in 1991, and we all agreed that it was a five star ride. Very reasonable as well.

It was a pleasure to visit your camp site. I was glad to meet those whose work obligations kept them from joining us on the ride. Also, I might add, that ice cold beer really hit the spot.

X BC IN 27 DAYS - Horst Hees

Peter's birthday started us off at Fort Langley with Shirley's minced meat tarts. The wind howled in the tall trees and whistled a song in the wires as we crossed the Harrison river into Agassiz, and the train whistles sang 'on the road again' over and over, especially at night.

We rode through the beautiful Fraser Valley towards the rising sun and beyond Hope to the Othello Tunnels. Faye and Barton took us up and down to Merritt into the rain. Deja vu! "August 8 - we left Wally's retreat on the Coquihalla in the rain this morning. It very quickly turned into a down pour. At times I closed my eyes to escape the pain of the raindrops hitting my eyeballs as we rolled down the Coldwater Valley." Claybanks hand dryer was still serving as a heater - wonderful - and the rain water caused a red ooze to leak out of Victor all over the furniture - was it his blood?

We slept in a motel that night of our only serious rain of the trip. Vernon from Vernon joined us in Westbank and welcomed us into his home town. Donna brought a chocolate cake from Kelowna.

It was hot around the Kalamalka and Okanagan

lakes and up and up to the Monashee Pass and Cherryville. I nearly had a heat stroke on the way.

Needles - cable ferry to Farquier (the engineer is no longer needed full time and started a B & B in Revelstoke) up the Arrow lakes - just a bit - to see the pearl of Nakusp, past New Denver and Valhalla, Kaslo, Mirror Lake - God's Country - Osprey, deer, glacier streams, mountain passes - do it again. And we left the sounds of Garfield's mouth organ waving through the camp sites in appreciation.

Our Nelson turn around point was made very special for us by Leila and Jim, who invited the whole troop for a BBQ to their home, and Josephine and me into their guest room - Thank you Leila.

Mathilde and daughter Kathrine added to our Nelson feast with a big two-turkey dinner on our rest day, and both Leila and Mathilde rode with us to Nancy Green Park the next day. Leila took some of us through the beautiful South Slokan and Crescent valleys on side roads - my longest day at 91 km. Our coldest night followed. We know it was cold because Al had a second helping of hot porridge in the morning.

Past Christina Lake we arrived in Grand Forks before noon and after setting our tent, Josephine and I went to the Sunday matinee showing of 'The Lion King' - well it was cool in there anyway.

The Midway camp we reached at 10:30 hrs Monday, Osoyoos at 11:00 hrs Tuesday. We do our work early. What a glorious descent to the fruit laden valley by the lake. Donna brought more cookies from Kelowna - two buckets full.

Keremeos. Princeton. Hawk on a fence post, horses in their country, children's waving hands from the passing van. Low clouds hanging and wafting through the valleys, the moon showing the way to the western camp. Yes, we are on the way back - up. The Bromley Rock - with a tree on top - dividing the Similkameen river which glides over a broad rock-paved river bed - a flooded roman road? On the left of the road a huge rock points skyward like a gigantic arrowhead. The wind wants to keep us a little longer and manages only to slow us. At the Engineer's Road (part of the Dewdney Trail) a raven asks for lunch, I oblige and there is Hope again and Hatzic lake with blackberries to spare and the ferries and home, drying tents, soft beds and cooking duties every day without a break at the cookie wagon. Isn't B.C. Wonderful?

THE ROMANTIC ROAD - Max Bissegger

Well, most of us are back safe and sound. The cycle trip was wonderful, the weather was fair, the accommodation was excellent, and the breakfast buffet, as a rule, was devastatingly good.

We had a few people fighting a cold, one person had a fall early on, and was in the support van enjoy-

ing the Bavarian landscape. One other fell twice on the last day, but real trouper that he is, he finished the tour. Generally the tour was trouble free and enjoyable for all.

Now I have in my possession a blinking tail light, working, complete with batteries. I also have a Craftsman open ended wrench. If it's yours, please let me know. Also my spare tyre got mixed up, mine was new, never used, size 28 x 1 5/8, and had a hand-written price on the white wall (\$12.95?). If you have it, can I trade with you?

As of today (Oct. 2), Shirley Fisher has not received her luggage from Air Canada. She is pressing for the return of her small suit case, for her pedals are in the bag.

WILLAMETTE VALLEY - Kathy Wilkinson

Another happy tour, the last one of the summer, has just been completed. Leaving our vehicles at the Chamber of Commerce lot in Astoria, we pedalled down the beautiful Oregon coast en route through picturesque Seaside and as far south as Neskowin, taking in the Three Capes Scenic Route and camping at Cape Lookout State Park. From the coast we turned inland to follow the Willamette Valley Bicycle Loop, through Salem to Eugene, with a three day stopover to explore the city's many interesting bicycle trails, through acres of parkland surrounding the banks of the Willamette River, and joining the Eugene Wheelers on their Sunday ride. The Willamette Valley Bicycle Loop winds through some of Oregon's prime farmland and forests, fruit and hazelnut orchards, vineyards and parts of the old Oregon Trail at Independence. The Autumn weather was gorgeous! No rain, temperatures in the mid 20's and 30's C with breezes to keep us cool (Hawaiian style). Great comradeship and an excellent tour. Thank you, Ted and Pat.

AN ACTIVE SUMMER - Judy Jackson

I decided to have one this summer, and the weather gods smiled, for the most part.

From July 6-13 I re-did the West Coast Trail with 5 others - an 11 year old boy, his 13 year old sister, and their young mother who had to carry extra weight on their behalf; and a strong hiking friend who initiated a 25-year old to the challenge, thus also having to carry extra weight.

I found the challenge no easier than it had been 20 years ago. Although there was no rain, there was mud, mud holes, logs, broken ladders and tiring sand on the beach walks. Fog rolled in as early as 2 p.m. on some days.

The newly initiated learned a lot - such as about blisters and mole skin, and that one does need to get

going early in the morning if one's destination is to be reached - and that a self sufficient back pack trek means **heavy**.

It was worth the effort, though it may be another 20 years before I tackle it again.

After a 5-day respite, I joined Bob Douglas' tour of the San Juans. I had done them with friends a few times many years ago, usually at Thanksgiving, so saw the islands in a glorious sunny, summer atmosphere this time. I was re-acquainted with several I'd met the previous two summers, and met several others for the first time.

Bob had cooking teams of three each, already drawn up and posted, which worked well.

This was not a strenuous run. Our distances were easily achievable, and we had lay-overs of two or three nights in a couple of sites, with day trip options from each. It is a good initiation trip for any who want to see if cycling with the CCCTS is for them.

I enjoyed the fantastic weather, the opportunity to play bridge several evenings, and the opportunity to "do" Shaw Island for the first time.

I guess the highlight for me was recognizing a voice from the past in the washroom shower one night. The voice asked one of our group if we were cycling with a group. I then asked Sally where she was from, and she said San Diego. I asked if she'd done a trip with Bike Centennial several years ago. She exclaimed, "Judy! Main to Pennsylvania in 1983." We had lost touch over the years, but have each other's address again. She had just come off a bicycle tour of Canada's Big Island with 350 others, using big outfits that pulled their porto potties, carried their gear etc. She had done the same trip last year with 500, but due to the poor summer, had not seen much so decided to redo it this summer and lucked out.

Bob was proud to declare, as we neared our return destination at the border, that he could now predict that we would have no rain on this one.

Then came the BC '94 tour; 25 days around the hilly, but beautiful central and southerly interior. How strong and fit we became as we went along. The distances were such that most of us were in to the campgrounds by noon or thereabouts, and had time to look around, relax, do whatever we chose, and the cooks weren't overly stressed.

Our only inclement weather was from the Coquihalla toll booth to Merritt, such that we chose to motel it that eve; and overnight in Keremeos, but it obligingly quit when we started cycling in the morning.

Again the cook teams of three worked well for the most part. It is important for each of the three to pitch in and help, and that way we had fewer times at the duty.

Again, I met some from previous trips, and made new acquaintances. Arn't we all individuals! There were the racing Frenchmen, Vic and André - proud

to announce their 20+ km/hr average each day, and the closet bridge players: Horst, Frank and Bill. We needn't have waited until Jovial Dennis arrived at Osoyoos to play. Audrey, so petite yet so strong on a bike; name a place and she's been there, or has done it.

