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The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Most of our members are over 50.

Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the first of the month.

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I would like to commend all the people who joined Chuck Dick on his New Year's ride, I understand it was a very enjoyable outing. Are there any other members out there who would be willing to lead either a day ride or a longer tour, either self contained or with a support wagon? Give the office a call, maybe we can put heads together and arrange something different. I've mentioned in other Newsletters that we are always open to suggestions and working with new tour co-ordinators.

That's it for this month. So safe and happy cycling.

#### EDITORS NOTEBOOK - Rowan Ley

I would like to thank John Peck and Mary Eickhoff for their very considerable assistance in getting this edition of the Newsbrief to print. Without their help it probably would never have seen the light of day. To make my job easier, and to make the Newsbrief as interesting as possible, please help by providing us with anecdotes (preferably humorous), jokes or experiences of a cycling nature that would be of interest to other members. We would particularly like to hear from members outside the Vancouver and Victoria areas to find out more about their biking opportunities and experiences.

#### PRESIDENT'S CORNER - Ian Polley

Well here we are into the New Year. I trust everyone enjoyed the festive season with friends and relatives and now that the season is over everyone is planning to get back on their bikes and join in the tours that are on this year's agenda. You may have noticed that there does not appear to be as many tours as usual, so I suggest you get your name down for the tours available. Barton Howes' tour, 'Cross America' still has room for more participants, so hurry up and get your name down, even if it's only for a part of the trip. Starting date is Feb 2. The Hawaii trip is all set to commence Feb 1st.

#### LETTERS TO THE EDITOR

From Maryka Cordes, A'van, The Netherlands  
A belated Christmas Wish.

Dear Cyclists friends:

I had such a wonderful time with your group. It is so healthy for your body and soul to have this hobby. I do wish you all a very happy new year.

*Editor's note: Maryka is the sister of Katryn Jeronimus and met many club members through Katryn.*

## **BIRTHDAY RIDE - Vancouver Bike Club**

The Vancouver Bike Club is having a ride honouring John Hathaway's 70th birthday. The ride will take place on January 15th at 10:30 It will leave from John's residence, 1812 Dufthie Ave, Burnaby. There will be a pot luck lunch. Contact Bruce Hainer 873-6320 for further details.

*Editor's note: For those of you who don't know John, he is in the "Guinness Book of Records" for his cycling achievements.*

## **TOURING ENGLAND AND WALES ON OUR WAY TO IRELAND - Rowan Ley**

Shortly after noon May 3, 1994, still sleepy from an overnight flight, Ted Stubbs, John Jones, John Snuggs Ray Berg and yours truly were ready for the the short first leg of our tour from London's Heathrow airport to Windsor. Much to Ted's dismay, his wife Pat, had disappeared somewhere within the bowels of the airport. and by the time she finally appeared our departure coincided nicely with the evening rush hour. We were to follow John Jones' son, Steven, who had kindly offered to lead the way in his car. While it is only about 15 km to Windsor, by the time we reached there it felt as if we had been through half the roundabouts in London. As we nervously proceeded into each roundabout, with traffic streaming into it from all directions, John Jones, an enlightened Englishman, kept shouting 'come on, don't stop, keep going'. Not knowing any better, we obediently followed his directions with a cavalier disregard for the colour of traffic lights. It was not long before we heard the English equivalent to our police sirens. Of course John, who was responsible for our dilemma, cycled off, happily oblivious to our situation. A female constable stepped out of the police car and proceeded to let us know, in no uncertain terms, just what she thought of bikers who rode with such reckless abandon. For some inexplicable reason, she chose to direct her comments at me, rather than at our leader, Ted, who seemed content to blend into the background. After the requisite number of "yes mam, no mam's" she seemed satisfied that we were sufficiently contrite, and somewhat subdued, we continued on to Windsor without further incident. Eight weeks later, always with the nagging concern of how I was going to manage the return trip from Windsor to the airport, I was to discover the easiest and fastest way to make this trip was by quiet country roads with no roundabouts. One of the first revelations one is exposed to when cycling abroad is that motorists, while sincerely trying to help you, will almost always direct you to the fastest and best route for

them which invariably turns out to be the busiest and most frightening route for a cyclist.

After our harrowing experience in the rush hour we had expected to be bedded down in a quiet, comfortable English ba ba (bed and breakfast). This was not to be as Steven, presumably to ensure his father had sufficient beer money for the tour, had booked us into the Windsor youth hostel, which was neither quiet nor particularly comfortable. Like lemmings, we continued this mad pursuit of frugality by arranging to have both our evening dinner and our next mornings breakfast at the hostel. For dinner there was a choice of 2 entrees, beanburgers and something else which sounded worse. I think we all chose the beanburgers and for the life of me I cannot imagine how anything could have possibly been worse. Needless to say, we were all thirsty and headed for the closest pub prior to tackling the beanburgers. Beer tends to be somewhat pricey in Windsor, but for Ted, our intrepid leader, it was to be very pricey. His first inkling of having a problem was when the proprietor refused to accept his English money claiming it was no longer valid currency. Shortly thereafter, a gentleman(?) sidled up and offered to buy him a pint while explaining that he was a collector of old English currency and was interested in Ted's notes. Being of generous nature, and solely out of the goodness of his heart, he went on to offer Ted 50% of the face value of his worthless notes. After deliberating for a couple of moments, Ted agreed and the deal was consummated. As you might have guessed, it was not long before Ted discovered that his worthless notes could be exchanged at any bank for their face value. Fortunately, most of his funds were in a valid currency, however, he never did admit how much the beer really did cost.

The next morning Ted was out of his bunk at 4:30 AM and raring to go while the rest of us, all suffering from indigestion from the greasy beanburgers, had just managed to get to sleep. We did not share his enthusiasm, particularly as breakfast (?) was not served until 7. I bet most of you who have been on CCCTS tours can identify with this scenerio.

On our second day of cycling we headed for Oxford and travelled, for the most part, on pleasant country roads with comparatively little traffic. It was on this leg of our tour that I learned my third lesson. The first and second lessons being not to cycle through red lights and not to order beanburgers while staying in English hostels. The third lesson was that it is not wise to catnap while riding on your bicycle, particularly when you are proceeding down a hill. Unfortunately, I learned this lesson the hard way and

opened my eyes, horrified to find myself careening into a high curb. Up and over I went, landing on a very unforgiving cement sidewalk. It was an unpleasant lesson as I lost the skin on the knuckles of both hands, bruised my shoulder, skinned an elbow and both knees and tore my jacket. On the positive side, nurse Pat was there to patch me and my clothes and after the initial shock had subsided I was able to painfully and very warily carry on. Luckily the front panniers absorbed the brunt of the impact and my bike was not seriously damaged.

Rather than learn from our experience in Windsor, and still being on a frugality kick, we again headed for a hostel in Oxford (at least we did not eat there). The Oxford hostel is very large with a tremendous amount of coming and going which continued to come and go until the wee hours of the morning. Except for Ted, who could probably sleep on a bed of nails, none of us got much sleep and I don't think any of us, other than Ted, could have been persuaded to spend another night in an English hostel, which is probably a shame as I am sure that some of them must be quite pleasant. The only positive experience I can recall about our stay in the Oxford hostel was that Ted, feeling somewhat the martyr, remained in his bunk until 6 am.

From Oxford, after our sleepless night in the hostel, we travelled through the gentle rolling scenic hills of England's Cotswold country on our way to Wales and the ferry from Holyhead to Ireland. The route was well planned with light traffic and few imposing hills with only a couple of exceptions. Just west of Welshpool, (Wales), we encountered a hill nearly a mile long with a grade approaching 20%. Ted, as our inspirational leader, showed us the way, and conquered this very forbidding obstacle. Actually, we felt he had very little choice, as he was not able to walk on his Italian bike shoes with their protruding pedal clips. This type of bike shoe is rather impractical on a tour like ours which necessitated periodic rendezvous with wayside bushes. Rendezvous which on several occasions rendered Ted unable to remove his feet from the pedals due to mud being imbedded in the clips. Fortunately he was able to depend on his faithful followers to prevent him from falling whenever he wanted to stop and this situation arose. An exception to the generally quiet traffic was while leaving Caernarvon in the evening rush hour. The 2 lane road was very narrow and for several hundred yards ran through a gully with high stone walls on either side. There were absolutely no shoulders and we were required to ride within inches of the wall on our left while the cars sped past us within inches on our right in a never ending stream. I think we were all in a panic mode with only one thought, which was to get the heck out of there. It

was very scary, particularly when John Snuggs, who was riding directly in front of me, chose the most inopportune time for his chain to come off. The cars were coming so close it would have been suicidal to stick his behind out in order to get it (his chain) back on. Shortly prior to reaching Caernarvon I had experienced a broken gear cable and felt very fortunate to be cycling with Ted who was able to make a quick fix which enabled me to limp along on my back gears until I could get to a bike shop. While riding through the gulley I was having nightmares that I would have to return on the next day for a new cable. Fortunately I was able to get the repairs in Bangor and my worry was for naught. The lesson learned, was always carry spare cables as, even if you can't replace a broken one yourself, it is quite likely someone will be able to do it for you.

On a long trip certain experiences stand out and one such experience was lunch at Stow-in-the-Wold, a delightful little tourist town in the Cotswolds. As our clothes were all wet and soggy from cycling in the rain all morning, we searched for a secluded place to eat, in order to avoid the tourists in their neat and dry attire. So it was a bedraggled group who made their way upstairs, dripping water as they went, only to find an immaculate little restaurant complete with fine antique furniture and tables bedecked with spotless starched white tablecloths. Before we could beat a hasty retreat we were confronted by a jovial Welshman who insisted we stay and proceeded to pass out towels and show us where to hang our dripping clothes. While providing us with a superb lunch, our host regaled us with stories about his upbringing, sprinkled liberally with Welsh jokes. It was a great lunch and lifted our spirits no end, particularly when we departed to find the rain had stopped and the sun was playing peek-a-boo with the water laden clouds. As it turned out it was just as well we had such a pleasant repast as we were 6 tired and irritable cyclists before we finally found accomodation (not in a hostel) and dinner sometime after nine o'clock that evening.

I had always thought of Wales as being just another part of England, so was surprised to find the Welsh to be extremely nationalistic with Welsh being the language of choice in many of the towns we passed through. In some areas the curriculum is in Welsh and the children don't even take English as a subject until grade 4.

Any tour to Holyhead would not be complete without a visit to the Welsh town 'Llanfairpwllgwyngyll-gogerychwyrndrobwlllantysiliogogoch', translated to English it means '*The Church of Mary in the Hollow of the White Hazel near the Fierce Whirlpool and the Church of Tysilio by the Red*

*Cave'*. You have to be Welsh to pronounce it, and as the Welsh are considerate of those who are not of their lineage, they have abbreviated it, and simply call it 'Llanfairpwllgwyngyll'.

The people in Wales were generally very friendly, the drivers courteous and the roads, while narrow, were well surfaced and a pleasure to cycle on. Our only regret was that we did not have more time to explore and to enjoy the scenic countryside and the fascinating villages and towns. I think I could best describe my feelings on this portion of the tour as being a great experience and a place I would love to come back to as a destination tour.

*Next month: we arrive in the land of the Leprechauns and meet our fellow cyclists from Calgary. Shortly thereafter our group of eight becomes a group of three, two groups of two and one on his own (me).*

## **SICILY AND CALABRIA** - Eila Taylor

The sun was rising over Villa San Giovanni as the night train from Milan shunted off the toe of Italy and onto the ferry that would carry it across the Strait of Messina. Up on deck, I watched the coast of Calabria recede and gulped down two mouthfuls of espresso in time to reboard the train before it was disgorged on the other side.

I had arrived safely in Sicily.

It was September 24, 1994. I had hurtled down the length of Italy in 15 hours and was back in summer again under blue Italian skies. I had said farewell to autumn and to a wonderful group of cycling chums in Basel at the end of the Romantic Road tour and was off toward new horizons. Off to Vancouver in a spare pannier (thank you, Mel) went rainwear and extra layers of clothing, while my bicycle and I made our way south across Switzerland. We parted at Chiasso, on the Italian border, where I gave the bike over to Italian Railways for shipment to Catania - a five day journey on regional trains since bicycles may not be taken on the rapido. No problem; I wouldn't need it anyway for the next two weeks while enjoying the hospitality of friends in Cantina and Caltagirone.

Sicily is steeped in history dating back to the Stone Age, with flavours of North Africa, Europe and the Middle East. It is still very Italian. A sicilian junket takes one away from the usual tourist mob scene. There are no tour buses, no flashing cameras, even though the sights compare favourably with the prestigious attractions of the Italian north. Along with Calabria, Sicily is indeed the Italy we enjoyed years ago, with its varied coastline and wild interior.

In contrast to the many towns, fishing villages and beaches around the coast, the interior is poor and desolate with little or no accommodation. I was very fortunate to see both sides of this beautiful and interesting island during my visit.

After the pleasant sojourn it was good to load up the bike again with two panniers and pedal off from Catania, heading north along the east coast toward Messina. A very easy ride, with Mt. Etna always in sight. Lovely views. The hot Scirocco from North Africa noticeably cooler along by the sea. Surfaces in the frequent coastal towns are cobbled and lined quite often with curious locals who watch as the foreign woman cycles among them. All road users seem to be pleased to see cyclists. They usually "peep" as they come up to overtake, even though all rules of the road are ignored and never enforced. I reach Messina in mid-afternoon and wheeled the bike onto the ferry for the crossing to Villa S-Giovanni, there to call it a day.

The next few days saw my progress up the west coast of Calabria, the "other Sicily", from the toe to Sapri, a distance of 224 miles. Many campsites were signposted along the way, some requiring a drop to sea level from the main road, but all of them closed for the season even though temperatures were in the 30 degree range.

The coast road from Villa S-Giovanni to Bagnara is flat, then climbs steeply before levelling off to a gradual climb on the approach to Vibo Valentia. Magnificent views of Sicily from Marina di Palmi before the SS18 veers inland to Vibo. Away from the coast I cruised through miles of orchards, mandarins just starting to change colour. Olives, persimmons, lemons, almonds and peaches grow here. I would follow SS 18 all the way up the coast through Amantea and Paola to Scalea and Sapri.

On leaving Vibo Valentia I lost the altitude so dearly gained when I swooped down to sea level at Pizzo, a thrilling 7 miles in the cool of a clear morning. Cruising along the main street of the little town I attracted the attention of a large angry dog, and sped away as he gave chase with fierce concentration and bared teeth. My exit from Pizzo was less than dignified.

Mad dogs apart, Calabria is a paradise for the cyclist. International tourism more or less stops at Pompeii and south of there few will venture. Bad press has kept the average tourist away from the siesta regions bordering the Mediterranean so that at times it seems almost empty. Yet the people here are among the most friendly I have met. Hotels and restaurants provide more than casual service for the traveller

"doing Italy" alone, and most of them accept credit cards.

The road north from Paola goes through several tunnels. Unlit, and sometimes 1 -1/2 km in length, the first of these came as a surprise and I asked myself "What am I doing here?" as I stood with the bike on the narrow ledge which supports the reflector posts in the middle of the first tunnel. Only the occasional vehicle lit my way as I groped forward, with failing flash light batteries, towards the other end. Trying to avoid the leg-size holes in the paved ledge where some posts were missing met with moderate success, and I emerged with only a few scrapes. Not my best day but a memorable one, and I soon learned to avoid the tunnels by taking local roads through hilltop villages or diverting to sea level. That evening I tucked into the usual pasta, salad and wine with self-congratulatory gusto.

I climbed out of Scalia next morning in the quiet 8 am stillness, the sun already hot. It was to be my last cycling day. At Maratea Castrocuco I turned off the main road onto the mountainous coast road, skirting one peak after another around cliff-top hairpins, reaching dizzy height around the 1083 m la Serra. At Acquafredda the only cold water I could find was in the local store - the tiny village seemingly mis-named with no sign of mountain springs. Shade trees were frequent however, and I took long rests on the way to the top. At last I hurtled down the side of M. Ceraso into Sapri, sunburnt and exhausted after a mere 30 miles, but elated. I was less than 80 miles from Salerno.

From Sapri I rode trains in stages, with my bicycle, back to Frankfurt, pausing along the way in Naples to enjoy side trips to Capri and, yes, Pompeii.

I liked southern Italy and its people. Even alone on mountain roads I never once doubted my safety. I had felt welcome.

*Editor's note: Thanks for the super account of your adventurous tour of Sicily. I have also visited mystical Pompeii and the very romantic Isle of Capri which leads me to feel that you could provide us with an interesting account of your visit to these fascinating places.*

**CYCLING SURREY** - Mary Eickhoff

CCCTS members who live in Surrey were contacted recently by a member of Surrey's BAC (Bicycle Advisory Committee) to advise them of a public information meeting regarding street improvements to be made in 1995 to 64th Ave. from 120 St. to 138 St.

The meeting, held Dec. 7, offered the public the opportunity to view large-scale consultants' drawings detailing the various options being considered by the Engineering and Planning Depts. City staff were on hand from 2-8 pm to answer questions and receive questionnaires from concerned members of the public. Staff noted the cycling community was well represented (thanks to the many CCCTS members who attended).

The City's Bicycle Blueprint was implemented in the recommendation that a 4.3 metre "wide curb lane" be incorporated to make room for cyclists on the road. Several cyclists who attended strongly recommended that a painted bike lane is needed to make motorists aware that they are expected to share the road and that the right of the WCB (wide curb lane) is for cyclists.

The next street improvement concerning cyclists will be to 60th Ave. between 184 and 192 Sts. A public meeting date will soon be announced.

One of the first tasks to be met by the BAC is establishment of BUGS in Surrey. BUGS are Bicycle User Groups. Through BUGS, the BAC will be able to communicate rapidly with cyclists in Surrey and the surrounding communities to get cyclists involved in public meetings and thereby in decision-making re street improvements, development of cycling routes, community cycling events, and the many challenges described in the Bicycle Blueprint.

Ken Grieve and Mary Eickhoff, your Surrey BAC reps., invite you to contact us with your suggestions/concerns. We have already forwarded one letter from a CCCTS member to the Engineering Dept. for reply and see the role of providing an interface between Surrey Engineering and Planning and our cycling community as one of the most important parts we can play.

**TRY THIS:** DIAL 591-4629 - you will reach the "FUTURE SURREY INFO LINE"; PRESS 3 (from a Touch Tone Phone) for the "NEW TRANSPORTATION PLAN", THEN PRESS 2 for information on SURREY'S BICYCLE BLUEPRINT.

**THE BEAR RIDE JAN 1, 1995** - Chuck Dick

The day was spectacular; the company was great and mishaps were limited to one flat tire. That sums up the second annual B.E.A.R. ride (Bellingham Eat And Retreat) for the nine hearty, well bundled souls courageous enough to drag themselves up and out to greet 1995 on two wheels.

At 9:30 am in crisp and c-o-o-l air we left the Canada Customs lot at the Peace Arch crossing. As we cycled along the waterfront at Birch Bay we were treated to a wonderful vista of the Gulf and San Juan Islands which were clear as a bell. The bay itself was virtually alive with an unbelievable assortment of birds, including many varieties of ducks, geese, loons and sandpipers. The mountains reminded one of an Austrian or Swiss Alps scene rather than of one only a few miles from home. Lake Tyrell, mentioned by the Spanish explorers in their ships logs, was its usual shimmering self, and as always, home to many waterfowl. Turning east on Mountainview Road we were greeted by the headwinds flowing past Mt. Baker from the interior. Two days earlier on a "ride check" the winds would have been impossible to ride against, so we were indeed fortunate. The spectacular view of the mountain certainly gave credibility to the road's name. Ferndale was sleepy quiet as we entered and emerged. Our wind-delayed route brought us into Bellingham and Fairhaven by 12:15 and we headed directly to the Colophon Cafe where hearty meals were enjoyed.

After an hour had elapsed it was time to jump on our trusty steeds and head for home. Our route home was particularly enjoyable as there was a slight tailwind and we were treated to 180 degree views of farmland, mountains streams and lakes. This day the view was exceptional. We arrived at Canada Customs on time - before dark - and just as the late afternoon coolness began to bite. We were all a little tired after our 105 km, 64.5 mile (Metric Century) ride, but happy and satisfied to have rung in the new year - with bicycle bells. Six new members have been added to the "I rode the B.E.A.R." club. Thanks to Lynn, Mary, Wendy, Barton, Jack, Verne, Victor and John for making it happen again.

#### **GET WELL WISHES - Rae Wohlschlegel**

Horst Hees, our personable new CCCTS director from Victoria, was involved in a serious accident in Victoria on Dec 29 when he was run into by a car while riding his motor scooter. He is in Jubilee Hospital in stable condition recovering from a compound fracture to his left leg and a fractured shoulder blade. All of the directors wish you a speedy recovery Horst and I am sure the same applies for all the folks who have had the privilege of riding with you.

#### **PERSONAL - Wayne Waardenburg**

Hi, I am a new member and would like to participate in some of the organized tours. My problem is; while my wife enjoys cycling, she is not physically able to participate in extended trips. and I hate to leave her

home alone. as we have always done things together We own a motorhome, however my wife is unable to drive and it occurred to me that there may be other members in a similar position who would be interested in joining us. We do not smoke or drink and I am in my early 60's. We are looking for a couple where the non-cycling spouse is able to drive a motorhome. If interested please contact me at 6217 Hargitt Street, Matsqui, BC. V3G 1M8. Phone 826-3044

#### **CHRISTMAS PARTY - TSAWWASSEN**

Shirley May Jeffries...

The Tuesday/Thursday Christmas party hosted by Katryn Jeronimus in her comfortable Tsawwassen home was a great success. Forty hungry and appreciative adults and children did justice to the delicious repast so ably prepared by Black Barton Howes and Frauline Fay Wilson with help and contributions from many others. Al Hollinger did his usual Santa act in dispensing the gifts, making sure everyone had the opportunity to claim the previous recipients gift. which ranged from a windup dinosaur to a very professional home brewed bottle of Piesporter wine. All had a good time and went home in a happy Christmas spirit including the 9 hardy folks who chose to ignore the weather and use their bicycles rather than drive

A special thanks is extended to Katryn and Carl for the use of their lovely home and to Barton and Fay for the super job they did to make the occasion so enjoyable for all of us.

Eva Folk...

The Tuesday/Thursday Christmas party took place Dec 20 at Katryn's house. There were 37 cyclists and 3 grandchildren all making merry and, as usual, eating. After everyone was sated, it was gift opening time. Everyone had been asked to bring along a wrapped present to the value of one dollar. What ingenuity! A lone bungy cord, a small walking lizard, nail scissors, a tiny patch kit, all amidst a lot of hilarity.

Much thanks to a gallant Al Hollinger, the instigator, Fay Wilson and Barton Howes who attended to the food, and to Katryn and Carl for the use of their lovely home.

*Editors's note: We understood there was a Christmas get together over in Victoria. How come we have 2 reports from Tsawwassen and nothing at all from you good folks on the island.*

#### **SENIORS' GAMES - Leo Comeau**

Coming up in the near future will be a meeting of all those interested in friendly cycling competitions at the BC Seniors games to be held Sept 6 - 9. in

Osoyoos, Anyone interested should contact Leo at 465-7116. There are already 12 cyclists interested.

#### **CLUB JERSEYS - Andre Kaufmann**

A limited supply of club jerseys is available in all sizes at \$55 each. If you are interested please contact Andre at 12986 Old Yale Road, Surrey, BC, V3T 3B8 or phone 604-581-3923.

These jerseys are being sold at a bargain price which is unlikely to be repeated.

#### **1995 CCCTS TOURS**

Our tours are designed to fit the needs of both experienced and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour co-ordinator.

#### **HAWAII- February 1 - 14.**

John Peck 538-0195

Max. 12: The tour is fully booked

#### **CROSS AMERICA - February 2 - April 1.**

(Cycling Snowbirds '95 Sag wagon, tenting, motels)

Barton Howes 378-0927 (Merritt) or 594-5375 (North Delta) - Cost: \$2100 plus air fare

Some of the highlights of the trip are:

sightseeing in San Diego; Tucson, the Arizona Sonora Living Desert Museum, and Biosphere II; El Paso, Texas, tour the town and shop in Mexico; New Braunfels, Tx; (San Antonio) Hummel Statuette Museum; Louisiana, crawfish feasts; New Orleans, sight seeing tour, the French quarter; ten days riding along the gulf of Mexico; St Augustine, Fl, the oldest town in North America

To compensate for the short days electric lights will be provided for the shelter and there will be a recreational games box for those who wish to socialize in the evening.

*Editor's note: Barton Howes has expended considerable time and effort to plan what should be a superb tour across the southern American states. He is looking for more participants and has designed the tour to provide for participation in either the entire tour or in a specific segment. There are a terrific group of people going and it should be a real fun*

*experience. If you or any of your friends are interested, contact Barton*

#### **ARIZONA- March 5 - 18.**

Bruce Hudson 602-895-5871 (Sag wagon, motels, max 30)

A motel and restaurant tour. The route, all on pavement, is similar to past tours and will include Phoenix, Chandler, Casa Grande, Tucson, Benson, Tombstone, Bisby, Sierra Vista, Nogales (Mexico). We will return to Phoenix via Tucson. \$300 should cover cost of motels and support vehicle. Meals and transportation to and from Phoenix is up to you. Participants must have their money in the office by Jan. 31. No more entries can be accepted after that date. If you are interested, drop me a line at: 26614, So. Truro Dr., Sun Lakes, AZ, 85248, or phone me.

Participants: (15) Bruce Hudson, Heather Clark, Fred Shelby, Lennice Hemsworth, John Harvie, Zel Harvie, Mel Kerr, Bette Kerr, Maurice Leduc, Eleanor Woodman., Bernice Gregory, Vicki Bernhardt, Kathy Hamilton, Tom Joyce, Pamela Sedore.

#### **CENTRAL WASHINGTON DAM TOUR**

##### **May 15-25.**

Dan Baris 509-865-2315 or Ian Polley 531-6955 (Sag wagon, tenting, max 30).

The planning of this tour is well under way. The planning and reservations are being handled by Dan Baris from his home in Toppenish, Washington. The other logistics are being handled by Ian Polley from the CCCTS office. Arrangements have been made to park vehicles in Oroville, which will be our starting and finishing point. Tentative cost of the tour is \$250 Cdn depending on the rate of exchange. A \$25 non-refundable deposit is required by Feb. 10. The tour route is Oroville, Omak, Grand Coulee dam (tour of the dam), Ephrata, Roach Beach, Lake Chelan State Park (tour up Lake Chelan), Fort Okanogan State Park, Omak and back to Oroville.

For further information contact Ian Polley.

Participants: (21) Dan Baris, Jerry Baris, Ian Polley, Martine Donahue, William Hook, Bob Douglas, Rae Wohlschlegel, Brenda Borron, Art Borron, Pat and Ted Stubbs, Dennis Parsons, Bruce Ross, John Peck, Diana Lifton, Monty Peters, Eva Folk, Elsie Dean, Andre Milaire, Frieda and Andre Kaufmann.

#### **VANCOUVER ISLAND - July 10 - 24.**

Diana Lifton - 468-5696 (Sag wagon, tenting, max 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 am., 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: (10) Diana Lifton, Al Lifton, Martine Donahue, Rae Wohlschlegel, Dennis Parsons, Bruce Ross, Barbara Faulkner, David Brown, Virginia Brown, Olive Balabanov, Vic Pothier

### **KANANASKIS - Sept 6-24** (note date change!).

Ted Stubbs 321-2784 (Sag wagon, some hostels, mostly tenting, max 30)

Estimated cost \$400, deposit \$100 by February 1, no triflers please!, 1000 km.

Rolling hills, crystalline rivers of the Rocky 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: (15) Rowan Ley, Tweed Daoust, Victor DePaul, Keith Clothier, Ted Stubbs, Pat Stubbs, Roland Reader, Bob Jordan, Mary Eickhoff, Brenda Borron, Art Borron, Katryn Jeronimus, Joan Enman, Terry Green, Andre Milaire.

### **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.

### **1996 CCCTS TOURS**

There are some exciting tours planned for 1996.

Rae Wohlschlegel is planning a 4 - 5 week tour of Western Australia for September/October 1996. At this point she still has not determined whether it will be a sag wagon or self contained tour.

Dennis Parsons is planning a self directed, self contained tour of New Zealand's South Island. The tentative date is for November 1996 which could tie into Rae's tour.

### **TOURS NOT SPONSORED BY CCCTS**

#### **EUROPE - May 1 - Sept 30, 1995**

Marion Orsor, - 737-8483

Marion is planning a self supported, self directed tour. She anticipates cycling through Wales, Ireland, Greece, Italy, Switzerland Austria, Germany and France. She plans to establish meeting points for anyone interested in participating in a specific segment. If interested call Marion for details.

### **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 occasionally try different destinations on the 2nd Sunday of each month.

**Tuesdays/Thursdays:** Meet at 10AM at the ~~Community Centre in Ladner. The second Tuesday~~ of each month is dinner night. Contact Al Hollinger 946-1347.

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

### **VICTORIA WEEKLY TRIPS**

**Sundays:** Meet at 9AM at the 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.





Vol. 12 No. 2

February 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Most of our members are over 50.

Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the first of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan 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

**PRESIDENT'S CORNER**

By the time you read this Newsbrief two of our 1995 tours will be underway. We wish all the participants a safe and pleasant tour. With our local dreary weather I feel quite envious of the members on these early tours, however, it will soon be our turn to enjoy the open road.

I notice two of our members, John Peck and Horst Hees, have had to cancel their participation in these early tours due to injuries and ill health. Let us hope they will soon be back on their bikes and once again enjoying riding.

If you are like me, at this time of year, I start looking at maps and itineraries of previous tours and begin to get itchy feet and dream of tours to come. As I've said on previous occasions, if you have visions of a dream tour, lets get together and see if we can make it happen. All of our tours are led by volunteers who, in the most part, have wanted to tour various parts of the world. Maybe you've overheard members recalling their trips to places such as South Africa, New Zealand, Australia and other 'exotic' places, or maybe it was a local tour in an area that the leader wanted to share with others. In either case, we have the experience to put the tour together, what we need are tour leaders. So give it some thought and then give the office a call.

**EDITOR'S NOTEBOOK - Rowan Ley**

I would like to again acknowledge the very considerable support I received from John Peck and Mary Eickhoff to get this edition of the Newsbrief published. It has indeed been a new learning experience for me. We have been asked to publish the names of new members currently, which we will do. Rae Wohlschlegel suggested we publish articles on safety and riding skills and we are looking for some good material. Kudos to Tweed Daoust for volunteering to man the office one day a week.

Watch Shaw cable 4, Surrey BC, for John Peck who is to be interviewed as a CCCTS personality (date to be announced).

**LETTERS TO THE EDITOR**

Non Refundable Tour Deposits - Garfield Clack

Tour organizers thrive on encouragement. In recent times, some reluctance for organizers to come forward promptly could perhaps be attributed in part to the practice amongst some club members of dropping out of tours at the last

minute. As a would-be tour organizer, I would find this most discouraging. Some organizers I know have no doubts on this score. I suspect that last minute dropouts leave a bad taste in the mouths of most tour participants also. Why?

Well, for a start, it screws up the budgeting. Estimated costs are based on a number of participants: when the number drops the fixed costs - like truck rental, ferry fees, and some campground deposits - have to be shared amongst the remaining tour participants. This is unavoidable, unexpected, and unfair - like a surcharge!

Then again, the company being such an important part of any tour, one is forced to shift perspective when the dramatis personae change unexpectedly. Perish the thought that any of us may avoid tours because of particular personalities, but I for one look forward to being with old friends whose names are on the list, and feel let down when they don't come on the tour.

Thirdly, I think that voluntarily dropping out at the last minute is an abuse of the system. I suspect that the problem has arisen mainly since the Tour Book was instituted two or three years ago; when lists start to fill up the temptation is to get one's name in, just in case one might want to go. It is giving in to this temptation that makes organizers' tasks more difficult than they need to be, as they can now no longer rely on the list as a guide to tour budgeting.

I am happy to note that there are two recent instances where a non-refundable deposit has been specified by the organizer, and want to lend my support to this process. I would myself specify a non-refundable deposit for any tour which I may organize. The deposit would not be refundable for any reason but cancellation of the tour itself. However, I would be inclined to make deposits transferable; if you change your mind or can't go, find a substitute to take your place. Again, we all know of tame medics who will provide a certificate for convenience, so any refund for medical reason would be entirely at the discretion of the organizer, and would depend on the availability of funds at the end of the tour. To allow refunds for medical reasons as a matter of right is to shift the costs of misfortune onto others. Tour deposits should not be regarded as an insurance premium of this kind, but as a token commitment and a contribution to the fixed costs of the tour. Any comments?

*Editor's note: Cancellations have been a very significant concern. The Executive's approach to*

*resolve the problem was to give autonomy to tour leaders to determine the amount of deposit and whether it should be non-refundable. The method of distributing refunds is also left up to tour leaders. Setting hard and fast rules leads to a bureaucratic approach which we want to avoid. Some tour leaders still prefer not to require a non-refundable deposit. Thank you for your comments Garfield. They are timely and succinct and I am sure will help reduce tour cancellation problems by bringing them to the attention of members.*

#### FINANCES - Bob Douglas

Please note that your receipt for 1994 Canadian income tax purposes is enclosed with this news letter.

Our 93/94 accounts have been finalized and the Board of Directors thank Jack Wilcockson for again performing the audit and Kathy Wilkinson for typing the statements. An abbreviated version of the statements rounded to the nearest dollar follows. The full statement can be obtained by writing to the office.

#### BALANCE SHEET AT OCT 31, 1994.

Assets		Liabilities	
Bank	\$11715	Trip Funds	\$6586
CSB'S & Term Dep	35160	Prepaid Dues	3152
Accrued Interest	1803	Prepaid Banquet	460
Deposits, prepayments		Due Members	54
& Receivables	832	Total Liabilities	\$10252
Equipment at cost	14504	Fund Balance	53762
	<u>\$64014</u>		<u>\$64014</u>

#### Operations of Year Ended Oct 31, 1994

Revenue		Expenditures	
Dues	\$6743	Rents	\$4036
Interest	1926	Postage	1613
Contributions	1910	Printing/Copying	1474
Gain on Social Events	503	Phone	459
Sale; tires, jerseys etc	482	Items for resale	381
		Travel	374
		Office supplies	170
		Insurance	150
		Small tools	105
		CCCTS Sign	60
		Repair camp equip	58
		Items under \$50	243
	<u>\$11564</u>		<u>\$9123</u>

#### CCCTS CONSTITUTION CHANGE

At the suggestion of Marion Orser a sub-committee has been formed consisting of Marion,

Bob Douglas and John Peck. The committee's function will be to recommend changes to update the Club's Constitution to better reflect current CCCTS activities. Anyone who wishes to be involved please contact one of the committee members.

## WELCOME TO NEW MEMBERS

### BRITISH COLUMBIA

Heather Clark - Vancouver  
Bruce & Nancy Ketchum - Castlegar  
Richard O'Reilly - Delta  
Ivana Pisotak - Delta  
Christina Radnai - Abbotsford  
Peter Richardson - Surrey  
Ernie Schmidt - Langley  
Jack Sharkey - Burnaby  
Lloyd Smith - Burnaby  
George Stenning - Ladysmith  
Karon Summers - Parksville  
Ingo Vanderveer - Oyama  
Serge & Brenda Vanry - Vancouver  
Wayne Waardenburg - Matsqui

### ONTARIO

David Brandon - Scarborough  
William Armstrong - Ottawa  
Peter & Ilona Dobos - Guelph  
Lois Pearson - Ottawa  
Edna Spee - Oshawa

### OTHER

A C Arthur - Australia  
Thomas Joyce - Colorado  
Sharlene Lundal - Spokane Washington

## ...ANNOUNCEMENT...

### SURREY BUGS - PLEASE NOTE!!! re 60th Avenue Bike Lanes 184 St. to 192 St.

A Public Information/Consultation Meeting  
will be held Thursday, March 16, 1995,  
3 - 7 p.m.