Josephine who never missed a fruit tree for the picking, and so faithfully did her running on top of the day's cycling, Yes, she does marathons.

Elsie - everyone would like to be on her cooking team. And does she know how to change a flat, even in the pouring rain.

Joan and Garfield, who never missed a swimming location, if there was one along the day's route.

John and Doreen Haydon, first timers from Toronto, who took an alternative route suggested on our run down to Merritt, and had us all concerned when they got lost in the rain.

Faye and Barton, and Faye's delightful dog, joined us for the rainy run down the Coquihalla to Merritt. I marvelled at the dog, who rode in her basket behind Faye, ever alert, peeking this way and that around Faye to see what was going on ahead. I saw at least two other dogs along the way, who similarly had their baskets in which to enjoy the pleasures of biking.

Peter, who early on, claimed he was "beyond Hope" when we discussed cooking locations. Much more of his wry humour was encountered, not to mention Bill's endless risqué "jokes".

Little Martine, who deems it necessary to leave early each morning to be sure to get there in reasonable time.

Rose came to Peachland and Westbank and joined us again with her friend Mary at Hope to help and enjoy the beginning and the end of our trip.

Vernon from Vernon joined us in Westbank to cycle back to his home town, where he entertained some of us there.

Thanks to Margery Murphy, who stopped by on her visit to her mother in Vernon, and took four of us for a hike up Silver Star on our rest day, and came to Hatzic Lake, and drove Martine and me home a day early so we were saved from the maddening city traffic.

We were sorry to lose Ken, Snow and Joan Rumsey at Vernon, due to health problems and comfortable sleeping quarters for dear Ken. We were able to sample Snow's culinary talents as he had a cooking turn before they left.

And of course, our hard working organizers, Diana, who seemed so much stronger a cyclist this summer, and Al, who worked hardest of all, loading and unloading the truck each day, as well as making sure the cooking shelter was properly erected, and buying the food. I'm not sure that he wouldn't rather have been cycling.

And one can't fail to mention our memorable stop-over in Nelson, where one night we were treated to

a feast by Leila and Jim Montgomery in their beautiful home up in the hills, and the next night Mathilde had us for turkey and all the trimmings, on the other side of the town. Leila led a group on the side roads to our camp site next day, 20km further than those of us who stayed on the main route, but so pretty.

I was pleased to have been in camp at Princeton when Val Gillespie and her family stopped in to say hello on their way to Penticton, where her son Albert was registered for the Ironman.

Did I miss anyone?

Thank you, Sharon, Bob, Diana and Al for being the organizers of my wonderful, active summer. I feel great.

ADDRESS UNKNOWN

George Carver (Surrey), Betty McCulloch (Qualicum): letters to these members have been returned as "moved". Does anyone know where they are now? Call the office please.

BICYCLE BLUEPRINT - Mary Eickhoff

The City of Surrey is "Creating a Transport Alternative". Ken Grieve reported on this topic in our April Newsbrief, following submission of the Blueprint to Surrey Council. Since then the Blueprint has been approved, and the final version is available from the Engineering Department at the Civic Centre (Highway 10 & 142 St.). Cost \$10. The 125 page document combines background on the policies to be practised, with specifications for a variety of options to be considered whenever dollars will be used for road improvement. It deals with measures to encourage bicycle usage by:

- improving bicycle facilities, i.e., wider curb lanes,
- creating bicycle route networks,
- providing end-of-trip facilities, e.g., storage described as "check-in", or lockers, showers,
- awareness and encouragement programs,
- education and enforcement programs.

The first action taken was the appointment of a Bicycle Advisory Committee composed of 15 voting members, two of whom are CCCTS members - Ken Grieve and myself. The BAC's first assignments are 1) to broadcast the news of the availability of the Blueprint, and 2) to prepare a condensed version for general circulation, to provide another opportunity for Surrey residents to respond to implementation of the Blueprint. Ken and I will be pleased to accept written statements from members who wish to direct their cycling concerns to Surrey's BAC in future, and will keep you informed of our activities.

At our first meeting, BAC members were provided with copies of the GVRD Community Cycling Map. This is an excellent guide for bicycle travel in our

area as far east as Aldergrove. It's available free of charge from bike shops, community centres, Mountain Equipment Co-op, and many other outlets, I'm sure. One particularly valuable section is the Laws and Regulations which apply to cyclists as paraphrased from the BC Motor Vehicle Act. Let's all read 'em and remember 'em.

I noticed an insert in the map which states "the City of Surrey bicycle plan is in progress at the time of this printing. Future map editions will incorporate route network changes suggested by the bicycle plan". A very promising forecast.

A GOLDEN ADVENTURE - Vern Begalke

It was one of the vacations where you can have the best of times or the worst of times; where there were times of great challenge and then again, little or no challenge; where there was extended relaxation and tranquillity as well as peak periods of high stress, encountering sudden electrical storms, high cross winds, plus torrents of rain and hail.

Rose-Aline Begalke, Marcello Higuchi (Rotary exchange student from Soa Paulo, Brazil), and I experienced such an adventure with all of the above. We cycled five days in August, 1994, on what's called The Golden Triangle: Lake Louise - Radium Hot Springs, Golden, BC, Lake Louise: a total of 313 km.

We visited three national Parks: Banff, Kootenay, Yoho, crossed the Continental Divide twice (5,382 ft. above sea level), endured intense heat, three electrical storms, excruciating climbs like 24 km out of Golden, and one flat tyre!

Would I go again on a similar trip? Yes! Cycling is an excellent sport for cardio-vascular conditioning and achieving over-all physical fitness. Finishing an extended tour successfully feels really great too.

MY FELLOW CYCLISTS - Katryn Jeronimus.

It is getting that time of the year again. You guessed it, Christmas is coming. We are planning a Christmas party on Dec. 20; sun, rain, snow or hail will not dampen our spirit. The admission fee will be a "Christmas present" as small as you possibly can get. It is more or less like a token. Faye Wilson and Al Hollinger and I will try to feed you too. Be there - 412 Kerry Place, Delta. Just do it!

HELMET

We have a white Louis Garneau helmet, small / medium, \$32.50. Call the office if you want it.

WARM FOREIGN LANDS - Bryson Braziel

I would like a companion or companions on a self contained cycle trip to a "warm foreign land" during Jan., Feb. or Mar. 1995. If you have similar desires or plans, please 'phone me at 402-489-0916.

BACK THEN - Ken Grieve

The following is an excerpt from the President's Report at the AGM of the CCCTS on March 2, 1985, Jack Beckow, President.

As a result of our experience, our thinking and our wishes, a new policy has now evolved:

1. Trips should be of shorter duration, with a maximum of 45 days.
2. Daily milage should be restricted to a maximum of 45-55 miles. General preference is for 35 miles.
3. There should be more rest days, particularly in large cities where sightseeing is an attraction.
4. The maximum number of cyclists on any tour should be restricted to 25-30.
5. Trips and tours should be graded for easy, medium and hard riders.
6. Maybe the most important intent above all, that whatever we do is a fun event. Life has to be lived, day by day, at every age.

So the point of view presented in your August Newsbrief is not new with the Society, and this, I think, deserves to be printed again, in order to remind tour coordinators that the policy outlined in August is hardly new.

1995 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii - February 1 - 14.
John Peck 538-0195

Max. 12: Participants: (12) John Peck, Ken Kraft, Lee Kraft, Jack Sheppard, Josie Zewiec, Cathy McPherson, Dan Baris, Jerry Baris, Barbara Faulkner, William Hook, Audrey Hayes, Bob Miller.

Cross America - February 2 - April 1.

(Cycling Snowbirds '95)
Barton Howes 378-0927 (Merritt) or 594-5375 (North Delta)

The route is now completed. There are eight rest days. The weather should be good. All days are within reasonable cycling distance. There is room for five more people. Cost will be \$2100 plus air fare to and from. \$200 to be forwarded by November 30.

Participants: (13) Shirley Fisher, Dorothy Kennedy, Ben Kihlman, Theresa Green, Ronald Watson, Horst Hees, Josephine Hees, Garfield Clack, Leila Montgomery, John Hiza, Vernon Patterson, Gerry Sutherland, Joan Engman, Bobbie Redmond, Nan Earl, Bill Hannan, Marthe Lambert, Lise Brooks, Peter Cordoni, Margaret Hornby, Olive Wilkins, Rae Wohlschlegel, Mike Kelly.