Cloverdale Community Recreation Centre  
6220 184 Street

(next to Don Christian Elementary School)

Hope to see you there!

Mary Eickhoff, Surrey BAC

### LOWER MAINLAND CCCTS CYCLISTS PREPARE FOR THE SENIOR GAMES - Chuck Dick - 604-261-5092

Although the games aren't until September 6 - 8, it's never too soon to start. Those interested in the competitive side of cycling held their first meeting on Thursday, January 19 at Ricky's in Ladner to plan a training strategy. Leo Comeau, former president of CCCTS, set the agenda and chaired

the first meeting. Zone 3 (Greater Vancouver & the Sunshine Coast) & Zone 4 (Upper Fraser Valley) were capably represented by our members and included Dorothy Kennedy, Joy McQuade, Ella Laramée, Tweed Daoust, Vic Pothier, Andre Kaufmann, John Jones and Chuck Dick (Vice President, BC Senior Games Committee - Zone 4). Elds Neufeld, cycling representative for Zone 4, also attended.

Successive Tuesdays were chosen to conduct Time Trials, Road Races and Hill Climbs beginning February 28. Every fourth Tuesday is open for special programs or individual practice. Vic Pothier has made arrangements with Bill Wenting of Wenting Cycles, Mission BC to obtain the use of sophisticated time equipment. He has also marked out a 16 k course (the official Time Trial distance) on Barnston Island for our use.

Members who missed the meeting but would still like to give 'going a little faster' a try, either regularly or occasionally, give Leo, Vic or Chuck a call. Keep in mind, the Seniors Games being held in Oliver/Osoyoos this year have many other activities besides cycling that may draw your interest. As seniors or older youngsters we are fortunate to have access to the Canada Seniors Games, the US National Seniors Games and the World Seniors Games. It only takes a little determination, heart and soul. The US nationals this year has cycling competitors in the 80+ category, at least two of whom are over 100 years young; one being 103.

As the T shirts say; JUST DO IT! We will keep you posted on progress. A special thanks to Leo for pulling it all together.

*Editor's note: The Club's constitution does not provide for the promotion of competitive cycling. The purpose of publishing this article is to keep you informed of the cycling activities of some of our individual members.*

### CLUB JERSEYS - Andre Kaufmann

A limited supply of club jerseys is still available in all sizes at \$55 each. If you are interested please contact Andre at 12986 Old Yale Road, Surrey, BC, V3T 3B8 or phone 604-581-3923.

### LET'S SHARE THE ROAD - Marion Orser

Let's Share the Road is a campaign to change the attitude and behavior of motorists and cyclists so they learn to share the road more safely and

efficiently. An increase in the goodwill between motorists and cyclists is anticipated.

The kickoff is on April 1st at the Plaza of Nations in Vancouver. There will be a VIP ride, and a short family ride as well as the Pacific Populaire, a citizen ride of 25, 50 or 100 k.

Cycling BC will have a booth at the sports show and CCCTS has been asked to participate. We need volunteers for two hour shifts and would appreciate your support. Please contact me at 737-8483.

There will be more information forthcoming about the 'Share the Road Campaign'. The main organizer is the Advocacy Committee of Cycling BC of which I am a member.

### **CHRISTMAS DINNER - VICTORIA -** Rae Wohlschlegel

The dinner was held at Columbo's on Tuesday December 14th and we were delighted that Bert Robinson as well as Eva Folk and Ken Grieve from the mainland joined us. The food was enjoyed by most with the usual din of social chitchat which subsided into almost total silence when eating commenced! Attendance was 57 including spouses and friends.

By the way there are 67 members of CCCTS in Greater Victoria plus 23 more up island.

### **VANCOUVER ISLAND PICNIC**

The second annual Vancouver Island picnic is being held on May 10. Mark the date on your calendar now. Everyone is welcome including those less fortunate folk who do not reside on our island paradise. We will have more information on the March & April Newsbriefs.

### **FOR SALE**

*Automaxi rooftop bike rack* - fits any size car with or without gutter. It is set up for 3 bikes, adjustable to any size or type. New \$400, will accept \$175. Carl Dukeshire 604-658-2696

### **ODDS AND ENDS**

By 1996 in an effort to curb pollution and bicycle theft, Copenhagen hopes to have 5000 *Bycykels* (city bikes) on its roads. Danes will be able to get the bikes from coin operated machines that will return their money when the bike is returned.

In Portland Oregon, 100 lemon-yellow bicycles have been scattered around by a local community group. A notice on each says 'Please Return To A Major Street For Others To Reuse'. After the first four weeks of the program none of the bikes appeared to be missing.

### **TOURING IRELAND - Rowan Ley** *Continued from the January Newsbrief.*

Our first glimpse of the Emerald Isle from the deck of the Stena Hibernia was a gray landscape enshrouded in mist which turned into a light drizzle by the time we landed in Dun Laoghaire. But all was not dull and gray thanks to the warm and enthusiastic welcome we received from Vicky and Cathy who had flown from Calgary to Dublin to join the tour. That evening I got my first of many examples of just how obliging the Irish really are. The rest of the group had gone ahead to a pub for a drink and dinner. Not being quite sure where they had gone I asked directions. "Well," your man said "I think it's three streets down, and then turn left and then come to think of it, maybe its not; but for sure its in a wee bit of a building and you can't miss it once you see it -- should you ask another time I will know for sure." It seems the Irish are so inherently friendly they feel obligated to give directions even if they haven't the faintest idea of where you are going. From then on I asked directions frequently, whether I needed them or not; it was a great way to meet people and to start a conversation just as long as you did not rely on their directions.

Our only specific plan was to travel clockwise around the island to take advantage of the prevailing winds. As it was not practical to pre-tour, there was no pre-determined daily itinerary and I think we all had our own idea of what we wanted to achieve. In my own case, I knew I wanted to have the time and opportunity to cycle around both Southern and Northern Ireland and to spend time with my wife's relatives. How I was going to accomplish these goals I did not know.

On our first cycling day we headed south for Wicklow. We had not gone far before we heard grumbling about the roads. Southern Ireland is reputed to have the worst roads in Europe. A reputation I don't think any one of us would dispute. There is a joke in Ireland where the passenger in a car, on seeing 2 ears protruding from a pothole, yelled "watch out for the rabbit", after a moments hesitation the driver yelled back "it's no rabbit -- it's a donkey". A slight exaggeration but you get the picture.

Wicklow, and a rest day, gave us our initial chance to explore and meet the Irish people. I was able to wander along the cliffs guarded against some improbable enemy by many large and ancient cannons. I politely declined an invitation to join a group of local ladies taking their daily dip in the frigid waters of the harbour. Further along the jetty I stopped to chat with a fellow who had brought his sons to fish. He told me how the sea used to be alive with fish and now they were nearly all gone. He also told me how the plant in which he had worked for most of his life had closed and there was now no work available. He was so nice and it all seemed so hopeless that my heart went out for him. This was one of the reasons I came to Ireland; to meet the people and listen to their stories, some of them happy, others sad. Of course another reason was to experience the scenery and visit some of the magical places so steeped in history and legend. The delightfully picturesque scenery south of Wicklow gave me a taste of what was to come. The golden yellow gorse bushes standing in bright relief to the emerald green of the fields, and the ever present sea with its white breakers crashing against cliffs or slowly dying on seemingly never ending beaches. Ireland is considered by many as the golfing capital of the world with its 245 courses, many of them world class. Seeing them nestled along the edges of the cliffs, with the wind gusting off the Irish sea, they certainly must be among the most challenging. I stopped to explore a 400 year old vacant lighthouse which had been replaced after 200 years with a new one closer to the sea. This one was also vacant replaced by a newer one about 10 years ago right on the sea. This is Ireland, the old and new side by side, its heritage on display wherever you look.

Our next destination was Glendaloch (Glen of the 2 lakes), probably the best known of all the Irish glens. It was a lovely cycle along quiet country roads, much of the way lined with trees whose branches formed an interlocking canopy overhead. On the way we stopped to explore an old woolen mill, tucked in the woods, with its looms long since idle and cloaked with spiderwebs. Artifacts lay around as if everyone, for some inexplicable reason, had just got up and left. Glendaloch is typical of Irish ruins with the roofs of most of its building long since caved in; with its grave stones, leaning in all directions like drunken soldiers. It was only after I had been in Ireland for a short while that I came to appreciate just how much more rewarding and interesting it is to visit places like Glendaloch if you are aware of the fascinating history and legends associated with them.

Little did I know that this would be the last full day I would be spending with the group. The next morning I cycled with our new friends from Calgary for the first part of the ride after which I decided to catch up to the two Johns and Ray. I rode hard for 2 or 3 hours eventually arriving in the village of Tullow with no sign of them. After waiting a couple of hours I started to get a sinking feeling that I had somehow mistaken the directions Ted had so carefully given me. I recalled passing a road sign for Carlow a few miles back and wondered if that is where they could have gone. Doubt slowly eroded reality as I convinced myself that I was in the wrong town and with considerable misgivings headed for Carlow. I had no road maps and only a vague idea of where I was. As the route deteriorated into country lanes it rapidly became obvious that I was in trouble. Any vestige of hope of finding my fellow travellers vanished when I finally arrived in Carlow, a very busy industrial centre. I felt very much alone and lost.

The sun was now low on the horizon and it was time to look for a Ba Ba, but I was off the regular tourist route and I hadn't seen one for hours. After numerous false starts I finally got some complex directions to a Ba Ba in the village of Gorsebridge some 20 miles distant and well off the main road. To the best of my recollection it was the one and only time I received accurate directions and had no trouble following road signs on country lanes. It seems the Irish youth take great pleasure in changing road signs to face the wrong directions. This is made rather easy because they are on round posts and just have to be loosened, turned to face a different direction, and than tightened. They caused me to become lost on several occasions later on my tour.

Any words I might say describing the Ba Bas we experienced while in Wales or Ireland would be inadequate. With few exceptions they were superb. But the one in Gosbridge was unique. On my arrival, the host showed me my room and in answer to my question as to where I could eat, he informed me that food was not available in the village, but no problem, I could eat with them. He then disappeared. Later his wife and child returned, not the slightest bit disturbed to find a stranger alone in their home. On being informed that I expected to eat with them, she replied, "oh! he has done that again has he!". However, I was treated to a great meal, and it was one of the few times I ate with a family in an Irish Ba Ba. It was an interesting evening and very late by the time my host finished telling me about the history of the town and how it had become one of the principle horse trading centres in Europe. I later

realized that I shouldn't have been concerned about the remark made by my hostess as the Irish are very open and tend to say what they are thinking which is rather refreshing. I feel a way of life has been lost as the Irish Tourist Board requires Ba Bas to have separate dining rooms for guests, fortunately my Gosbridge Ba Ba was not a member. After an Irish breakfast of fruit juice, a choice of cereal or porridge, a couple of free run eggs along with superb back bacon, sausages, tomatoes, black pudding, toast, Irish bread and coffee or tea I began to realize I liked being on my own. It provided more opportunity to meet people, I could make my own decisions and it would solve the problem of how I was going to meet my cycling objectives and visit relatives.

I knew our group was bound for Kilkenny, which is quite a large town, so I headed there with an uncanny sense of confidence I would meet them. Sure enough they were on their way to Kilkenny castle when John Jones saw me. After telling them of my plans and saying our farewells I headed for Carrick-on-Sur to visit relatives and pick up some road maps while they had a rest day in Kilkenny. I was not to see them again for over 6 weeks when we would meet in Heathrow for the flight home. I think Ted was rather concerned about someone cycling around Ireland on his own who couldn't stay awake on his bike and whose knowledge of bicycle maintenance did not go beyond changing a tire.

I cannot begin to cover all the places visited and experiences experienced over the next 6 plus weeks so will restrict my remarks in next month's Newsbrief to a summary of my journey together with some of the more memorable highlights.

p.s. In case you wondered, I was right in the first place, I should have waited longer in Tullow. Where they got to I still do not know.

### **RECIPE FOR HAPPINESS**

*Take a cup of kindness  
Add a dash of charity  
Mix with understanding  
Add a bit of courtesy  
Top it off with patience  
Sprinkle liberally with cheer  
Serve generously to everyone  
You meet through the year.*

### **1995 CCCTS TOURS**

Our tours are designed to fit the needs of both experienced and novice cyclists. They are researched, organized and led by experienced and

committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour co-ordinator. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

#### **HAWAII- Feb. 1 - 14.**

John Peck ; his tour is in progress.

#### **CROSS AMERICA - Feb 2 - Apr 1.**

Barton Howes; his tour is in progress.

#### **ARIZONA- Mar. 5 - 18.**

Bruce Hudson 602-895-5871 (Support vehicle, motels, max 30)

A motel and restaurant tour. The route, all on pavement, is similar to past tours and will include Phoenix, Chandler, Casa Grande, Tucson, Benson, Tombstone, Bisby, Sierra Vista, Nogales (Mexico). We will return to Phoenix via Tucson. \$500 should cover cost of motels and support vehicle. Meals and transportation to and from Phoenix is up to you. Participants must have their money in the office by Jan. 31. No more entries can be accepted after that date. If you are interested, drop me a line at: 26614, So. Truro Dr., Sun Lakes, AZ, 85248, or 'phone me.

Participants: (15) Bruce Hudson, Heather Clark, Fred Shelby, Lennice Hemsworth, John Harvie, Zel Harvie, Mel Kerr, Bette Kerr, Maurice Leduc, Eleanor Woodman, Bernice Gregory, Vicki Bernhardt, Tom Joyce, George Stenning, James Erickson, Albert Redford.

#### **CENTRAL WASHINGTON DAM TOUR May 15 - 25.**

Dan Baris 509-865-2315 or Ian Polley 604-531-6955 (Support vehicle, tenting, max 30).

The planning of this tour is well under way. The planning and reservations are being handled by Dan Baris from his home in Toppenish, Washington. The other logistics are being handled by Ian Polley from the CCCTS office. Arrangements have been made to park vehicles in Orville, which will be our starting and finishing point. Tentative cost of the tour is \$250 Cdn depending on the rate of exchange. A \$25 non-refundable deposit is required by Feb. 10. The

tour route is Orville, Omak, Grand Coulee dam (tour of the dam), Ephrata, Roach Beach, Lake Chelan State Park (tour up Lake Chelan), Fort Okanogan State Park, Omak and back to Orville. For further information contact Ian Polley.

Participants: (30) Dan Baris, Jerry Baris, Ian Polley, Martine Donahue, William Hook, Bob Douglas, Rae Wohlschlegel, Brenda Borron, Art Borron, Pat and Ted Stubbs, Dennis Parsons, Bruce Ross, John Peck, Diana Lifton, Monty Peters, Eva Folk, Elsie Dean, Andre Milaire, Frieda & Andre Kaufmann, Vernon Patterson, Roy Towler, Keith Clothier, Wendy Pearson, Jean Horrocks, Ray & Kathleen Wilkinson, Rose Tanchak, Mary Yaremovich.

#### **VANCOUVER ISLAND - July 10 - 24.**

Diana Lifton - 604-468-5696 (Support vehicle, tenting, max 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 am., 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: (26) Diana Lifton, Al Lifton, Martine Donahue, Rae Wohlschlegel, Dennis Parsons, Bruce Ross, Barbara Faulkner, David Brown, Virginia Brown, Olive Balabanov, Vic Pothier, Rose Tanchak, Mary Yaremovich, Margaret Fyfe, Judy Jackson, Marjorie Murphy Garfield Clack, Diane & Russ Horsnell, Norman Kjelson, Emidia Lepore, Roy Towler, Christina Radnai, Karon Summers, Mary Eickhoff, Rowan Ley

#### **KANANASKIS - Sept 6 - 24 .**

Ted Stubbs 604-321-2784 (Support vehicle, some hostels, mostly tenting, max 30)

Estimated cost \$400, deposit \$100 by February 1, no triflers please!, 1000 km.

Rolling hills, crystalline rivers of the Rocky 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: (17) Victor DePaul, Keith Clothier, Ted Stubbs, Pat Stubbs, Roland Reader, Bob Jordan, Mary Eickhoff, Brenda Borron, Art Borron, Katelyn Jeronimus, Joan Enman, Terry Green, Andre Milaire, Rae Wohlschlegel, Wendy Pearson, Bob Miller, Josie Zewiec

#### **CHINA - November 1**

Martine Donahue 604-689-2743, Dennis Parsons, 604-474-0937.

Deposit \$350 by April 30, 1995. 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.

Participants: Martine Donahue, Bobbie Redmond, Dennis Parsons.

#### **NEW ZEALAND - SOUTH ISLAND - early November for 6 weeks**

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

Estimated cost for airfare, Vancouver to Christchurch \$1772, with one stopover allowed. Duration of ticket 3 months. Accommodation will be reserved in advance in hostels in Christchurch, Ashburton, (86k) and Timaru (86k). Further accommodation will be arranged in New Zealand. We anticipate short cycling days allowing ample time for side trips, fishing, which is reputed to be excellent, hiking etc. While the trip will be led by the tour co-ordinator, participants are free to pursue an itinerary of their choice.

Dennis would appreciate hearing from interested participants as soon as possible with suggestions, proposals and questions. Fax, call, write or leave a message at the office.

Interested participants: (15) John Jones, Barbara Hetzer, Sonja Joos, Chris & Peter Kabel, Carl & Joyce Dukeshire, George Setterfield, Frank & Jennifer Jacobsen, Albert & Noreen Redford, Art & Brenda Borron, Bruno & Cathie Freigang.

*Editor's note: Some of these participants might be considering the 1996 tour.*

## 1996 CCCTS TOURS

### WESTERN AUSTRALIA - Mid Sept. - end of Oct.

Rae Wohlschlegel 604-592-6680 (either totally self contained or with an accompanying vehicle for emergencies only - not to carry luggage nor equipment for group meals).

Rae has relatives in Perth who are helping her plan a 1200 to 1500 k circle tour around the coast of West and South-West Australia, starting and finishing in Perth. She anticipates using a combination of camping, hostels and motels. Rae would appreciate hearing from anyone interested, to determine the type of accommodation and support vehicle prospective participants would prefer.

Interested participants: Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen and Chris Kabel.

### NEW ZEALAND - SOUTH ISLAND - early Nov. for 6 weeks

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels)

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

## TOURS NOT SPONSORED BY CCCTS

### EUROPE - May 1 - Sept 30, 1995

Marion Orser - 604-737-8483

Marion is planning a self supported, tour, she anticipates cycling through Wales, Ireland, Greece, Italy, Switzerland Austria, Germany and France. She plans to establish meeting points for anyone interested in participating in a specific segment. If interested call Marion for details. She is planning another meeting towards the end of February.

### ALASKA CRUISE & RIDE

Alison Gardiner, associate editor of Maturity Magazine, has informed us about an interesting opportunity for an Alaska adventure on the SS Universe. From October to May this ship is used as a floating University. In the three summer months it is leased for 14 day cruises on the Alaska tourist route. The 1995, July 2nd, 16th and 30th sailings feature escorted bicycle tours in

8 Alaska ports. Cyclists can opt for short or long tours with a range from 12 to over 50 miles. The cruise is known for its informality and educational focus as well as for offering more ports-of-call and more time in each port than any other cruise line. Group rates are available. Anyone interested should contact Experience Plus 1-800-685-4565.

## 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 occasionally try different destinations on the 2nd Sunday of each month.

**Tuesdays/Thursdays:** Meet at 10 a m at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

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

## VICTORIA WEEKLY TRIPS

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

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

## OTHER CYCLING OPPORTUNITIES - Chuck Dick - 604 -261-5092

Chuck has provided us with a long list of cycling opportunities and fun rides offered by cycling clubs in Washington and Oregon ranging from 25 miles to a 3 day Orcas Island Tour, or to a 48 day Coast to Coast bicycle classic. If you are interested in participating in any of these rides contact the CCCTS office or Chuck.

*Editor's note: As a means of meeting new people and expanding our horizons it might be rewarding to contact some of these clubs to determine if they would be interested in getting together for a 'one day' ride which, if successful, could be an annual event. We will persue the idea if we receive positive feedback. Either call Chuck or leave a message at the office.*







Vol. 12 No. 3

March 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Most of our members are over 50.

Membership fees: single - \$25; couple - \$35  
The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the first of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan 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

**PRESIDENT'S CORNER**

As I sit and write this little piece for the Newsbrief, I'm looking out the window and enjoying the Spring like weather, the early bulbs are beginning to show their variety of colours and the trees are starting to bloom. This past week there has been great weather for those of us on the west coast to get out and cycle our favorite routes.

The Hawaiian tour is now complete and a special thanks is extended to Margaret Hornby for her interesting description of her experiences on the Big Island. Judging from the report submitted by Joan Engman, Barton Howes seems to have done a great job in planning the Cross America tour which is still

under way. The Arizona tour will be almost over by the time you read this report. They should have had good cycling this time of year, not too hot during the day but still cool first thing in the morning.

At the last executive meeting a committee was struck to take a look at our constitution and by-laws. This is the first time an overall review has taken place. The committee will be asking for input from the membership in due time. There is no date set to finalize this undertaking.

I'm glad to see our Vancouver Island members are planning their second annual picnic on May 10th. A number of us 'mainlanders' partook of their hospitality last year and had a most enjoyable day. So mark it in your calendar and plan to attend.

That's it for now. I'm going to close this and get on my bike and put on a few miles. Happy and safe cycling.

**SPRING ANNUAL GENERAL MEETING**

**Don't forget the SAGM on April 5th at the South Delta Recreation Centre, 1720 56th St Tsawwassen - 11am to 1pm. Refreshments will be served.**

**EDITOR'S NOTEBOOK - Rowan Ley**

Once again it has been panic-city to get this edition to press due to taking a week off to experience my first (and superb) exposure to skiing with an Elderhostel in Wells Gray Park, and due to a flood of last-minute material. Space did not permit us to include all the material received, including my own discourse on the Irish tour. We hope to rectify these omissions in subsequent editions.

Watch Shaw Cable, South Surrey/White Rock, for an interview with John Peck about CCCTS, Mar 30 - 9 p.m., Mar 31 - 7 p.m. & Apr 2 - 7 p.m.

## LETTERS TO THE EDITOR

Letter from Horst Hees:

Dear Friends: Thank you for your generous messages of support, flowers, gifts and personal visits. I am grateful to you. I credit my relatively rapid recovery so far to your strong show of compassion. Thank you.

Some unusual thoughts drifted through my head during the first weeks after the accident and I beg the indulgence of those of you who were subjected to my strong philosophising during that time.

The person who ran her car into my scooter is my age, takes full responsibility and is being charged by the police for the accident.

My injuries are: fractured left fibula, tibia, femur, malleolus and little finger. On the right side it is a fractured scapula and thumb along with many contusions and abrasions to the head and leg. I am happy to be alive and still have my left leg and foot and happy to have so many of you as friends.

Josephine has been a tower of strength in support of my recovery and I give her a lot of credit for saving me from an amputation. Last summer she was riding her bicycle one Sunday and as she passed a man and his daughter on a tandem starting up a hill, their chain snapped. She went to a member's house for the tools to fix the chain, helped them with the repairs and returned the tools. After my accident Josephine was called into the O.R. where the doctor turned to her and they recognized each other from the 'chain repair event'. Josephine pleaded with him to save my leg - fellow biker and all, because I could not speak for myself. I still have my leg. Thank you. Keep on cycling. Love, Horst

### WITH REGRETS - A W (Bert) Robinson

I received, belatedly, a card from Doris Hook stating her husband, Jack, died December 20, 1994, in his 82nd year.

Jack was a 'highlight' person on both the Cross Canada and Antipodese tours. He knew what the Society was all about and appreciated it accordingly. I shall miss him in my own way.

### VANCOUVER ISLAND PICNIC

Don't forget to set aside May 10 for the big event. We will publish full details of this very special occasion on next month's Newsbrief.

## ODDS 'N ENDS

Falls from your bike are OK providing you learn a lesson. In other words : Don't waste a perfectly good fall, or you'll just have to do it again. *Thanks to Bob Douglas.*

### *Quotes to tickle your fancy:*

I want money as quick as I can get it. I have been in bed with a doctor for two weeks and he doesn't do me any good. If things don't get better, I'll have to change doctors.

In accordance to your instructions I have given birth to twins in the enclosed envelope

I am forwarding my marriage certificate and six children. I had seven but one died which had been baptized on a half sheet of paper.

Mrs Jones has not had any clothes for a year and has been visited regularly by the clergy.

## WELCOME TO NEW MEMBERS

### BRITISH COLUMBIA

Fritz Hagedorn, Victoria 604-479-6718  
Janice & Ron Pickerill, Vancouver 604-261-2403

### PEDALWISE TIPS BY CEEDEE

Chuck Dick

Within our club, there is a mix of riders and an equal mix of cycling equipment. Mountain bikes, tandems, racing bikes and even the odd unicycle or tricycle. There is an equally large mix of skill levels. Most arrive at a given skill level as a result of experiences in youth, additional experiences later in life and some engage in course work and certification. Regardless, each of us make mistakes in our approach to various situations that places us in jeopardy countless numbers of times. For the cyclist who leaves the 'comforts' of the day ride and embarks on a touring career, the margin for error decreases considerably. With your assistance in identifying areas of concern, with the collective wisdom of expert cyclists both within and without our club and using my own practical and 'academic' experiences, I hope to present some general information, some fairly specific and sometimes technical information and to provide answers to your questions and concerns.

For the first column we'll assume you had a good experience at the bike shop and obtained the right bike for you. A good bike is like a good suit of clothes - a perfect fit. The right handlebars, frame fit, seat height, crankcase arm length, gear selection, shifting mechanism, type of racks, rims, tire size etc., should all have been part of the selection

process when you purchased your touring bicycle. Once your basic, fairly expensive bike is at home, the agony of making a decision on lighting, computer, panniers and clothing arises. There are considerations with respect to the construction of each of your accessories and of course to the weight. Knowledgeable and experienced backpackers often have less trouble when it comes to weight reduction techniques. In future columns we will try to touch on many of these considerations. Because many of us like to "upgrade" our equipment you may find this information helpful in doing so.

Probably your check list for summer touring is already extensive but at the top of that list should be your helmet. Helmets subjected to years of outdoor use/abuse and to the extensive ultra violet rays of the sun may be due for replacement. Information available seems to indicate that a life span of five years is a general rule. At the least, periodically check the pads to see that they are providing good cushioning between helmet exterior and your head and that they haven't slipped out of position. Check the buckle and the strap for wear and check the adjustment for length. After you have checked and/or replaced the pad you should not be able to push your fastened helmet backwards or forwards more than one inch. Helmets subjected to a fall, even from a chair or table, can crack, particularly if they are older, in which case replace them, don't give them the old duct tape treatment. Don't hesitate to add a little extra reflective material either. For rain there are a few nice waterproof helmet covers available.

See you next month with tips on those all important wheels, spokes, rims and brake checks - areas we sometimes take for granted.

*Editor's note: Chuck has volunteered to write a monthly column on bicycle safety/maintenance and would appreciate contributions from members.*

## **MOUNTAINBIKE CROCODILE (DUNDEE) TROPHY 1995 - Ken Grieve**

Vague rumours have been circulating about the office, in the air so to speak, that two teams from our Society may have entered this contest for \$100,000 PRIZE MONEY, not official teams, but purely private and voluntary. One can only speculate as to whether it is the prospect of winning the money, or the superb challenge. This stage race is 2,556 kms, 18 stages varying, 54 kms to 230 kms (one rest day included), from Darwin to Cairns through the 'Kakadu National Park', including scenery from the world movie hit "Crocodile Dundee", through Australia's untouched wilderness to the Great Barrier Reef. The 'climatic conditions' at this time of year,

the 18th of May to the 4th of June, has temperatures climbing up to 30 degrees Celcius during the day and in the evening falling to a pleasant 20 degrees.

Each team of 8 is provided with a vehicle, one mechanic and a coach. Cost per person is US \$4,150 from Los Angeles, California (all inclusive). "The CROCODILE TROPHY" can be compared with "Paris-Dakkar" in motor sport and is the most difficult mountain-bike-stage-race in the world. Spare parts and food supply depots will be installed every 50 kms. For medical care a helicopter is available to the team of doctors.

The office grape vine (we have one of those too, you know), has it that a men's team may have been organized by Chuck Dick or we're not sure maybe it's Ted Stubbs, drawing on members; like Romeo Quinter, Leo Comeau, Doc Watson, Colin Edge (the Iron Man), Ken Hanna, John Jones, Rollie Reader, Vic Pothier, Tim Tettamanti (for the sprints), Tweed Daoust and Mario Lovericic. It is suggested that Dennis Parsons may be there to look after the liquid refreshments required to fuel this enormous endeavour, in the steaming jungles of northern Australia. Additional support personnel may be Ian Polley or Al Lifton to drive the vehicle and Al Hollinger to fend off the crocodiles (and race of course), and John Peck to organize everything efficiently.

One may only speculate, but the rumoured women's team is likely drawn from members like Felice Bennekou, Mary Eickhoff, Noreen Redford, Sylvia Mather, Josephine Chapman Hees, Katryn Jeronimus, Mathilde Klassen, Audrey Hayes, Ella Laramee, and Grethe Winkler. Marion Orsor, as the long distance randonee ace, is rumoured as possible leader, with Bernice Gregory in charge of health and sanitation.

In any case, if two teams of eight have actually been organized, we wish these very adventurous people the best of luck. May they, one team or t'other, come back to Canada with the coveted "Crocodile Trophy" and with a fair share of the cash prizes!

*Editor's note: Ken had included my name but I felt preference should be extended to those participating in the training program for the seniors games.*

## **CYCLING SNOWBIRDS - Joan Engman**

It's San Diego, Feb. 2 & 3, and a great reunion time for twelve of the 1993 Cross Canada members. Hugs, laughter, and fond remembrance, and no one has changed. What a good feeling to be back together again, eager for another challenge. Adding

experience to our group were Doc Watson, Garfield Clack and Joan Enman; adding 'class' were newcomers Betty Darvell-Jones and Cathie and Bruno Freigang.

Our first major cycle day saw us all smiles and confident, each with our Maple Leaf proudly displayed from our packed panniers. Jim had parked the 'Budget' in front of the hostel. A passer-by commented, "When they turn the corner, they'll all jump in the van", No way!

Only when we were confronted with the seemingly endless climbs of the Santa Rosa Mountains did our enthusiasm wane. With each climb one expected the road to plateau, but there was another climb, another corner, and another climb. Even a posted summit sign did not give downhill relief. Exhausted we arrived at our dusty desert campground in Campo. Betty summarized it up in one word, "Christ!".

Spirits quickly revived as our CCCTS tent city unfolded. A shower, great meal, jokes with lots of laughter and the rigours of the day were placed in back memory.

Roy Towler, your electric light invention has been indispensable on this tour. It's pitch black from 6 p.m. to 6:30 a.m.

The prospect of a killer cycle loomed before us on Day 2, but after 24 km of long steady climbs, our rewards were forthcoming. A 20 km downhill (6% grade) through a gorgeous granite stone canyon was followed by a gradual decline right to our camp site. The melody of the meadowlarks encouraged our determination.

Highlights of California in the next few days included:

- magnificent sand dunes;
- 15 to 20 workers beginning a hot, back breaking day in the lettuce fields. How lucky we were;
- miles and miles of mobile homes, the other Canadians?
- a square mile of O pasturing (depressing);
- the Colorado River with very sparse water (prosperous farming areas as a result of irrigation from the Colorado system);
- luscious orange orchards.

It was party time in Dateland, AZ. Faye's birthday with wine, balloons and Leila's super supper, and tributes to this fine cyclist, energetic, enthusiastic gal who starts and ends every day promoting fun times. What a gal!

Arizona won our hearts. Highlights included:

- Casa Grande Ruins National Monument. How humble one feels as you view the Casa Grande or Big House, built by Hoboken Indians in the 14th century. This ingenious prehistoric culture used irrigation to successfully grow corn, squash, beans and cotton;
- the scenic Pinal Pioneer Parkway whose wild desert gardens housed many fascinating cacti, sage and desert bushes (many with name plates). But

we learned quickly never to enter those fields with our bikes. These desert beauties have a thorn that effectively flattens a tyre in seconds;

- the Inn at Rancho Sonora. A picturesque oasis with a multitude of different cacti. The owners, Linda and Brent Freeman, extended a hospitality second to none. And we loved it;
- Catalina State Park, where saucy road runners strutted their stuff and Alice-in-Wonderland rabbits with out-of-proportion huge ears stay motionless;
- GABA (Greater Arizona Bicycling Association) hospitality. Richard Case and friends rented a 15 passenger van so we could visit the Sonora Living Museum, Biosphere II, and have a tremendous evening of Mexican food (La Fuente's Mariochi music, and pitchers of margaritas). Thanks, GABA. We all purchased GABA shirts as mementos of this special day, and do we look great;
- and then our 'downer' came. Ben Kihlman had been feeling miserable, seen a doctor, and been ordered home for intensive care. Ben we miss you so much;
- Our cycle through the long miles of Tucson without error (although we can't forget Lise's four flats). Tucson's clearly marked bicycle paths and their 'Motorists Yield to Bicycles' heightened our day;
- the hospitality of Benson's Chamber of Commerce, and the Butterfield Cycling Challenge members. They erected our wet tents, then after the Cycling Snowbirds had transformed into respectability with showers and clean clothes, they whisked us off to a super spaghetti dinner. Laughter, stories and questions evolved as we exchanged life cycling histories. As a finale, our hosts presented each of us with an 'Into the Lands of Cochise' T-shirt, with their association's name source. Thank you Benson, we'll never forget you;
- lunch at the summit of Texas Canyon, el. 1516 metres;
- Tornado-like winds and rain at Bowie, but we're survivors, and by eight next morning we were headed for another state and new experiences;
- what would highlights be without a human touch, e.g., Doc's bicycle expertise was constantly on call, always available cheerfully and with a sense of humour. Our newcomers, Betty, Cathie and Bruno, quickly and jokingly mastered the shelter set-up, cooking team duties, etc. But the strength and cycling skills of the Freigang pair as they tackle the hills in high gear, and with a smile, brings only admiration and 'glad you're one of us' thoughts.

Our cycle through southern New Mexico was too short and only on the last day did we begin to enjoy this old culture. Highlights included:

- the fields (we cycled on a plateau surrounded with low mountains), polka-dotted with Yucca, New

Mexico's state flower;

- the constant hum of huge transport trucks, for we spent a lot of time on Interstate 10. Drivers were great with lots of 'toot-toot' encouragement, and very few 'Blast, Get Off My Road' messages;
- cold nights, chilly mornings, and sun-burn noons;
- a beautiful country road from Los Cruces to El Paso city limits, small villages with happy dark-skinned inhabitants, adobe huts, endless pecan orchards, roosters crowing and birds singing;
- ice cream treats on the outskirts of El Paso and then 35 km (we had expected 16) through El Paso main streets to reach our camp site;
- seeing the lights of Mexico from our tent location;
- a Sunday tour of El Paso, Mt. Franklin, where the Franklin mountains end, the Tigus Indian Reservation depicting their history, and a very busy new casino. Perhaps the most sobering was to glance across the almost dry Rio Grande to a poverty (workers receive \$3 a day) section of Ciudad Juarez, Mexico.