Kananaskis - Ted Stubbs 321-2784.

Participants: Rowan Ley, Tweed Daoust.

Central Washington - May 15-25.

Dan Baris 509-865-2315 or Ian Polley 531-6955.
Osyoos, Omak, Coulee Dam, Ephrata, Wenatchee, Lake Chelan, Bridgeport, Omak, Osyoos.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 11

November 1994

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by December 1. These are acceptable, typed, or on 3.5 inch disk, either Macintosh or IBM format.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Rowan Ley	731-6478
Newsbrief	John Peck	538-0195
Membership	Gwyn Thomas	985-0134
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Miep Dennison	590-2237
	Katryn Jeronimus	943-3627
The Island	Carl Dukeshire	658-2696
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Barton Howes	378-0927

PRESIDENT'S CORNER - Ian Polley

Well we are now at that time of the year when we have no more tours to be involved in. We will be getting out our photos and reminiscing over this year's trips. As you can see in the Newsbrief, next year's tours start very early in the year. There are still a few spots available in the Cross America tour, so don't be disappointed; hurry up and get your name down, if you're interested. We are also looking for more tours and tour coordinators. Members have shown an interest in tours originating and terminating in Eastern Canada, so hopefully there are members in

the East who might consider planning a tour in their areas. I'm sure we can handle the logistics of transporting equipment to a possible starting point. It's something to think about.

I hope you are all preparing for the annual banquet and A.G.M. on November 18 and 19. Unlike previous years, the A.G.M. will start at 1 p.m. and not the usual 10 a.m. The reason is beyond our control, as the Parks and Recreation have rented out all available space in the morning. So instead of lunch, we will have coffee and cookies after the meeting.

That's all for this month, so happy and safe cycling.
Ian

BANQUET and A.G.M.

Our annual banquet will be held on Friday November 18, at the Ladner Community Centre. Happy hour at 6, dinner at 7. Send \$20 to the treasurer now please. We need to be able to tell the caterer how much food to prepare. Don't forget that the AGM will be on Saturday November 19 in the Community Centre, Tsawwassen at 1 p.m.

HOSPITALITY - Katryn Jeronimus

I would like to invite my fellow cyclists who are living out of town and planning to attend our annual dinner dance, to stay with me. My house is located close to the ferry route and to Ladner. I have three spare rooms. First come, first served. Telephone 943-3627.

N.B.
A.G.M. 1 P.M.

Nov. 19

NOMINATIONS FOR DIRECTORS

The following have been nominated, by our present board, as directors for the next year. Nominations will also be accepted from the floor at the AGM.

* Indicates a director in 1994.

**Chuck Dick*: Member since 1985; tours: China '87, Arizona '90, Alaska '91, Bay View '92, Utah '93, Switzerland '94; vice president 1994.

**Bob Douglas*: Member since 1982; tours: Sunshine Coast, Cascade, Cultus Lake '90, Oregon, San Juan '91, Hawaii, Bay View, Great Divide '92, Wine Country, B.C. '93, San Juan, Willamette '94; treasurer since 1982.

Mary Eickhoff: Member since 1993, acting recording secretary at directors' meetings 1994; past president Richmond Bicycle Club; member of Surrey Bicycle Advisory Committee.

**Ken Grieve*: Member since 1986; tours: Ucluelet, Cross Canada, France '90, Alaska, Arizona '91, Rocky Mountain, Holland '92; Hawaii, New England '93; office manager 1994; Member of Surrey Bicycle Advisory Committee.

Horst Hees: Member since 1992, tours: Cross Canada '93, BC '94.

**Barton Howes*: Member since 1992; tours: Cross Canada, New England '93, Utah, Dempster '94.

**John Jones*: Member since 1992; tours: Arizona, Gabriola '92, Hawaii, Gabriola '93, Ireland '94.

**Andre Kaufmann*: Member since 1987; tours: Arizona '90, Hawaii, Switzerland '92, Utah, Switzerland '94. Equipment manager 1994.

**Rowan Ley*: Member since 1992; tours: Rocky Mountain, Arizona, Gabriola '92; Hawaii, Gabriola '93, Ireland '94. Secretary 1994.

Marion Orser: Member since 1989; tours: Kenya, Cascade '90, Rocky Mountain '92, New England '93; past president Vancouver Bicycle Club.

Dennis Parsons: Member since 1986; I have been on many tours long and short; I've organized some, coordinated others, have served several terms on the executive and would like to serve again. I just like being involved with this Society.

**John Peck*: Member since 1986; tours: Arizona, Ucluelet, Cross Canada, Gabriola '90, New Zealand, Alaska, Arizona '91, Hawaii, Rocky Mountain, Bay View, Prince George, Great Divide '92, Hawaii, Utah, Wine Country, BC, Haida Gwaii, Straits Circle '93, Hawaii, Dempster, Switzerland, Bavaria '94; Newsbrief editor 1994; President 1993.

**Ian Polley*: Member since 1989; tours: Ucluelet, Cultus Lake '90, Oregon '91, Bay View, Great Divide '92, Wine Country, Cross Canada, New England '93, San Juan '94. President 1994.

**Ted Stubbs*: Member since 1986; tours: Arizona,

'90, New Zealand, Oregon, '91, Rocky Mountain, Bay View, Utah '92, Wine Country '93, Ireland, Willamette '94. Equipment manager 1994.

**Rae Wohlschlegel*: Member since 1990; tours: New Zealand, Gabriola, Port Renfrew '91, Hawaii, Gabriola, Switzerland '92, Gabriola, Cross Canada '93, Utah '94; Vancouver Island representative 1994.

TOUR BUDGETING - Garfield Clack

Tour budgeting and 'ting like dat. I have been seriously considering the possibility of trying to put together a CCCTS tour starting in Ottawa. Thus I prick my ears whenever members gather and the conversation turns to tours, tour planning and organising issues. Which is quite often, it seems, if my recent two months in the West are any guide.

One set of issues in particular was raised often and gave rise to diverse viewpoints. Briefly, members were concerned about whether, and to what extent, tour organizers should be reimbursed or compensated for the expenses and other costs involved in setting up a tour.

The issues are not new. The club's rules specify reimbursement for postal expenses and telephone calls, but in recent years a "rule of thumb" has arisen which permits some other expenses involved in setting up a tour to be directly refunded, or, more usually, to be built into the costs of the particular tour concerned. Examples would be gas or mileage allowance for travelling around the planned route to check suitability for cyclists and to examine campground facilities at first hand.

The rule of thumb is working well at the moment, and nothing that I write here should be taken to be in any way criticism of the way the issues have been handled in either past or immediately forthcoming tours. I raise the matter for wider discussion, and because I am concerned about the direction in which the club could be going. I leave out any consideration of possible legal or tax consequences for the club per se arising from the payment of various expenses.

At the polar extreme, there are two firmly held viewpoints about the situation, and they can be summarised as follows. On the one hand the club needs well prepared and organized tours. There are necessary expenses incurred in tour organising over and above postage and telephone calls, and it would be clearly inequitable to require the organizers to meet these expenses out of their own pockets. They are already giving of their time and efforts. Some tours are more expensive to organize than others, and not all members who might otherwise take on the task or organising a tour can afford these expenses.

At the present time, members are not tumbling over themselves to organize tours, and the factor of personal expense may be discouraging tour leaders from

coming forward. Many clubs not only reimburse their activity organizers for their expenses, but encourage leadership by permitting group discounts and suchlike to be used by the organizers to defray their own particular costs. Perhaps we should pay our tour organizers an honorarium or even an hourly rate for the time they spend working on our behalf.

On the other hand, voluntary associations expect their members to put time and resources into the common effort for the love of it. For example, we do not pay our executive. This has been a key feature of our club, and the attitude has encouraged good planning and organisation. Many of our best tours, over the past years, have been set up in this way. Restriction to postage and telephone claims is a carefully crafted rule. We are renowned for running tours which our members can afford.

"Necessary expenses" is a category which is hard to contain by rigid rule without creating discord and discontent. There is a slippery slope towards cost escalation. For example, add to gas or mileage costs the organizers' accommodation and meals, repair costs for vehicle breakdowns, insurance to cover legal and medical expenses arising from accidents or other losses which might occur while engaged on club business, laundry expenses, long distance calls to remain in touch with a spouse. Do we pay our Budget truck drivers, and reimburse their expenses? And the list is not exhaustive. Unwary clubs can become ready prey for commercial interests which may be presumed to be waiting at the end of the slippery slope.

To express my personal view as an incipient CCCTS tour organizer, I would prefer to revert to the existing limitation to postage and telephone expense claims only, absorb other expenses myself, and avoid discords and discontents which I think could easily arise from an inevitable "creep" in claims expenses. I would at the least argue for a very stringent specification of those expenses which could be added to the existing list, if a compromise between the polar positions outlined above were to be adopted. The current rule of thumb may well become untenable.

WILLAMETTE VALLEY - Eva Folk

This was an unusual and excellent tour for a number of reasons. First of all the weather. It was sunny and warm the whole time with never a drop of rain. Second of all was the varied route. We had three days of blue ocean, white beaches and many hills; then inland through forested hills and finally flat roads through orchards and farms. What a pleasure it was to cycle in a State where cyclists are welcome and bicycle paths are provided in towns and cities and along the roads and highways. Then there was the good food. Some people had hoped to lose a few

pounds on the tour but, because of the excellent cooking, more likely we all gained. No matter. Then there were the participants. What a great crowd. There were the jet-setters who darted around on and off the route adventuring, and then there were those who went more leisurely. But we all met at camp and enjoyed one another's camaraderie. The best tour ever. Thanks Ted and Pet.

YOU WILL ENJOY - Dennis Parsons

What exceptionally fine weather we've had for tours this year. I managed only pieces of some, including a bit of the one day Hurricane Ridge trip organized by Frank Jacobsen. The weather had been so good that a drought existed on the mountain, so that there were no flowers and no strawberries. A Park Ranger, coming down the road on roller blades, gave me the bad news. I turned back.

Later I went to Osoyoos to join Al and Diana Lifton's tour, and cycled back to Vancouver (actually to Victoria). Had to foreshorten my stay with Bob Douglas' group.

What I can't understand is, why are these tours not oversubscribed. They are excellently organized. The camaraderie and food is excellent. To all new members in our rapidly expanding Society, I must offer this advice. Get on a tour. You will only enjoy the experience.

EQUIPMENT DISPOSAL

Our equipment manager wishes to dispose of the following: 3-burner propane stove, 3-burner Coleman white gas stove, jerry can, plastic white jug, 2 seat belts, bathroom scale; either individually or the lot. No reasonable offer refused. Call Ted at 321-2784.

PRINCE RUPERT CYCLING - Leo Comeau

The games were held on September 1,2,3, with registration on August 31. Although it rained one afternoon, all our events took place in excellent weather. Our cycling committee was well organized and as there is only one road in and out of Prince Rupert, all the events were held on this road: T.T. 16 kms for men and women, R.R. was 65 kms for men 55 to 74, and 43 kms for men 75 and over. This also included all the women's categories.

Listed below are members of our society and their achievements, Note: Roland Anderson had an accident in the road race event, consequently he wasn't able to compete fully in the hill climb.

I was glad to meet and compete with all the other participants from throughout the province.

	Age Cat.	R.R.	H.C.	T.T.	Comb	Medals	City
John Jones	65-69	B	B	B	B	4-B	White Rock
Ronald (Doc) Watson	70-74	G	S	G	G	3-G, 1-S	Victoria
Emil Jensen	70-74	B	4th	4th	9 pts	1-B	Kitimat
Earl Taylor	75+	S	G	B	S	1-G, 2-S, 1-B	Victoria
Leo Comeau	75+	B	4th	4th	4th	1-B	Pitt Meadows
Roland Anderson	75+	5th	5th	G	S	1-G, 1-S	Nelson

Participation rather than winning is what makes the senior games a success. This year, I was told, 1300 athletes participated in all the different sports. There were 19 cyclists that participated, although we missed our past medallists Noreen Redford, Mathilde Klassen, Barbara Hetzer, Sonja Joos, Bert Davies and others.

We have a very good potential of strong cyclists in our society that can compete as well, if not better, than those that have competed so far. This will only be achieved by recognising the fact that the senior games are as important as a tour; and not with the lame excuse that we are a touring society. In our constitution, under the purposes of the society are: paragraph (b) to promote, encourage, assist and support recreational, cultural, educational, artistic, charitable, sporting and community endeavours of the CCCTS as an on-going entity. There are four other paragraphs and nowhere does it say that we are a touring society. I'm not against touring, far from it, but I deplore the cold shoulder attitude that has been given to the senior games. This coming year I am asking the board of directors to arrange the tour calendar so as to give the games on September 6 to 9 a fair chance, and with a positive attitude. We can do a lot for our society if we act collectively. See you in Osoyoos next year.

I have all the race results and I will send a copy to the office. If you want a copy sent to you please contact me at 465-7116 or the office at 433-7710, to have them faxed to you or sent by mail. All members interested in cycling in the games should feel free to request one. I am at your service.

SPINNING AT 90 RPM - Ken Grieve

"Kramer was still on top at the age of forty-one. His defeat for the title in 1917 interrupted his reign but did not end it. When he lost the (American) national title at the age of thirty-seven, Kramer realised his legs had slowed slightly so he converted to a bigger gear, from one that propelled him 91 inches with each pedal revolution to one that moved him 104 inches. The bigger gear took getting used to, but after he mastered it, Kramer found the bigger gear packed more wallop. He came back to win the title in 1918 and again in 1921." - from Peter Nye's "Hearts of Lions" (History of American Bicycle Racing, W.W. Norton & Co., New York & London, 1988, p. 109.)

In the golden age of American cycle racing from the late 1800's to the 1930's, one of the greatest, Frank Kramer, along with the black American, Major Taylor, raced for national championships on velodromes, on track bicycles with fixed gears. As Kramer discovered, it is a characteristic of aging legs that we cannot move them so fast.

Though no expert, I agree with nearly every recommendation of John Schubert in "Touring Techniques", but I do think that a 90 RPM cadence is rather high for most of us seniors, unless one has learned to spin at 90 RPM while relatively young, perhaps as a cycling competitor. One must remember that Mr. Schubert is under 50, probably at least a Category II racer in his youth, and writing for a fairly youthful audience. Other cycle-touring experts recommend an average cadence between 80 and 90 RPM, at least, on the level, never dropping below 70, although, unless one has knees of steel and legs like tree trunks, you may find yourself, like me, only concerned with keeping those wheels turning on steep grades.

Mr. Schubert does not like cyclo-meters either because they tend to distract him from enjoying the scenery and other delights when cycling. I have found the opposite, that cyclo-meters add to my enjoyment. When I had a meter with a cadence function, it was an appreciated means of maintaining a desired cadence of 80 RPM, or better, and a desired velocity. A properly functioning cyclo-meter adds to my interest, especially during a lengthy cycle tour, and diminishes boredom in a monotonous landscape.

MY FELLOW CYCLISTS - Katryn Jeronimus.

It is getting that time of the year again. You guessed it, Christmas is coming. We are planning a Christmas party on Dec. 20; sun, rain, snow or hail will not dampen our spirit. The admission fee will be a "Christmas present" as small as you possibly can get. It is more or less like a token. Faye Wilson and Al Hollinger and I will try to feed you too. Be there - 412 Kerry Place, Delta. Just do it!

SPORT SPONGES

There are still some available, \$11 at the office (taxes included), or add \$2 for postage. Dennis Parsons recommends them highly.

VICTORIA CHRISTMAS DINNER - Dec. 13.

A cordial welcome is extended to all CCCTS members, spouses and friends, wherever you may be. Cocktails at 6, dinner at 7, at Columbo's Rest., Saanichton (from ferry south to Mt. Newton cross road, McDonalds is here), turn right to East Saanich Rd. (4-way stop), turn right half block to Columbo's on right.

The menu is chicken or prime rib incl. salad, dessert & coffee; \$14 per person incl. gratuity. There is also the possibility of a Greek plate at a different cost. Please contact Rae Wohlschlegel 592-6680 or Carl Dukeshire 658-2696 by December 10.

OUR ORIGINALS

Did you know that, of our current members, ten of them joined in 1982? They are: Dennis & Freda Scolah, Mel & Bette Kerr, Poul Svendsen, Ian Cassie, Marten McCready, Bob Douglas, Eva Folk, Joan Manuel.