We are cycling Texas now and there is a constant reminder of how very old this state is. The villages look almost abandoned, houses falling apart; but those we meet are most interesting and friendly. Highlights have included:

- Angie's scrumptious pecan pie. Barton presented the owner with a CCCTS Certificate of Appreciation, something Barton does when our needs are accommodated with extra special care;
- Vernon's six thorn punctures for taking a five foot short cut to lunch;
- Betty's sighting of a bobcat chasing, catching and killing a rabbit;
- arid rangelands (but for some reason the cattle look well fed), yuccas are prickly pear cacti;
- dinner by a spring-fed stream in Balmorhea after a day's cycling through dry, unforgiving country;
- a gorgeous perfect cycle through the Davis Mountains (elevation gain 610 m - 2000 ft, but good grade) stopping for historical markers and every rest stop;
- long horn steers, majestic as their sad eyes follow us;
- the very old (over 100 years) historic Ft. Davis. It also happens to be the highest town in Texas;
- Davis Mountains State Park, where the mule deer and families of javolins walked unperturbed through our camp site, perhaps lulled on by the constant cooing of doves.

We've almost cycled half of our total distance. We've had more flats than we care to remember (16 in one 24 hour period). Donna, your title as 'Flat Queen of the '93 Cross Canada' is about to tumble. We've had long difficult days and perfect days. Although our numbers have decreased to 14. Cathie and Bruno\* had to return to Calgary's work force, and Joan Enman regretfully had to return home due

to the serious condition of her mother's health.

\*In a farewell tribute to Bruno, John compared him to Gentleman Jim of the '93 CC tour. A greater compliment could not be paid.

*Editor's note: Thank you, John (Peck), for entering this report.*

## HAWAII - THE BIG ISLAND - Margaret Hornby

"Aloha", Isaac greeted us on the beach. Next thing we know we are all shaking hands and returning his greeting. Barb hugs the smiling Hawaiian. The beach we are standing on is across from the very bay where Captain Cook met his demise. A different reception from the mistaken second visit of Captain Cook for Barb is now buried in the huge arms of a smiling Isaac. Aloha never seemed so sweet ... and so it went, a holiday to remember.

The first sight of the large island through the small window of the airplane was of blackened volcanic rock and turquoise beaches with rolling surf. We stepped on the ground and were presented with a necklace of miniature shells and a glass of delicious papaya, pineapple and mango juice. Naturally we were welcomed with the familiar greeting, "Aloha" Everyone helped each other (somehow this set the mood for the trip), our bikes were assembled and we were on the pavement on our way to the Kona Bay Hotel. Thank you Jack for the help with my falling pannier. We arrived at a small oasis of palms that surrounded a lovely pool that we could view from our rooms.

It didn't take long for Bill to sniff out the best snorkelling beach at Kahului Bay, 14 k from our hotel. All of us were astounded at the number and variety of fish we saw in this little bay. The bright yellow fish with their snubbed noses made me laugh out loud which is not a good idea when you are snorkelling. The next day we were out shopping for masks and snorkels. Everyone was sunburned (except for Josie who rubbed herself down with a #30 screen).

After a rest day (a misnomer as we never rested, but more on that later) our next destination was Captain Cook and the Manago hotel. The view from our balcony looked over the valley and distant Kealakekua Bay. The superb Japanese gardens were tended with loving care; the old historic hotel was built in the last century to provide a simple dish of rice and a mat for the Japanese workers on their way to the sugarcane plantations at the end of the Island. Later that day we walked down to the Captain Cook memorial. It was a difficult walk but again the water was filled with a myriad of coloured fish. By mistake

I wore the wrong shoes which made the two hour hike a lot more difficult. By the time I got to the beach the group were all face down enjoying the snorkelling.

Next day we cycled down to Isaac's beach. After our special welcome we went to another special place called the Queen's bath, a large volcanic pool at the edge of the ocean. Next we were on our way to the Place of Refuge, Puuhonua O Honaunau National Historic Park, that has preserved the special Hawaiian thatched houses of prayer and places of sanctuary. We ran around quickly, having spent too much time in the ocean with the huge turtles. I practically choked to death when the salt water got into my snorkel. Same day: it is now getting lunch time and everyone is ready to go back up the hill to have lunch. A lovely spot with a garden (I didn't get a chance to see it) called Arlene Wakefields Botanical Gardens. Back on the bike, up the hill to the Manago. I fall on to my bunk in relief. At dinner Bill told us about trying to catch a ride on those huge turtles after I had mentioned following one at some distance. As soon as Bill touched the turtle it swam away "wiki wiki" (Hawaiian for hurry hurry!).

Day 5: We had a longer trek to the south point of the Island to Naalehu. The scenery is lovely, as we ride along the coast most of the way. It has gradually got greener and greener and when we come down the hill to the little town we are in a verdant tropical forest. The modest hotel is surrounded with lush trees, the oranges are falling on the ground. We are presented with some as soon as we get off our bikes. Three of us are bringing up the rear, Lee and her patient husband Ken, and myself. We let the road runners go ahead.

Day 6: The 62 k road to the volcano. We will ride from Naalehu at sea level to Mauna Loa at 4169 feet above sea level. This was the challenge. I started off fast right behind the steady Josie, lost ground when I had to take off my jacket and get a drink. Got back on, road steadily till the heat made the gradual grade a real \*\*\* (censored). Pass the farm where last year Lee had bribed a farmer to take her up the mountain. Tempted, but the dog in the yard deters me. I get back on my bike, it's hot. I stop for the Hawaiian meal I have in my doggie bag. Wolf it down without a spoon, move on because the wasps smell the pork. The trees that look like artificial Christmas trees have bright red flowers that look like paint brush, I notice when I stop for a closer look. Back on the bike. The cars race by. The day gets warmer. I rest many times when I can find shade, so I cannot believe that Lee and Ken are still behind. I could walk faster than I am riding my bike. When I get up to the top I go to the park headquarters to ask directions. Lee and Ken pull ahead. They arrive at Hale Kilauea before me.

When I arrive in the rain, a worried Bill is outside. He extends congratulations with the familiar handshake for the true and valiant, as well as an intrepid cyclist.

The volcanic village is close to the park and crater. We all join up next day, stopping at the visitor centre to view a video of the active volcano, Kilauea. Then we cycled around the crater. Took a lot of pictures of the volcanic landscape. It resembles a blackened moonscape. We also walked through a lava tube. While the others walked across a crater I cycled home to rest.

Day 8: It's all downhill to Hilo! Hurrah! Cathy says she was clocking 35 k (hope that right). Anyway she was burning (as usual she heads the road runners). The next day we rent a van and go back up the hill to view Kilauea at night. It had disappeared, but we got a quick glance of a nude male enjoying the surf.

Ken chauffeured us back up to the volcano. We drive through the blackened landscape almost to the foot of the mountain. We see the steam rising, the result of the hot lava meeting the ocean. Then the first sight of the bright red lava on the side of Kilauea, the only active volcano in the world. We got out of the van and walked on the hot black rock to view the fire that burns in small crevices just below the surface.

The next day we headed north to Honaka'a. We got off the main highway and cycled along a back road that wound through a bright tropical garden with varieties of flowering trees never seen before. Another local joined us. Before he left us he shared some cherries with us, thanked us profusely for allowing him to be part of the group from Canada. When we asked his name we were surprised; Ken looked more like an Ashime (nice guy anyway). Continuing down the main highway, the trip became more and more breathtaking, three huge gorges with immense flame trees on either side. It was at this point that I knew I had arrived in paradise.

Next day, after buying four mangoes at the market, we are climbing the long hill out of Honaka'a on our way to Waimea. The road is busy, but the fields are rolling and empty except for the cows. Suddenly I have a craving for milk which I satisfied the next day, drinking it whenever we stopped.

Waimea didn't inspire much elation. The road runners challenged themselves on to the scheduled loop of 81 k to the very top of the Island. My friggin' body knew its limits and there was no way I was going to put it through another friggin' marathon (Sorry, an inside joke). When they got back in the late afternoon they looked exhausted, all except for time-trial Cathy and the Herculean William Hook.

I continued on my search for the old Hawaii of Mitchener's novel. The Lyman museum in Hilo was excellent. Waimea however was malls and the different ethnic groups of Hawaii dressed in cowboy outfits.

Second last day: Must be the wrong road! I follow faithfully behind Bill over the trestle and on to the black top of the official Ironman highway that will take us back to Kona. The road goes along the blackened volcanic rock. Distant turquoise blue ocean can be seen, exactly the same scene I had first seen when our plane arrived. We stopped at the beach of dreams, a state park called Spencer Beach Park. All along that Kailua-Kona coast the beach resorts are beautiful and expensive. But if you wanted to treat yourself... the cycling in the summer on the highway, however, would be hotter than Hades.

When we arrived in Kona it seemed touristy and crowded. Some of the group went back snorkelling. I went to visit an old historic church and swim in the ocean along with the Ironman hopefuls.

It was a sad day. The airport, however, is a pleasant place to while away a few hours. Lee found some palm leaves and wove a lovely mat. I recalled Waimea where Lee taught our Hawaiian-looking proprietor at the motel to weave a basket. Good holidays seem to last a long time. It now seems we have been here forever, old friends, as we sat on the grass surrounded with palms. Don't know about the rest, but I was enjoying the delay, luxuriating in not having to run, cycle or even get back to Vancouver - "wiki wiki".

Thanks group, 'Aloha'

*Editor's note: Barbara Faulkner's report of the Hawaii tour will be included in next month's Newsbrief.*

## 1995 CCCTS TOURS

Our tours are designed to fit the needs of both experienced and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical

condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour co-ordinator. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

**CROSS AMERICA - Feb 2 - Apr 1.**  
Barton Howes; Tour in progress.

**ARIZONA- Mar. 5 - 18.**  
Bruce Hudson - Tour in progress

**CENTRAL WASHINGTON DAM TOUR**  
**May 15 - 25.**

Dan Baris 509-865-2315 or Ian Polley 604-531-6955 (Support vehicle, tenting, max 30).

Arrangements have been made to park vehicles in Orville, which will be our starting and finishing point. Tentative cost of the tour is \$250 Cdn depending on the rate of exchange. A \$25 non-refundable deposit was required by Feb. 10. For further information contact Ian Polley.

Because of the interest shown for this tour, 37 have signed up with 32 having paid their deposit, we reluctantly have to place any new names on the waiting list. The main reason being that Jerry Baris has made all arrangements for accomodation predicated on 20 - 25 participants. We do not anticipate any difficulty with the number at this time. To those of you attending the S.A.G.M. on April 5th I will give further details. Also a letter will be mailed with a full description of the tour. Final payment is required by May 1st.

Participants: (37) Dan Baris, Jerry Baris, Ian Polley, Martine Donahue, William Hook, Bob Douglas, Rae Wohlschlegel, Brenda Borron, Art Borron, Pat and Ted Stubbs, Dennis Parsons, Bruce Ross, John Peck, Diana Lifton, Monty Peters, Eva Folk, Elsie Dean, Andre Milaire, Andre Kaufmann, Vernon Patterson, Roy Towler, Keith Clothier, Wendy Pearson, Jean Horrocks, Ray & Kathleen Wilkinson, Rose Tanchak, Mary Yaremovich, Ray Merness, Ivana Pisotak, Fritz Niebisch, Ann Miller, Katryn Jeronimus, Lee Kraft, Sylvia Mather, Barb Faulkner.

**BIG SKY LOOP MONTANA - July 7 -19**  
Chuck Dick 604-261-5092 (Loaded/self contained); estimated cost - \$300 - \$400 US

Lynn and I plan to take two leisurely days to drive the 603 miles from Vancouver to the KOA campgrounds in Missoula, our starting point. We'll stock up here and enroute rather than bring food from home. We intend to take it easy over the 350 mile tour, 85% of which is paved and 15% of which is gravel. We'll progress east to Clinton, south up the Rock Forest Road to Phillipsburg and south to Anaconda, over the hills and south to the Big Hole River, to Wise River, Elkhorn Hot Springs, south

and west to Jackson Hot Springs, Wisdom Big Hole Nat'l Battlefield, Chief Joseph Pass, Darby, Lake Como, Hamilton, Stevensville and back to Missoula. We're planning on camping, some lodgings, swimming in the Hot Springs, tasting the local spirits and maybe even changing our minds sometimes. Six to eight others, not dependent on leadership, would make a nice compatible group. Some experience with loaded touring is an asset. A mountain bike isn't essential but some substantial tires are - say 700 x 32 with a 'sturdy' tread, kevlar-belted. If you are keen, contact us after April 7 and no later than April 12 so we can make extra reservations at Elkhorn Hot Springs Lodge and at the various campgrounds.

July 6 - Missoula - (The Butterfly Herbs Cafe has great coffee)

July 7 - Rock Creek Campgrounds 35 miles

July 8 - Georgetown KOA 40 miles

July 9 - Anaconda 16 miles

July 10 - Wise River 46 miles

July 11/12 - Elkhorn Hot Springs Lodge 28 miles

(Rest day; we can relax in the outdoor hot pools, ride 44 mi. return to Bannack Ghost town, walk, hike, etc.)

July 13 - Jackson Hot Springs Lodge 37 miles  
(tent or cabins available at \$48 Cdn per night)

July 14 - Big Hole Battlefield Monument 28 miles

July 15 - Moosehead Campgrounds - Sula 29 miles

(There are hot springs on the way where we can swim)

July 16 - Hamilton 43 miles

We'll visit Lake Como, the jewel of the Bitterroots on the way, and attempt to make our way over to the Lost Horse road and its infamous saloon. In Hamilton, at the 'Coffee Cup' there is supposed to be the world's best raspberry pie.

July 17 - Missoula 47 miles

Note: We must look for the Bum Steer Cafe-Bar on the way - great cinnamon buns and a pet pig named Flora.

If you don't go directly home may I suggest you either take Hwy 12 west from Lolo through the Wild and Scenic River Corridor and check out Lolo Hot Springs, Kooskia and Hwy 3 to Coeur d'Alene, or, take Hwy 93 north, except Hwy 35 on the east side of Flathead Lake, through Kalispell to Eureka, than west on Hwy 37 to Libby and then back to Vancouver via Hwy 2.

#### VANCOUVER ISLAND- July 10 - 25.

Diana Lifton - 604-468-5696 (Support vehicle, tenting, max 30)

Estimated cost \$400 (includes boat fares), cycling distance 850 kms, non-refundable deposit \$100 due April 1, balance \$300 due June 1.

Itinerary: Truck to leave Departure Bay, Nanaimo ferry dock at 10:30 am., heading north on Island Highway to Parksville. Carry on west to Port

Alberni, MV Francis Barkley 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: (30) Diana Lifton, Al Lifton, Martine Donahue, Rae Wohlschlegel, Dennis Parsons, Bruce Ross, David Brown, Virginia Brown, Olive Balabanov, Vic Pothier, Rose Tanchak, Mary Yaremovich, Margaret Fyfe, Judy Jackson, Marjorie Murphy Garfield Clack, Diane & Russ Horsnell, Norman Kjelson, Emidia Lepore, Roy Towler, Christina Radnai, Karon Summers, Mary Eickhoff, Rowan Ley, Peter Cordoni, Joan Thompson, Lee Kraft, Rick Jenks, Brian Lamb

Waiting List (3) Bruce Hudson, George Stenning, Kathy McPherson.

*Editor's note: The non-refundable deposit of \$100 has been changed from May 1 to April 1 due to advance deposits having to be made on reservations.*

#### KANANASKIS - Sept 6 - 24 .

Ted Stubbs 604-321-2784 (Support vehicle, some hostels, mostly tenting, max 30)

Estimated cost \$400, deposit \$100 by February 1, no triflers please! 1000 km.

Rolling hills, crystalline rivers of the Rocky 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.

Participants: (17) Keith Clothier, Ted Stubbs, Pat Stubbs, Roland Reader, Bob Jordan, Mary Eickhoff, Brenda Borron, Art Borron, Katryn Jeronimus, Joan



Enman, Terry Green, Andre Milaire, Rae Wohlschlegel, Wendy Pearson, Bob Miller, Josie Zewiec, Barb Faulkner, Ann Miller.

## THE NATCHEZ TRACE PARKWAY BICYCLE ROUTE

Chuck Dick 604-261-5092

America's Most Scenic Highway of Mansions, Magnolias and Old Time Magic. 186 miles north of New Orleans, at Natchez Mississippi, this famous bicycle touring route begins. It ends just short of Nashville Tennessee and going in either direction is equally satisfying - according to Adventure Cycling and the Director of Cycling for the state of Tennessee. Both jurisdictions produce excellent maps. The "Trace" is well served by the National Park Service and it even has its own B & B reservation service.

The history of the old Natchez Trace (trail) predates Columbus' voyage of 1492. Prehistoric native North Americans utilized the numerous animal trails in the area. Hernando DeSoto who wintered just south of present day Tupelo in 1540-41 was the first European to visit the area. As early as 1785 settlers and merchants floated their crops and products down river to be sold at either Natchez or New Orleans. As there was no practical way to get the boats back upstream against the Mississippi current, the boats were dismantled and the lumber sold. The trip home for the "Kaintucks" was overland. The first 500 miles to Nashville were through lands controlled by the Choctaw and Chickasaw Indian Nations. The Trace was established as a post road in 1800. During 1810, the Trace recorded its heaviest use year with over 10,000 boatmen and others travelling north. Among those to use the Trace are such notables as John James Audubon, Meriwether Lewis and Andrew Jackson. Of the many inns that were established to provide food and shelter for travellers, only Mount Locust near Natchez survives. In January 1812 the arrival of the steamboat, "New Orleans" in Natchez heralded a new age of travel and a decline in the use of the Trace.

A bicycle trip along the parkway provides access to over 100 sections of the original Trace. Exhibits along the parkway are designed to help one learn about the historic old Trace and the people who used it. In total the parkway represents about 460 miles of cycling free from commercial traffic.

To travel any significant distance to ride 460 miles would not be economical; however, if we include what is known as the Tennessee Tarbed Connector (296 miles) which joins the Blue Ridge Parkway along the eastern crest of the Appalachian mountains and its northern extension the Skyline Drive Parkway

(also known as the Shenandoah Parkway) we have ourselves a sizeable tour of 1485 miles or 2400 k give or take a few. We also would have traversed some of the most beautiful areas of the US south east, including some very historical areas and some exciting rural roads.

We could start from Toronto and drive south with a support vehicle or start in New Orleans either flying or by Amtrack. I propose a 15 passenger van with an enclosed trailer in which we could carry belongings. Bikes could go on top of the van or trailer. Several days could be spent around New Orleans before driving north to Natchez. We ride the 450 miles to Nashville in 10 - 12 days leaving lots of time to explore and enjoy. We spend several days in and around Nashville enjoying some shows and "a little foot stompin", the things Nashville is famous for, including a river boat ride. We climb in the van and negotiate the scenic Tarheel Connector on our way to the Great Smoky Mtn's Nat'l Park (296 miles - 1-2 days depending on how we feel. We again climb on our bikes for the 541 miles of Blue Ridge/Skyline Drive Parkway ending up in Front Royal some 60 miles from Washington DC. We have taken another 12-14 days including rest days, and we have a passenger van at our disposal to use for sightseeing. We drop off our van/trailer in Washington where we can sight see for a few days before flying or Amtracking home. Total time expended air/van/bike = 36 days. By train add an additional 8 days.

Lynn and I would be interested in a mid September to end of October period this year. Some might be interested in only part of the Blue Ridge Parkway and driving to see the rich historical sights in the area. We are interested in hearing from members with motor homes or van conversions who like to enjoy a family vacation while participating in the cycling. Too often we have to leave those non cycling spouses behind when we venture to far off places. In spite of some minor logistical problems it's worth a try.. We'll camp, motel, or B & B depending on circumstances.

Write to us giving your viewpoints and indicating your interest. Only serious persons please.

### CHINA - November 1

Martine Donahue 604-689-2743, Dennis Parsons, 604-474-0937.

Deposit \$350 by April 30, 1995. 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. Participants: Martine Donahue, Bobbie Redmond, Dennis Parsons, Bob Curr, Augusta Lee

### **NEW ZEALAND - SOUTH ISLAND - early November for 6 weeks**

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

Estimated cost for airfare, Vancouver to Christchurch \$1722, with one stopover allowed. Duration of ticket 3 months. With regard to stopover enroute for this year we have the options; Hawaii, Cook Islands, Fiji, Tahiti, Sydney, and some others. I prefer Sydney because we could stretch the visit to one or two weeks and tour to Cairns and the Great Barrier Reef or visit relatives. In 1996 we would likely travel via Bali. Can you see now the options we can build around the November to mid December South Island tour? Accommodation will be reserved in advance in hostels in Christchurch, Ashburton, (86k) and Timaru (86k). Further accommodation will be arranged in New Zealand. We anticipate short cycling days allowing ample time for side trips, fishing, which is reputed to be excellent, hiking etc. While the trip will be led by the tour co-ordinator, participants are free to pursue an itinerary of their choice.

For those who can make it let's talk more at the picnic in Saanichton on May 10th; then we'll get serious and determine a non-refundable deposit.

Interested members: (19) Barbara Hetzer, Sonja Joos, Chris & Peter Kabel, Carl & Joyce Dukeshire, George Setterfield, Frank & Jennifer Jacobsen, Albert & Noreen Redford, Bruno & Cathie Freigang, Monty Peters, Keith Bower, George Stenning, Sylvia Mathers.

*Editor's note: Some of these participants might be considering the 1996 tour.*

### **1996 CCCTS TOURS**

#### **WESTERN AUSTRALIA - Mid Sept. - end of Oct.**

Rae Wohlschlegel 604-592-6680 (either totally self-contained or with an accompanying vehicle for emergencies only - not to carry luggage nor equipment for group meals).

Rae has relatives in Perth who are helping her plan a 1200 to 1500 k circle tour around the south west coast of Australia, starting and finishing in Perth. She anticipates using a combination of camping, hostels and motels. Rae would appreciate hearing from anyone interested, to determine the type of accommodation and support vehicle prospective participants would prefer. For those going to Perth via Garuda Airlines there will be a stopover in Bali with an opportunity for sightseeing and cycling.

Interested participants: Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen and Chris Kabel. Brian Curtis, Dennis Parsons.

### **NEW ZEALAND - SOUTH ISLAND - early Nov. for 6 weeks**

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels)

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

### **TOURS NOT SPONSORED BY CCCTS**

#### **EUROPE - May 1 - Sept 30, 1995**

Marion Orser - 604-737-8483

Marion is planning a self supported, tour, she anticipates cycling through Wales, Ireland, Greece, Italy, Switzerland Austria, Germany and France. She plans to establish meeting points for anyone interested in participating in a specific segment. If interested call Marion for details. She is planning another meeting towards the end of February.

### **VANCOUVER WEEKLY TRIPS**

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

**Tuesdays/Thursdays:** Meet at 10 a m at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

#### **Wednesdays:**

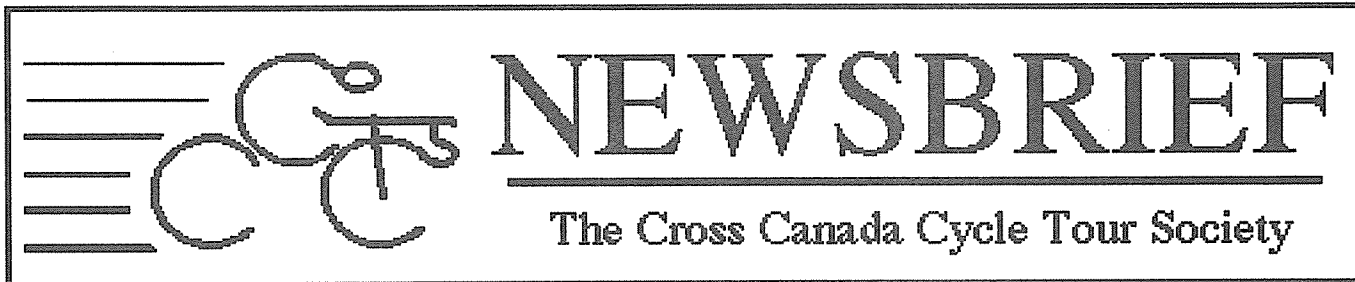
- West Vancouver: Meet at 9:30 a m at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- South Surrey: This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place and destination.

### **VICTORIA WEEKLY TRIPS**

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

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



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April 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Most of our members are over 50.

Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan 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	520-7636
	Horst Hees	389-1152

**PRESIDENT'S CORNER**

Here it is April already and 3 of our tours have been completed. I see by the calendar that there is no tour scheduled during August. I'm sure there must be someone out there who can head a tour to some favorite spot. Our society depends on volunteers and they don't all have to be on the executive. Talking of tours, it's time to think on another Cross Canada Tour, however unless we have a tour leader/s the executive will not sanction such a ride. Although the 1993 tour was very successful, in the planning stages it was most difficult to coordinate because there was no leader until the last moment.

You may have noticed in the Newsbrief that the South Surrey Wednesday ride is now listed. This ride varies from week to week, so anyone wishing to go on one of these rides should phone one of the contact people regarding the meeting place. Also be sure to have insurance for travelling into the USA.

On Wednesday April 5th we had our semi-annual social with about 50 members attending. Tour coordinators/leaders described upcoming tours.

**EDITOR'S NOTEBOOK - Rowan Ley**

You will notice that a basic policy change has been made whereby we only publish details of a tour in the Newsbrief once. If you think you might be interested in a tour you should save the applicable Newsbrief for future reference. If you have mislaid your Newsbrief, or are a new member, copies of tour itineraries can be obtained by contacting the tour leader or the CCCTS office. We plan to continue to publish tour participants monthly.

A couple of members have submitted information concerning bicycle safety and tips for improving your cycling skills. This information will be published under 'Pedalwise Tips by Ceedee' on this and future Newsbriefs.

Any help you can give us to make our Newsbrief more informative and member friendly would be greatly appreciated.

Touring Ireland: For those of you new to the Club, I published the first 2 segments of my last year's Irish tour in the January and February Newsbriefs. The reason I originally started this project was to provide material for the Newsbrief over the slack winter months. Unfortunately, space has not been available to publish the next segment. It will be published when space comes available.

## HATS OFF TO BOB - Rowan Ley

### Ode to Bob Douglas - Eva Folk

Presidents go and Executives pass  
But our Treasurer remains steadfast  
Every day there is work to do  
Seeing to membership overdue  
Columns of numbers to add and subtract  
Our Club's finances to keep intact  
And if that is not quite enough  
He does all kinds of other stuff  
He's great at fixing ailing bikes  
And leads our ride on Richmond's dikes  
We pray that Bob stays well and safe  
For none can ever take his place

Eva is not kidding when she says that none could take Bob's place. Bob has held the position of Treasurer since the Society's inception in 1983. During that time he has been responsible for controlling over \$750,000 of the Club's funds. His function entails attending monthly executive meetings, banking all funds, issuing receipts for dues, issuing tax receipts when warranted, controlling funds for individual tours and issuing refunds when applicable, auditing tour expenses, preparing monthly and annual financial statements, investing Club funds, controlling funds and making reservations for special events etc. As if this was not enough, Bob leads our Sunday ride, has lead tours and somehow always seems to be available to help issue the Newsbrief and man the telephones in the office. He is a tower of strength and I think all of us who enjoy being involved with the Society owe him a great big thanks.

*Editor's note: Thank you Eva for a great little ditty. Eva often writes short poems to celebrate members birthdays at our tmonthly dinner in Ladner.*

## VANCOUVER ISLAND PICNIC

Carl (Duke) Dukeshire is again kindly organizing our second annual picnic to be held May 10th starting at 11 a m, again at Centennial Park, Wallace Ave, Central Saanich. Cost is \$4 and bring your own mug. Noreen and Rae will be making the chili again.

We islanders extend a warm welcome to our fellow mainland members and also to our up island members. This picnic, of course, does not replace our annual picnic in Delta. It would be appreciated if those planning to attend indicate to our Burnaby office or to Duke, Dennis or Rae. However, if you don't you will still be welcome.

Directions from the Schwartz Bay ferry terminal: via Highway 17; 3 km to the tourist bureau where you will be met if you take the 9 am ferry from

Tsawwassen.

At 5 km turn right on Beacon Ave, ride 25 meters and turn left on Sterling Way; after 6.6 km turn left on Canora Rd; 7.3 km turn right onto East Saanich Road (at Chevron Station); 12.6 km turn right onto Wallace Drive (again at Chevron Station); 14 km Centennial Park on right.

## WELCOME TO NEW MEMBERS

*Editor's note: Whoops! John Peck is not available and I do not know how to extract new members from our membership file. In fact I don't even know how to access the file. I will try to rectify this deficiency by next month. My apologies to our new members.*

## B.C. SENIOR GAMES - Leo Comeau

Our team of riders from zones 3 & 4 is well on the way to a good summer's training. Our training started in March and soon the itinerary will be ready for the next 5 months.

Competing in the games seems to be well accepted. Nine of our CCCTS members have joined us with 7 more from Vancouver and the Lower Mainland. I must say we have 16 top quality cyclists, oops 15 not counting me as I only see them at the beginning of each race, sometimes after, if they wait around long enough. So what; its lots of fun and getting better all the time. This morning I got a call from the CBC wanting more information about the games. They are planning to come and see us in action so watch for us. Next week Cyprus mountain will be our training run; come and join us.

## PEDALWISE TIPS BY CEEDEE

### Safety Tips:

- Ride your bicycle in a predictable manner as if you are driving a vehicle. If you are cycling along a road, cycle in a straight line about a meter away from parked cars or the curb, even if a rougher ride is sometimes necessary. A motorist overtaking a weaving bicycle is confronted by uncertainty as to the intentions of the rider.
- Before changing lanes or turning: look over your shoulder to ensure the road is clear and be sure to effectively communicate your intentions to the driver or cyclist behind you.
- For a left turn stick out your left arm and open palm. For a right turn many experienced cyclists point the right arm to the right rather than awkwardly bending the left arm upwards.
- When travelling in line, the leading cyclist chooses the route, followed closely by others in the same track. It may not be the smoothest track, but if riders weave, the group represents a formidable barrier to overtaking traffic.
- Cyclists should travel in small groups leaving

space between groups to facilitate overtaking vehicles.

- Multiple riders must keep in mind that those riding close behind are susceptible to even minor changes in pace and direction. Group riding can be hazardous and demands close attention by every rider.
- Keep in mind that the handlebars, body extremities, and/or panniers protrude about 1.5 feet on either side of the tires. Thus, when riding the white line, a cyclist presents a barrier that extends well into the traffic lane. An overtaking vehicle is confronted with sometimes uncomfortable choices and the driver's reaction is governed by many impulses peculiar to the momentary situation. The cyclist should therefore endeavor to ride at least 2' beyond the line where possible or must keep in mind the restriction being imposed on vehicular traffic.
- Some roads have sufficiently wide paved shoulders to permit riders to cycle two abreast in safety. The inside rider should keep well clear of the white line to clear the traffic lane. Long distant truckers are generally more safety conscious than motorists but at the same time cannot be as flexible. They generally have no compunction about squeezing the center line but when a knot of cyclists riding a 6 foot shoulder extends onto the white line, their avenue of safety becomes severely compromised.
- When stopping for a rest on the brow of a hill cyclists should clear the lane and the roadway completely. Although there may be little traffic, a vehicle ascending the hill can see only the people on the brow and cannot know whether or not it is safe to proceed. If the road is completely clear the driver is led to believe he can proceed with some confidence.
- A hazard of group riding occurs when a left turn must be negotiated. Often one or two riders scoot across to the left lane, or the turn, while others, being unsure, remain on the right. This presents a dilemma to overtaking traffic. Solution? Probably the best one is for all to congregate on the right side at the turn and cross together when traffic permits.
- Although each cyclist must be responsible for his own safety, irrational action by one can jeopardize the safety of others.

*Editor's note: Next month: Tips for helping you improve your basic cycling skills.*

### Wheels

Lets look at wheels. Wheel manufacture now involves the use of a range of metals from steel through aluminum/beryllium/magnesium alloys to state of the art carbon fibre. You can have all manner of numbers, shapes, materials and sizes of spokes

and now, even combinations of materials. For touring we require something strong, light and reliable. I have tried a variety of wheels including custom made wheels and found only one answer - you usually get what you pay for. For touring you should have good anodized aluminum wheels with stainless steel 14 gauge spokes, 36 - 40 per wheel, with at least a triple cross "lacing" (1 spoke crosses 3 other spokes including the cross at the hub). Thanks to Andre Kaufmann and his Switzerland trip, in 1994 I had my first look at an automatic wheel building machine at the Mondia factory - beautiful wheels using the finest material and tuned perfectly. If you have a choice, and intend purchasing a bike for serious touring, choose a hub which will give you long, uninterrupted service. In other words pay to select the upper end of any group whether it be Shimano, Campagnolo Suntour, Phil Wood etc and you will be guaranteed that the bearings will be sealed to water and dirt penetration. Look carefully to make sure that the holes that accept the heads of the spokes are levelled or countersunk on one or both sides. Hubs that are well made have the drilled holes countersunk and smoothed to reduce the shearing forces which tend to cause spoke breakage. I prefer 14 gauge over 15 gauge just for the extra thickness and strength. Some spokes, in order to reduce weight, are thicker at the end and thinner in the middle and are called "butted" spokes. Another form of this spoke is the bladed or flattened spoke which reduces wind resistance but is of questionable value for touring bicycles. Spokes occasionally break. To change a broken spoke when you are on a self contained tour you will need as many as three different lengths of spokes; front wheel, rear outside wheel and rear inside wheel (the freewheel side which is dished inward). You can tape the spokes anywhere on the bike until needed. You'll also need a spoke wrench that will fit the particular nipples at the rim end of the spoke, a screw driver and a free wheel puller to fit your size and brand of free wheel. It's not fun to change spokes but with a heavily loaded bike you can't wait long to do it or other spokes will begin to break. If you're lucky there will be a bike shop close by. For those more technically inclined, look for a little booklet by Robert Wright entitled "Building Bicycle Wheels". Next issue we'll look at stopping these wheels and the different kinds of stopping devices - next to throwing out an anchor! Our club is fortunate to have some exceptionally skilled people to whom questions can be directed and I would hope you would not hesitate to call on them if it will make your cycling more enjoyable.

*Editor's note: Sounds sort of scary, however take heart, as if you are on a tour with a support vehicle it will normally carry the necessary free wheel puller and spoke wrench and someone in the group will have the technical knowledge to use it in an*

*emergency. I expect "Ceede" will have more to say about bicycle maintenance which can avoid spoke breakage resulting from hub problems. I would also like to mention that last week, while cycling home, my son's wheel-rim ruptured with explosive force that could be heard a block away. The cause was apparently due to excessive brake wear on the rim - something else to look for, a concave wheel rim!*

## THE COMPUTER - John Peck

No, we are not talking about your cyclometer, which is not a computer, but rather the club's office computer.

Our computer was purchased about five years ago, and so is already almost obsolete. But it still does a lot of work for us. Its most important function is to keep a record of membership. In addition we are able to print the various documents we use, and of course the Newsbrief.

The computer is a Macintosh SE, with an external 20 megabyte hard drive and a PLP II laser printer. Quite modest really.

Membership information is kept using the HyperCard system, with its supporting HyperTalk in which the programming is done. For each member, we record the information supplied on your application form, the month of expiry of your dues, and the date when you joined.

This system has been programmed to do the following things: count the number of members, print Newsbrief labels, membership lists, birthday lists, membership cards you receive when you renew, personalized tour waivers, application forms, certificates, and the club's business card. We can easily determine whose membership is in default. In addition we can produce interesting statistics, such as a profile of our ages, and our geographic distribution, using the city or the postal code. Since 1990, when we were able to capture the data, we kept a record of tour participation for each member.