WELCOME TO NEW MEMBERS

W. Augusteijn, 613-530-2580
1340 Highway 2 East, Kingston, Ontario, K7I 4V1.
Eleanor Bannister, 403-252-0407
43 Atlanta Cr. S.E., Calgary, Alberta, T2J 0Y2.
Carol Beeby, 613-829-3647
20 Newgale, Nepean, Ont., K2H 5R3.
Vernon Begalke, 403-539-9956
9910 - 81 Ave., Grande Prairie, Alberta, T8V 3T2.
Douglas Bentley, 493-5118
695 Young St., Penticton, B.C., V2A 5T3.
Peter & Muriel Botham, 376-9698
725 10th Street, Kamloops, B.C., V2B 2Z5.
James Cairnie, 922-7703
1202-1480 Duchess Ave., West Vancouver, B.C., V7T 2W2.
Zsuzsi Csizmazia, 873-4197
302-555 W. 14th Ave., Vanc., B.C., V5Z 4G8.
Betty Darvell-Jones, 613-592-0907
1150 Old Carp Rd., Kanata, Ont., K2K 1X7.
Patricia St. Denis, 598-7552
232 Robertson St., Victoria, B.C., V8S 3X5.
Terry L. Erskine, 652-2204
6875 Veyaness Rd., Saanichton, B.C., V0S 1M0.
Barbara Alice Faulkner, 721-1684
2547 Vista Bay Road, Victoria, B.C., V8P 3E9.
Donald A. Gowing, 943-4365
4886 12 Ave., Delta, B.C., V4M 2A6.
Doreen & John Haydon, 416-760-8508
528 Quebec Ave., Toronto, Ont., M6P 2V7.
Lennice Hemsworth, 532-0916 644-0029
3136 - 204th St., Langley, B.C., V3A 4P5.
Harry & Lillian Hills, 902-542-9460

P.O. Box 533, Wolfville, N.S., B0P 1X0.
Derek Holden, 732-4942
3281 W. 3rd. Ave, Vancouver, B.C., V6K 1N5.
Margaret Hornby, 354-1850
911 Edgewood Ave., Nelson, B. C., V1L 4E1.
Jean Horrocks, 557-2048
Box 431, Port Clements, B.C., V0T 1R0.
Robert Knapp, 792-7761
406-45773 Victoria Ave., Chillwk., B.C., V2P 2T4.
Gordon Kobayashi, 733-9038
1015 Ironwork Passage, Vanc., B.C., V6H 3R4.
M. Elizabeth Logan, 656-3068
9465 Maryland Dr., Sidney, B.C., V8L 2R7.
Mandius Lundal, 509-624-1539
S. 3219 Bernard, Spokane, WA, USA, 99203.
Catherine Lynch, 543-0956
18-16180-86 Ave., Surrey, B.C., V4N 3J9.
John & Bridgit McDonald, 460-0265
12148 Makinson St., Maple Ridge, B.C., V2X 9B3.
Cathy McPherson, 743-5616
3566 Arbutus Drive South, Arbutus Ridge, Cobble Hill, B.C., V0R 1L1.
John & Beth Mlacak, 613-592-1620
6 Tiffany Crescent, Kanata, Ont., K2K 1W2.
Elizabeth Pecknold, 687-8155
1801-1330 Harwood St., Vanc., B.C., V6E 1S8.
Daphne Pollard, 655-3625
110-10459 Resthaven Dr., Sidney, B.C., V8L 3H6.
Larry & Lorraine Pommen, 652-5815
800 Sea-Aira Hts., RR5, Victoria, B.C., V8X 4M6.
Jack Roy, 752-5590
544 First Ave. W. Qualicum Beach, B.C., V9K 1J8.
Fred Shelby, 272-8881
8311 Sidaway Road, Richmond, B.C., V6W 1G7.
Shirley Hills & Kirk Show, 736-6631
30-1507 W. 12 Ave., Vancouver, B.C., V6J 2E2.
Glen W. & Jean M. Smith, 521-1007
93 Mott Crescent, New West., B. C., V3L 4L8.
Charles Stanton,
42 Woodmount Crescent, Nepean, Ont., K2E 5R1.
Harry Tingley, 859-4055
2500 Mendham St., Abbotsford, B.C., V2S 4K7.
Robert Watson, 723-5720
3771 Exton St., Port Alberni, B.C., V9Y 3X9.
William Weir,
RR2, Wiarton, Ontario, N0H 2T0.
Eric Wilson, 266-8024 437-5716
6025 Carnarvon St., Vancouver, B.C., V6N 1J9.
Roy Goodchild & Helen Wilson, 592-5057
1001 Joan Crescent, Victoria, B.C., V8S 3L3.
Eleanor Woodman, 602-895-7425
9525 Palomino Place, Sun Lakes, AZ, USA, 85248.

Note: A list of members is sent to everyone early in the year, probably February or March. If you need one at another time, please send a stamped addressed envelope with your request.

1995 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

If you are interested in a tour, be sure that your name is entered in the Tour Book at the office. Please note that the names of non-members are not accepted for inclusion in the tour book.

Hawaii - February 1 - 14.
John Peck 538-0195

Max. 12: Participants: (11) John Peck, Ken Kraft, Lee Kraft, Jack Sheppard, Josie Zewiec, Cathy McPherson, Dan Baris, Jerry Baris, Barbara Faulkner, William Hook, Bob Miller. There is vacancy for one woman.

Cross America - February 2 - April 1.
(Cycling Snowbirds '95)
Barton Howes 378-0927 (Merritt) or 594-5375 (North Delta)

The route is now completed. There are eight rest days. The weather should be good. All days are within reasonable cycling distance. There is room for five more people. Cost will be \$2100 plus air fare to and from. \$200 to be forwarded by November 30.

Participants: (23) Barton Howes, Ben Kihlman, Ronald Watson, Horst Hees, Josephine Hees, Garfield Clack, Leila Montgomery, John Hiza, Vernon Patterson, Gerry Sutherland, Joan Engman, Bobbie Redmond, Nan Earl, Bill Hannan, Marthe Lambert, Lise Brooks, Peter Cordoni, Margaret Hornby, Rae Wohlschlegel, Mike Kelly, Faye Wilson, Joan Enman, Betty Darvell-Jones.

Arizona - March 5 - 18.
Bruce Hudson 602-895-5871

A motel and restaurant tour with support vehicle. The route, all on pavement, would be similar to past tours there, and would include Chandler, Casa Grande, Tucson, Benson, Tombstone, Winkelman, Globe, and back to Phoenix. \$500 should cover cost of motels and support vehicle. Meals and transportation to and from AZ would be up to you. If you are

interested, drop me a line at 85248, So. Truro Dr., Sun Lakes, AZ, 85248, or 'phone me.

Kananaskis - September 6-24. (date change!)
Ted Stubbs 321-2784.

Max. 30, estimated cost \$400, 1000 km.
Rolling hills, crystalline lakes, forests teeming with wild life, rugged peaks and sparkling lakes; this is Kananaskis country; yours to experience, as modestly said by the Kananaskis Guide.

Participants: (8) Rowan Ley, Tweed Daoust, Victor DePaul, Keith Clothier, Ted Stubbs, Pat Stubbs, Roland Reader, Bob Jordan.

Central Washington - May 15-25.
Dan Baris 509-865-2315 or Ian Polley 531-6955.
Itinerary: Osoyoos, Omak, Coulee Dam, Ephrata, Wenatchee, Lake Chelan, Bridgeport, Omak, Osoyoos.
Participants: Martine Donahue, William Hook, Bob Douglas.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

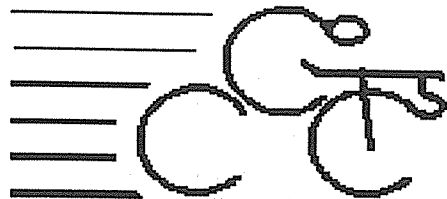
Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

Don't forget the
Annual Banquet, Friday Nov. 18. Send \$20 now.



NEWSBRIEF

The Cross Canada Cycle Tour Society

VOL. 11 NO. 12

December 1994

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.

Telephone: 433-7710, Fax: 433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society which is a non-profit society for retired people and others who want to remain active as recreational cyclists. Most of our present membership is age 50 and over.