Why am I telling you this? Well, some years ago, when businesses started using computers, a saying went the rounds, "If your programmer is indispensable, fire him". This sounds rather contradictory, but on reflection it made sense. If the programmer who built the company's system left suddenly, the business could collapse. Thus there should always be an understudy.

As I mentioned above, all our programming is done in HyperTalk, a programming language that is rather simple and easy to read. But I know of no other

member who has seriously looked at it. Think about the implications.

*Editor's note: I have found most things to be comparatively simple once you know how. The problem is being motivated to learn, particularly when one is retired. The question is; do any of our readers have the knowledge to provide backup in an emergency? If you do we would sure appreciate hearing from you. We hope to publish a long list of volunteers in the next Newsbrief.*

## CYCLING SNOWBIRDS - Joan Engman Crossing the USA Sunbelt

After a gorgeous, almost care-free cycle into Davis Mtn. State Park, we were unprepared for the wrath of Texas weather which descended upon us the following week. First, we fought strong head winds the 54 miles to Marathon. As if to compensate, our lodgings that evening were at the 'three star' Gage Hotel. The lobby, games room etc had a decor of Mexican and Anglo cultures, artifacts and antiques. The furnishings of the individual rooms was about 1870 and each room carried its own name plate - John, Vern and Jerry were in the Badlands! Obviously above budget so we set out to look for more economical meals! You would not believe that in this village of maybe 300 residents there was no restaurant other than the Gage - a lady in a van stopped us and offered to take us to Gilda's - a couple of kilometers away. We pile in. Gilda and her husband prepared a great Mexican supper and even breakfast the next day - just for the Cycling Snowbirds!

We needed it; for the next 54 miles we cycled in wind, heavy fog and drizzle. So heavy was the fog that a train on a track 30 feet parallel to us, could be heard but not seen until the last minute when its headlights pierced the blackness. Eerie! And the flats! There were 11 among 12 riders that day - with 5 more greeting the unsuspecting for breakfast. And it was cold! Toques, head and neck scarves and whatever all came into use.

But then there was a beautiful roller coaster cycle - 131 km into Seminole Canyon State Park. A stop at Judge Roy Beans (the hanging judge) Visitor's Centre. The Pecos river, our first river with water flowing in it, the stark natural beauty of the rugged canyons and at the last canyon, a hawk with end-wing feathers stretched fully, soared majestically. Exhibits at the Visitor's Centre depicting the life style of early man, artifacts and rock art completed a rewarding visit. Although the park harbors many bird species, the small Canyon wren with its intriguing melody captured our imagination. Texas is a birder's paradise - gorgeous cardinals, mocking

birds that imitate up to 5 melodies at one seating, blackbirds, doves, robins, hawks, and we'll not forget the ugly turkey vulture. Even in the fog, we were accompanied by bird songs

Then we hit the 'hill country'. The grade on Texas hills tested our cycling strength. "Doc" used his 'granny gears' for the first time on the tour. Betty's comment 'for the 15,000 foot hills' - first hill - a miracle I made it; second hill - I thought I was a saint; third hill crossed herself on the crucifix; fourth hill - Kept singing, "Come along Johnnie don't lag behind the first one to the top gets a toffee!

And Texas hospitality has been tremendous! The tour's 'French connection', Marthe and Lise, met some Montreal Canadians at Del Rio who took them on a tour of the city. We frequently found the French language a common ground for interesting exchanges with both locals and snowbirds. In Del Rio the RV residents invited us to join in on a potluck supper (we're beginning to understand what captivates our fellow Canadians in their USA winter locations). New Braunfels RV resort was special as was March 4th, "Doc's" birthday. The residents invited us to celebrate the occasion with them on their 'hobo stew' night. "Doc", accompanied by his niece Joan and her husband Wayne (his immediate family) and her cycling family loved it. He was to enjoy another celebration with his two 'families' the next day when the Cycling Snowbirds did their birthday tribute to the man we all admire. "Doc". Leila's German fest - bratwurst, saurkraut, beer, balloons with personal messages and birthday hoop-la.

The next day was a 80 mile roller-coaster cycle and we arrived at Bastrop State Park in warm beautiful weather. We suppered at picnic tables in the open, with gas lanterns and Faye's Celine Dionn Music. We snuggled into our tents with a slight breeze blowing. About 2 a m the temperature dropped 17 degrees, thunder, lightning, a gale force wind and rain raged. It tore down the cooking shelter in minutes, scattering stoves, pots dishes, utensil boxes, and everything. Unbelievable! In a couple of hours, the rains quit but the howling winds continued. About 6:30 a m. the men - in the darkness and swirling wind, succeeded in erecting the shelter - albeit with torn canvas and a couple of bent poles. What a great team! Team effort also repaired the shelter and returned everything to "ship-shape" order. As Martha would say 'no problem'. Although the weather continued to be miserable for a couple of days, the 'budget' allowed for motel accommodation and good humour always ended the day. We left a very different Texas to the arid, desolate countryside that we had entered 22 days previous. Fields of beautiful old oak trees were in spring leaf, the purple blossoms of the Red Bud tree were seen

both in the wild and around private homes, swampy water lay alongside the roads, prosperity brought by the oil and gas industry was evident as was the historical past portrayed by the huge plantation homes.

Our first day in Louisiana offered the worst and the best. Facilitated by a common language - French (Cajun and Quebec), the ladies of Les Bon Ami Association (LBA) extended a group invitation to Martha and Lise to coffee in Sulphur, a small town we were to cycle through. There was not just a coffee stop - but an event. The LBA members were in their red jackets, the media was active, and we enjoyed a new Cajun delicacy, Boudian (rice, meat and spices in a casing). Additional gifts, uniquely Cajun - crawfish, shrimp, black-eyed peas, etc - and recipe books - were to encourage us to experience Cajun for the next few days. Then, since the bridge we were to cycle did not allow bicycles, the LBA members offered to drive us across the prohibited area and 'indispensable' Jim would transfer the bikes. Immediately, a horrendous storm descended, icy cold rain, howling wind and even a tornado siren pierced the air. The cyclists who weathered this were almost at a breaking point when they finally arrived at the campsite location. But our 'guardian angel' came through. With the tenting area under water, the owners, Bob and Betty Bourgeois invited us to pitch tents in their huge heated Quonset building! We were in royal accommodation as Bob's 1929 Ford roadster complete with mother-in-law rumble seat was our bed partner. The Bourgeois hospitality was unbelievable! Coffee and cake on entry, showers (for the gals) in their home and then together with their children and grandchildren a crawfish feast. What an experience and a learning opportunity! In the center of the room was a huge cooking pot which cooked 35 pounds of crawfish together with potatoes, corn-on-the-cob and seasonings. Three times Bob filled that pot for Cycling Snowbirds. Three times the contents were netted and dumped on newspaper-covered tables (a fridge filled with beer quenched our thirst). The oldest son taught us the skills of obtaining the tail meat - Bob advised that sucking the juices from the head was a delicacy but no one appeared to trust that advice. Our education was furthered as Bob described the nurturing and harvesting of crawfish.

Their family - sons, wives, daughter and her husband and their children were extra special - a beautiful family unit. We snuggled into our beds with a glow from the goodness transferred from the Bourgeois home and their generosity - both materially, as they refused any payment, and Christianly, as their concern for our welfare evidenced, was a special highlight of the Cross America experience.

The next morning after Bourgeois coffee and warm wishes we cycled past the rice fields planted to provide the feed for the crawfish. In another field, workers in boats were emptying the crawfish traps.

We breakfasted at Cajun Tales, a seafood restaurant, and despite severe weather warnings the Cycling Snowbirds were on a 'high'. But the weather improved miraculously and we cycled through Louisiana's marsh and flooded woodlands, by scenic swamps, green from algae and moss growth and by their famous bayous. White egrets were everywhere, herons too. The nutria, a rather ugly little animal that had been imported to clean up the swamp, was the most frequent road kill. Azaleas were in full bloom with the tulip and irises just beginning to show. Our cycle path lead us by grand plantation homes on their acres of land. Interestingly most homes, big and small, had a swing or rocking chair on their verandas. The huge Spanish-moss draped cypress trees seemed to complete this Louisiana picture.

Broken bones - unfulfilled goals. Although we had experienced the anxiety for Lise's welfare who had fractured a rib and suffered severe soft tissue damage, we watched her return quickly to lead our group. This was not to be when our favorite companion John Hiza was injured in a road construction area. His serious fracture forced him home to Boulder for surgery and a lengthy recuperation. It was a great loss for John and us, his cycling mates. We think of you every day John and wish you were enjoying this tour with us.

Our cycle into New Orleans will always be a day to remember. It began beautifully - a warm breeze, flat terrain, well controlled sparse traffic, and the lovely Louisiana countryside. As we neared our destination, the many-colored Mardi Gras beads were everywhere - evidence that the celebration had been a fun time. Our excitement heightened - traffic increased - noise level and speed, challenging our white line. We entered New Orleans on the elevated bank expressway with entry and exit roads jammed with fast moving lines of cars. Horrendous. But the Cycling Snowbirds exited safely only to find themselves in Algiers, New Orleans most dangerous community. Again our guardian angel came through. We stopped to ask directions from a 'Bud' (weiser) driver and he in his 14 wheel semi-trailer led the 11 cycling Canadians through the area. Thanks 'Bud' man.

We cycled down a levee to the Canal Algiers ferry. As we crossed the mighty Mississippi, the skyline of New Orleans' highrises faced us. We embarked to cycle the historic Canal street - each building appearing to have an architecture of its own. Unique. We rounded the corner onto Bourbon street to the

mellow music of a saxophone street musician. Bourbon street was crowded with happy, fun-seeking folk. Risque store fronts increased the merriment. It was March 17, St Patrick's Day and a fun thought, we were part of a parade; others recognized our Maple leaf flags and yelled a friendly "Canadian"! Lacy wrought iron - usually white - provided the railings and cornices of many buildings - a lovely contrast to the suggestive displays. We turned onto Esplanade, passing grave yards with their above ground tombs.

After completing the routine campsite details, and devouring a great Cajun supper (the catfish was melt-in-the-mouth) the majority headed back to become part of Bourbon street night life. It was electrifying - the jazz, the musicians, the buskers and a St. Patrick Day parade through packed crowds. What an experience! The next day it was New Orleans in day light - more street musicians, mimes, fun activities in every corner, and of course the French market, Jackson square with St Louis Cathedral, and as much as we could do in the time available. A 2 hour cruise on New Orleans' only steamboat, the Natchez, was both fun and a learning experience. As we cruised, a commentary provided information on present industries, the historic plantation homes that line the Mississippi river, foreign boats waiting to be loaded, and even the meaning of the horn-blowing between boats as they pass. The music entertainment started with a steam calliope concert as we boarded and then a live Jazz band set a few feet a-tapping. Lunch was Cajun and delicious; catfish, rice and black-eyed peas accompanied by a cocktail of your choice. Believe it or not there was a St Joseph's Day parade that evening.

*Editor's note: Joan, you certainly have quite a story to tell. We have a copy of the 'St. Augustine Record' newspaper displayed in the CCCTS office showing a colored picture of the tour participants along with an accompanying write up. We look forward to reading about the next stage of your journey in the May Newsbrief.*

## HAWAII - THE BIG ISLAND - Barbara Faulkner

My first big trip with members of the CCCTS and one to leave me with wonderful memories. Never having visited any of the Hawaiian Islands, this was a new experience, and one which I felt rather apprehensive about. But once I stepped off the plane in Kona and felt the wonderful warm air, I began to enjoy myself. Time seemed to slow down during the fifteen days we spent touring the island and each day my legs felt stronger. I was delighted to find that Hawaii is not overrun with high rise apartment buildings and the scenery is diverse and most



interesting - ranging from volcanic rock moonscapes to lush tropical greenery and wonderful flowering trees giving off heady perfumes. While the island is somewhat sparse on beaches, in the Kona area and at Captain Cook we thoroughly enjoyed several snorkeling sessions. The variety of fish, in both size and color, is absolutely amazing and it was delightful to be able to swim with them. At one point I was persuaded by our leader (Bill Hook) to swim in deeper water where there were turtles and a big eel - that was when I had a little panic attack and had to be escorted back into shallow water. It was very exciting and I wish we had had more time to spend in the water but there's always next year!

Captain Cook was our first stop after Kona. Several of our group walked down a very volcanic rocky path to Captain Cook's monument - good shoes are needed on this walk but it was well worth the effort as the snorkeling was just wonderful. The next day, being a rest day, we took a circular tour down to sea level again, and visiting Refuge Village - an interesting outdoor museum where we met some very friendly and fascinating local people.

On to Naalehu where we stayed in a rather tacky motel but it was clean and adequate for our needs. We found a small cafe to eat where the food, although served on paper plates with plastic cutlery, was acceptable with friendly service. And then on to Volcano - a day I had not been looking forward to, with a climb of 4000 feet. We stopped every 5 miles for water and sometimes snacks. The first hour was probably the toughest, after that I kept waiting for the big hills but it was a gradual climb and we all felt great when we reached the summit at Volcano Park. Along the way I saw many wild flowers, not too many recognizable to me, except the bougainvillea and poinsettia shrubs growing in profusion. We stayed in a classy B&B at Volcano Village, where there was a buffet breakfast of scrambled eggs, different breads and pastries, juice and lots of exotic fruits.

Before embarking on this trip, I had heard tales of starting off at the crack of dawn but our leader was having none of that and only on the long riding days did we eat breakfast at 7 - other days it was 8 or 8:15 - very civilized I thought. Whilst in Volcano we rode around the crater, walked through a lava tunnel, locked our bikes and did a four mile hike across one of the craters - what an eerie feeling that was. The ferns and flowering shrubs around this area are just wonderful and the walk was one that I shall never forget. It had been quite warm during the day but turned very chilly in the evening and I found I should have listened to John Peck's advice and taken a warm sweater, but made do with my waterproof jacket.

And now we were off again - except that one member of the group had misplaced his key to his bike lock which had three bikes locked together. Our host drove off to borrow a tool to cut the lock but fortunately, whilst he was gone, the key was found by one of the women in one of the guys pouches (no names mentioned). At this point we discovered that another member of the group had left the combination number right on the lock (no names mentioned)! We had some good laughs together. After Volcano, we had an exhilarating all-downhill-ride to Hilo which everyone enjoyed - I clocked 61 km that day! A visit to the orchid farm was enjoyed by all, and then on to the macadamia nut processing factory where the smell was so tantalizing. The ride to the factory was through a beautiful grove of nut trees and well worth a visit. The weather was cool and cloudy and it was the one time we donned waterproof jackets, but only for a short period before we reached Hilo. Several people called in to the bike shop to buy gear - gloves, shorts, etc. Good pizza parlour where we all met for supper. The next day was a rest day and we hired a van, sharing the cost, and drove along the coast to find the black sand beach. We didn't go down there but it looked very inviting and a good place to keep in mind for our next visit. In fact it would make for a very beautiful bike ride out of Hilo on highway 132 back to Pihoa. It is a very beautiful area, lush with tropical greenery and wonderful flowering plants. In the early evening we drove to Volcano Park and down to the end of the road where we walked on rocks which only the day before had been flowing. I was amazed at how close to the active lava we were allowed to go. It was very exciting watching the red hot lava slowly flowing to form the next days rocks. It didn't do my old shoes a lot of good - they just about lasted me to the end of our trip.

From Hilo to Honoka'a - a lovely scenic ride along the coast road with wonderful tropical plants. One of the locals joined us for part of the ride and fed us grapes from his garden - he looked Japanese and I was quite disappointed to find out his name was Roy! Back on to the main road where five of us went up to Akaka falls - 1200 feet in three miles but well worth the effort - we stopped for home-made ice cream on the way down - the weather was wonderful that day.

The next day, after visiting an interesting market, there was a steep climb out of Honoka'a on our way to Waimea, where we stayed for three nights. On our first "rest" day six of us did the loop visiting Lapakahi State Historical Park and then on to King Kamehameha's Statue. And then it was a long grind back to Waimea. The scenery was varied and interesting, changing from grey volcanic rock to lush

greenery. On our second day off in Waimea we pottered about the local museums and gift shops and most of us felt it would have been better to have had another night in Kona rather than three nights in Waimea. One of the best meals we had was at the Mean Cuisine just a few yards from where we were staying at the Kamuela Inn.

The ride back to Kona was hard going - we chose to take the coast road as several of the group wanted to cycle the Ironman route. The scenery along this route was mostly volcanic rock but we did stop at a National Park where there was a beautiful beach. There were strong head and cross winds which made for a tiring ride but when we arrived in Kona several of us went to the snorkeling beach and enjoyed swimming with the fish again.

It was now time to go home, but not before enjoying another swim with the fish. Arriving at the airport we discovered our flight was delayed due to bad weather conditions in Vancouver. For several hours we sat around the airport, eating, drinking, enjoying good conversation and relaxing before an uneventful flight home to Canada to find that we had missed all the snow!

I found it exhilarating to see Hawaii under my own steam and thoroughly enjoyed the companionship of my fellow riders - the happy hours shared with Bill Hook, Margaret Hornby, Lee and Ken Kraft, Cathy McPherson, Jack Sheppard, Norma Sinclair and Josie Zewiec. Apart from 2 flats, there were no bike problems. Some people in the group learned a new swear word from gentle Jack and also how to drink beer, also from Jack with help from me. My computer clocked almost 700 km. I personally want to thank them all for making Hawaii such a pleasant trip for me. And I want to thank John Peck, on behalf of all of us, for arranging such a wonderful trip. We were all sorry that he was not there to share it with us. But there's always next year.

*Editor's note: Barbara, what is all this about next year? Are you planning to lead a Club tour next year on the Big Island? I'm sure Ian (Polley) and John (Peck) will be delighted.*

**ARIZONA** - Heather Clarke

We would like to express our thanks to Bruce Hudson who organized the Arizona trip, March 5 - 18. Not only did Bruce plan a scenic and interesting trip, he also arranged some challenges not originally considered by some of us as "typically Arizona". Who would have believed it could rain so hard, so fast; or that strong south winds would require pedalling downhill (no joy there); or non-insulated A-frame Swiss Village accommodation was to be found in the desert (and it was cold that night)?

None-the-less, the group had a marvelous time, covering over 900 km of varied terrain and conditions with safety and fun - thanks to the planning and attention of Bruce. Thanks again for a wonderful trip Bruce - from your team.

## CCCTS TOURS

Our tours are designed to fit the needs of both experienced and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

## 1995 CCCTS TOURS

### CENTRAL WASHINGTON DAM TOUR

May 15 - 25.

Dan Baris 509-865-2315, Ian Polley 604-531-6955

Full payment of \$250 Cdn for the tour is now requested with cutoff date being May 1.

All participants are reminded that they are responsible for their own health insurance. Provincial medical plans may only cover part of any treatment in the USA. Participants are also reminded that the tour commences on May 16 at approximately 8 a.m. from Oroville, WA. Arrangements have been made to park vehicles in Oroville. Participants are responsible for their own transportation to that point. The support truck will be loading equipment at the CCCTS office in Burnaby, Saturday May 13th, between 10:30 a.m. and noon, anyone wishing to have their bike transported to Oroville must attend between these hours with their bike and/or bag.

Participants: (37) Dan Baris, Jerry Baris, Ian Polley, Martine Donahue, William Hook, Bob Douglas, Rae Wohlschlegel, Brenda Borron, Art Borron, Pat and Ted Stubbs, Dennis Parsons, Bruce Ross, John Peck, Diana Lifton, Monty Peters, Elsie Dean, Andre Milaire, Andre Kaufmann, Vernon Patterson, Roy

Towler, Keith Clothier, Wendy Pearson, Jean Horrocks, Ray & Kathleen Wilkinson, Rose Tanchak, Mary Yaremovich, Ray Merness, Fritz Niebisch, Ann Miller, Katryn Jeronimus, Lee Kraft, Sylvia Mather, Barb Faulkner, Terry McGinnis, Dan Kennedy

Waiting list (3) Jim & Shirley Mae Jeffrey, Irene Flemming

### **BIG SKY LOOP MONTANA - July 7 - 19**

Chuck Dick 604-261-5092 (Loaded/self contained); estimated cost - \$300 - \$400 US

Details of this tour were published in the March Newsbrief.

### **VANCOUVER ISLAND- July 10 - 25.**

Diana Lifton - 604-468-5696 (Support vehicle, tenting, max 30)

Estimated cost \$400 (includes boat fares), cycling distance 850 kms, non-refundable deposit \$100 due April 1, balance \$300 due June 1.

Details of this tour were published in the March Newsbrief.

Participants: (30) Diana Lifton, Al Lifton, Martine Donahue, Rae Wohlschlegel, Dennis Parsons, Bruce Ross, David Brown, Virginia Brown, Olive Balabanov, Vic Pothier, Rose Tanchak, Mary Yaremovich, Margaret Fyfe, Judy Jackson, Marjorie Murphy Garfield Clack, Diane & Russ Horsnell, Norman Kjelson, Emidia Lepore, Roy Towler, Christina Radnai, Karon Summers, Mary Eickhoff, Rowan Ley, Peter Cordoni, Joan Thompson, Lee Kraft, Rick Jenks, Brian Lamb.

Waiting List (8) Bruce Hudson, George Stenning, Kathy McPherson, Eleanor Woodman, Art & Brenda Borron, Ray Merness, Paul Siebert.

### **KANANASKIS - Sept 6 - 24.**

Ted Stubbs 604-321-2784 (Support vehicle, some hostels, mostly tenting, max 30)

Estimated cost \$400, deposit \$100 by February 1, no triflers please! 1000 km.

Details of this tour were published in the March Newsbrief.

Participants: (17) Keith Clothier, Ted Stubbs, Pat Stubbs, Bob Jordan, Mary Eickhoff, Brenda Borron, Art Borron, Katryn Jeronimus, Joan Enman, Terry Green, Andre Milaire, Rae Wohlschlegel, Wendy Pearson, Bob Miller, Josie Zewiec, Barb Faulkner, Ann Miller.

### **THE NATCHEZ TRACE PARKWAY BICYCLE ROUTE**

Chuck Dick 604-261-5092

America's Most Scenic Highway of Mansions, Magnolias and Old Time Magic. Approximately 2400 km.

Details of this tour were published in the March Newsbrief.

### **CHINA - November 1**

Martine Donahue 604-689-2743, Dennis Parsons, 604-474-0937.

Deposit \$350 by April 30, 1995. Balance due 45 days before departure.

Details of this tour were published in the March Newsbrief.

Participants: Martine Donahue, Bobbie Redmond, Bob Curr, Augusta Lee

### **NEW ZEALAND - SOUTH ISLAND - early November for 6 weeks**

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

This year's and next year's tour is of six weeks duration starting in Christchurch at the beginning of November. The airfare this year Vancouver to Christchurch is \$1600 return within 3 months with one stopover. An extra stopover is an additional \$250. This year an alternative is offered. Fly to Sydney to spend a few days. Fly to Cairns to cycle for a few days, then fly to arrive in Christchurch beginning of November. Return to Vancouver from either Christchurch or Auckland; Airfare - \$1711.

For those who can make it let's talk more at the picnic in Saanichton on May 10th; then we'll get serious and talk about non-refundable deposits and other matters pertinent to the tour.

Interested members: (19) Dennis Parsons, Josie Zewiec, Barbara Hetzer, Sonja Joos, Chris & Peter Kabel, Carl & Joyce Dukeshire, George Setterfield, Frank & Jennifer Jacobsen, Albert & Noreen Redford, Bruno & Cathie Freigang, Monty Peters, Keith Bower, George Stenning, Sylvia Mather.

*Editor's note: Some of these participants might be considering the 1996 tour.*

### **1996 CCCTS TOURS**

#### **CROSS CANADA**

Our last Cross Canada tour, from Victoria to Halifax, was in 1993 and it is time to think about another tour, possibly in 1996. Based on previous experience it would be a loaded 3 month (June to August) tour with support vehicle. The CCCTS office is now accepting names for this tour on the understanding that it will only be held if there is sufficient interest and a suitable candidate for leading the tour is found.

**WESTERN AUSTRALIA - Mid Sept. to the end of Oct - Rae Wohlschlegel 604-592-6680**

Max 25; 1200 - 1500 km.(either self-contained or with an accompanying vehicle)

Tour features: A Mediterranean climate, old growth forests, rugged blue-water coastlines, wild coves and bushland bedecked with native flowers.(there are more than 10,000 typed of wild flowers in Western Australia). The tour starts and finishes in Perth.

Costs depend on which airline you use. For those who wish to fly return to Perth with one stopover at Bali, Indonesia you can take Garuda Airlines at quoted price of \$1527 Cdn up to one year. For those wishing to fly Air New Zealand with a stopover in Auckland the quoted price is \$2167 Cdn up to 3 months. Daily costs, based on staying in hostels, is under \$30 per day, less for camping and more for hotels. Based on these figures the total estimated cost is \$3000 to \$3650 which would not include the cost of 5 to 9 days cycling and sightseeing in Bali. \$200 has to be put down 1 year ahead for both airlines which you can get back easily up to 60 days prior to departure, or with cancellation insurance up to departure. Details of the tour can be obtained by contacting Rae or the CCCTS office.

Interested participants (14) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Brian Curtis, Dennis Parsons., Kathleen & Ray Wilkinson, Andre Milaire, Irving Weis, Bob Miller.

*Editor's note: We normally do not publish details of tours more than 12 months in advance, however due to the maximum of 25 participants, the deposit on air fare a year in advance and the considerable interest already shown, we would encourage interested members to contact Rae who has prepared an extensive information sheet on her proposed tour.*

**NEW ZEALAND - SOUTH ISLAND - early Nov. for 6 weeks**

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels)

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

**TOURS NOT SPONSORED BY CCCTS**

**EUROPE - May 1 - Sept 30, 1995**

Marion Orser - 604-737-8483

Marion is planning a self supported tour. She anticipates cycling through Greece, Italy, Switzerland Austria, Germany and France. She plans to establish meeting points for anyone interested in participating in a specific segment. If interested call Marion for details.

**VANCOUVER WEEKLY TRIPS**

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

**Tuesdays/Thursdays:** Meet at 10 a m at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

**Wednesdays:**

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

- South Surrey: This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

**VICTORIA WEEKLY TRIPS**

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

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

**OPTIONAL RIDES**

**Gulf Islands - Al Hollinger**

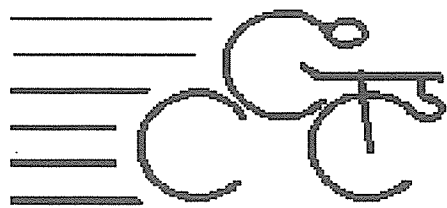
Al is planning a day's trip to beautiful Saturna Island on Wednesday, April 26. Catch the 9:55 a m ferry from Tsawwassen ferry terminal returning 6:40 p m. If interested contact Al 946-1347

**Sunny South Surrey, Langley, White Rock, Crescent Beach - Mary Eickhoff**

A 50 - 60 km ride on Sunday May 7. Meet 9:30 a m at the 'Park and Pool' lot at the Nicomekl River between the King George Hwy bridge and the overway Elgin Rd bridge. Please contact Mary at 535-2513 by Friday, March 5 if you'd like a map.

**Washington State rides:**

Numerous rides are sponsored by bicycle clubs in Washington State. We have brochures of many of these rides in the office. If you are interested in obtaining information on any of these rides please contact the CCCTS office. There are just too many of them to publish in the Newsbrief.



# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 12 No. 5

May 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Most of our members are over 50.

Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan 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	520-7636
	Horst Hees	389-1152

## PRESIDENT'S CORNER

The Cross America Tour has now returned home, after battling the elements for a large part of their tour. Barton tells me that the locals advised him that this years weather has been very unseasonable. However, in spite of the weather and an injury to John Hiza, it was a successful tour. Many thanks to Barton Howes, who stepped into the role as leader when it appeared that the tour would have to be cancelled. I'm sure Joan will be filling us in on the highlights of the tour.

There have been a number of enquiries to the office, from members, requesting that their names be added to the '96 Cross Canada Tour. At this point in time, we have nobody who is prepared to lead such a tour,

without a leader/coordinator it cannot proceed. So once again I ask for one or two or three people to lead the tour or maybe a part of it.

Last week Dennis Parsons was admitted to hospital, in Victoria, for surgery. At this time I have no further information. I'm sure you all join me in wishing him a speedy recovery. Good luck Dennis.

I'm off now on the Washington Dam Tour, which I'm greatly looking forward to, as are the 37 others who are signed up for it. Safe and happy cycling.

*Editor's note: Rae Wohlschlegel advises that Dennis is out of the hospital and fairing well; you can't keep a free spirit like Dennis cooped up for long.*

## EDITOR' NOTEBOOK - Rowan Ley

We finally received word of what is happening in the world of CCCTS outside the Vancouver and Victoria area when Joan Engman phoned from Calgary to advise that her ride on April 25th had to be cancelled because of, believe it or not, snow! I tried not to rub it in but that was the day we were riding in shorts and T-shirts. Joan countered by saying "yes - but we don't need mudguards on our bikes"! Touche Joan.

## WELCOME TO NEW MEMBERS

### BRITISH COLUMBIA

Steve and Anna Chute, Vernon	604-549-3653
Robert & Roberta Hampson, West Vancouver	604-926-4057
John Hickman, Vancouver	604-222-0779
Margaret Hunter, Vancouver	604-222-0779
Emmy Matte, Nanaimo	604-758-4917
Thelma May Oakes, Surrey	604-588-1957

### ONTARIO

William G Russell, Ottawa

### USA

Phillip A Martin, Sun Lakes, AZ	602-895-7807
Paul Seibert, Chandler, AZ	602-821-1853

## GULF ISLAND RIDE - Jim Jeffrey

On Wednesday April 26th, 22 members participated in a fun (and hilly) ride to Pender Island under the direction of "wrong way" Al Hollinger. The weather co-operated and gave us beautiful sunshine so the patio picnic at the local bakery was enjoyed by all.

Quite a few hardy and enthusiastic riders made their way to Bedwell Harbour - the end of the road on South Pender, presumably for the challenge of riding up the 24% grade back to the road from the harbour. We other, "less hardy" folks lounged in the sun on the sands of Mortimer Spit. We all made it back to the ferry for ice cream and the 4:45 sailing. Great day Al - Thank you.

*Editors's note: Gowlland Point is actually the end of the road & only 4 cyclists made it that far.*

## GULF ISLAND RIDE - Katryn Jeronimus

Ode, Praise, to our Hero, Al Hollinger.

Again, Al started his tradition with cycling the beautiful Gulf Islands inviting all the Tuesday riders, and anyone else who would, to come along. Leading us hill after hill. Encouraging us and teasing us. His favorite saying: Yes, my dear; It is always warmer on top of the hill; After all that climbing, I guess so! So 22 of us went to Pender Island. This was April 26. We started out with a little delay, due to loading problems on the dock at Pender Harbour. But that did not affect us at all. To the contrary, we had some more time at the end of the day. Enough time to enjoy a beer in the pub before boarding the ferry back home.

Thanks Al from all of us.

Born to ride!

*Editor's note: Jim had everyone eating ice cream, Katryn had them in the pub, while 3 of us (including me) thought we were all supposed to be cycling around the island!*

## AND THIS WAS OUR SPRING SOCIAL

Katryn Jeronimus

All twenty-three of us turned up at Felice's house; a better word would be castle! What a gorgeous day it was (April 25). The food display provided by Faye and barbecued by Barton was fabulous! Al Hollinger first took us on our usual morning Tuesday ride and then to Felice's. Some of us, including me, who either did not cycle or quit halfway, really did not deserve it, but it tasted just as good anyway! Afterwards it was a challenge to find your own shoes. Finally I thought, "those are mine", just to find out they were the right colour but not the right size. Also the odor was not familiar to me!

Thank you, Felice, for sharing your castle with us, the cyclists of '95.

## EVA'S FAMOUS CHEESE BREAD

6 1/2 cups white flour  
1 1/2 cups grated cheddar cheese  
1 tsp salt  
1 pkg **quick-rise** instant yeast  
1 tsp sugar  
1 1/2 cups milk  
1 cup water  
1 1/2 cups grated Parmesan cheese  
1/4 cup melted butter

Set aside 1 cup of the flour. Combine remaining flour, cheddar cheese, salt, undissolved yeast and sugar in a large mixing bowl. Heat milk, water and butter together until quite hot to touch (careful not to boil). Stir liquid into flour-yeast mixture. Knead dough, adding reserved flour as necessary to make dough that is smooth, elastic and not sticky (10 minutes). Cover and let rest for 10 minutes. Cut dough into 40 pieces. Shape into balls. Dip into melted butter then roll in Parmesan cheese. Arrange in layers in well-greased 10" or 12" tube pan. Cover with tea towel and let rise in a warm place until the balls come to the top of the pan or double in bulk (about 60 minutes). Bake at 350F (190C) for 40 or 50 minutes or until done. Keep an eye on the baking as the cheese coating burns easily. Cool for 5 minutes then remove from the pan and cool.

*Editors note: Everytime Eva brings her buns to one of our events they are the first thing to go. They are delicious.*

## ODDS 'N ENDS

### Cyclists fight global warming

Berlin - More than 10,000 cyclists rode from all over Berlin to the Brandenburg Gate Sunday to urge industrial countries meeting at a UN climate conference to cut atmospheric pollution and fight global warming.

Police put the number of cyclists who gathered at the symbol of Berlin's Cold War division at about 13,000, although organizers said there were more.

Many cycled from outlying areas and police closed off one of the city's freeways to let the cyclists take over briefly during a car-free weekend.

### PEDALWISE TIPS BY CEEDEE

#### Stopping Power:

-Yelling "Whoa boy"! won't get this newly acquired metal steed to stop, particularly, when you've loaded it with 60 pounds of camping gear and your ????? pound/kilograms of dynamic muscle fibre. Knowing your brakes and potential problems and being able to repair and adjust them while on the road is an important part of long distance touring. There are 3 basic types plus the new hydraulic and electric

experiments and the "older" drum brakes. Most of us are concerned with the Centrepull, Cantilever and Sidepull models.

Sidepulls are found on the cheapest and most expensive bikes. They are of simple design, have few moving parts and use a continuous cable from lever to brake with a direct attachment. The fully enclosed cable offers protection from rust and corrosion and is easily replaced. A shot of lubricant into the cable sheath regularly, insures protection. A dot of grease where the cable enters and exits the sheath lessens the wear on the cable. Do these things regularly on all moving parts. Don't forget the brake levers.

Centrepulls connect the two brake arms with a straddle wire. The key disadvantage is the necessity of a hanger to handle the straddle wire. Usually a very tight cable, especially into the rear hanger, is required which can cause problems. Friction can cause the cable to eat into the sheath or vice versa, ultimately causing cable damage. Keep the sheath well lubricated to forestall problems.

Cantilever brakes use the same system as centrepulls for braking but the brake levers are mounted on special brazed-on bosses. These brakes have great stopping power for touring bikes. Because each arm pivots directly on the frame, there is less chance of flexing in the arm. Although powerful brakes they can be very light in weight. They do not interfere with mudguard clearance, are not easily fouled by mud and are easy to adjust.

Sidepulls, because of their direct connection, have the most positive action followed by cantilever and centrepulls. They also are the easiest to maintain and can be mounted on the underside or downside of the rear brake bridge.

Before adjusting your brakes check to see if the brake blocks should be replaced. There are many varieties of blocks, some too hard which will score certain rims; some too soft causing them to shred rubber onto the rim reducing stopping power and producing a squeal. I've tried most and keep coming back to the red Scott/Mathausen blocks because of their consistent reliability in wet or dry conditions. Cable ends should all be soldered or capped to prevent fraying or scratching. To prevent squealing brakes, if you are satisfied the pads are adequate for your purposes, toe the front of the pad slightly closer to the wheel. This creates uneven wear on the block but you can flip it over later and get some additional mileage. Keep your rims clean with a solvent and a touch of steel wool and you'll get better service.