Membership fees are \$25 single and \$35 for a couple. The month of expiry of your dues will appear on your address label.

Items for the next Newsbrief should be in the hands of the editor by December 1. These are acceptable, typed, or on 3.5 inch disk, either Macintosh or IBM format.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Roway Ley	731-6478
Membership	John Peck	538-0195
Equipment	Ted Stubbs	321-2784
	Andre Kaufmann	581-3923
Social	Barton Howes	378-0927
	Katryn Jeronimus	943-3627
The Island	Dennis Parsons	474-0937
	Rae Wohlschlegel	592-6680
Office	Ken Grieve	583-6105
Others	John Jones	535-7520
	Marion Orser	737-8483
	Horst Hees	389-1152

executive Mary Eickhoff, who for the past year has been our recording secretary; she will now also assume the position of secretary and assistant Newsbrief editor. Rowan Ley takes over as Newsbrief editor with John Peck assuming the membership secretary post. Dennis Parsons returns to the executive, and together with Rae Wohlschlegel, will be our Vancouver Island representatives, and social conveners for the Island. Marion Orser and Horst Hees as yet have not been assigned a specific portfolio. I'm certain that before long they will become very involved.

As this was the first meeting of the new executive, most of the time was taken up with assigning members to their various portfolios. Needless to say, there were no earth shattering decisions made. The minutes of the A.G.M. were not available at this time, so the only discussion was to form a committee to look into the possibility of holding the A.G.M. and Banquet on the same day and also in mid-week. More on that as it develops.

Before closing, I would like to thank Miep and Katryn and their helpers - I will not try to name them in case I omit one or two - for their splendid work in arranging the banquet; once again a very enjoyable evening. Thank you all.

A very merry Christmas and a happy New Year to you all. Happy and safe cycling.

PRESIDENT'S CORNER - Ian Polley

Well here I am again, nominated by the new executive as your president for the next year. I trust this next year will be as enjoyable as the last. I must firstly thank the outgoing members of the executive, who are now taking a well earned rest. The outgoing members are Gwyn Thomas, Carl Dukeshire, Miep Dennison and Katryn Jeronimus. Katryn, after some persuasion from our incoming executive, has agreed to act as our social convener for the next year. Thank you Katryn. I would also like to welcome to the

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The menu is chicken or prime rib incl. salad, dessert & coffee; \$14 per person incl. gratuity. There is also the possibility of a Greek plate at a different cost. Accommodation can be found for anyone who

wishes to stay overnight in Victoria. Please contact Rae Wohlschlegel 592-6680 or Carl Dukeshire 658-2696 by December 10.

TOUR DE SUISSE 1994 - John Philip

I became disenchanted with bike tours after my experience in New England in 1993, where we encountered unseasonably cold weather and persistent rain, and at the same I was suffering from a bout of pneumonia, which I didn't have diagnosed until I got home. However my enthusiasm has been restored by this year's bike tour in Switzerland.

Some may find it hard to believe, but eleven members of the club really did attempt to cycle round Switzerland. We hoped to cover between 1100 and 1200 kilometres, taking in two high passes, in fifteen cycling days with another five days set aside for rest and sightseeing.

Before I left Vancouver I read the following on the back of a hostelling map of the country we would be visiting: "In the heart of Europe you will find a special alpine country: Switzerland. One of the oldest democracies, and one of the culturally most varied. In that small country, four language groups live peacefully together and talk in Swiss German, French, Italian and Rhaeto-Romanic. Just as there is great variety in temperaments, there is variety too in the countryside. In the north and west gentle hills, in the middle towering mountains, and in the south a climate so mild that palm trees flourish. Switzerland combines all aspects of Europe, but, of course, only the best."

So I went with high expectations, and I wasn't disappointed.

As we cycled around the country I saw not only the picture-postcard scenery, but I also became aware of other equally eye-catching features of the Swiss countryside such as the villages with their neat, freshly-painted houses, some hidden in folds in the hills, others perched on the most unlikely places on the mountainsides; the cultivated hillsides and flat river valleys growing crops as varied as grapes and corn; and the lush green meadows and upland pastures with grazing sheep and cattle. The cattle in particular enhanced the rural experience with their smooth clean brown coats, large furry ears, soulful eyes, and the ever present clanging of their bells.

As we passed through the medieval towns I was similarly impressed by their many attractions. Towns such as Murten with its encircling defensive wall still intact, Avenches with its Roman amphitheatre, Bellinzona with its three castles, Chur with its narrow streets still in place, the town square of Stein am Rhein with richly painted scenes on its old buildings, and Schaffhausen with its 16th century Munot fortress and the picturesque bay windows on the buildings in the old part of town. We parked our

bikes and strolled through streets where the buildings, except for repairs and upgrading, have changed little for hundreds of years.

Before we left Vancouver some participants took the precaution of buying Swiss rail passes, and it was no surprise that some took advantage of Switzerland's superb transportation system. On more than one occasion several members were seen to board trains with their bicycles; and everyone, except for Andre and Pablo, put their bicycles on trains and then rode buses over the two high passes on our itinerary - the Furka at an elevation of 2431 metres and the San Bernardino at 2066 metres.

Generally the cycling aspects of our trip went well. The drivers were courteous, and most gave us a wide berth. On our route quiet country roads contrasted sharply with some stretches of busy highway where we encountered heavy traffic. We had few bike problems except for Pablo who had a rear wheel which had an unfortunate tendency to blow spokes all over the landscape, and to commemorate this accomplishment Pablo has been nominated for the 'Broken Spoke' award.

The weather was mostly sunny and hot, almost too hot some days for my taste, but then that was better than rain, which I remember riding in only twice. As on previous trips as we cycled we experienced it all - hot sun and continental humidity contrasting with cold rain accompanied by thunder reverberating from sheer cliff faces.

We thought we had a language problem in Canada with two languages on boxes of corn flakes. Well, in Switzerland, as previously mentioned, four languages are spoken, and we understand that there is no talk of separation. English is spoken by many people, and you get the impression that a surprisingly large proportion of the street advertising uses English words.

We were royally entertained by Frieda's relatives in Balsthal: her brother-in-law and sister, Fritz and Marie Obrecht, and also her sister Hedi K pfer. We spent a night in their homes, and had our meals in the Obrecht residence. We remember this visit to their Swiss homes, and we want to thank them for their generous hospitality.

Our hosts in Schaffhausen were the local bicycle club called RMV or Radfahrer Motor Verein. They started as both a bicycle and motorbike club, but now use bicycles only. Lucien, a member of that club, met us in Konstanz and escorted us to Schaffhausen. The first evening we were given a guided tour through the old part of the town, and ate our evening meal in a restaurant embedded in the town's ancient wall. We were accommodated for two nights and one day at their clubhouse - Hagen Hutte at an elevation of 900 metres. During this time our hosts provided a barbecue, and we were entertained by an energetic accordion player. Later in the evening games were organized, and these included a hat game where

twenty men started off wearing nineteen hats, and when the music stopped one man was eliminated, and so on. In another game three men and three women had to pass a rolling pin between opposite couples without using their hands, the details of this one I'll leave to your imagination. Our thanks go out to the members of the RMV club for the wonderful hospitality they bestowed on us during our stay in Schaffhausen, and in particular we extend a special thanks to the Bruelmann family: Carla and Heinz, and their sons, Lucien and Jean-Jacques. Some members of this club were talking about visiting Canada in 1995. We hope they do, and we will be able to return their hospitality.

Whilst in Basel at the beginning and end of the trip we were helped in many ways by Andre's cousin, Yvonne Kretzer, and we extend our grateful thanks to her.

Andre and Frieda went beyond what could be expected in organizing a fabulous trip, and to them we say danke schön, merci, gracia and thank you.

ALONE IN EUROPE - John Peck

The sky was overcast and there were drops of rain, but ahead was a bright sky, so I rode on, helped by a gentle tail wind. But the wind was a mixed blessing, for it blew the poor weather along with me for two dreary days. I was going from the Swiss Tour to the Bavarian Tour, at the beginning of September.

Both of the European tours of 1994 have been described elsewhere, but perhaps I can relate how I got from the one to the other. All my belongings were in four panniers. The distance from Schaffhausen to Würzburg is about 460 km, and I wanted to get there before the others arrived, so it had to be done in four days.

It began in Schaffhausen with over-confidence about direction. I had been there for two days and thought I knew the environs. But this was a mistake, for I soon found myself travelling unnecessarily over a small pass, and entering Germany, where there was no opportunity to change money, especially on a Sunday. This error cost me an hour probably, so after that I was careful to check every road sign, with my map, as I came to it. I rode north, towards the Danube, and met it at Tuttlingen, where it is still a small stream. In that town I had stopped and was examining my map. A gentleman saw me doing so and asked if he could help. I said that I was looking for the Danube Bicycle Path, and he very kindly got into his car and drove to the beginning of it, while I followed behind.

The Danube Bicycle Path (Donau Radweg) follows the river closely. Since it was Sunday, there were many cyclists and pedestrians on it, so one had to be careful; however there was always enough room to pass others. The river winds through many gorges,

and the path follows these, sometimes climbing sharply to tangle with a rocky outcrop. I followed this path for the rest of the day, admiring the cliffs and woods on each side, until I reached Sigmaringen, where I looked for a hotel, with success on the second try. What luxury it was to spread my belongings all over the floor and to know that someone else would not tread upon them! I had with me only about DM20, just enough to buy dinner, but not enough to pay the hotel. However, the owner was not concerned. She said I could pay in the morning after the banks were open.

The next day I continued on the Donau Radweg to Ulm. The river now left its gorges and flowed through a wide plain. The cycle path often uses small farm roads and took us past fields of corn. Occasionally there was a farm vehicle, or a farmer driving to town, but no other traffic. The Radweg is well marked at every turn, but it is necessary to stop at every sign and to examine it carefully, for occasionally the sign can be ambiguous, and one must use some common sense, such as, if in doubt keep near to the river.

Ulm is a large busy city. I found a hotel room very close to its magnificent cathedral, whose tower boasts that it is the tallest church spire. I was asked whether I wanted a room with shower or without. Since the difference in price was significant I opted for "without", hoping to find the shower down the corridor. But in this I was disappointed, for there was none, so I had to be content with a rub down at the wash basin in the room.

From Ulm I turned north towards Würzburg. Navigation at this point became easier, since highway 19 runs from Ulm to Würzburg, and it was easy to follow that number. But it by-passed the two industrial towns of Heidenheim and Aalen. At one point I was confronted by a blue square motor vehicle sign, indicating motor vehicles only. Since the alternative was unmarked, and I did not want to lose my way, I rode it anyway, and received nasty looks from some motorists. However that section did not last long, and I got through it without incident. It was not an autobahn, since there were only two lanes, one each way.

After Aalen the road was more interesting and less busy. The weather on my first two days of solo riding had been good, but this day the clouds lowered and gentle rain began to fall. I looked to the north where the sky was brighter, and hoped to outride the rain. I was hoping to reach Swäbisch Hall for the night, but decided to settle for Gaildorf instead, knowing that Würzburg was within a day's ride from there.

The next day showed no improvement in the weather, but I pushed forward despite the rain. The direction was at right angles to the drainage pattern, so there were many hills, as the road undulated from one valley to the next. Just outside Würzburg I ran

into the familiar blue square sign again. This time I took a side road and ran down into Würzburg, being rather confused as to where I was on the city map. It took a good half hour to locate the hotel where we were to meet. I was glad that I was able to speak a little German, and to understand some of the answers.

So it was a four day solo ride. I enjoyed it nevertheless, being responsible only to myself. There was no waiting for others, and others were not waiting for me. I could go where I liked and stop when I liked, and if I took the wrong road, there was nobody to lead astray. The best part was the ride along the Donau Radweg, where it was a pleasure to follow a route designed especially for bicycles.

A few general remarks from the two tours may be of interest.

What was traffic like in Europe? We cannot comment on the autobahns because we never used them, but we did ride on other major routes, where traffic was busy. Generally in Europe, care is taken to provide for bicycles. In towns, it is usual to ride on the sidewalk. I am sure that motorists appreciate this, and that pedestrians understand the problem. In many towns the inner strip of the sidewalk is clearly marked as being for bicycles and not pedestrians. If not, then the shoulder of the road is marked as a bicycle lane. This is done either by painting it red, or by marking it with a broken yellow line. In towns that paint the bicycle lane red, the painted lane often extends across intersections, so that traffic approaching from the right, or left, is well aware that it is crossing a bicycle lane. In some cities there are even traffic lights for cyclists.

In the country, there is often a separate bicycle path beside the road, and marked as such. Then, of course, in some places, like on the Danube, there is a bicycle path which is quite separate from the road. Sometimes there is no bicycle path, no sidewalk and no shoulder. In such situations one must ride as far to the right as possible. Traffic is conscious of bicycles, and accustomed to them. Often, in such a situation, we would find a large commercial vehicle crawling behind us, and not attempting to pass until it was safe to pull out and do so. I felt much safer on a bicycle on the roads in Europe than I do in North America. Just occasionally we encountered two overtaking cars against us on a two lane road, but such situations were extremely rare, and probably caused by a thoughtless youth.

We had a few falls and flat tyres. Sidewalks are raised, of course, usually edged with stone. Every now and then, the stone edge lowers to within about 3 cm above the road, and it is tempting to use these places to ride from the road itself onto the sidewalk. But this must be done carefully. If the day is wet and you cross at an acute angle your wheels can slip from under you. Several falls occurred this way, and some were painful. We learned the hard way to cross these

places at an angle close to 90°.

Roads are well marked in Switzerland and Germany, so if you know what string of towns you will be passing, you only need to watch the road signs. In Germany, autobahns are signed in blue, and are to be avoided by bicycles, other routes are signed in yellow, while local routes are in white, and bicycles are accepted on the yellow or white. In Switzerland it is green for autobahns and blue for other roads, if I remember correctly. At one point, the only way that we knew that we had crossed a border, was to see the road sign colours change. This was because we had passed the border on a bicycle route.

We wore bicycle helmets, of course, but local cyclists in the towns seldom wore them, and often Europeans on a bicycle tour were without helmets. Bicycles in Switzerland have to be registered and carry a red licence plate at the back, so we were conspicuous without that licence plate, but no authorities stopped us.

HOPEFUL TRAVEL - Charlie Finnigan

To travel hopefully is better than to arrive! The following is the last entry in a diary found outside a soup kitchen in Seemtown, Tennessee. The diary is believed to belong to a club member who went missing some weeks ago while on a tour in the State of Washington. An anxious spouse has requested that we publish this extract from the diary in the hope that someone may be able to shed some light into the circumstance surrounding the disappearance. She is particularly anxious for the return of her nearly new set of panniers that was borrowed for the tour.

"It was late in the afternoon when the elegant architecture of Port Townsend came into view. Still no sign of Dennis and the group. As a result of a last minute decision to join the tour while it was already in progress, I had been hammering all day, hoping to catch them before they reached Port Townsend and disappeared up some side street and into an unmarked, out of the way McDonalds.

"I was glad that I had chosen to wear my best and fastest cycling shoes - the patent leather ones with the multi perforations and the letters "Georges Sorel" on the sides in yellow and orange. The computer reading of 13 km per hour max. speed confirmed my belief that superb conditioning and the best equipment can produce phenomenal results. I knew also that the computer reading could be somewhat under the actual max. speed as I had intentionally calibrated it for twenty eight inch wheels instead of the twenty seven inch ones that I use. Thus ensuring that the readings always err on the low side, thereby eliminating any possibility of exaggerated claims.

"At such speeds it doesn't take long to check all fast food outlets in the average American small town. Still no sign of the group. It was obvious that Dennis

was, as usual, goading the others into super human efforts, ignoring food, liquid refreshments and afternoon naps in order to establish a record time for the completion of the tour. He had clearly convinced the others to forego the scheduled stopover and head for the next one, thereby shortening the time by one whole day.

"It is now apparent that despite my state of near exhaustion (I have ridden nineteen miles today) I must head for the next stopover. Luckily all of the overnight stops had been published in the newsletter. The name of the town does not appear on the map. However I'm sure that if I keep going I shall with luck and the help of this strong tail wind, reach it eventually - Onwards: Seethetown or bust."

THE FOOLHARDY RIDE January 1.