Careful riders use brakes as little as possible and on descents pump lightly and carefully. Heavy pressure

can create a number of problems such as glazing over the surface of your brake pads thus reducing their effectiveness on quick stops, and worse still, overheating the rims to the point where your tire explodes. On long winding descents with a loaded touring bike it is wise to stop once in a while to "cool out". Rims themselves have been known to explode and collapse so go easy.

Finally, wet weather requires special braking procedures. Wet pads do not grip immediately. Our tendency is to pull harder on the back levers. Don't! As soon as the water has been brushed off, the brake will grab and you may find yourself airborne, without wings. Always calculate a greater stopping distance, apply your brakes firmly being ready to back off the pressure if there is the slightest indication of your wheels locking or you begin to slide. A locked wheel skid can ruin your whole day.

We need to talk about tires/tubes selection and some suggestions about selecting panniers and packing them and maybe something about the controversy of dropped vs flat handlebars and something about other handlebar configurations, and there are many. Some are a darned sight more comfortable on long tours than the "standard" bars. How about seats and the new mounting arrangements? Other accessories? Future columns!

### **Cycling Tips**

It is recommended by some trained cyclists that one should pull up on the pedals during the "backstroke" to provide added torque to the propulsion effort. This practice results in several effects:

1. An additional set of muscles is brought into play increasing the capacity and capability of the cyclist. The practice must be started slowly as these muscles are not accustomed to such work and a considerable period is required to increase their performance.
2. This practice often enables one to power over a rise without shifting.
3. It is especially helpful when riding against the wind as a steadier pace is attainable with decreased "trauma". And speaking of trauma, a cyclist must not mentally "fight the wind" for the results can be devastating.
4. One of the major advantages of applying torque during a greater part of the crank circle is to minimize side to side thrust and ride a straighter line. This is particularly noticeable when climbing, for at slow speed any side thrust has a marked affect on the direction of travel which can become quite erratic as fatigue progresses. The upstroke eliminates much of this.
5. When cycling fully loaded the advantages of applying torque both ways is most pronounced. A loaded cycle makes you even more susceptible to

side thrust and steering to compensate can become extremely tiring.

6. Coupling this practice with maintaining a steady and sufficiently high cadence can immeasurably enhance both the capability of the cyclist and lessen the detrimental effects of hills, long distances, and heavy loads.

*Editors's note: There seem to be two schools of thought on pedaling; one is to pull upwards with your foot and the other is to lift the weight off your pedal. I have tried the second approach and it certainly helps when I remember to do it. Tweed Daoust, who has been training with the Seniors' group, tells me each leg weighs 40 pounds (he didn't say whose leg) which you are lifting when your weight is evenly distributed on both feet..*

### **SUNNY SURREY RIDE - Rowan Ley**

Four CCCTS members joined Mary Eickhoff and 15 Richmond bike club riders on May 7th to partake in a delightful, well-planned ride through rural South Surrey. It was fun to meet and ride with members of another club. Thanks Mary for a great day.

### **LADNER PARADE - Al Hollinger**

Al would like members to support him to represent the club in the May 28th Ladner May Day Parade. All that is required is you, your bike and your CCCTS jersey if you have one. Meet at Al's place at 11:30 and go for a ride with him after the parade. For more information contact Al: 946-1347.

### **TOURING IRELAND - Rowan Ley** Continued from the March Newsbrief

In this issue of the Newsbrief I would like to share memories of Southern Ireland. Memories which were certainly influenced by the clouds and rain always ready to be swept like an old shawl over my head and by the sun which, almost as frequently, provided welcome warmth.

It is on the back roads where you meet the most interesting people, experience the real Ireland and sometimes get lost. While they are normally sign posted you are never really sure how far you have to go and where you are going. Signposts frequently point in the wrong direction and while the distance is normally shown, sometimes it is in miles and just as often it is in kilometers with no indication as to which it is.

After a pleasant visit with relatives in Carrick-on-Sur I headed south to Dungarvin and cycled in a westerly direction along the south coast in sunny cool weather. The coast was delightful with stunning new

vistas on almost every turn of the road. I only met the occasional farm vehicle whose drivers invariably proffered a friendly wave of their hand. My route turned and twisted between hedges of flowering gorse with the ruins of old castles and farmhouses lying about as if sprinkled from the heavens. Multi-coloured cliffs fell directly into the north Atlantic with nothing but surging ocean between them and North America. It was a marvelous day and I felt a delirious sense of freedom as my inhibitions fell away and the inherent child which is in all of us took over. I stopped for the evening in the seaside village of Ardmore known mainly for its association with St Declan, a 5th century missionary who brought Christianity to the region. St Declan is said to have been at sea when, in answer to his prayer, a floating rock with his bell and vestments appeared near the boat. 'Where that rock lands', vowed the priest, 'I will too'. Today the rock can be found at the end of the beach and to crawl beneath it is said to cure the rheumatism of all but sinners. An unforgettable stroll along the Cliffs of Ardmore ended what had been a memorable day. It was a great start on my journey.

Unfortunately, nothing is constant, least of all Irish weather. It would be a couple of days later, when I reached Bantry, on the southwest tip of Ireland, before I would once again feel uplifted by the sunlight sparkling on the wet landscape.

While on this soggy segment of my travels I stopped in at a likely Ba Ba only to be informed that they were full. But the congenial hostess took pity on seeing me dripping and shivering on her doorstep and insisted I sit by the fire for a couple of hours while she served hot tea and raisin toast and phoned to arrange accommodation. While this was typical of Irish hospitality I was to become rather dubious as to whether she did me a favour! The reservation was for 'The Long House' in Clonakilty. There were about 7 tiny rooms all facing a long hall. I got the last of these rooms which was the size of a large cupboard and had no windows or skylight. I was not in bed long before I realized that the walls were paper thin and my head was about 3 inches from a WC. As I lay sleepless on my spring-filled mattress (I knew it was spring-filled because every spring seemed to dig into my flesh as it strove to escape from its moorings) I came to dread the sound of a door squeaking (they all squeaked) followed by the sound of footsteps clomping down the carpetless hall. Finally the bathroom door would squeak open and the lid of the biffy would either slam open or shut depending on the reason for the late night visit. Finally it would be over, the bathroom door would slam shut as the footsteps of the unseen visitor tromped back to his room. I was astounded by the number of visits 6 people could make to a bathroom during the course of one night. However all things



come to an end and after a good breakfast and a pleasant farewell, I soon put the night behind me; however, due to sleep lost, it nearly caused disaster.

I stopped at a small country store to purchase a few things for lunch which I ate outside, in the lee of the building, to protect me from the weather. After lunch, and about an hour down the road, I was horrified to find I had left my fanny pack on the windowsill of the store. My wallet, keys, travellers' cheques, back-up list of travellers' cheques, credit cards, passport and airline ticket were all in that pack. I'm sure you can imagine my state of panic as I raced back to the store only to find my bright red fanny pack exactly where I had left it, in plain view on the outside windowsill.

Many towns and villages were encountered; there was Lismore, with its magnificent castle and gardens, the walled city of Youghal where Sir Walter Raleigh was once mayor; Kinsale reputed to be one of the most historic places in Ireland as well as its gourmet capital; Cobh the last port of call for the ill fated vessels, Lusitania and Titanic; the thriving market town of Skibereen. I passed through these and many other places, learning little of their fascinating history due to the inclement weather.

The next segment of my tour was Bantry to Dingle which took me through Glengarriff where the Gulf Stream allows palm trees and subtropical flowers to flourish in the sheltered parts of the valley. The steep climb over the scenic Cahah mountain from Bantry to Kenmare culminated in a tunnel. On emerging from the tunnel a fierce wind buffeted my bike, shrieked through my spokes and caused my clothes to flap so wildly that all other sounds were drowned out. It was with considerable trepidation that I slowly wound my way down the mountain to Kenmare. Another pass, The Gap of Dunlow, with its wonderful view of Lough Leane and the surrounding Kerry landscape, and I was in Killarney where white swans floated nonchalantly on the river and a multitude of horse-drawn carriages catered to the tourists and many little girls all bedecked in their white finery celebrating some religious event.

Dingle peninsula, Ireland's most westerly point, was yet another area of superb scenery where for many, Gaelic is still the language of choice. I took the day off to cycle the coast road to Sleah Head. The road hugs the edge of the cliff for most of the route with spectacular views of the ocean on my left and the remnants of an ancient civilization on my right in the form of many beehive huts dating back 2000 years.

From Dingle it was over the Connor pass, the highest in Ireland, to Tralee, home of the 'Rose of Tralee' festival. I strolled through the gardens that

inspired the song 'The Rose of Tralee' based on the story of Mary O'Connor and her sweetheart, a young soldier sent to fight abroad in the British army, who arrived home from the wars hoping to marry her, only to see her coffin being carried to the graveyard - a tragic victim of an early death.

The weather once again deteriorated as I made my way up the west coast; however I had a restful dry-out day with relatives in Bunratty, site of a super folk park and Bunratty castle with its popular pub and very realistic medieval banquets. After leaving Bunratty the weather cleared and treated me to a spectacular view of the black, weed-stained Cliffs of Moher, which plunge perpendicular from heights of up to 660 feet straight into the Atlantic. They have been hammered by the oceans for centuries to make them one of Ireland's most majestic natural features. From the cliffs it was only a short hop to Doolin, supposedly the music capital of Ireland. It was here that I hoisted my fully loaded bike onto, first a dory, and then a small boat for the 5 mile trip to treeless Inisheer, the most easterly of the Aran Islands. Experiencing virtually roadless Inisheer with its little white-washed thatched cottages and intricate network of stone walls protecting tiny fields against harsh Atlantic storms was akin to turning the clock back to another century. How fortunate I was to have a day when there was hardly a ripple on the water and nary a cloud in the sky.

On my return voyage to Doolin a group of rather inebriated good natured Welshmen entertained us with their wonderful voices which left me feeling somewhat lonely when I left them to head for Galway. First I made a quick side trip to Lisdoonvarna, which is hailed as the marriage capital of the world. Every September hopeful maidens pour into the village in search of an eligible bachelor while local farmers stroll down the street and eye the pickings. My route to Galway took me past 'The Burren', an area so bleak that Cromwell described it as a land 'yielding neither water enough to drown a man, nor a tree to hang him, nor soil enough to bury him'. Yet the bleak environment is strangely beautiful and is one of Europe's richest botanical areas with 1100 species of plants.

Galway provided another day of rest with relatives. My brother-in-law is very proud of his native Galway. He has the beautiful Connemara mountains, excellent salmon fishing in his own private fishing area on the Corab river 5 minutes from his home and trout fishing nearby. In addition he has a caravan on a vast sheltered strand at Roundstones a few miles up the coast and no shortage of rabbits and birds for hunting. "What more could I possibly ask for" he asks? "Skiing" I replied.

After leaving Galway I headed for Donegal on the northwest corner of the island. On my way I passed the conical peak of Croagh Patrick, Ireland's holy mountain, where St. Patrick spent 40 days and 40 nights around AD441. Legend has it that when he rang his bell at the edge of a mighty precipice all the toads and snakes leapt to their death, thus ridding Ireland of these reptiles forever. I also took a sidetrip to Achill Island. The island was a riot of colour with heather and fuschia hedges, unwieldy corrugated forms of giant wild rhubarb interspersed with the ever present golden yellow gorse which were all dwarfed by giant 25 foot rhododendron bushes lining the road in thick profusion. Further inland, peat was lying on the fields in neat rows supposedly drying out before being collected for fuel.

In folklore, south Donegal's secluded valleys are haunted by fairies and its legends have inspired generations of poets; so I was disappointed to awaken in Donegal town to a wet and windy day. However, by lunch I reached Killybegs where the scenery changed from ordinary to fantastic. At the same time the clouds dispersed and the welcome warmth of the sun lifted my spirits no end. I was treated to a wonderful afternoon cycling along a quiet coastal road with unbelievably steep hills all the way to Carrick, a tiny village set in the beautiful valley of the river Glen. After seeking out a Ba Ba my hostess sent me hopping without the customary tea and cookies. I had to see the 'Painted Coast, the Slieve League cliffs, while the weather was still nice. They were well worth sacrificing the cup of tea and should be a must for any visit to the country. But what a wind and what hills!

From Carrick I continued north over little used Glengesh pass. The roadside was alive with wild flowers and there was a phenomenal view from the crest of the pass over a vast area of Donegal. My destination for the day was somewhat vague but I had selected a place on the map called 'The Rosses'. As I passed through Dunglow it started to rain but it was not time to stop so I pressed on over back roads towards 'The Rosses'. Eventually what started as a light wind became a gale and the rain came down in torrents. I was soaked to the skin, cold and tired. Where was 'The Rosses'? I should have reached it a long time ago. Eventually I did a full circle and ended back in Dunglow where I learned that 'The Rosses' is a wild and virtually uninhabited area of the country. It was the fairies playing their little joke.

The next morning it was still blowing and raining and regretfully I had to forgo my plans to continue up the coast and instead headed inland for Letterkenny. My host described the route and assured me it was only 3 miles to the turnoff. After battling strong head winds and rain for half an hour

with no sign of the turnoff I stopped to ask directions. "Oh", he said, "for sure you are almost there it is only about 3 miles down the road!" I suppose it is a basic Irish characteristic to make everything shorter and easier than it really is. It is strange how things have a way of working out, as I enjoyed this day's ride more than any other. It was a day I will always cherish as, after I finally reached the turnoff, the rain stopped and I had a stiff following wind seemingly urging me to keep going and not to stop as it pushed me up the hills. Waterfalls cascaded from mist-enshrouded highlands onto the verdant almost surrealistic landscape. A border collie ran silently by my side for many miles. It is wonderful to see how they work soundlessly with sheep and cattle. They are marvellous animals and I felt it was a real treat and somehow symbolic to have one run with me for so long. While I tried to tell him to go home I was disappointed when he finally bade farewell and I was left alone with only the occasional sheep and sounds of the accompanying wind and rushing water for company. The experience of peace and relaxation was overwhelming. From Letterkenny it was only a short hop to Northern Ireland. Crossing the border was a non-experience as I waved to a couple of soldiers as I entered the northern counties a few miles from busy bustling Londonderry. I will save my Northern Ireland experience for another day.

### **CYCLING SNOWBIRDS - Joan Engman New Orleans to Victory Celebration**

From the noisy intense partying of New Orleans we were now to cycle into 7 days of more tranquil Gulf of Mexico beauty. Lake highways and long bridges (usually coastal draw), seemingly built close enough to skim the water's edge, were to become our travelling roads. As we neared Buccaneer State park, Miss., waves and calls from the sandy beach indicated that our speedy 5 division - Doc, the French connection, Faye and Bart had already enjoyed their first Gulf swim. We joined them, revelling in our new found environment. Again, after supper we walked to the beach as a huge red sun set on the horizon (only to arise again in the morning with equal beauty). Then we sat in darkness - glancing towards the dim outlines of the barrier islands and being mesmerized by the sounds of the waves gently lapping on the shoreline.

Life was changing for the Cycling Snowbirds. Miles of sandy beach were to be our vista for the next days. Nothing is perfect tho'. With the advent of warm weather came hoards of nasty starving no-seesums with their sharp saw-tooth dentures which would leave welts for days to come! Also to plague us were the red fire ants - a step on their territory meant oozing sores, again lasting for days. (Lise was

to learn that the morning pit stop was badly misplaced if you happened to dampen their homes)!

One of our most beautiful and contenting rides followed the next day as, with a warm breeze gently blowing on our backs, we followed the coastal waters of the Gulf Island National Seashore. Along the continuous beach were sand dunes which are prevented from blowing away by sea oats with their extensive root system. (It is illegal to destroy or remove them as they are so important to the ecology).

We passed through Biloxi, renowned for its white sandy beaches. A fellow Canadian stopped us and invited us for cold drinks at his winter home. Canadians were everywhere, always welcoming and encouraging us. Our stop at Mexican beach was another opportunity to switch stories with Canadians and, for some, to enjoy a quick dip in the Gulf. Gulf Island National Seashore Park offered our first sighting of a real live, but motionless mother ag-a-lat-er (a mother alligator with 14 babies). No, the crashing and banging during the night was not a recurrence of our shelter tent blowing down, just Bart chasing a raccoon around in it!

But we were to do our coordinator proud the next day - our successful dash 61 miles to the ferry in 4 hours with coffee break and a stressful additional stop included. The last 10 miles of that sprint will not be forgotten - a hefty head wind on a highway with water on either side and on the horizon a long, long bridge with a draw looming up in the middle with gradients that looked to be 10 to 15 degrees. Cycling on that bridge under the time restraints also brought a shudder as the shoulder lane was covered with glass and debris and we didn't have time for a flat.

We relaxed on the ferry watching the laughing seagulls (black heads and wings) and brown pelicans lined up on the coastal rocks. These silly pelicans would fly in formation looking like they were straight from Barney's Flintstone country. They, or their cousins, were to be with us 'til the end of the tour.

That dash was part of our one day in Alabama. We saw prosperity with lots of new construction, houses built on stilts and everywhere spring wildflowers. The terrain was flat now. We cycled bridges up to 5 km in length and quickly we were into La Florida - land of flowers. For those who chose to travel the scenic route, Gulf swimming and less traffic were the rewards. Then came Panama City. Our KOA location was just across the road from miles of sandy beach but it was Spring Break and the beach was wall-to-wall students. Wet t-shirt contests and all, kept the noise level at screeching decibels. The roads

were clogged with high spirited "kids" and everyone was having fun. Luckily, by early morning, the beach was deserted and ours for a short time.

Our southern-most camp was at Cape San Blas Resort - and our tents were pitched close to the water's edge. We shared the beach with many different species of seagulls but most amusing were the snowy plovers - small birds that would dash to the water's edge only to scurry back when the waves came in - seemingly afraid of getting wet. Again, we were to experience the force of the wind - this time off the Gulf. About 2 a.m., the gale began and for a while we wondered if the shelter would hold - but it did. No problem! Another day - another experience. As the break-away six were taking a cool drink they were serenaded by the strains of "Suwannee River - how I love thee"! The break-aways had failed to stop as we crossed the river and missed the fun. For the Speedy 5, there had been swimming in Suwannee River, and the meeting of a group of 14 year old girls who were completing a 260 mile canoe trip down the Suwannee - what an inspiration!

On leaving Starke for St. Augustine we had a short distance to cycle on the Interstate to exit on a country road. No exit existed and as we stopped under an overpass, we were confronted by "Smoky" (real name Fritz), the state trooper. In every way Smoky looked his T. V. image - big, slightly jowly and paunchy, with a 357 magnum on his hip and an authoritative attitude second to none. No 'ifs' or 'buts' with this man. The strictly no-nonsense encounter went sort-of like this. - "What the h--- are y'all doing on this interstate? Don't you know the laws of Florida - bicycles are prohibited on interstates? Get off those bikes and stay on the grass. I'm ordering a back-up trooper and a truck to take your bicycles off the interstate and fine each of you \$110." Bart tries to reason - "Do you hear me, boy - this is what y'll do!" Smoky returns to his patrol car - Bart climbs the cement overpass support to see if we can take our bikes up and over to the road. He returns and goes to speak to Smoky on the driver's side. Smoky shouts him over to the other side. Bart tries to reason - "You're not listening to me, boy - I'm telling you one more time". Somewhat subdued, the Cycling Snowbirds wait for the sentence - Vernon lights up his pipe, Faye continues to look for S-hooks. Lise scurries behind a support post - we're a little concerned she'll try a pit stop. All were trying hard not to laugh or in anyway intimidate our captor. Smoky is talking to his lieutenant but Lise figures he is reading Playboy - she sneaks a picture. Up comes another patrol car - Smoky's support against this law-defying group! "Now listen to me carefully - my lieutenant has decreed that y'all are to walk single file down the interstate to where you can take your bikes up the embankment and over

a fence to a dirt road that is out of my jurisdiction." Bart - ever trying - "Can we ride our bikes?" At this point we thought we would all be shot! "You're not listening to me, boy, this is what y'all do". So obediently, except for Lise who keeps trying to get some good snaps of this event, we walk - single file about 100 yards down the interstate and then haul our bikes up the steep embankment. Lecture time - "My lieutenant says 'cause y'all are foreigners he'll let you off this time! - But learn the laws of the state you are in! There've been 11 troopers killed on this interstate this year - 6 from traffic and 5 shot - I've worked so many years for my pension and I'll not jeopardize it now. Now - get over that fence and stay out of my jurisdiction." Obediently, smothering giggles, and trying hard for composure, the Snowbirds hoisted their bikes and themselves over the 5 foot page wire fence with two rows of barbed wire on top. We entered onto a quiet country road - gorgeous with large oak trees making an arch over the entire road span.

By the end of the tour, every night became a party night. At Lake City it was pizza and wine night. At Starke it was barbecued spareribs and our expressed, sometimes emotional, thoughts of the tour's most valued times - the good friends, Lise surviving her accident, Doc's continuous assistance to Lise which prompted a romantic Edith Piaf song, seeing Betty come from last cyclist to lead the tour, and so on.

On schedule, March 30th, we cycled into the tour's destination, St Augustine. Briefly, we gathered together for a short exchange of congratulations and high-5's, and then made our way through the main streets of this historic city to meet the mayor's representative. The media was present and our group picture rated front page on the St. Augustine Record the next day. Florida birds - the great white egret and the blue heron both of which were about 4 feet tall and standing motionless, red winged blackbirds, a special unidentified bluebird, mallards (or were they wood ducks), black ducks, and 2 tiny birds were at our campsite to celebrate our achievement. That evening it was Leila's traditional end-of-the-tour bang-up party with candles, napkins, and balloons. We barbecued our steaks, devoured baked potatoes and all the accompaniments. A braided-hair Drucella (Leila) and her cigarette holder, bead twirling flapper friend, Betty, relayed the tale of the Cross America Cyclists and set us all into fits of laughter (is it any wonder this group survived Texas). As we snuggled down in our tents that night, choruses of "Good-Night Irene" filled the campground.

The following day was Bart's final B4 breakfast. These were special day-off events. Thanks Bart. Clean-up and boxing of bicycles followed. Then it was sight-seeing in St Augustine by trolley and foot.

What a privilege to travel through history in this city which dates back to the 1500's

The victory celebration brought out the best in everyone. Lise, as M.C., spoke in French first - a special consideration to Marthe who has endured 2 months of English and has been very patient in what must have been frustrating times, Leila translated. Flowers for all - Garfield wore his behind his ears and looked like Caesar. Gifts - Faye had personalized rubber sink stoppers for everyone, and Lise's barbed wire hearts with special bows carried the following message: "Symbol of friendship, caring and commitment. A bond created as we crossed U.S.A. in 1995. The barbed-wire - ranches, cactus, flat tires and hard time - for the good times we so enjoyed."

Personal tributes to each cyclist noted qualities that shone during this tour of many highs and lows. There was Leila's special poem for our injured and sadly missed John.

John: Hiza, our friend and buddy  
Rode his bike even when it was muddy  
He was our bright spark  
In the days that were dark  
The wind blew hard and rain would pour  
But never would John desert our tour.  
He always said yes when there was work to be done  
And cleaned and polished until everything shone  
Then John had a fall that ended it all  
Your cycling buddies miss you John  
Please come and pedal with us before long.

Vern, who had seemed naked when his beard had been shaved off a couple of weeks previous, reappeared fully bearded to present a toast to our esteemed leader, Barton. Words could not do justice to this toast nor to the degree of appreciation we had for all of Bart's preparation, decision-making, and continuous concern to ensure that we made it through the difficult times and enjoyed the good times to successfully complete the first ever Cross America tour for the CCCTS.

As usually happens, some of the 1995 Cycling Snowbirds have hardly been mentioned in these reports but each made a significant and vital contribution to our successful tour. And a special thank you to Faye who continuously thought up ways, like the community wash to make each day better than the last. You made it happen, Faye! And of course, Jim was indispensable - keeping us informed of changes and of how many kilometers to go on those long days, aiding the exhausted, sick, or those of us who had bicycle catastrophies, ensuring our food was always fresh and as ordered, and in 100rds of Jim-ways he contributed to a memorable trip. Thanks Jim.

And to those who had to leave us during the trip, the Freigangs, Bobbie Redmond, Ben Kihlman, Joan Enman, John Hiza, we missed you and had you been with us our experiences would have been much richer.

Total miles travelled 2932 (4691 km)

## CCCTS TOURS

Our tours are designed to fit the needs of both experienced and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

## 1995 CCCTS TOURS

### CENTRAL WASHINGTON DAM TOUR May 15 - 25.

Dan Baris 509-865-2315

The tour gets under way May 16 with 37 participants.

### BIG SKY LOOP MONTANA - July 7 -19

Chuck Dick 604-261-5092 (Loaded/self contained); estimated cost - \$300 - \$400 US

Details of this tour were published in the March Newsbrief.

### VANCOUVER ISLAND- July 10 - 25.

Diana Lifton - 604-468-5696 (Support vehicle, tenting, max 30)

Estimated cost \$400 (includes boat fares), cycling distance 850 kms, non-refundable deposit \$100 due April 1, balance \$300 due June 1.

Details of this tour were published in the March Newsbrief.

Participants: (35) Diana Lifton, Al Lifton, Martine Donahue, Rae Wohlschlegel, Dennis Parsons, Bruce Ross, David Brown, Virginia Brown, Olive

Balabanov, Rose Tanchak, Mary Yaremovich, Margaret Fyfe, Judy Jackson, Marjorie Murphy Garfield Clack, Diane & Russ Horsnell, Norman Kjelson, Emidia Lepore, Roy Towler, Christina Radnai, Mary Eickhoff, Rowan Ley, Peter Cordoni, Joan Thompson, Lee Kraft, Rick Jenks, Brian Lamb, Bruce Hudson, Kathy McPherson, Eleanor Woodman, Art & Brenda Borron, Ray Merness, Paul Seibert.

*Editor's note: Diana Lifton has several names on her waiting list but sees no purpose in publishing them as all advance deposits have been received and the tour is full.*

### KANANASKIS - Sept 6 - 24 .

Ted Stubbs 604-321-2784 (Support vehicle, some hostels, mostly tenting, max 30)

Estimated cost \$400, deposit \$100 by February 1, no triflers please! 1000 km.

Details of this tour were published in the March Newsbrief.

Participants: (19) Keith Clothier, Ted Stubbs, Pat Stubbs, Bob Jordan, Mary Eickhoff, Brenda Borron, Art Borron, Katryn Jeronimus, Joan Enman, Terry Green, Andre Milaire, Rae Wohlschlegel, Wendy Pearson, Bob Miller, Josie Zewiec, Barb Faulkner, Ann Miller, Barton Howes, Rolf Petersen.

### THE NATCHEZ TRACE PARKWAY BICYCLE ROUTE

Chuck Dick 604-261-5092

America's Most Scenic Highway of Mansions, Magnolias and Old Time Magic. Approximately 2400 km.

Details of this tour were published in the March Newsbrief.

### CHINA - November 1

The tour has been cancelled.

### NEW ZEALAND - SOUTH ISLAND - early November for 6 weeks

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

So let's get serious! We're to rendezvous in Christ Church the first week of November (day to be announced) and I'll coordinate a 6 week tour of the Island travelling self contained. The first 4 days will be spent cycling in and around Christ Church and getting to know one another. Beyond that each person is at liberty to leave the group (and rejoin it) at will. How you wish to arrange the rest of your itinerary is what I want to know. We do not have to travel 'on bloc' but are you stopping over? Cook Islands are recommended! Are you going to Australia? Send \$10 to the office with your plans and I will send you

a list of what the others are doing. Send soon so that you can be included. What others do may help you to make a final decision. Let's hear from beyond BC and Alberta. The days down there in November and December are long and warm.

Interested members: (19) Dennis Parsons, Josie Zewiec, Barbara Hetzer, Sonja Joos, Chris & Peter Kabel, Carl & Joyce Dukeshire, George Setterfield, Frank & Jennifer Jacobsen, Albert & Noreen Redford, Bruno & Cathie Freigang, Monty Peters, Keith Bower, George Stenning, Sylvia Mathers.

*Editor's note: Some of these participants might be considering the 1996 tour.*

### 1996 CCCTS TOURS:

#### CROSS CANADA:

Our last Cross Canada tour, from Victoria to Halifax, was in 1993 and it is time to think about another tour, possibly in 1996. Based on previous experience it would be a loaded 3 month (June to August) tour with support vehicle. The CCCTS office is now accepting names for this tour on the understanding that it will only be held if there is sufficient interest and a suitable candidate for leading the tour is found.

#### WESTERN AUSTRALIA - Mid Sept. - end of Oct.

Rae Wohlschlegel 604-592-6680 (either self-contained or with an accompanying vehicle for emergencies only - not for luggage nor equipment for group meals). max 25, 1200 - 1500 km.

Tour features: A Mediterranean climate, old growth forests, rugged blue-water coastlines, wild coves and bushland bedecked with native flowers. (The tour starts and finishes in Perth. Details of the tour can be obtained by contacting Rae or the CCCTS office.)

Interested participants (19) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel, Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weis, Bob Miller, Katryn Jeronimus, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette.

*Editor's note: Rae has advised that the optional Bali segment of her tour will involve a 9 day cycling stopover at a cost of \$1089 Canadian based on 10 persons travelling.*

#### NEW ZEALAND - SOUTH ISLAND - early Nov. for 6 weeks

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

### TOURS NOT SPONSORED BY CCCTS:

#### EUROPE - May - Sept 30, 1995

Marion Orser - 604-520-7636

Marion is planning a self supported, tour, she anticipates cycling through Greece, Italy, Switzerland Austria, Germany and France. She plans to establish meeting points for anyone interested in participating in a specific segment. If interested call Marion for details.

#### VANCOUVER WEEKLY TRIPS:

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

**Tuesdays/Thursdays:** Meet at 10 a m at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

#### Wednesdays:

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

- South Surrey: This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

#### VICTORIA WEEKLY TRIPS:

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

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

#### OPTIONAL RIDES:

##### Gulf Islands - Al; Hollinger

Al is planning a day's trip to Mayne Island on Wednesday, May 24th. Catch the 9:55 ferry from Tsawwassen ferry terminal returning 6:40 p m. If interested contact Al 946-1347. You might want to brown bag it.

##### Ride For Heart

The annual Heart Ride is Sunday, June 4th. For more information call the Heart Ride office at 738-7433



# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 12 No. 6

June 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Most of our members are over 50.

Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	872-4728
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	520-7636
	Horst Hees	389-1152

## PRESIDENT'S CORNER

Here we are with another month under our belts, and another successful tour completed, thanks mostly to Dan Baris who spent a lot of time laying out the tour. The Gods were kind to us regards the weather, which makes the tour that much more enjoyable. I'm sure other participants will give a more detailed report on their views of the trip.

At today's directors meeting I was pleased to see Dennis Parsons and Rae Wohlschlegel present after their various ailments. Dennis's was reported on last month. Rae unfortunately had to miss the Washington tour because of flu-like symptoms.

Last month I was advising that a potential Cross Canada tour was in the offing if we could find a leader. I'm happy to report that a leader has come forward and that the tour will be a 'go'. Felice Bennekou has volunteered to lead the tour, which we are now happy to sanction. So start making your plans for 1996. More on this in the future.

Although the sun is shining outside and I hunt and peck on my typewriter, it is time to remind members of the annual picnic on August 3rd at Deas Island Regional Park starting at 11:00 a.m. Also to remind the membership that this year's annual Banquet and AGM will be held midweek; Banquet Wed. Nov 15 and AGM Thurs. Nov 16. Mark your calendars.

That's it for this month. Happy and safe cycling.

Ian.

PS, Barbara, I passed onto Rowan your concern regards the name.

## EDITOR'S NOTEBOOK - Rowan Ley

Sorry Barbara, while I might have some English roots they grew in North America where I worked for an American Company for 40 years which basically used American spelling and commonly abbreviated names.

Editing the Newsbrief is my first kick at the can at doing this sort of a job. I have had 2 or 3 comments about using American rather than English spelling. I must confess that I did not realize just how concerned some of our members are about this issue.

All sorts of unexpected interesting challenges seem to pop up each month. Do you edit questionable language on articles submitted by members when the language really best describes a situation? How much editing should be done without offending the writer? When you end up with an odd number of pages do you delete or prepare extra filler? In this case what I am now writing is obviously for filler.

What I really need is additional items that would be of interest to our readers that can be plugged in as and when needed. In other words I am asking each of you to help make this job a little easier and to make the Newsbrief more interesting.

## LETTERS TO THE EDITOR

Thank you for keeping me up to date on CCCTS activities through your newsletter. You may wish to alert your readers to the fact that *Maturity* is doing an in-depth cycle travel article focusing on challenging and exotic tours in a variety of countries on several continents.

The particular *Maturity* issue is July/August, available July 1st, and can be picked up free of charge at any of the Bank of Montreal branches throughout the country or at any of the travel agencies across Canada which are under the Independent Travel Professionals umbrella.

Alison Gardner, Associate Editor, *Maturity*

\*\*\*\*\*

My CCCTS friends

I am riding with you - vicariously - when I read your cards from Across America. *Cheers to you* - and thanks for the cheers.

I am riding with you - vicariously - when I put my Myata through the motions on Doc's *Vetta Trainer*, thanks Doc.

I am riding with you - in my thoughts - when you mount your shiny steeds at the Victoria picnic, the Muffin Break on Sundays or McDonald's on Wednesdays. I appreciate your encouragement and I am doing my darndest to get back up there where you are. Last Sunday we entered the Dallas Dash, 8k road race, Josephine on her Nike Air Wings and I on a rented wheelchair. We had a great time and the runners were very supportive. Of course, I'm still running after Josephine who usually comes in first, winning the "metal". She entered the Times Colonist City Run, the 5k Smoking Prevention Run, and the MS 5k walk. In the Dallas Dash I didn't do too badly, making 6th place in my class (the others were running) and first in the wheelchair division, because I was the only one entered. On May 28th we are running/wheeling for Hips and on the 4th of June for Arthritis. We are having a blast (I will attempt the Hip run on crutches).

I no longer have a cast, have two stainless steel pins in the left leg (they don't rattle yet), do pool exercises three times a week and can sometimes walk without my crutches a little in the house.

When you come to Victoria look out for me. I'm the one being chauffeured around town in the big vehicle (bus) or you may catch me tooling around the streets on my wheels rented from Mediquip.

Love, Horst & Josephine (Hees)

\*\*\*\*\*

I am so overwhelmed with what I have achieved so far this year that I thought I must write our account of the trip across the States. As I am a humorous writer and thinker and have given 3 witty and funny talks of my experiences I thought you might like to hear some of it. Gerry Sutherland and I gave a session to our local Bicycle club, the rendering of which was enjoyed and responded to with great applause. Gerry did the technical stuff and I gave the accompanying one in my letter (refer 'Across America' elsewhere in the Newsbrief). Since I am trying to 'deal' with retirement I think my vocation is going to be cycling and writing a humorous book of short stories eventually. I must say the X America was my first and the people just my cup of tea. I really am hooked now. You will be seeing and hearing more from me. Book me for X Canada 96.

Betty Darvell-Jones

PS: Gerry and I made it; 3000 miles/5000 km

*Editor's note: Your retirement sounds like it is going to be a lot of fun which is the way it should be. In my comparatively short time with the Club I have heard a wealth of bizarre and funny situations, it would really be a great idea to have them documented for posterity or whatever.*

\*\*\*\*\*

Enclosed is an article (Painful Lessons - printed elsewhere in the Newsbrief) that may be of interest to your readers. The article is also on a disk written with Microsoft Word 5.1 on a MAC. We are enjoying your series of articles on touring England, Wales and Ireland. Thanks,

Sincerely, Larry Pommen

*Editor's note: Larry, thanks for the disk it saved me having to retype your traumatic experience with your tandem.*

## WE HAVE LOST A REAL TROOPER

Goodbye to Bruce from Nanoose (Bruce Hudson)

On our trip to China in 1987 I had the good fortune to sit across the aisle from Bruce in the plane taking us to Japan. He was interested in my books as he had read one of them already.



We had very comfortable hotels in China with flush toilets and stuff like that, where we would gather sometimes for a drink or two at night, but we soon learned that Bruce and I were in a minority. We had not been on the Australia run.

But after a couple of nights of interesting tales, we gradually came to terms with the fact, that there were two kinds of members. Those who had been to Australia, and those who had not, and that was when somebody suggested it was time for a change of menu, which gave Bruce an opportunity to tell his stories.

All through the trip we had two single rooms, one for Bruce and one for the opposite sex, but one day we arrived at a hotel where they had forgotten to allow for single people, and we were one room short. However, we managed to convey to Bruce that it was his duty to make the spare bed in his room available to the person who did not have one. No big deal according to him, just wait until your roommate starts snoring and then you tip-toe into the bathroom.

Bruce was a good cyclist in those days, and when we got these Chinese bicycle wrecks wound up, there was not much stopping us, except for a fork in the road or an accident, such as knocking a Chinese lady with a basket full of liver off her bike.

There appears to be some people around who think, that dying on your bicycle would be a good way to go. For my part I would like enough time to say good-bye first, and for what I know of Bruce, he would have preferred that too.

Yours sincerely, Robert Helmes

\*\*\*\*\*

Bruce started his first tour with the Society as a back-of-the-pack slow rider in Arizona. He went on to become a very strong rider and do other tours with us, then to the organizer of tours in Arizona.

We will remember Bruce especially for those long stories he would tell us as we sat around the campfire, which always ended with an hilarious twist.

Dennis Parsons

*Editors's note:*

*Bruce passed away suddenly on May 10th while riding with other Society members to participate in our Victoria picnic. All of us who have ridden with Bruce will remember him as a true companion and a very strong supporter of our Club. He will be missed by many which surely is the greatest tribute*

*that one can receive.*

**IN MEMORIUM - Dennis Parsons**

Nadine Westnedge cycled briefly with us and formed some very good friendships. She will ever be remembered for her mischievous smile and sense of humour.

**WELCOME TO NEW MEMBERS**

**BRITISH COLUMBIA**

Fritz Hagedorn, Victoria 604-479-6718

Sadine Hansel, Nanoose Bay 604-468-2374

Palle Pedersen, Victoria 604-386-2775

**ONTARIO**

David Martin, London 519-657-2228

A. Vennos, Nepean 613-763-5480

We now have 369 members

**INTERNET - John Peck**

Some of our members have access to E-mail on the Internet. For those of you who would like your E-mail address to be available to our members, please send a message to "peck@cs.ubc.ca".

**CLUB JERSEYS - Andre Kaufmann**

Andre advises that we now have only 8 small and medium sized club jerseys left. They are available at the rock bottom price of \$55 each plus a \$4 mailing charge for those who cannot pick them up from him. Dennis Parsons noted that their distinctive design creates a real hit, particularly when worn by a group of Club members in a foreign country. If you are interested in a jersey contact Andre 604-581-3923

**ANNUAL CCCTS PICNIC & SWAPMEET**

Don't forget our annual picnic to be held August 3rd at Deas Island Regional Park starting at 11 am. It provides a great opportunity to renew old acquaintances and meet other club members.

**CBC'S TV SHOW 'CYCLE'**

The CBC interviewed Club members, Faye Wilson and Barton Howes, on their recently completed X America trip. The interview will be aired 11 am Sunday June 24th and repeated on Monday June

25th at 7:30 am.

## SONG SHEETS

We are looking for some song sheets which can be used for sing-along sessions on our Society tours. We have no trouble picking up sheets for Christmas music but, as we don't habitually tour over Christmas, we need something of a more general nature and they are rather hard to find. We would very much appreciate your help if you can either send us a copy or let us know where they are available.

## RIDING AND YOUR PROSTATE (men only)

The word "prostate" is bound to bring shivers to our male cyclists. There is evidence that cycling causes prostate woes. If you are a male of any age and riding brings on bouts of increased urination, occasional bladder dribbling, reduction in the force of the stream, and difficulty in voiding, you may be a victim of "prostatitis," caused by your old friend the bicycle seat.

Before you hit the panic button, some facts. All men have a prostate gland. It sits just below the bladder and surrounds the urethra (the tube that carries the urine). Although all of its functions are not known, one of its main jobs is producing semen, the fluid that sperm live in. Prostates are usually well behaved until age 50. Then, perhaps due to hormonal changes, the prostate can grow from the size of a walnut to plum-size or even larger. When this happens, it clamps around the urethra and slows the flow of urine. That's when symptoms such as difficulty in urinating appear.

Under certain conditions, cycling can cause prostatitis, an inflammation or irritation of the prostate that mimics the symptoms of age-related problems. The reason being that you sit on the prostate when you sit on the saddle. About 90% of your weight rests between the rectum and the scrotum where the prostate is located. Road riders typically experience more difficulties than mountain bike riders as they tend to spend more time actually sitting on the saddle. However prostatitis arrives, if untreated it may lead to infection and, in a worse case scenario, impotence.

That's the bad news. Now for the good news. Most male riders never have cycling-related prostate problems. They're protected by their anatomy, choice of saddle design, and riding habits. And even if you experience problems, you can eliminate prostatitis by following guidelines (but always check with your doctor first to rule out more serious problems.) These tips will also help prevent it in the

first place.

1. Avoid narrow saddles. Wide saddles support most of your weight on the sit bones while the popular narrow lightweight ones concentrate most of the weight on the prostate, almost as if you were straddling a rail fence.
2. Check your position. Fit problems are one of the most common causes of prostatitis. For example, if the top tube/stem combination is too long, riders often compensate by scrunching forward and riding on the tip of the saddle - in effect making a wide saddle narrow. Some riders - particularly those with weak arms and lower backs - compensate for an overlong reach by tilting the nose of the saddle up. They believe the tilt will keep them from sliding forward. It might, but in this position the saddle again focuses pressure on the prostate. An excessively high saddle can also create problems. If you have to rock your hips to reach the pedals, your prostate functions like the fulcrum on a teeter-totter.
3. Be careful with aero bars. An extreme aero position rotates the pelvis forward and puts the weight directly on the prostate. Use aero bars cautiously. In most cases, they should be positioned as arm rests to take weight off your hands on long rides. They should not alter your reach or force you to rotate forward to use them.
4. Vary your riding styles. If you grind away seated for hours on flat roads you're a candidate for some problems. Get used to standing at the slightest provocation - a small rise, a brief gust of wind etc. Prostatitis is less of a problem if you have more blood flow, it's constant steady pressure that leads to trouble. Don't be a lazy rider. Too many riders get frozen to their saddle. Not only do they stay seated, they don't move on the saddle. Get used to sliding to the rear when climbing, forward to spin.
5. If you suffer age-related prostate problems but want to continue cycling - you might try a full suspension bike. It will absorb much of the irritating shock.

## PAINFUL LESSONS - Larry Pommen

We bought a tandem mountain bike last summer, looking for a way to enjoy cycling together. I have ridden about 25,000 miles on my touring bike; my wife says she's not that fanatical. The tandem averages our abilities, keeps us together, and we 'had a ball' riding the roads and trails around Victoria last summer and fall. We joined the CCCTS, planning to join their Sunday rides this year.

On our first ride this spring, we decided to take a trail at Centennial Park in Central Saanich. It was an

innocent-looking downhill; straight, flattening out after a short distance. We had already ridden more difficult downhill trails. The tandem took off downhill in its usual manner - like a rocket. (It's amazing how fast 375 pounds on two wheels accelerates downhill - if only we could save it for the uphill!) We hit the steepest part of the hill only to discover that horses' hooves had churned the crushed rock into a mini-mogul field. It was like riding fast on railroad ties; my glasses were bouncing so much that I could hardly see. I was braking as much as I dared, trying to lessen the speed and pounding, when we hit a smooth, sand-covered patch. The front tire, a street slick, skidded and we went arse over head down the hill.

As CEEDEE said in the May, 1995 CCCTS Newsbrief, a front-wheel skid can ruin your whole day! Or summer. My wife crushed the side of her helmet and strained a muscle in her back. I had a 4th grade shoulder separation; the surgeon put in a 3" steel pin to hold things together for 6-8 weeks while the torn ligaments and muscles heal. Six months of stretching and strengthening should make the shoulder nearly as good as new. We are thankful; it could have been much worse. We are stronger helmet advocates than ever.

So what did we learn? Horses and bikes don't mix very well, especially on hills. Street slicks on a mountain bike are a dumb idea (ours came that way from the dealer). Don't start your off-road biking career on a tandem. We've also learned that a tandem is a great way to enjoy biking together, and as soon as my shoulder heals, we will be on the road again - and maybe a few flat trails!

#### **PEDALWISE TIPS BY CEEDEE** **Safety tips for cyclists - traffic**

Probably the best: explanation of, and suggestions for, riding in traffic can be found in John Forener's book "Effective Cycling" which covers all aspects including the psychological. Copies can be found in most public libraries and one is also available on our bookshelf at the CCCTS office.

You may find the following tips useful:

1. When riding in traffic ride as quickly as possible, preferably keeping pace with the traffic. It is then much simpler to make a turn and you become more of an equal with the vehicles. Do not weave to avoid imperfections of the road surface. Signal your intentions well in advance of a change in direction.
2. When in traffic you may have to take over a lane to avoid being squeezed against parked cars or the curb. Ride quickly and positively thereby signifying your intention by your actions in

addition to the use of hand signals.

3. Do not ride against traffic flow nor cut across intersections or use pedestrian walks unless walking. The temptation may be great, but you are no longer a kid on a bicycle. You are classed as a vehicle and should conform to normal traffic laws. "kids on bicycles" cause traffic accidents as well as pedestrian injuries.
4. When intending to turn left, signal well in advance and, if in traffic, take a quick look behind to ensure you have been seen before entering the left lane. Catch the eye of the motorist to ensure that he understands what you are about to do. Do not turn left from the right lane.
5. When two cyclists are riding together in traffic, in tandem, they should follow each other and turn together, the rider in the rear calling to the one in front when safe to change lanes since the rear rider has the better visibility. If this cannot be co-ordinated for any reason, then the cyclists should space themselves and ride alone. It is very disconcerting to vehicles when one rider flares off and the other hesitates while looking back and trying to make up his mind

#### **GULF ISLAND RIDE - Rowan Ley**

On Wednesday May 24th, 8 of us from the Lower Mainland hopped on the Tsawwassen ferry to take on the challenging hills of picturesque Mayne Island. On disembarking from the ferry we were pleasantly surprised to be met by a contingent of members from Victoria. It was a warm cloudless day, perfect for cycling Mayne's quiet country tree-lined roads experiencing a combination of the smell of the ocean and the fragrance of the forest rather than the pollution of the city. For five of us, our ride ended vying for the shade under a rather small sun umbrella on the sundeck of a local pub. It was a great way to end a perfect day quaffing a cool beer while enjoying a panoramic view overlooking Active Pass watching the ferries and other marine traffic glide by. Thanks to Al Hollinger for his effort in making it happen.

#### **'MY' IMPRESSIONS OF X AMERICA -** **Betty Darvel-Jones**

Once upon a time when I reached 65 I planned a trip as a gift to myself on my retirement. I said to everyone "I am going to cycle 3000 miles across the States (much choking over cups of tea!) Having never done this before, my longest ride was 90 km in one day, no one believed me. I was dismissed from work when they found out, so I thought, good, that decides me, I'll retire. My kids thought I was nuts.

So one day I packed my bags and found 2 or 3 friends in Ottawa who were doing the same thing with the CCCTS and we were off. I had joined the Club in Oct 94 and booked the trip at the same time. Shock treatment works best on me! We arrived in San Diego and after introductions all around I thought, "what a great bunch, they are all as crazy as I". My bicycle arrived with bent frames (thanks Delta) and 7 dwarfs bent over it to put it to rights. I felt as helpless as Snow White - that's why I said dwarfs.

By Sunday we were ready to start out after group photographs. Suddenly there was no one there. I saw them disappearing down the street. I put my helmet on back to front, rode up the curb, just missed a fire hydrant, rounded a van and I was off. Don't forget everyone is responsible for oneself. I soon caught up and spent a pleasant day cycling up, up, up, upwards 1400 feet and nothing in sight. How on earth am I going to do this every day for 2 months? How green I was. I'll never forget that first day, and while everyone scribbled in their journals that night, I put one word in mine, "Christ", and went to bed!

I learnt how to put my tent up in the dark, how to pack a sleeping bag by "stuffin' it", how to put a magic 'fairy ring' around my tent (some white powder) to keep the red ants away, and if they do sting you P... on'em! In the sun I had to wear my helmet backwards because my visor was stuck on that way permanently by me. I guess I thought I was wearing a baseball cap in fashion. After a week I found myself sunburned and blistered. I had been using shampoo instead of sun bloc. That'll teach me to put my glasses on! One day I had tied my carrier bag to the back wheel with a bungee cord, nearly did a boomerang.

As time progressed my cycling became stronger and I progressed from slow to intermediate. By the end of the trip I was "foremost" most of the time. Another funny thing was getting used to cleats on my shoes and pedals. I promptly fell off my bike habitually every day for 4 days 'till I stopped 'putting my foot in it'. Now I can't cycle without them, and as for 'bits' on the road, nuts, bolts, tires, wires, glass and thorns (goatsheads), I had fun running them over instead of going around them. No wonder I had 6 flats.

The best part of my trip was the encouragement from my colleagues (gosh I've got a lot of new friends), waiting for me at the end of the day, floggin' a dead horse, a wee tot of revival. Then my turn: - my popular cre-e-e, my porridge, made up desserts, repairing tubes, cleaning shoes, songs, jokes, skits after dinner. Then the day I was put up front to

lead, right on to the interstate! And there we met "Yogi Bear"! But that's another story. Well, I'm really and truly initiated now. There's no holding me back. Next year I'm cycling across Canada with you all or maybe I've put you all off. Don't worry I'm seasoned now. What have I been doing all these years!

Yours in recycling., Betty (Queen Liz)

New words: Gozundas- Goatsheads- Snakebikes- Granny Gears.

Copy of the Queen's speech on one of my after dinner skits as requested by some members on the X America trip: -

"My husband and I are very proud to share with you your great achievement from Sanitary Ago to Up Jacks in America. We have been following your trip by reading the Canadian News while sitting on our thrones. After the Royal Flush we get on our people pushers and follow you on our super fax.

We wish we could be with you at this time but we have to look after the bloody palace and keep an eye on Bonnie Prince Charlay and Lady Diana who plays the piana. We hope to join you on your next adventure. Philip will ride his Penny Farthing and do a spot of fishing from the saddle and I will follow on my three wheeler with the corgis in the basket. Our horses will travel in the sag wagon with Jim in case we get a flat. Once again our thanks to you for representing "True Canadian Snowbirds" "God Bless You All".

*Editor's note: Joan Engman included the "Queen's Speech" with her final " Cross America" report, however, after much deliberation, we did not publish it because we did not realize it was a skit and could not comprehend what it had to do with the tour. My apologies Joan. I'll bite Betty, what is a gozundas? I assume Sanitary Ago is referring to San Diego, but am a little mistified about Up Jacks.*

## **PRE EUROPE 95 CAMPING TRIP**

Marion Orser

May 24th, almost "D" day (departure). We have had our "overnight camping" at Fort Langley. Would you believe we had only one mug for four. All in all a good learning experience.

Harry Tingley started from home in Abbotsford into a stiff headwind, while Eila Taylor, Andrea Farmer and myself headed out the Lougheed with a nice tailwind on a beautiful sunny day.

When we arrived at the train underpass on the Mary Hill bypass we were amazed to see signs saying "highway flooded". That indeed was what we found! Andrea and Eila opted to put their bikes in the back of a pickup truck when the driver offered,

while I plodded on through. The driver of a semi also waited on us to walk through ahead of him preventing the whirlpool effect from his wheels.

With the kindness of the drivers in our minds and wet soggy feet we cycled the scenic backroads of Pitt Meadows under the backdrop of the Golden Ears. After a very late lunch or early dinner we were on to the Albion Ferry and to our destination, "Fort Camping Resorts".

This site, although convenient and clean, is not recommended. They adamantly refused to allow us more than one tent per campsite and there was certainly not a consideration of a discount for no vehicles. Since Harry was already settled in, we bit the bullet and paid their exorbitant rate.

Morning saw us leisurely going our separate ways (over a few more hills than anticipated by the women) and heading home.

Next stop; Thessaloniki, Greece (former Macedonia) on June 5th.

Sylvia Mather will join us in France in late August. There is also still the possibility of Gilles Marshessault and Gail Arrison arranging to meet us at some point.

## **TOURING NORTHERN IRELAND - Rowan Ley Continued from the May Newsbrief.**

On the afternoon of June 7th I arrived at Derry's busy bustling main square. I desperately wanted to purchase a waterproof jacket. I was tired of being soaked to the skin every time it rained. It is not safe to leave a bike unattended as there is a high incident of theft in the major towns of Ireland. And where would I stay? I hadn't seen a Ba Ba sign since entering the northern counties. However, my unspoken concerns were soon resolved in the form of a jolly fellow who strolled nonchalantly up to me and casually remarked "you look like you would be wanting a bed and breakfast". Not having any better ideas I dubiously accepted his offer of help and accompanied him for a couple of blocks where he pointed out a Ba Ba. No wonder I had not noticed any Ba Bas if they were all similarly signed as the only indication was on a 5 x 7 inch brass plaque on the door. In answer to my knock a woman opened the door, she stared at me and the following conversation ensued:

Woman, in a curt voice "what do you want"

Me, somewhat taken aback by her abruptness "a bed and breakfast. for the night"

Woman, again rather curtly "how did you know to come here?"

Me, defensively "A rather pleasant gentleman in the square suggested this would be a nice place to stay" Woman, in a haughty voice "Oh him again! Well, we only take respectable people here". Then, seeing my flustered expression, she laughed and said "I was only kidding. Come on in on condition you promise to go through our museum". A condition I gladly accepted and as it turned out I could not have asked for more affable and friendly hosts.

Derry is a vibrant place and during the day you would never know there had once been violent altercations between the North and the South on its streets. But what a difference at night when the steel shutters are drawn on the store fronts and the streets are suddenly deserted. The museum provided an in depth account of the history of the walled city of Derry.

The difference between Northern and Southern Ireland is like the difference between night and day. The roads in the north are as good as Southern Ireland's are bad and the pace of living seems to belong to a different century. The homes tend to be more modern and there is an appearance of wealth everywhere. It is really hard to imagine how the two cultures could ever merge to become a united Ireland.

After leaving Derry I had a very pleasant ride along the coast through County Derry and into County Antrim. I spent the next night in the golfing resort town of Portrush in a 4 storey 18 room Ba ba and spent the evening listening to many golfing stories of participants in a large golf tournament. My plan for the following day was to cycle about 5 miles to see 'The Giant's Causeway', one of the natural wonders of the world. However, the weather had other plans. Strong gusts of wind pushed me across a full lane of traffic and then for a moment they would subside and I would recover and get back to the shoulder only to be whipped back across the road by a new gust a few moments later. It was a dangerous and scary experience and after less than an hour I had to get off the road and find a place to stay. I could not help but wonder what the wind was doing to those rich but poor folk playing in the golf tournament. In short order I found a farmhouse Ba ba. The hostess was nonplussed at my early (10 am) arrival and provided me with tea and cookies etc and told me to help myself to anything I needed in the fridge. Whereupon she left the house alone to me in order to pursue her days business. It was great to curl up and read in front of a nice fire which she had lit to keep me warm. What hospitality! I did venture out to tour the Bushmills distillery and sample some of their excellent whiskey. It is the oldest distillery in Ireland and one of the oldest in the world. You can order it by the barrel but must

wait 25 years for it to age before they will release it. There were thousands of barrels in storage, most of them prepaid for delivery well into the next century.

Fortunately, by the next day, the wind subsided and I was able to tour the Giant's Causeway, where cooling lava has solidified into a series of stepped polygonal columns of such geometric precision that legend portrayed them as having been constructed and placed there by a giant. The Causeway rises up from the sea and appears as if it was designed as a roadway between Ireland and Scotland. It is in the shadows of towering multilayered cliffs. The design and shape of the pillars which form the causeway makes it very difficult to believe that it is indeed a natural phenomena. As it is situated in such a spectacular natural parklike setting it is truly one of the most impressive places to visit if you are in Ireland.

As I continued on my way down the east coast in much better weather I ignored signs warning of dangerous curves and very steep hills on the coast route only to find they were not kidding. The rolling hills were unbelievably steep with grades over 25% and 90 degree turns in the middle of the hills. I had to resort to pushing my bike uphill and crept downhill with my brakes continually engaged. What a struggle! However the view was almost worth it as you could see all the way over to Scotland and surprise, surprise, I had the road all to myself. A little further south, on the way to Larne, the road runs for 21 miles along the coast with an elevation change of nil! The scenery in County Antrim was really magnificent and I was sorry not to have more time to explore some of its beautiful glens.

On June 12th I arrived in Carrickfergus, a few miles out of Belfast. On arriving at a farmhouse Ba Ba I was greeted by a small boy who insisted that I have a tour of the farm and see all the animals before registering. After a rather extensive tour of the barns etc we came across some older children doing their chores. I remarked that their young brother had given me a nice tour. "Oh" they said "he is not our brother, he doesn't even live here". You run across the strangest situations in Ba bas. Later that evening after supper I was alone in the living room when the door opened and about 12 people trooped in. They had eaten supper in the farmhouse and were retiring to the livingroom for a birthday celebration. Feeling a little uncomfortable I rose to leave but they would have none of it and insisted I stay at least until I listened to them sing one song. Well, they started to sing and had beautiful voices. The songs eventually turned into games and I was expected to participate as if I was one of them. Several hours later I retired to bed leaving a great and friendly group of people to continue with their celebrations.

The next day was Sunday and I hurried through Belfast as for some reason I had suddenly felt I had enough cycling and was anxious to get back to Dublin which would be the end of the Irish section of the tour. Unlike Southern Ireland, the traffic was heavy and there was more of a sense of urgency in its presence. Large and obviously prosperous farms replaced the small farms and fields of sheep so common in the south. I passed through Newcastle, sort of a miniature Atlanta, crowded with rides and amusement stalls, and continued down around the Mourne mountains with seemingly endless summer caravan parks. Surely I had left the best of Northern Ireland behind in County Antrim.

I had seen enough beaches to last me a lifetime and decided to head inland at Newry. What I did not realize was that I was heading into hardcore IRA territory. I had not gone long before I saw signs depicting a figure with a rifle saying 'Danger - sniper currently at work'. In addition, IRA graffiti was painted on numerous buildings. It was not long before patrol helicopters were zooming about 100 feet over my head while others cruised a few thousand feet above the landscape. I asked a passerby about the castle on the hill. "That's not a castle" he replied, "its a lookout tower". Eventually I arrived at the village of Crossmaglen on the border. The road was blocked by two heavily fortified pill boxes. Soldiers with blackened faces and carrying rifles blocked the way and I felt like I was in a war zone. Unlike the border at Derry all cars were being stopped and some were being thoroughly searched. My Canadian flag seemed to get me through OK and I breathed a short-lived sigh of relief. Short-lived, as somehow I got turned around and turned a corner to face yet another fortification, presumably going back to the north. Rather than retreating and risking acting in a suspicious manner I stoically proceeded through this obstacle asking directions as I went through. None of the soldiers seemed to know any better than I where I should go and I had no idea whether I was in the North or the South and was too embarrassed to ask. In any event I stuck to little-travelled back lanes and eventually made my way to that day's destination, definitely in the south. In taking these back roads I suspect I passed illegally over the border but survived to tell the tale.

I now had an additional problem. I was definitely not in a tourist area and Ba bas were nowhere to be found. Eventually I dropped into a farmhouse and asked for accommodation for the night. They gave me a cobweb-filled room with a strong smell of kerosene which was barely lit by a lonely dull 40 watt bulb. The windows were so dirty you could hardly see through them. Paint was peeling from the

shower and the curtain was hanging by only two clips. The washroom presented a little challenge as there was no seat on the toilet. However, I was exhausted and too tired to care. Next morning I was treated to a great farm breakfast and even heard how the Vancouver hockey team was faring in the playoffs. This was the first I had heard for about 2 weeks when 2 cyclists recognized my Mountain Equipment panniers as they cycled by in the other direction. They were from Calgary and turned back to say hello.

I was now on my last leg back to Blessington, a suburb of Dublin, where I would stay with relatives and end my Irish portion of the tour

It really is great to have someone familiar with a city to show you the sights. You can see so much more in a short time.

Next month: Touring Dublin and back to London.

## CCCTS TOURS

Our tours are designed to fit the needs of both experienced and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

## 1995 CCCTS TOURS

### **Big Sky Loop Montana - July 7 -19**

Chuck Dick 604-261-5092 (Loaded/self contained); estimated cost - \$300 - \$400 US

Details of this tour were published in the March Newsbrief.

### **Vancouver Island- July 10 - 25.**

Diana Lifton - 604-468-5696 (Support vehicle,

tenting, max 35)

Estimated cost \$400 (includes boat fares), cycling distance 850 kms, non-refundable deposit \$100 due April 1, balance \$300 due June 1.

Details of this tour were published in the March Newsbrief.

Participants: (35) Diana Lifton, Al Lifton, Martine Donahue, Rae Wohlschlegel, Dennis Parsons, Bruce Ross, David Brown, Virginia Brown, Olive Balabanov, Rose Tanchak, Mary Yaremovich, Margaret Fyfe, Judy Jackson, Marjorie Murphy Garfield Clack, Diane & Russ Horsnell, Emidia Lepore, Roy Towler, Christina Radnai, Mary Eickhoff, Rowan Ley, Peter Cordoni, Joan Thompson, Lee Kraft, Rick Jenks, Brian Lamb, Kathy McPherson, Art & Brenda Borron, Ray Merness, Richard Lebec, Barton Howes, Leila Montgomery, Joan Enman.

### **Kananaskis - Sept 6 - 24 .**

Ted Stubbs 604-321-2784 (Support vehicle, some hostels, mostly tenting, max 30)

Estimated cost \$400, deposit \$100 by February 1, no triflers please! 1000 km.

Details of this tour were published in the March Newsbrief.

Participants: (21) Keith Clothier, Ted Stubbs, Pat Stubbs, Bob Jordan, Mary Eickhoff, Brenda Borron, Art Borron, Katryn Jeronimus, Joan Enman, Terry Green, Andre Milaire, Rae Wohlschlegel, Wendy Pearson, Bob Miller, Josie Zewiec, Barb Faulkner, Ann Miller, Barton Howes, Rolf Petersen, Bill Hook, Wayne Waardenburg.

### **The Natchez Trace Parkway Bicycle Route**

Chuck Dick 604-261-5092

America's Most Scenic Highway of Mansions, Magnolias and Old Time Magic. Approximately 2400 km.

Details of this tour were published in the March Newsbrief.

### **New Zealand's South Island - early November for 6 weeks**

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

Enjoying today's weather? How would you like the same in November/December? Be a participant, send your preferred itinerary (via Australia or flying direct to New Zealand) plus a \$10 partly refundable deposit to the Society Office.

We're to rendezvous in Christchurch the first week of November (day to be announced) and I'll coordinate a 6 week tour of the Island travelling self contained.

Participants having paid their \$10 deposit: (5) Dennis Parsons, Barbara Hetzer, Sonja Joos, Albert Redford, Doc Watson.

## 1996 CCCTS TOURS

### **Hawaii - The Big Island** - Feb for 2 weeks

John Peck 595-4315 or Bill Hook 595-4315

Max 12

No tenting, no cooking, no support vehicle, we use motels and restaurants.

Participants William Hook, John Harvie, Zel Harvie.

### **Fernie -Waterton** - mid June for 2 weeks

Ted Stubbs 604-321-2784.

Ted is considering a tour that will include Waterton Park in Canada and Glacier National Park in the US. There will be more information in subsequent Newsbriefs.

### **Cross Canada** - Jun 1 (from Vancouver) - Sept 15

Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting, hostels & University dorms, max 25, \$100 non refundable deposit required by Jan 1, 1996 with balance due by Apr 1).

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John, Newfoundland. Estimated cost from Vancouver is \$2500 including ferry fares to St John and PEI.

Felice is now looking for a volunteer driver.

Interested participants: (8) Felice Bennekou, Betty Darvell-Jones, Marj Murphy, Garfield Clack, John Harvie, Zel Harvie, Al Westnedge, Jim Wolff

### **Western Australia** - Mid Sept. - end of Oct.

Rae Wohlschlegel 604-592-6680 (either self-contained or with an accompanying vehicle for emergencies only - not for luggage nor equipment for group meals). max 25, 1200 - 1500 km. A deposit of \$200 is required by Sept 1 to confirm airline reservations.

Tour features: A Mediterranean climate, old growth forests, rugged blue-water coastlines, wild coves and bushland bedecked with native flowers. (The tour starts and finishes in Perth. Details of the tour can be obtained by contacting Rae or the CCCTS office.

Interested participants (20) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weis, Bob Miller, Katryn Jeronimus, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby.

*Editor's note: Rae has advised that the optional Bali segment of her tour will involve a 9 day cycling*

*stopover at a cost of \$1089 Canadian based on 10 persons travelling.*

### **New Zealand South Island** - 6 weeks (early Nov)

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

## TOURS NOT SPONSORED BY CCCTS

### **Europe** - May 1 - Sept 30, 1995

Marion Orser - 604-737-8483

Marion has now left for Europe and we wish her well on her extended tour.

## VANCOUVER WEEKLY TRIPS

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

**Tuesdays/Thursdays:** Meet at 10 am at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

### **Wednesdays:**

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

- South Surrey: This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

## VICTORIA WEEKLY TRIPS

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

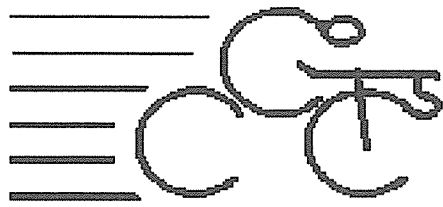
**Wednesdays:** Meet at 9 am at Quadra & Chatterton (Near Pat Bay Highway). Contact as for Sunday.

## OPTIONAL RIDES

### **Gulf Islands - Al Hollinger**

Al is planning a day's trip to Saturna Island on Wednesday, June 28th. Catch the 9:55 ferry from Tsawwassen ferry terminal returning 6:40 pm If interested contact Al 604-946-1347. You might want to brown bag it.





# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 12 No. 7

July 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Most of our members are over 50.

Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	872-4728
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	520-7636
	Horst Hees	389-1152

## PRESIDENT'S CORNER

With all the beautiful weather I trust everyone is able to get out on their bikes and take full advantage of it. Last Wednesday (June 28th) members from Vancouver and Victoria met on the ferry and went to Saturna Island, not a lot of cycling, but a very enjoyable day with great weather. Al Hollinger was with us on his motorcycle, he's still recovering from his spill of a few weeks ago. Guess who got a flat tire? Yes, it was Al. He had to limp home with a flat.

I was glad to see Horst Hees at this month's executive meeting, he is looking good and says he is feeling much better and is now able to ride his bike. Keep up the good work Horst.

Recently a matter came to the attention of the

executive. A tour leader felt that he should not have to pay the full amount of the fee for a tour he had led. This type of situation has never occurred before. I suggested the leader canvas the participants of his tour, regarding his intent. I was surprised by the number of participants who felt that maybe tour leaders should receive some type of recompense for their efforts in leading and organizing a tour. Your present executive feel that we are not in the business of tour leading and believe this matter should be aired, possibly at the AGM, also through letters to the Newsbrief. More on this at a later date.

That's it for this month. Don't forget the picnic, August 3rd at Deas Island Park.

## WELCOME TO NEW MEMBERS

### British Columbia

Steve Horvat, New Westminster	604-526-5713
Richard & Audrey Mann, Rossland	604-362-9465
Wm Carl Rorison, Langley	604-530-6264
Sue Spurgeon, Halfmoon Bay	604-885-8898
Mary Whyte, Ladner	604-946-6266

### Ontario

Sylvia Bailey, London	519-672-5367
Mary Jane Edwards, Ottawa	613-730-0087

### United States

Lloyd Fosdick, Boulder, CO	303-444-1065
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We now have 378 members

## QUICK RECOVERY - Rowan Ley

On June 13, while leading the Tuesday ride, Al Holinger, came out second best after a collision with a vehicle. He was in Point Roberts cycling towards Boundary Bay when a van backed out of a driveway and failed to see Al coming full tilt down the hill. Al ran into the back of the van, flew off his bike and landed on his face. He was taken by Point Roberts ambulance to the Delta hospital (he was lucky as prior to Jan 1 all emergencies in Point Roberts were airlifted to Bellingham). His injuries consisted of 117 stitches in the left side of his face, a big gash in his

elbow, damage to his knee and many other cuts and abrasions. Being the man of steel that he is, Al was out on his bike 2 days later scaring the beejebers out of the Thursday riders. At time of issue Al is still suffering the effects of the accident.

Cudos to Felice Bennekou. As Al is not one to stay in hospitals Felice stayed with him until 9:30 pm and a plastic surgeon had completed mending his face. She then took him to her home and kept him there overnight.

#### AN APOLOGY- John Peck

Last year we published a list of "originals", i.e., current members who joined at the beginning. The name Maurice Leduc was unfortunately omitted. We apologize to Maurice.

#### ANNUAL CCCTS PICNIC & SWAPMEET

Don't forget our annual picnic to be held Thursday, August 3rd at Deas Island Regional Park starting at 11 am. It provides a great opportunity to renew old acquaintances and meet other club members.

#### FOR SALE

Seattle; rare to find Miyata 1000 LT 56 cm touring bicycle - \$400 (us). Call 206-869-2287

A Mac II ci 5/80 computer which includes an extended keyboard and a NEC 15" colour monitor. If interested contact John Peck 604-538-0195

#### CBC'S TV SHOW 'CYCLE'

Last month the CBC show aired Felice Bennekou on her next year's Cross Canada tour and Josie Curtis on seniors cycling as well as Faye Wilson and Barton Howes on their Cross America tour. It also covered the Club's Thursday ride out of Ladner. Josie Curtis has a copy of the tape for anyone who might be interested in seeing it. Otherwise it will be re-run On Saturday, Sept 2 and on Sunday Sept 3rd.

*Editor's Note: Correction; CBC's "Cycling Show" is every week on Saturdays @ 9:30 am and on Sundays @ 07:30 am. The times in last month's Newsbrief were totally wrong and hope most people, unlike me, were aware of the correct times.*

#### PEDALWISE TIPS BY CEEDEE - Chuck Dick

So far the column has drawn rave reviews - from the two of you who phoned. Both recommended I continue and both suggested numerous topics and I thank you. The topic of tires raised its ugly head and I'm going to solve it by saying that I have gone through many types of tires and listen to all the marketing stories. I have settled on three "manufacturers"; Specialized (Japanese) Michelin

(hard to come by) and Continental (not pretty to look at but durable). Being a plutocrat with four bikes, I need tires for off-road, road touring and racing. For sizes I run the gamut from 26" to 700 cc and from 19 mm to 35 mm and beyond. My suggestion-recommendation is to buy one of the brands above, buy tires with tightly woven radial sidewalls and buy kevlar belted or kevlar carbon-fibre belted tires. I have had much less trouble with good tries using those principles. Again they may not be cheap but neither is life and limb. My current tires are all Specialized and my touring ones are Armdillos by Specialized. However, for my tour of Montana which involves pavement, gravel and forest service roads, I'm turning my Miyata 1000 LT into a cross bike using Panaracer kevlar belted 700 x 35 off road tires with a road ridge for highway purposes. They are good looking tires carrying only 75 psi so I'll let you know. I traversed the 470 miles on gravel on Panaracers and toured the back parts of New Zealand with nary a problem nor a flat! They are definitely a tire that I do not hesitate to recommend.