For those able to manage, the annual New Year's Day ride is on, weather permitting. It's Blaine to Bellingham (Coliphon Cafe in Fairhaven, actually). Shake the cobwebs and join in at 9:30 AM at the Canada Customs parking lot at the Peace Arch crossing. Contact Chuck Dick, 261-5092, if going, and several days in advance, please.

EUROPE MAY 95 - Marion Orser.

I am planning an extended trip, 3-5 months, self supported, self directed, flexible itinerary. An initial planning meeting will be held at my place on December 7 at 7 PM. Call 737-8483.

EQUIPMENT DISPOSAL

Our equipment manager wishes to dispose of the following: 3-burner propane stove, 3-burner Coleman white gas stove, jerry can, plastic white jug, 2 seat belts, bathroom scale; either individually or the lot. No reasonable offer refused. Call Ted at 321-2784.

MY FELLOW CYCLISTS - Katryn Jeronimus.

It is getting that time of the year again. You guessed it, Christmas is coming. We are planning a Christmas party on Dec. 20; sun, rain, snow or hail will not dampen our spirit. The admission fee will be a "Christmas present" as small as you possibly can get. It is more or less like a token. Faye Wilson and Al Hollinger and I will try to feed you too. Be there - 412 Kerry Place, Delta. Just do it!

SWEAT SHIRTS - Theresia Keet

At our banquet, "Initially Yours" donated a sweat-shirt, with our logo on it, as a door prize. It also makes our crests. The sweatshirts are "Tiger" brand and are available in several sizes and many colours. If you want a sweat shirt, please contact the store: Initially Yours, 15168 Fraser Highway, Surrey, B.C., V3R 3P1, 'phone 951-1174 or fax 951-1176. If you want a crest, contact me at 596-1953.

1995 TOURS

Payment for all tours should be made out to the CCCTS and addressed to the Treasurer, CCCTS at the Society's office. Please mark your cheque with the name of the tour. Participants must sign a waiver and agree to the financial rules. Members are reminded that only those tours listed below are Society tours, that they should be in proper physical condition to undertake a tour, and that their bicycles must be properly maintained.

Hawaii - February 1 - 14.
John Peck 538-0195

This time we fly from Vancouver to Kona non-stop, so the tour starts in Kona.

Max. 12: There is a vacancy for a woman.
Participants: (11) John Peck, Ken Kraft, Lee Kraft, Jack Sheppard, Josie Zewiec, Cathy McPherson, Dan Baris, Jerry Baris, Barbara Faulkner, William Hook, Norma Sinclair.

Cross America - February 2 - April 1.
(Cycling Snowbirds '95)
Barton Howes 378-0927 (Merritt) or 594-5375 (North Delta)

The route is now completed. There are eight rest days. The weather should be good. All days are within reasonable cycling distance. There is room for five more people. Cost will be \$2100 plus air fare to and from. \$200 to be forwarded by November 30.

Participants: (21) Barton Howes, Ben Kihlman, Ronald Watson, Horst Hees, Josephine Hees, Garfield Clack, Leila Montgomery, John Hiza, Vernon Patterson, Gerry Sutherland, Joan Engman, Bobbie Redmond, Bill Hannan, Marthe Lambert, Lise Brooks, Peter Cordoni, Margaret Hornby, Mike Kelly, Faye Wilson, Joan Enman, Betty Darvell-Jones.

Arizona - March 5 - 18.
Bruce Hudson 602-895-5871

A motel and restaurant tour with support vehicle. The route, all on pavement, would be similar to past tours there, and would include Chandler, Casa

Grande, Tucson, Benson, Tombstone, Winkelman, Globe, and back to Phoenix. \$500 should cover cost of motels and support vehicle. Meals and transportation to and from AZ would be up to you. If you are interested, drop me a line at: 85248, So. Truro Dr., Sun Lakes, AZ, 85248, or phone me.

Participants: (6) Bruce Hudson, Heather Clark, Fred Shelby, Lennice Hemsworth, John Harvie, Zel Harvie.

Central Washington - May 15-25.

Dan Baris 509-865-2315 or Ian Polley 531-6955.

Itinerary: Osoyoos, Omak, Coulee Dam, Ephrata, Wenatchee, Lake Chelan, Bridgeport, Omak, Osoyoos.

Participants: (9) Dan Baris, Jerry Baris, Ian Polley, Martine Donahue, William Hook, Bob Douglas, Rae Wohlschlegel, Brenda Borron, Art Borron.

Vancouver Island - July 10 - 24.

Diana Lifton - 468-5696.

Maximum 30, estimated cost \$400 (includes boat fares), cycling distance 850 kms, non-refundable deposit \$100 due May 1, balance \$300 due June 1.

Itinerary: Truck to leave Departure Bay, Nanaimo ferry dock at 10:30 a.m., heading north on Island Highway to Parksville. Carry on west to Port Alberni; MV Lady Rose to Ucluelet; cycle to Long Beach. Rest Day (permit interested participants to tour Clayoquot Sound). Cycle east through Port Alberni to Qualicum Beach; north to Courtenay and Campbell River; west to Strathcona Park Lodge. Rest Day (permit members to take part in any of the many outdoor activities offered here; e.g., sailing, canoeing, kayaking, rock climbing, hiking, high rope walking). Cycle further west to Gold River; MV Uchuck III to Zeballos; cycle east on gravel road (40 kms) to Island Highway and north 6 kms to Nimpkish Lake. Head home - south on Island Highway through Sayward Junction, Campbell River, Courtenay, and Parksville to Departure Bay, Nanaimo ferry dock.

Participants: (3) Diana Lifton, Al Lifton, Martine Donahue.

Kananaskis - September 6-24 (note date change!).

Ted Stubbs 321-2784.

Max. 30, estimated cost \$400, deposit \$100 by February 1, no triflers please!, 1000 km, some hostels, mostly camping.

Rolling hills, crystalline rivers of the Rock Mountain foothills, forests teeming with wild life, the stark beauty of the high alpine rock and ice, rugged peaks and sparkling lakes; this is Kananaskis country; yours to experience, as modestly said by the Kananaskis Guide.

We'll start our tour in Banff National Park at Castle Mountain Hostel (Vancouver to Castle Mountain 820 km), explore Kananaskis Country, go up and over

Highwood Pass (7239 ft, 2206 m) to Longview. Then we turn north on Hwy. 22 to Rocky Mountain House, with two more runs into the Kananaskis from Turner Valley and Bragg Creek. From Rocky Mountain House we head west to Icefields Parkway at Saskatchewan Crossing; then south over Bow Summit to Castle Mountain. For those attending the Senior Games at Oliver-Osoyoos, Sept. 6-8, who wish to join our tour, you may join us at Ribbon Creek Hostel on Sat. Sept. 9. No reduction in cost.

Participants: (11) Rowan Ley, Tweed Daoust, Victor DePaul, Keith Clothier, Ted Stubbs, Pat Stubbs, Roland Reader, Bob Jordan, Mary Eickhoff, Brenda Borron, Art Borron.

China - November 1

Martine Donahue 689-2743, Dennis Parsons, 474-0937.

Deposit \$350 by 1995 January 31. Balance due 45 days before departure.

Tour A: Vancouver, Hong Kong, Canton, Cycling to Zaoqing, Deking, Wuzhou 295 km, coach to Babu, Yangshuo, Guilin (Li River), fly to Shanghai, Vancouver, Nov. 14. Minimum 16, \$3350. Additional sightseeing optional.

Tour B: Vancouver to Guilin (as above) - Xian (terra-cotta warriors), Beijing, Shanghai, Vancouver. Nov. 21. minimum 6, \$4599.

VANCOUVER WEEKLY TRIPS

Sundays: Meet at 10AM at the south-east corner of Oakridge Shopping Centre (45th & Cambie). Contact Bob Douglas 435-3893. The usual ride is to Steveston, but we recently decided to try different destinations on the 2nd Sunday of each month.

Tuesdays: Meet at 10AM at Community Centre in Ladner. Second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

Wednesdays: Meet 9:30AM at West Vancouver Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

Thursdays: Meet at 10AM at Community Centre in Ladner. Contact Al Hollinger 946-1347.

VICTORIA WEEKLY TRIPS

Sundays: Meet at 9AM at Muffin Break, Burnside. Contact Dennis Parsons 474-0937 or Carl Dukeshire (Duke) 658-2696.

Wednesdays: Meet at 9AM at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.