For racing I use 19 - 23 mm tires with high pressure and special rims. For touring I have used 25 mm with a support truck but with panniers and fully loaded a minimum of 28 - 32 mm is what I'm comfortable with. Off road it's off-road tread and anything 35 mm and up that I can squeeze between my forks and/or fenders. I have had to modify my fender holders a little to get the Panaracer 35 mm on but the rest fit fine. It's a very unusual looking tread and configuration that we're trying. Anyway, I'll let you know

I have had lots of questions about adjusting index shifting systems. Rather than attempt a long-winded explanation I'm going to let Will Petscher of Seattle's Cascade Bicycle Club, an excellent organization with whom I serve on the Education Committee, tell you about it. Will writes the Nuovo Tech Journal section of their newspaper. Yes, I said newspaper since they have almost 6,000 members. See you next month when I'll report on the Montana Big Sky Country.

*Editor's Note: The article about Index Shifting will be included in next month's Newsbrief.*

*The book on "Effective Cycling" is by John Forrester (an excellent book) not John Forener as mentioned in last month's Newsbrief.*

#### LOUELLA REPORTS FROM L.V.I. -

That's! "Lower Vancouver Island" to you land-lubbers. Did you know that 4 of our members have Softriders, lots have Miyatas and some have Cannondales. That we did a wine tasting trip through Cobble Hill and Cowichan and stayed overnight in Duncan where, after dinner, Jeannine and Charlie treated us to cakes and ale. Next day we travelled over to Saltspring Island then down to the Saanich Peninsula.

We joined Al Holinger and the gang from Vancouver for a tour of Mayne Island. They outnumbered us on the road though, from photos I've seen, not in the only pub on the island. We've just done a tour of Saturna Island with the same gang. This time Al rode his motorcycle. He had earlier encountered a motor vehicle while cycling downhill and required 117 stitches. He is quite good looking now. He found a new route for us the next time we visit this quaint island.

We celebrate members having their birthdays in the current month on the third Wednesday of each month. We had 35 people at the last bash. At the one before we had no birthday people - they were away on trips - so we wished happy birthday to Noreen's mum who had just turned 92.

Did you know that Monty has three more grandchildren and that Horst is now walking? More interesting is that he rode over the Malahat into Shawnigan Lake with us one Sunday ago. We have become a large force of marshalls during marathons, triathalons etc. Six of us are going on Al & Diana's trip but will miss Brenda and Art who had to cancel.

Both Nick and Josephine have been awarded fine jerseys for being cyclists-of-the-month. The police spotted them separately doing something right.

We would like to see any North Island members as we pass through your territory this month.

### **GULF ISLAND RIDE - Kathy Wilkinson**

On June 28th some of us South Surrey Wednesday riders joined Al Holinger on one of his summer Gulf Islands exploration rides. It was a HOT, HOT day with temperatures around the 32 C mark, so a ferry ride cruising around the Gulf Islands plus a cycle ride on beautiful Saturna Island was too much of a temptation not to miss.

On both the outward and return journeys we had to change ferries at Village Bay on Mayne Island and were there joined by Dennis Parsons and six or seven cyclists from the CCCTS Vancouver Island group, a very nice addition to our day's social sojourn. Al, the great trouper that he is, had barely recovered from a horrendous accident on his bicycle two weeks ago, decided with his usual indomitable spirit, to tootle along with us - on his motorcycle!

Al is quite right when he says Saturna Island is the most beautiful of all the Gulf Islands. As yet there are only a few summer homes, no traffic, desolate sandstone beaches, and some sweeping views across the Strait of Georgia. Pedalling along the forest roads with leafy Arbutus trees shading us from the hot sun - the feeling of solitude was delicious. We hardly even heard the pop-pop of Al's motorcycle as he often quietly passed and then returned encouraging us up the hills. Thanks Al, for organizing a most enjoyable and perfect day. May you soon be fit and well again and once more bike-a-ling with us all.

### **CENTRAL WASHINGTON DAM TOUR - Kathy Wilkinson**

A very nice scenic and varied tour this Spring around the Columbia River, was organized by Dan Baris from Toppenish, Wash with Ian Polley looking after all the arrangements for this end (i.e. Vancouver).

The first night everyone arrived at Oroville from various directions, leaving our vehicles for the 10 days behind the Apple Inn Motel. We took the scenic route the next day from Oroville to Omak, on part of the old Caribou Trail, through acres of "Delicious" apple tree orchards. Apparently, North-Central Washington is the largest apple growing area on the North American continent.

Cycling east from Omak, the scenery changed to desert and sagebush, and we arrived at Coulee Dam for our first crossing of the Columbia River. This was our longest day - or so it seemed, riding in the heat against gusty head winds. The next day we had a well deserved rest at Steamboat Rock campground, one of the many excellent state parks we stayed in. Steamboat Rock, 800 feet high and 2 1/2 miles long, stands in the old channel, the dry coulee of the Columbia River, now surrounded by Banks Lake. The rock's layer of basalt looks like the decks of a huge steamboat and some venturesome souls had an exhilarating climb to the top on our day off.

Pedalling south as far as Ephrata, we had an interesting tea stop at Dry Falls, originally formed by Ice Age glaciers and one of the great geological wonders of the world. This three-mile-wide site once boasted an immense waterfall that would have made Niagra Falls seem minuscule. The view from the lookout point was breathtaking.

On the 5th day we turned north back towards our starting point at Oroville, with spectacular views over the Dams at Rock Island and Rocky Reach. Days 6 and 7 found us camping at Lake Chelan State Park and enjoying our day off with a scenic excursion up 55 mile long Lake Chelan aboard the "Lady of the Lake." The day long voyage took us to the head of the lake at Stehekin and the Cascade foothills.

Back in the saddle again for the last three days en route past Wells Dam and Chief Joseph Dam. Then farewell to the mighty Columbia as we pedalled back to Omak and Oroville.

Our thanks to Dan for a great tour, and also thanks to Ian for his arrangements with the truck and Bob Douglas for his usual care in looking after our finances whilst on tour.

### **Brenda Borron**

The tour organized by Dan Barris and Ian Polley, May 16 - 25, was special. Ten days of blue sky and sunshine would make any trip special, but there were

other reasons. We all treasure our own highlights, and these are some of mine.

First the wildlife, especially birds. The variety of colour and song was amazing. It started the first night on the Okanogan River, which was a bit too soon for Barbara Faulkner in the campground where the Canada geese kept her awake most of the night. In the marsh at the back of the Red Apple Inn they were less intrusive, but a series of squabbling squawks, chirps and splashes told us we had lots of company.

Songbirds were particularly abundant at Steamboat Rock and Bridgeport State Parks. It was so wonderful to be awakened that way I didn't even mind that it was only 5 am! On our day off some of us climbed Steamboat Rock for a panoramic view. Steamboat Rock and State Park are almost an island in Banks Lake, joined only by a narrow isthmus. The Rock looked barren from below, but on top there was a profusion of flowers, and hundreds of kamikaze swallows. They dived between us so close, that at one point I thought Art was going to have a horizontal scar to add to the vertical one from his operation!

Less welcome were the snakes. This was rattler country. Lucky for me I didn't see any, but the two Andres, Kaufmann and Milaire, were less fortunate. On one bad day they ran into thorns and had about six flats, and then, when they tried to relax over lunch in the grass by the side of the road, they found it was full of snakes!

For me, the most poignant example of "wildlife" was the small, yellow, homeless dog at the Omak campground. Not much more than a pup, he survived by lurking just out of kicking range and then darting in to steal what morsels he could from camper's tables. He did rather well out of Ray Merness and I. He has haunted me since. I wonder how long he will last. He probably won't make old bones.

The scenery for the most part was dry, sagebush country, except for the Desautel Pass between Omak and Nespelem, and the shores of Lake Chelan to Stehekin, which were heavily forested. I remember most the leisurely rides along the Columbia River, and the lovely quiet back roads from Oroville to Omak, and from Bridgeport to Okanogan. Traffic was fairly heavy on Highways 28 and 97, from Ephrata to Chelan, though we had good shoulders. Alternate Highway 97 might be a possibility, but they had a big rockslide at the time. Also I am not sure if there are suitable campsites on that side of the river. A consolation was Wenatchee. We crossed the river at East Wenatchee and rode along the bicycle trail in the park and wildlife reserve for five miles or so before crossing back to rejoin the Highway. It was a Saturday afternoon, and everyone was enjoying the park: joggers, cyclists, roller bladers, strollers, kids, dogs and family picnickers. Some

kids performing on a steel drum band provided background music to an appreciative audience.

Other places come to mind: a shady green little park in Riverview where we had lunch. Opposite, a dilapidated storefront which boasted the biggest selection of western gear in the west. They might be right, because Bob Douglas, who went in, said they must have had 1000 pairs of western boots, plus 20 or so expensive saddles.

The campgrounds were marvellous, especially the state parks. Superbly equipped with clean washrooms and hot showers, they were beautifully landscaped, green oases. We discovered why in the early mornings, when we had our showers, before we ever reached the washrooms, thanks to all the sprinkler systems going full blast.

As for the cycling, well we all made it more or less intact, except for Rae Wohlschlegel, who after suffering bad flu symptoms for some days finally had to give up and go home. Monty Peters wasn't sure he would even start after he drove under the carport of the Red Apple Inn with his bike perched on his car roof. However, with some hard work, aided by Bob Douglas, he got his bike roadworthy for the second day, and from then on was one of the strongest cyclists.

The cycling itself was generally not too tough except for the long, hard climb from Omak to Desautel Summit on the second day, with a hair-raising descent afterwards laced with sharp bends, gravel patches, disappearing shoulders, and a few logging trucks thrown in just to make it interesting. By the time we reached Coulee Dam we were weary, it was getting late, and then Art got a flat. As he was fixing it, who should arrive but good Samaritan Jim Jeffrey in the truck, looking for us. "You've got 15 miles to go, a stiff climb out of here, and a headwind all the way. Would you like a ride?" Who cared about pride in those circumstances! Thankfully we climbed in.

The last day, from Omak to Oroville, was hard too, but that was because Art and I missed the turnoff and went 15k towards Loomis before we discovered our error. The troops were out looking for us that day too, and our grateful thanks to Ian, Ray, Bill and Barbara for refusing to head for home until the strays were rounded up.

I liked Ian's method of dealing with the truck and meals. We had no official driver, so each cook team had to provide one for their day and look after the coffee break. This meant the cooks bought the supplies. They also set the breakfast and truck departure times, which was democratic, and surprisingly amicable. (Heck, maybe I was just feeling more mellow on this trip!) Anyway, it all worked out very well. In fact this tour was one of the most relaxed ever.

I remember Andre Kaufmann's jokes, and his missing spectacles case, which was rumoured to

have been cooked with the potatoes. If so, it didn't spoil the meal: the roesti and smoked sausage which Andre and his team prepared was delicious.

We had a very strong ladie's contingent on this tour. Ann, Rose, Mary and Jean in particular seemed tireless. I remember Ray Merness and his kindness in helping every cook team, whether it was his turn or not, with liberal doses of rose from his private stock.

With 34 participants it is impossible to mention everyone, but they were a strong, caring, and compatible group that we were very happy to be with. Our thanks especially to Dan Barris and his wife Jerry, who took such pains with the planning, and made sure everyone knew the way and the attractions en route. Dan did a wonderful job, both in the routes and the campgrounds he found for us. Thanks too to Ian Polley, who did such a terrific job of logistics - organizing the truck, supplies, teams, etc. It speaks volumes for the organization and for the group that there were no disasters, no accidents, and no serious disagreements. The last evening finished with a sing song in the Omak campground and a spirited, if not entirely tuneful, rendition of "Oh Canada".

#### **TOURING NORTHERN IRELAND -** Rowan Ley; Continued from the June Newsbrief.

As I prepare pen and paper I am sitting quietly watching and listening to the waves as they crash against the rocks and roll over the sands of Long Beach on the west coast of Vancouver Island. It seems an appropriate place to recall the final stages of my tour as I gaze down the beach and watch a scene so very similar to ones I watched so frequently in Ireland now over a year ago.

My bike tour of Ireland was now over, with only the ride through Wales and England to London's Heathrow airport remaining. Before leaving the Emerald Isle I had a week with relatives. There always seems to be places that are more memorable than others. Some of the experiences that I can vividly recall were:-

- Watching and listening to the Irish Parliament in action from the peanut gallery
- Touring Dublin's infamous Kilmainham goal where the leaders of the 1918 uprising were held and executed. It was almost unbelievable that anyone survived being incarcerated in such dank dark cold miserable conditions.
- Attending Irish theatre in Dublin and trying desperately to decipher the accent.
- Driving to Drogheda to see the medieval tombs at Knowth and Newgrange which date back to 3000 BC, the largest of which covers 1.5 acres. The structures were built to allow the sun to shine directly on a tomb in an inner chamber through a long passage (140 feet on the largest

tomb) only at the time of the winter solstice. Surely the weather must have been a little more reliable way back then than it was when I was

- Tour St Patrick's Rock of Cashel, one of Ireland's better known historical structures which first became prominent in the 4th or 5th century AD as the royal seat of the Eoghanacht.

- Go to a real "sing along" pub where some of Ireland's more talented musicians choose to occasionally get together and sing and play solely for the love of Irish music. Two of the musicians were Bobby Clancy and his very talented wife,

Finally it was time to depart from the land of green. On the morning of Tuesday, June 21st I boarded the ferry bound from Rosslaire to Fishguard. While the weather in Ireland was relatively pleasant it was anything but pleasant on arriving in Wales. In fact it was the worst June 21st on record. The wind was howling and the rain was blowing horizontally across the water. Rather than leave the ferry I cowered in the cavernous car deck until the last vehicle had departed before venturing into the maelstrom. Immediately my waterproof maps were torn from their place of security on my rat trap and flew off into the wide, not so blue, yonder never to be seen by me again. Cycling was out of the question as I struggled away from the ferry slip into the relative quiet of the town.

It was nearly 3 pm by the time I had obtained new maps and secured Ba ba reservations for the next 2 nights and started on the first leg of my ride to Carmathen, a distance of nearly 65 km (my schedule did not allow for losing a day before I even started). While there was no longer torrential rain, using the main road was out of the question as the wind was far too strong to cycle in traffic. So I headed for the hills. Someone forgot to let it be known on the west coast of Wales that June 21st that it is supposed to be the longest day in the year as by 5 pm a dense mist settled in with no let up in the wind and it became ominously dark with visibility limited to about 200 feet. It was an eerie and unpleasant experience being buffeted by the wind as I groped my way over lonely back roads up and down interminable very steep hills always wondering if I was headed in the right direction. The last few miles were in heavy traffic in the semi dark and I was just too tired to retrieve my lights which were buried somewhere in their wet resting place in soaked panniers. My what a relief it was to finally arrive at my destination to find I had a luxurious ensuite accommodation with sympathetic and gracious hosts. It was an even greater relief to wake up in the morning to sunshine and almost perfect cycling weather. Someday I am going to have to go back to find out what it is really like to cycle around Fishguard in the daylight.

My next leg of the trip took me over the Brecon Beacons to the beautiful Welsh town of Brecon. Once again it was over back roads where the hills

were so steep that the local residents advised me it was almost unheard of for a bicycle to go, particularly a fully loaded bicycle. But it was worth the effort. Most of the morning I felt like I was cycling on top of the world with a wonderful view and only a few sheep and the occasional farmer for company. Whenever I did see someone it seemed to be appropriate to stop and chat. Everyone was so friendly and invariably could not understand what I was doing there.

Day three and I was on my way to Monmouth, again mostly over steep hills. The people in this area of Wales seemed to be exceptionally helpful. I don't think there was a time when I stopped to study my map that someone, whether in a car or on foot, did not stop to offer help, unfortunately they could not seem to grasp that I was content to take the quiet and very hilly routes rather than the main and very busy ones so their direction invariably had me fighting traffic which I did not want to do. Once again the back roads provided a magnificent view of the surrounding country and once again I was blessed by almost perfect cycling weather. It was on this leg of my tour that I had my second rather severe tumble when I flew over the bars after my front wheel was clipped by a trailer. Fortunately my luck held as my bike was not seriously damaged and I escaped with skinned knees and arms, a few minor bruises and bumps and a rather damaged ego. Monmouth, like Brecon, is a very old and beautiful Welsh town, however it does have its problems. My host at the Ba ba advised that two fully loaded bicycles had been stolen while parked in front of the tourist office a few days prior to my arrival. The Ba ba was originally the town goal and was a most interesting place to stay. It was also the most expensive of my whole tour at 17.5 pounds (\$35).

The next morning's ride was once again over steep back-road hills with an ever changing view of the country. By lunch time I was in England and the relatively flat area around the bustling metropolis of Gloucester where I stopped to tour its magnificent cathedral. Cycling out of Gloucester a large 700 foot hill loomed in the distance. I thought there might be a way to bypass part of the climb however, after getting thoroughly lost, I ended up at the foot of the steepest route up the hill. The hill, while not steep by Welsh standards, was just too steep for my thrashed legs and I had to push my bike up the whole way losing valuable time as in the distance dark storm clouds loomed. Finally I reached the top and a 40 mile long, absolutely straight ancient Roman road, leading to Cirencester, my destination for the day. The traffic was horrendous as I headed as fast as possible for my night's lodging. I was going to beat the storm. But it was not to be as I had my first flat tire in a month about 15 minutes out of town. Quickly I set about changing the tire with the sound of thunder crashing in my ears and the flash of

lightening brightening the landscape. As I finally got my tire back on the wheel the rain started. Just a trickle to start and then it came down in torrents. It was about this time the lesson that haste is waste was learned as my tire once again went flat. With the electrical storm raging around me, I once again made repairs and it was a very bedraggled cyclist who finally arrived at my night's destination. Once again I could not have had nicer hosts who soon set about drying my wet clothes and had me sipping a hot drink.

I had planned well for day 5 was a short ride over flat and delightful English backroads. Wild flowers abounded on both sides of the road and vehicles were notable by their absence. Yesterday's storm had left the air sweet and mild with only a light breeze and the day's ride provided a welcome respite for my tired legs. My stay that night was in the pleasant town of Abingdon, just south of Oxford which was the final stop before heading back to Windsor where we spent the first night on our tour. The ride to Windsor took me through Henley where they were preparing for the Henley regatta, an annual event on the river. The water was alive with shells and their crews all preparing for the races to be held the following week. There seemed to be a sense of urgency as they all prepared for the big event. Windsor is very expensive and as I had stipulated how much I wanted to spend on a Ba ba I ended up with the tiniest attic room imaginable. However, as usual the hosts were extremely nice and the food was great. What a difference from staying at the hostel as we had done at the beginning of the tour.

I had allowed lots of time to make my way back to the airport due to the rather hectic and harried ride we had cycling to Windsor after first arriving in England. However, by this time I knew to continue to ask questions until someone directed me to an easy route. It turned out to be a pleasant ride through the country before I finally arrived at the airport with tons of time to spare. It was fun to meet John Jones, John Stubbs and Ray Berg after leaving them, seemingly so long ago, in Ireland. Good old John Jones insisted we sit together on the plane and we ended up coming home business class which was a comfortable end to a great tour.

What do I think of a year later when I think of my tour? I think about all the warm and generous people always so willing to go out of their way to help you. I remember scenery so spectacular and colours so varied and vivid that I can still see them as if I were there yesterday. I remember the bad roads of the south and the good roads of the north. I remember the lack of traffic, the remarkable border collies working so efficiently with the sheep and the cattle. I remember the fields of sheep and yellow gorse. I remember getting directions to a specific village when I was told "well you go down the first road after the second turn leading out of town. After about

four miles turn to your left or you might want to go the other way and turn down the road after the first road however if I were you I wouldn't go there as you will get lost for sure. Why don't you go to (another town) instead." Above all I remember it being a tour of a lifetime - one that I shall never forget.

### CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

### 1995 CCCTS TOURS

#### Vancouver Island- July 10 - 25.

The tour is currently under way with 35 participants.

#### Kananaskis - Sept 6 - 24 .

Ted Stubbs 604-321-2784 (Support vehicle, some hostels, mostly tenting, max 30)

Estimated cost \$400, deposit \$100 by February 1, no triflers please! 1000 km.

Details of this tour were published in the March Newsbrief.

Participants: (21) Keith Clothier, Ted Stubbs, Pat Stubbs, Bob Jordan, Mary Eickhoff, Brenda Borron, Art Borron, Katryn Jeronimus, Joan Enman, Terry Green, Andre Milaire, Rae Wohlschlegel, Wendy Pearson, Bob Miller, Josie Zewiec, Barbara Faulkner, Ann Miller, Barton Howes, Rolf Petersen, Bill Hook, Wayne Waardenburg.

#### New Zealand's South Island - early November for 6 weeks

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

The itinerary for the Vancouver - Australia - New

Zealand tour is:

Depart Vancouver 19:45, Oct 18,

Arrive Cairns 11:15, October 20

Cairns - Sydney 11:55, Oct 27

Sydney - Christ Church 08:00, Nov 3

For the fine details send to the office \$10 (part refundable) and then a down payment of \$160 by July 31st.

I repeat folks that it is sometimes warmer down there in November/December.

### 1996 CCCTS TOURS

#### Hawaii - The Big Island - Feb for 2 weeks

John Peck 604-595-4315 or Bill Hook 604-595-4315. Maximum 12.

A hotel and restaurant tour with no tenting, cooking, nor support vehicle.

Participants (10) William Hook, John Harvie, Zel Harvie, Andre Milaire, Ken Grieve, Jack Sheppard, John Peck, Bobbie Redmond, Bruno Friegang, Cathie Friegang.

#### Fernie -Waterton - mid June for 2 weeks

Ted Stubbs 604-321-2784.

Ted is considering a tour that will include Waterton Park in Canada and Glacier National Park in the US. More information in subsequent Newsbriefs.

#### Cross Canada - Jun 1 (from Vancouver) - Sept 10

Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25, \$100 non refundable deposit required by Jan 1, 1996 with balance due by Apr 1).

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. Estimated cost from Vancouver is \$2500 including ferry fares to Newfoundland and PEI.

Most of the route has now been completed and includes the Cabot Trail in Nova Scotia, 4 days in PEI and possibly 10 days in Newfoundland. Felice is now considering taking the ferry from Sidney NS to Port AuxBasques in Newfoundland and cycling the 900 k to St John's.(10 days which is included in the Sept 10 estimated arrival date). Anyone considering the tour and not interested in cycling the Newfoundland leg should notify Felice ASAP.

Interested participants: (18) Felice Bennekou, Betty Darvell-Jones, Marj Murphy, Garfield Clack, John Harvie, Zel Harvie, Al Westnedge, Jim Wolff, William Armstrong, Wayne Waardenburg, Gilles Prud'homme, Judy Jackson, Vic Pothier, Don Gillespie, Val Gillespie, Lois Pearson, Bobbie Redmond, Marilyn Harkley.

p.s. Felice is looking for a volunteer driver.

*Editor's note: Felice would like to thank Gerry Sutherland and Garfield Clark for their help in planning a route through Ontario.*

### **The Natchez Trace Parkway - Date TBA.**

Chuck Dick 604-261-5092

For the information of the considerable number who have asked about this trip I have not settled on the specifics so keep it in mind for 1996. Lynn and I are going to do two things this fall with future rides in mind: one, take our Van down the Mississippi using Adventure Cycling maps from Fargo to Cape Girardeau south of St Louis and then follow the route of "Bike Mississippi" to New Orleans. Two; carefully check out the Natchez Trace route, The Blue Ridge Parkway and the connecting area roads. There is no other way to get accurate information in spite of numerous correspondence and phone calls. For transportation, support vehicle needs and maximum touring flexibility I believe we are committed to a trailer. Amtrack support will also be needed. There is just too much to see using just our bikes and a truck. More news to come in the future so thanks for your patience.

### **Western Australia - Mid Sept. - end of Oct.**

Rae Wohlschlegel 604-592-6680 (either self-contained or with an accompanying vehicle for emergencies only - not for luggage nor equipment for group meals). max 25, 1200 - 1500 km. A deposit of \$200 is required by Sept 1 to confirm airline reservations.

The Tour leader plans to accommodate camping and/or hotels/motels where available and whichever one where only one is available. For those who do not wish to camp at all, and there are a few of you so you won't be alone, the itinerary can be adjusted to suit you e.g. stay an extra day where there is a motel or hotel then a longer ride to the next accommodation (motel/hotel) that is available. Details of the tour can be obtained by contacting Rae or the CCCTS office.

Updated Itinerary - Circle from Perth going clockwise, Torjay 60 k, York 40 k, Brookton 50 k, Corrigan 90 k, Hyden 110 k, Rest Day & 20 k to Wove Rock and back, Kulin 100 k, Lake Grace 70 k, Dumbleyung 75 k, Katanning 60 k, Rest Day, Cranbrook 95 k, Mt Barker 40 k, Albany 50 k, Rest Day, Stirling Range 90 k, Rest Day, Albany 90 k, Denmark 57 k, Dingo Flats 65 k, Rest Day, Shannon 90 k, Windy Harbour 56 k, Pemberton 52 k, Nannup 79 k, Augusta 20 k, Rest Day to Cape Leewin, Homelin Bay 19 k, Margaret River 42 k, Rest Day, Yallingup 51 k, Busselton 55 k, Bunbury 60 k, (may take train to Perth from here), Warunda 90 k, Mandurah 60 k, Perth 60 k.

29 riding days plus 8 rest days.

Interested participants (24) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weis, Bob Miller, Katryn Jeronimus, Keith Bower, John Peck, Leila Montgomery, Anne-Marie

Labourdette, Pete Lazenby, Chuck & Lynn Dick, Mary Jane Edwards, Sylvia Bailly.

*Editor's note: The optional Bali segment of her tour will involve a 9 day cycling stopover at a cost of \$1089 Canadian based on 10 persons travelling.*

### **New Zealand South Island - 6 weeks**

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

### **TOURS NOT SPONSORED BY CCCTS**

**Europe - May 1 - Sept 30, 1995**

Marion Orser - 604-737-8483

Marion has now left for Europe and we wish her well on her extended tour.

### **VANCOUVER WEEKLY TRIPS**

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

**Tuesdays/Thursdays:** Meet at 10 am at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

### **Wednesdays:**

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

- *South Surrey:* This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

### **VICTORIA WEEKLY TRIPS**

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

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

### **OPTIONAL RIDES**

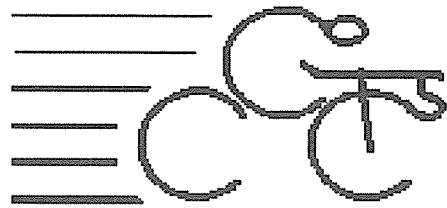
#### **Gulf Islands - Al Hollinger**

Al is planning a day's trip to the Gulf Islands on Wednesday, June 28th. Catch the 9:55 ferry from Tsawwassen ferry terminal returning 6:40 pm If interested contact Al 604-946-1347. You might want to brown bag it.

#### **Ride for Multiple Sclerosis - Aug 13**

The ride starts from Nat Bailey Stadium starting at 8 am. You have a choice of 30, 55 or 80 k. through Richmond, Steveston and Iona Island. Contact the organizers at 689-3144 for a pledge sheet.





# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 12 No. 8

August 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Most of our members are over 50.

Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	872-4728
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	520-7636
	Horst Hees	389-1152

## PRESIDENT'S CORNER

I was pleased to see such a good turnout at the annual picnic on Aug 3rd, seeing so many smiling faces I assume every one enjoyed themselves. Thanks must be given to Barton, Katryn, Grethe and the other volunteers who put on a great lunch.

The next social event will be the annual banquet, which will be held on Wednesday, November 15th. The change this year to a weekday is because of a motion at the last AGM. Be sure to mark your calendar for that event. Barton is finalizing the arrangements. The AGM will be held the following day, Nov 16th. This should be a lively meeting.

In the early spring Gwyn Thomas began cycling again after two incidents which involved broken bones and kept him off his bike for a long period of time. Gwyn has been making up for lost time cycling from his home in North Vancouver to the various meeting spots for club rides and also solo rides. About three weeks ago, whilst cycling home from a Sunday ride, he took another spill, ending up in hospital with another broken leg. Heres hoping for a speedy recovery Gwyn. We look forward to seeing you on your bike soon.

Thats it for this month. So happy and safe cycling. See you all at the banquet and AGM.

## EDITOR'S NOTEBOOK

Someone asked me the other day just how long it takes to prepare and issue the Newsbrief each month. At the time I really did not have an answer but based on this months issue I would estimate my own involvement to be at least two days a month or 24 days a year. That is just my time. It does not include the time Mary Eickhoff spends helping to edit it. Nor does it include the time spent by Bob Douglas, John Peck, Eva Folk and others helping with the mailing etc. In short it requires a lot of volunteer hours.

I was browsing through Cycling British Columbia's Advocacy Committee Report and noticed that under the proposed Motor Vehicle Act Amendments cyclists will be required to have a rear reflector and a red taillight when cycling at night. It is not clear whether a cyclist is required to have a solid red taillight in addition to a flashing light. Another matter of concern is the requirement for a cyclist to ride as near to the right as practicable. Many cyclists are concerned that we will be required to cycle on a paved shoulder without exception even when there is a right hand lane turn or when the shoulder is covered with gravel. Cycle clubs had requested that the words "when safe to do so" should be included in the Act but this was deleted in the final draft. The



to pay their fare back home, they were receiving a financial benefit. They, therefore, donated whatever the fare money would be to the club. Their reasoning was, if the club reimburses us for out-of-pocket expenses, then by the same token they should reimburse the club if there is an in-pocket saving for them. This is a far cry from the leader who is only looking for a cash benefit for his work. And again, as we all know, on a tour there is a flurry of volunteer help. There are the bike mechanics who spend hours each day fixing bikes, and the constant helpers in the kitchen, and the former nurses with bandages and TLC for road scrapes, and the many loaders and unloaders who make a tour a joy. We must also consider a tour is funded by two means. The members make their payment but do not pay for the equipment. The equipment was bought with money from the original grants we received. If the grants were generously given, can not the tour leader also give of his time? Can we not see that payment to a leader in any manner, be it by direct cash or by the benefit of reduced fees, is really a contradiction of our premise that no payment be made to members serving our Society. Our Society has flourished on generous, volunteer help. A director or tour leader should always act in the best interests of the Society and uphold the by-laws. This tour leader who is suggesting a payment is not acting in the best interest of the club. He wants the club to be a quasi commercial outfit. His claim for a monetary benefit is most self-serving to say the least not to mention it is a gross violation of our by-laws that strictly forbids such payment of any kind.

Marten McCready

**WELCOME TO NEW MEMBERS**

***British Columbia***

Steve & Anna Chute, Vernon	604-549-3653
Jack Duff, Gold River	
R. Flament, Saanichton	604-544-1045
Marilyn Harkley, Delta	604-943-7780
John Hickman, Vancouver	604-222-0779
Margaret Hunter, Vancouver	604-222-0779
Denis & Rosmarie Martel, Gold Rvr	604-283-7365
Thelma May Oakes, Surrey	604-588-1979
Morris Pacula, Delta	604-583-1684
George Patton, Victoria	604-592-0459
Sally Svensson, North Vancouver	604-987-3449
Hugh & Florida Town, Pt Coquitlam	604-942-9822

***Ontario***

Harvie Cocks, Ottawa	613-230-4503
William G. Russell, Ottawa	

***United States***

Joyce Bowen, Boulder CO	303-499-7933
Phillip A. Martin, Sun Lakes, AZ	602-895-7807

We now have 385 members

**GET WELL WISHES**

Eva Folk advises that she travelled to Victoria to visit Nick Roos who is very ill in the Jubilee hospital. We hear you have the reputation of being a real fighter Nick and hope you have a speedy recovery.

\*\*\*\*\*

Most of the weekly riders in the Greater Vancouver area are aware of Gwyn Thomas's latest accident, involving a broken leg, which has once again separated him from his bike. He is in the Burnaby General hospital and has been there since July 23rd. We miss you on the rides Gwyn and wish you a speedy recovery and look forward to seeing you ride again even if it requires a 3 wheeler.

\*\*\*\*\*

Vic DePaul had a nasty scare at Oakridge on his way to the Sunday ride when he blacked out and fell off his bike. Ted and Pat Stubbs took him to the Vancouver General hospital for X rays but fortunately there was nothing broken. Vic has been ordered to stay off his bike for at least a week.

\*\*\*\*\*

Barton Howes advises that Eila Taylor is either in, or has been in, St Paul's hospital in Vancouver recovering from surgery. Eila apparently had to return from her European tour due to a serious ear problem.

*Editor's note: The information about Eila just became known at print time and I am sorry that we have not been able to contact Eila to learn the full story.*

**ANNUAL CCCTS PICNIC & SWAPMEET**

- Eva Folk

The long awaited CCCTS picnic took place Aug 3rd at Deas Island Park in Delta. It was a very warm sunny day and quite a lot of the ladies arrived wearing light dresses and sun hats. It took quite a while before you could recognize them as cyclists. About 85 people attended. We were both pleased and surprised to see 15 cyclists from Victoria and were particularly pleased to see Horst Hees, who has been recovering from a serious accident. Al Hollinger, who also is recovering from an accident, came pulling his Chinese buggy in which he brought some very interesting articles for the swapmeet. We were all happy to meet one another again and had much to talk about as we ate the sumptuous lunch provided by the social committee, Katryn Jeronimus and Barton Howes.

*Editor's note: Unfortunately our mainland cyclists did not have a delegation at the ferry to meet the VI. contingent. It has been suggested that next year we meet at the Tsawwassen Community Centre and cycle to the ferry to give them a royal welcome.*

#### **ANNUAL BANQUET AND DANCE - Barton Howes**

Final arrangements have nearly been completed for the annual banquet which this year is to be held at the Kinsmen Recreation Centre in Tsawwassen on Nov 15th. Full details of the event will be published in subsequent Newsbriefs. The Best Western motel, which is situated 5 blocks from the hall, will provide shuttle service to the ferry for those members from Vancouver Island who require accommodation.

#### **PEDALWISE TIPS BY CEEDEE - Bob Douglas**

##### **Bike Maintenance Summary**

1. **Tools for all rides:** - Pump, tire irons, patch kit, spare tube.
2. **Tools for trips:** - All of the above plus 4, 5, & 6 mm Allen wrenches, small Crescent wrench, small Straight & Phillips Screwdrivers. The Society's tool box will contain all other tools likely to be needed.
3. **Lubricants:** - Use light oil or spray lubricant on chain, derailleurs, and brake pivot points. Use grease on hubs, pedals, bottom bracket and head set.
4. **Tires and Tubes:** - Keep inflated to manufacturer's specification. Inspect for cuts and remove imbedded debris. Learn how to patch tubes and to replace tires.
5. **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 the forward edge. Replace frayed brake cables and frayed derailleur cables.
6. **Chain:** - Try to confine oil to rollers; excessive oil attracts dirt. A skipping chain is usually due to mixture of new and worn chain and cogs or to stiff links on chain. Check for stiff links by observing chain passing over derailleur pulleys as you slowly turn backwards. The chain coming off is usually cured by derailleur adjustment. Learn to use the derailleur adjusting screws.
7. **Freewheel:** - Lubricate by laying bike down, chain side up, and let oil seep into seam between fixed and moving parts.
8. **Pedal Crank Arms:** - Keep tightened to approximately 25 foot pounds.
9. **Bottom Bracket:** - Check for looseness by sideways pulling on crank arms and for tightness

- by turning crank arms with chain removed.
10. **Headset:** - Check for looseness by rocking bike with front brake applied and for tightness and wear by smoothness of turning.
  11. **Wheels:** - Check for free movement but not loose turning. Check for broken spokes and trueness of travel.
  12. **Pedals:** - Should turn freely but not be loose. Pedal removal - remember left pedal has left-hand threading. Lubricate: grease preferred, but you can remove dust cover and add oil.
  13. **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.

#### **PHONE CALLS TO THE OFFICE - Ken Grieve, Office Manager**

Please, when you leave a message on the office phone to have your name entered in the Tour Book, or for any other matter, think of the people who have to interpret your message. Repeat your name, phone number, or other information once, the second time slowly, and then SPELL your SURNAME, so we are sure to get it correctly.

#### **BC SENIOR GAMES - Leo Comeau**

The games are getting closer and closer every day, and it seems like only yesterday when we started training in March. Many tours and events have taken place since then but we've been persistent and hopefully it will bring results, even if its only the joy of participating.

Our CCCTS Society has four members from zone 4, three from zone 2 and one from zone 3. They are Chuck Dick, Ella Laramee, Tweed Daoust, Peter Lazenby, Andre Kaufmann, Victor Pothier and myself. Counting non-members we have seven from zone 3 and ten or eleven from zone 4. They are all in tip top condition ready to take on any competitors, in their respective categories, and may the best man/woman win. That's what sport is all about.

We also have members competing from other zones such as Vancouver Island and the Kootenays. For those who are interested, the bicycling events will be held in the Oliver area. There will be participants from 12 zones competing in 20 different sports. To give you an idea of the enormous task of putting the Games together there are 240 participants from zone 3 alone.

On the Canadian scene we have been invited to participate in the Canada Senior Games in Regina, Sept 11 - 14, 1996. Gold medalists from the BC

games will be eligible to represent BC. The registration deadline is January 31, 1996.

I will try to have the results of the coming games for the next Newsbrief. In the meantime wish us all good luck and remember that we are doing it to promote a sport that is beneficial to all, whether its touring, weekly rides, competing or just plain riding around to keep in good health.

On the local scene I have been training mostly with the other members of our zones and haven't had time to do the regular weekly rides excepting for last week when myself and a couple of friends joined Mel Kerr and his group for a ride around Pitt Meadows and Maple Ridge. I was very happy to meet old friends such as Mel and Betty Kerr, Bernice Gregory and Jack Wilcockson. It turned out to be a very pleasant day.

Yesterday I went for a Time Trial run on Zero Ave in Surrey with cyclists from the Abbotsford and Surrey areas and found out this is where they separate the boys from the men, so to speak. I didn't do too bad, nor feel too bad as only two had gone home by the time I finished. However, I won't tell you my time as that isn't important. What is important is that I tried, even if some of the high profile cyclists could compare me to a trifier. Riding 16 k at high speed is a great way to prepare yourself for a good night's sleep as this was all done in the evening.

#### **BIKE RACKS ON BUSES AND TRAINS -**

Coming soon to some Pacific Northwest trains: bicycle racks. Cyclists will be able to roll their bikes onto the Seattle-Vancouver-Portland train and then two wheel off into those cities. A reservation system, fees and other details are being worked out with Amtrak. It's hoped that travellers will be able to take their bikes from Seattle to Portland by the end of June and Seattle to Vancouver by the end of the summer. Currently, bikes are only carried on Amtrak if they are boxed.

Cyclists now have more options for travelling through the George Massey tunnel, with the expansion of a pilot project to test the feasibility and popularity of equipping buses with exterior bike racks capable of handling two bikes. Selected buses on the Vancouver/ South Delta and Vancouver/ Crescent Beach routes will be fitted with racks in addition to those already operating on the Vancouver Airport/ Ladner Exchange/ Tsawwassen Ferry Terminal. Loading and unloading of bicycles is limited to designated stops along each route. Cyclists are accommodated on a first-come first-served basis and must load and unload their own bicycles. Cyclists intending to use the service are urged to

contact BC Transit Customer Information at 604-521-0400.

#### **ODDS 'N ENDS**

"Studies have shown that hot pink is the best colour to be worn by cyclists, especially on overcast days," says the newsletter the Active Physiotherapy Rehabilitation Group. "Pink is more noticeable to motorists at various distances than any other colour. Yellow is good for sunny days, but 30% less noticeable than pink when it is cloudy."

*Editor's note: this item was submitted by Dennis Parsons who wonders just how you keep the pink hot. Anyone with any ideas please contact Dennis.*

\*\*\*\*\*

Mary Eickhoff is currently taking a CANBIKE 2 course given by Cycling BC. It is a comprehensive course outlining traffic safety principles, general bike knowledge, exercise and nutrition for cycling endurance and tips for riding in traffic. Mary should have much information to pass on to us on a future Newsbrief.

#### **BOOK REVIEW - John Peck**

**Riding to Jerusalem**, by Bettina Selby (a mother of three), is a fascinating book, an account of a bicycle tour from London to Jerusalem in 1994, retracing a route of one the Crusades. She rode through France Switzerland and Italy to Venice, thence travelled by boat to Istanbul, and by bicycle again through western Turkey, Syria and Jordan to Israel. She was denied access to the Lebanon.

This is not just about bicycle touring, although cyclists will relate to her story. She makes the history of those places she visits come alive, for she is also a knowledgeable historian. There are descriptions of Troy, Ephesus, Antioch, Aleppo, Palmyra, Damascus, Amman, Petra, and many other interesting places on the way, especially where old Crusaders' castles remain.

As one might expect, the bulk of the story concerns the Middle East, where a woman riding alone is an unusual event. There were many brushes with arab males, officious border guards, unsympathetic consulates, offset by the pleasure of meeting some helpful and friendly local people.

This is a book that keeps you reading avidly to the end. My version was in large print by Ulverscroft, but perhaps it is also published by Chatto & Windus, who have published her other books.

## THE LIFTON'S CUP OF HOSPITALITY - Dennis Parsons

Looking across a greensward on day one in Parksville. Thirty multicoloured tents at its edge, the orange shelter prominent and the Budget truck towering over it.

Time to prepare dinner. Tonight's cooking team of four is busy. Steps of one running up the ramp into the trucks, lids on pots. Sounds of chopping, giggling and bantering. But the desire to provide the best meal can be felt by those relaxing outside the shelter.

Pot banged - supper is ready. Conversation, first loud then low. Diana has everybody introduce selves. Al explains itinerary. Following Monty's precedent setting yell "Let's hear it for the cooks". Applause.

Perhaps a walk. Desultory talk. A game of bridge. All ends with tents being zippered. Happy campers cocooned.

Morning rustle. Tents being folded. Whispered "Morning". Hot porridge. Make sandwiches. Grab boxed drinks, fruit.. Shelter is dismantled. Ten Minutes. Poles packed, tables folded and loaded. Kitchen gear then travel bags heaped inside van. Just room left for Al and stove used for beverages at coffee stop 30 k down the road. There will be cookies too. Before 8 am we're gone. No sign that we were in that campsite.

Past Cameron Lake, Coombs with goats on the roof, Cathedral Grove over the hump into Port Alberni. Campsite, tents etc.

*Editor's note: This account of the V I tour was received from Dennis. I assume that either pages were lost in transit of that he intends to complete his account on a future Newsbrief.*

## CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly

maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

## 1995 CCCTS TOURS

### Gabriola Sept 5 - 7.

Dennis Parsons 604-474-0937, cost \$45  
On Tuesday Sept 5 cycle to Gabriola Island; Wednesday play bridge, cycle, pub. Then on Thursday go home. Ask someone who has been there before for details or phone me. Noreen Redford's mother has allowed us to use her property for tenting. Two dinners, one lean breakfast and lunch material supplied. Bring dinnerware, tent, sleeping bag and mattress.

*Editor's note: This is a new tour which is subject to approval of the Executive. It has been included in this Newsbrief due to the short time frame.*

### Kananaskis - Sept 6 - 24 (.979 k)

Ted Stubbs 604-321-2784 (Support vehicle, some hostels, mostly tenting, max 30)  
We will drive or (?) to Castle Mtn hostel where we will leave our vehicles and will start from there.

#### Itinerary:

Sep 6 - Castle mountain hostel	
Sep 7 - Canmore Restwell Park	50 k
Sep 8 - Bow Valley Prov Campground	35 k
Sep 9 - Ribbon Creek Hostel	35 k
Sep 10 - Kananaskis Lower lake	40 k
Sep 11 - day off	
Sep 12 - Etherington Cr Campground	
	(over pass) 70 k
Sep 13 - Black Diamond municipal	62 k
Sep 14 - Black Diamond Sheep River Valley	75 k
Sep 15 - MacLean Creek from Bragg Cr	60 k
Sep 16 - Bragg Cr Prov Park Elbow Falls	
(Gooseberry)	56 k
Sep 17 - day off	
Sep 18 - Cremona Municipal	80 k
Sep 19 - James River Bible Camp	65 k
Sep 20 - Rocky Mtn House Municipal	70 k
Sep 21 - Shunda hostel Nordegg	87 k
Sep 22 - Thompson Creek Prov Park	75 k
Sep 23 - Mosquito Cr Hostel (over pass)	64 k
Sep 24 - Castle Mtn Hostel	55 k

The whole idea of this trip is to see the Kananaskis country -- some of the days have short distances but there is much to see and do. So bring your cameras, bring your memories, bring your sense of adventure

and let's have fun!

Dennis Parsons has promised me a driver -- Dennis??? We'll load the truck at the office Sep 5th, the day after Labor Day. If you want your bike put on the truck, let me know. There is room at my place for those of you from out of town, don't hesitate to ask.

From here to Castle mountain is about 930 k, a day's drive. Some late thoughts, the first meal will be breakfast Sep 7th at Castle Mtn; remember we are in Alberta, no showers at some of the camp grounds. For the last day, when we return to Castle Mtn, there is no reservation; you are on your own.

Full payment required by Aug 1 - \$400.

Participants: (22) Keith Clothier, Ted Stubbs, Pat Stubbs, Mary Eickhoff, Brenda Borron, Art Borron, Katryn Jeronimus, Joan Enman, Terry Green, Andre Milaire, Wendy Pearson, Bob Miller, Josie Zewiec, Barbara Faulkner, Ann Miller, Barton Howes, Rolf Petersen, Bill Hook, Wayne Waardenburg, Audrey Hayes, Felice Bennekou, Bill Hannan.

*Editor's note: Ted phoned to ask that all participants with 8 ounce water bottles previously issued by the club be sure to bring them.*

**New Zealand's South Island** - early November for 6 weeks

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

We're booked. We're on our way Oct 18th. Cairns, Sidney, Christchurch..

Bill Hannon and the Freigangs' from Calgary (they know where the warmth is at);. Leila Montgomery, there cannot be a hill so steep in the Antipodes as there is in Nelson; Monty and Maurice from the Lower Mainland must be barmy to leave such balmy weather. Only Vancouver Islanders want to try something longer.

**Arizona - Nov 4 - 18**

Bernice Gregory 604-874-4187.

Maximum 16. A motel and restaurant tour with support vehicle. The route, all on pavement, will be similar to the March 1995 tour and will include Phoenix, Chandler, Casa Grande, Tucson, Benson, Tombstone, Bisby, Sierra Vista, Nogales (Mexico), and returning to Phoenix via Tucson. \$600 should cover cost of motels and support vehicle. Meals and transportation to and from Phoenix will be up to you. The tour will include an overnight stay at the BioSphere rather than at Oracle.

*Editor's note: This is a new tour which is subject to approval of the Executive. Bernice advises that the November timeframe is historically the best weather for cycling and the worst weather for those residing in the Pacific Northwest..*

## 1996 CCCTS TOURS

**Hawaii - The Big Island** - Feb 1 (Thu) to 15.  
Bill Hook 604-595-4315 or John Peck 604-538-0195. Maximum 12.

A hotel and restaurant tour of the Big Island. We fly directly to and from Kona. Cost \$1500 plus your food. \$10 by August 1 to keep your name on the list. \$200 by October 15.

Participants (12) William Hook, John Harvie, Zel Harvie, Andre Milaire, Ken Grieve, Jack Sheppard, John Peck, Bobbie Redmond, Bruno Friegang, Cathie Friegang, Roy Goodchild, Helen Wilson.  
Waiting list: Dan Baris, Jerry Baris.

**Fernie - Waterton** - mid-June for 2 weeks

Ted Stubbs 604-321-2784.

Ted is considering a tour that will include Waterton Park in Canada and Glacier National Park in the US. More information in subsequent Newsbriefs.

Interested Participants: Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs.

**Cross Canada** - Jun 1 from Vancouver - Sept 10  
Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25, \$100 non-refundable deposit required by Jan 1, 1996 with balance due by Apr 1).

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. Estimated cost from Vancouver is \$2500 including ferry fares to Newfoundland and PEI.

Most of the route has now been completed and includes the Cabot Trail in Nova Scotia, 4 days in PEI and possibly 10 days in Newfoundland. Felice is now considering taking the ferry from Sidney NS to Port Aux Basques in Newfoundland and cycling the 900 k to St John's (10 days which is included in the Sept 10 estimated arrival date). Anyone considering the tour and not interested in cycling the Newfoundland leg should notify Felice ASAP.

Interested participants: (19) Felice Bennekou, Betty Darvell-Jones, Marj Murphy, Garfield Clack, Al Westnedge, Jim Wolff, William Armstrong, Wayne Waardenburg, Gilles Prud'homme, Judy Jackson, Vic Pothier, Don Gillespie, Val Gillespie, Lois Pearson, Bobbie Redmond, Marilyn Harkley, Joan Engman, Christina Radnai, Bill Augustejn.

**The Natchez Trace Parkway** - Date TBA.

Chuck Dick 604-261-5092

For the information of the considerable number who have asked about this trip I have not settled on the specifics so keep it in mind for 1996. Lynn and I are going to do two things this fall with future rides in mind: one, take our Van down the Mississippi using

Adventure Cycling maps from Fargo to Cape Girardeau south of St Louis and then follow the route of "Bike Mississippi" to New Orleans. Two; carefully check out the Natchez Trace route, The Blue Ridge Parkway and the connecting area roads. There is no other way to get accurate information in spite of numerous correspondence and phone calls. For transportation, support vehicle needs and maximum touring flexibility I believe we are committed to a trailer. Amtrack support will also be needed. There is just too much to see using just our bikes and a truck. More news to come in the future so thanks for your patience.

#### Western Australia - Mid Sept. - end of Oct.

Rae Wohlschlegel 604-592-6680 (either self-contained or an accompanying vehicle for personal camping equipment (not luggage nor group meal equipment). max 25, 1200 k. A deposit of \$200 is required by Sept 1 to confirm airline reservations.

The tour leader plans to accommodate camping and/or hotels/motels where available and whichever one where only one is available. For those who do not wish to camp at all, and there are a few of you so you won't be alone, the itinerary can be adjusted to suit you, e.g. stay an extra day where there is a motel or hotel then a longer ride to the next accommodation (motel/hotel) that is available. Details of the tour can be obtained by contacting Rae or the CCCTS office.

Updated Itinerary - Circle from Perth going clockwise, Torjay 60 k, York 40 k, Brookton 50 k, Corrigan 90 k, Hyden 110 k, Rest Day & 20 k to Wave Rock and back, Kulin 100 k, Lake Grace 70 k, Dumbleyung 75 k, Katanning 60 k, Rest Day, Cranbrook 95 k, Mt Barker 40 k, Albany 50 k, Rest Day, Stirling Range 90 k, Rest Day, Albany 90 k, Denmark 57 k, Dingo Flats 65 k, Rest Day, Shannon 90 k, Windy Harbour 56 k, Pemberton 52 k, Nannup 79 k, Augusta 20 k, Rest Day to Cape Leewin, Hamelin Bay 19 k, Margaret River 42 k, Rest Day, Yallingup 51 k, Busselton 55 k, Bunbury 60 k, (may take train to Perth from here), Warunda 90 k, Mandurah 60 k, Perth 60 k.

29 riding days plus 8 rest days.

Interested participants (24) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weis, Bob Miller, Katryn Jeronimus, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Mary Jane Edwards, Sylvia Bailey, Joan Enman, Bobbie Redmond.

*Editor's note: The optional Bali segment of her tour will involve a 9 day cycling stopover at a cost of \$1089 Canadian based on 10 persons travelling.*

#### New Zealand South Island - 6 weeks

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

#### VANCOUVER WEEKLY TRIPS

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

**Tuesdays/Thursdays:** Meet at 10 am at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

#### Wednesdays:

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

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

#### VICTORIA WEEKLY TRIPS

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

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

#### OPTIONAL RIDES

##### Stay at home tours - 5 days; Sep 11 - 15

Registration: Show up. Come one come all!

Times: as below

Food: Brown bag it.

Transportation; Car pool or bicycle

Accommodation: Your own sweet bed.

**Monday: Sep 11** Either Pender or Saturna Island with Al Hollinger 946-1347. Meet at Tsawwassen ferry 9:30 am.

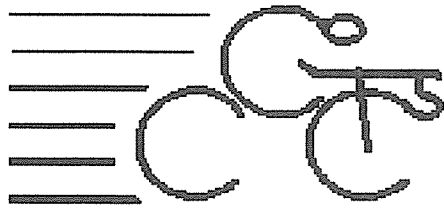
**Tuesday Sep 12** Alouette Lake with Anne-Marie Labourdette 464-1169. Meet at Fort Langley Museum P.L. 10 am.

**Wednesday Sep 13** Lake Samish with Cathy Wilkinson 464-1169. Meet at Ferndale Senior Citizen Centre 10 am.

**Thursday Sep 14** Columbia Valley with Bob Douglas 435-3894. Meet at Chum's Cafe south of Abbotsford on Hwy 11 (Sumas) 10 am.

**Friday Sep 15** Everson, WA with Shirley Fisher 255-0087. Meet at Tudor Inn Canada/US Truck Crossing Hwy 15 10 am.





# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 12 No. 9

September 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	872-4728
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	520-7636
	Horst Hees	389-1152

## PRESIDENT'S CORNER

Here we are, fast approaching the end of the summer, most of the tours have been completed. By the time you receive this Newsletter Ted Stubbs' tour in the Kananaskis will be well under way. I was heartened to see that Bernice Gregory has offered to lead a tour to Arizona later this year. This is a recent addition to this years list of tours. Those interested should contact the office and get their names on the list. As most of you know Bernice used to lead this tour for a number of years. Thanks Bernice for filling the gap left by Bruce Hudson's sudden death.

At the last executive meeting, after a lot of discussion, we resolved the matter of tour leaders/coordinators receiving recompense for

services. The monies owing will be forthcoming and the matter can be put to bed. Apparently, to change our present system of volunteers would require changing the constitution. As I am at the end of my term as president, I feel any changes/amendments to the constitution should be addressed by a new president.

We are fast approaching the A.G.M. when we will be looking for members to run for the executive. If you are interested, advise either the office or any of the present board members. We are always looking for new blood.

Finally I'm sorry to see the passing away of Nick Roos. A man who always had a smile and was always there to light the fire on all tours. He will be missed by all of those who knew him.

## EDITOR'S NOTEBOOK

After preparing the Newsbrief for mailing we usually retire to the local Breadbasket franchise for refreshments, and socializing which occasionally involves hearing about one another's current and past experiences. Last month Eva Folk had a story to tell about an house sitting experience on the previous day when she inadvertently locked the door and left the keys inside the house along with a couple of lively dogs. After scouting around the house for a way in she found none and was in despair of what to do. But wait, all was not lost, you see Eva is small in stature and low and behold there was the entrance for the animals in the door. Wriggling and squeezing she made it half way through then got stuck. Lying there, half in and half out, while the dogs joyously licked her face, she contemplated what to do next. The possibilities of what could or might happen alarmed her to such a degree that her adrenalin started to flow and with super-human strength she wriggled the rest of the way through and saved the day.

Ian Polley had a different story to tell when he told

us about his experiences while in the British army in Malasia. It seems there were countless leeches which he said were normally harmless as they just fell off after getting their fill with little or no sensation to the supplier of the goodies. However, it also seems one of the little critters was really resourceful and sought out the tender area around his "nether" region. The long and short of it was that due to a very swollen, (you will have to use your imagination here as I am not quite sure what to call it that would be polite for the Newsbrief), he was unable to walk and had to be flown out of the jungle for some very special medical treatment. He did say that eventually he thinks it returned to its normal size whatever it is (or was).

I would like to acknowledge receiving a report from Glen Smith on his very recent solo Cross Canada tour. We hope to include all or part of his report in a subsequent Newsbrief. Thank you for sharing your experience with us Glen.

This month my good friend, Mary Eickhoff, is on tour and is not able to edit this Newsbrief so I am on my own. Mary, have a good tooerr butt hooray back. see how much i mess you.

## LETTERS TO THE EDITOR

I am responding to a note in your August 1995 Newsbrief regarding the changes to the Motor Vehicle Act which affect cyclists; specifically the confusion surrounding the rear light/reflector or both issue ("cyclists will be required to have a rear reflector and a red taillight when cycling at night. It is not clear whether a cyclist is required to have a solid red taillight in addition to a flashing light.")

As part of the committee who worked on these changes, I would like to comment on this. Here is exactly what Bill 50 states; under Section 185, Subsection 5;

A cycle operated on a highway between 1/2 hour after sunset and 1/2 hour before sunrise must have the following equipment:

(a) a lighted lamp mounted on the front and under normal atmospheric conditions capable of displaying a white light visible at least 150 m in the direction the bicycle is pointed;

(b) a red deflector of a make or design approved by the superintendent for the the purposes of this section;

(c) a lighted lamp, mounted and visible to the rear, displaying a red light.

5.1 Despite any other provision of this Act or the regulations, a cycle may be equipped with a flashing red light that is of a make or design approved by the superintendent for the purposes of this section.

Therefore, as the only mention in 5 is red light and

5.1 specifically allows for "Vista-type" lights, either is okay. And as all red lights which have been designed for bicycles have a red reflector as the cover plate of the light, as long as you have a proper red light, you are okay. The legal counsel and the police did not want problems with the type of red light, so they left the reflector bit in to ensure proper lighting systems were used.

The other issue where to ride, (" we will be required to cycle on a paved shoulder without exception even when there is a right hand lane turn or when the shoulder is covered with gravel."), we on the committee were assured that as far to the right as practicable means exactly that and a shoulder covered with gravel is not a practicable surface to travel on. And where there is a right hand turn only lane, the cyclist must be to the left of that lane. One of the other changes we fought hard for was changing the word roadway to highway as roadway refers to the travelled portion of the road (not including paved shoulders) and the highway refers to the entire paved surface.

It is true that we asked to have the words..."cyclists to ride as near as practicable to the right side of the highway except where necessary to avoid such conditions as, but not limited to, parked vehicles, cycles, pedestrians, animals, surface hazards, or roadways too narrow to allow a cycle and motor vehicle to pass safely," This was rejected as too cumbersome.

It is true that helmets will be mandatory for all ages as of September 1, 1996

Despite some of the ambiguities that remain, the amendments are an improvement over the previous version. All the fender stuff has been cleaned up, definition of roadway and highway has been cleaned up, left turns and right turns are clarified, and the use of the extended right arm as a right hand turn signal is now legal.

In addition to myself, Gord Bisaro and Bert Rainey were mainly responsible for the changes and they are to be congratulated. It was an uphill battle and took over a year of meetings to win these concessions.

Sincerely, Danelle Laidlaw  
Executive Director  
Cycling British Columbia

*Editor's note: We appreciate receiving your comments regarding the item in our August Newsbrief. Congratulations on what you accomplished and keep up the good work to popularize cycling and make it safer for all of us.*

\*\*\*\*\*

Hi! This is the Ottawa branch of CCCTS calling. I am feeling very mellow on two glasses of sherry. Very happy, relaxed and emotional, after our three day cycling and camping trip in the Peterborough area which is about a three hour drive from Ottawa going west then north to a delightful little campsite at Lakefield. From there we cycled each day starting at 8:30 and returning at 4 pm cycling 60 - 70 k each day (have you worked that out?) It was fabulously run by Lois Pearson accompanied by yours truly and Ken Hanna. One van, one car, lots of gourmet food, utensils and campin' gear. We met at Perth, lunched on the way, arrived, set up tents and took time to cycle to the lift locks in Peterborough. These locks hydraulically lift boats and plonk them down on the other side. You have to see it to believe it. We had additional entertainment as the assistant lockmaster lassoed a large snapping turtle, large is as large as your exaggerated salmon when you go fishing except it was larger, Ha! Ha!. It fell off so he gingerly retrieved it by its tail and threw it into the grass where we had to proceed on our bikes. We arrived back at camp and dug into a sumptuous supper of veal hamburgers with all the trimmings, fresh fruit, coffee and wine.

Day two saw us scanning the local college where the Honourable Prince Andrew (of England) attended for a couple of years. I wonder if it was where he acquired his name "Randy Andy". Some condominiums and restaurants in Lakefield are named after him, obviously for prestige reasons. Then on to Highway 28 for 40 k to an indian reserve and lunch on the lawn alongside a cultural store which had many artifacts and beaded Christmas decorations. It also was a leather clothing outlet and had lots of art. It was a nice relief from the commercial trend in Ottawa. We were a little worried about the bikes. I stripped mine and we all had a siesta alongside them. It was very hot and humid. A good excuse.

My experience of cycling in traffic after my "Can Bike For Safety, - John Forester Course" is paying off. I do a thumbs up to anyone who yields to my intentions and a huge grin helps those who wonder what the bloody hell I'm going to do next! (joking).

Day three we cycled 9 k all told to petroglyphs. Ha! I thought that would hoodwink you. Lois designed all these trips which are very versatile with pretty countryside. The petroglyphs are in a Provincial Park and consist of ancient drawings with spiritual meanings portrayed by ancient Natives around 2000 years ago. The park is on Rice lake and is part of the Trent Canal. Herons, ducks and geese are here for the viewing. The legends or drawings on rock are part of the familiar Precambrian shield rock. You

need a week at this place to enjoy and appreciate the camping, spiritual experience and being able to study legends. Points of interest: hiking, trees, burial mounds and canoeing. This was the highlight of our short trip. We filled our water bottles and wend our way home, tired but happy. Almost home it rained in torrents. If it hadn't been for the cars, trucks, etc we would have continued. Fortunately we had sense enough to stop on the highway and take shelter under trees and wait for about 20 minutes. Back to camp to a wonderful French Cuisine of a melted cheese (Rouqefort) ensemble on new boiled potatoes, grilled mushrooms and squash on a hotplate above miniature frypans of cheese melting underneath. I think the French call it Rouquette. Lots of bread and topped off with fresh strawberries and cream.

More highlights of the trip: animal stories around the campfire, the white cat that adopted us, swans on the river alongside the tents, Mr Skunk, skunking along at night, and catching him going home early morning after his shift. The back-road relief after the highway trucks, country scenery and dippers (frequent dips and rises in the road), beautiful homes and retiree's cottages, afternoon teas, homemade pastries, locks and friendly lock keepers. And finally the 40 ounce, I mean 4 litre bottle, of excellent wine delivered to our campsite by Peter Jones' daughter, Barbara Goeff, and Morgan who live in Peterborough. The wine was from Peter who couldn't make it. What more could you want. Thank you Peter for that lovely surprise and of course once opened we had to finish it.

We have recently cycled to Meech Lake for lunch, picnic and a swim. From Garfield's house this is a beautiful ride with good strong hills in the Gatineau Parc (excuse my French!). Our regular jaunts take us south, past the airport to places like Osgoode, Kars, North Gower and Nanotick. This has been a great cycling summer. Keep it up.

Cycling on one's own is certainly a learning experience. Last week I started from my house in Kanata and took the back roads to Perth. From Perth to Westport is two thirds of the way to Kingston where an annual ride is held by the Ottawa Bicycle Club. The Ottawa to Kingston Run is 167 k. Usually 4000 participants attend. Anyway my run was 99 k. Having only cycled seriously for the last 7 years this was another advancement for me. After about 2 1/2 hours I had to remember to stop and eat cookies and milk, and a banana. After four hours I had to remember to have some lunch, consisting of a sandwich, fruit, tea and a chocolate bar. After 6 hours I had arrived and needed more nourishment, (muffin, banana). I sipped lots of water along the way which was kept in mind after hearing various

experiences from friends After that I knew I'd pedalled enough and phoned a friend to pick me up. I stayed at her house on Bobs Lake for a day before cycling back home. I found the drivers of both cars and trucks very polite giving me a wide berth on rural roads and highways. I kept kleenex and change for phoning in my socks. In future I must remember a phone card which would be much better. People at cafes remembered passing me and were very friendly and interested which gave me an opportunity for advertising CCCTS. Bright clothing was essential. All in all one has a sense of achievement, and having a goal at the end gives one the incentive to ride. One could become lonely cycling too far alone. But conducting oneself accordingly and taking care of yourself while cycling helps you to get to know yourself a lot better.

Gerry is cycling the Five Finger lakes in New York, Garfield is canoeing before visiting the U K. Lois is hiking with the Rideau Trail Club and I am hosting a breakfast and "Mike" mechanics morning with J Forester's video on "Effective Cycling in Traffic. Guest speaker Mike plummer, best mechanic in Ottawa.

Au Revoir  
Beti D.J.

\*\*\*\*\*

I would like to express my thanks to all the members who took the time to visit me while I was in the Burnaby General hospital. It is very reassuring to belong to a club that has so many caring and concerned members.

I am making slow but steady progress and have just begun to get out for short excursions using a walker. What the future will bring with regards to eventually getting back on a bicycle, only time will tell.

Regards  
Gwyn Thomas

**WELCOME TO NEW MEMBERS**

***British Columbia***

Anna Markus, Vancouver	604-224-1918
Robert & Betty Jean McHugh North Vancouver	604-987-3454

***Ontario***

Pat Steel, St Catherines	905-685-4369
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*Editor's Note: As John Peck is out of town I am not sure which figure represents the total membership. The number of new members does seem rather low this month & I would hope to include anyone that I*

*might have omitted next month..*

**GET WELL WISHES**

Eila Taylor took sick while cycling in Italy in mid July. On return to Vancouver she was admitted to St. Paul's hospital (Aug 5) and at the time of writing this Newsbrief is still a patient there. It seems to be taking forever but her doctors have promised a decision on a treatment soon. She is mostly bed ridden and on I.V therapy and really could use a "cheer-me-up".

How about a card! It is sometimes surprising how words of encouragement and a dose of TLC can amaze the medical fraternity. Fond memories could be dug up by "I remember Eila.....! Please send cards to her home address and they will be delivered to the hospital.

Faye Wilson

**IN MEMORIUM**

We all know it will be "*this way up!*" for Nick Roos who passed away at 5 am Sunday August 20th.

Nick will be missed by all his riding buddies and although he won't be on his bicycle on the rides he will be with us until the last of his cycling pals join him in rides around heaven.

Nick always added something enjoyable to remember on the rides. His friendly teasing, his willingness to help. Always first to gather wood and build a campfire. First in for a swim in any pool, lake or stream. Never argued, never disliked anyone. Never to be forgotten. See you later Nick.

Monty Maundrell

**ANNUAL BANQUET AND DANCE - Barton Howes**

Don't forget the the annual banquet which is to be held at the Kinsmen Recreation Centre in Tsawwassen on Nov 15th. Full details of the event will be published in subsequent Newsbriefs. The Best Western motel, situated 5 blocks from the hall, will provide shuttle service to the ferry for those members from Vancouver Island who require accommodation.

Katryn Jeronimus has offered some accommodation for out of town members and would like other lower mainland members to do likewise. Arrangements could be made with your guests to defray any out of pocket expense. If you have accommodation available please contact Katryn.

## CLUB JERSEYS

Andre Kaufmann requested and received permission to purchase additional club jerseys. He advises that the new jerseys will, for the first time, be available in both men's and women's sizes ranging from small to extra extra large. The cost of the jerseys will remain at \$55 plus a \$4 mailing charge for those who cannot pick them up. If you are interested in purchasing a jersey contact Andre 604-581-3923.

## SNOWBIRDS - John Peck

The club address list, for Newsbriefs, has provision for "snowbirds" who have two addresses. When you give us your second address, we need to know the month of starting and the month of stopping. This forms a permanent record. Thus if you decide not to be a snowbird next year, and forget to tell us, your Newsbrief will go astray.

## FIRST ANNUAL HALLOWEEN BASH

At Felice Bennekou's home on October 31 after the Tuesday ride. Time: 4:30 pm; dress code - halloween costume: liquid refreshment - B.Y.O.B; food - pot-luck (gentlemen please be creative with both costume and food). Out-of-towners: bring a sleeping bag and toothbrush - you can sleep at Felice's

**PEDALWISE TIPS BY CEEDEE - Will Petscher.** Will is a writer for the Cascade bicycle club and his article discusses derailleur cable adjustments for index shifting.

First let's assume your drive train has been correctly set up and adjusted. Eventually your cables will stretch a little. Index shifting systems require a very precise cable adjustment. This is why the outer cable that is used on newer bicycles is so stiff. Most brake outer cables have coiled sheath wire. Derailleur outer cables nowadays use very stiff outer sheath wire that runs parallel to the inner cable. This reduces cable flex.

As your cables stretch, your downshifts get sloppier. Sometimes you can't get into (or stay in) your lowest gear. The first thing to check is the alignment of your rear derailleur. Put your drive train into your highest gear, lean your bike against something, and stand about six feet behind your bike. The smallest freewheel/cassette cog should be in the same plane as the two small derailleur pulleys. It is quite common to eyeball your drive train thusly and see things askew.

The most common situation is to observe your two

derailleur pulleys angling in towards your spokes. You have a bent derailleur hanger. Take your bike to a good bike shop and have them re-align your rear derailleur. Most folks bend them while transporting their bikes. Two tips to prevent this: 1) Always transport your bike in its lowest gear so the rear derailleur is more nestled in towards the spokes; 2) Set your derailleur (right side) upwards when transporting your bike lying down.

Let's say your rear derailleur is properly aligned and your cable needs adjusting. For older (non-indexed) bicycles, just put your drive train into a little-little gear combination and pull the slack out of the cable at the pinch bolts. Grab the cable with pliers, loosen the pinch bolt, and yank on the cable. Re-tighten this bolt after pulling out any slack in the cable.

For index shifting you can usually adjust the cable tension with a barrel adjuster. On the rear derailleur, it's on the derailleur body. On the front derailleurs, it's usually on the shifter body. If you have a rear index derailleur and your front derailleur is a friction-type, such as on down-tube or bar-end SIS shifting systems, take out the front cable slack at the pinch bolt.

The trick is to set your index derailleur cables as tight as possible and still retain proper shifting. On the rear derailleur, this is done by first putting the drive train into your highest gear and then giving your rear shifter one snap. You should now be in your second highest gear. Put your bike into a work stand or have someone elevate your rear wheel. Slowly pedal your drive train with your right hand and grab the barrel adjuster in your left hand. Slowly turn the barrel counter-clockwise (loosen away from derailleur body) until the chain starts to hit the third gear and makes a clacking noise. Now, reverse the direction on the barrel adjuster (screw back into the derailleur body) and loosen the cable tension until that noise just goes away. This should be the proper tension, but you need to test out your rear derailleur shifting.

On triples, put the front derailleur into the middle chain ring, and on doubles put it into the smaller chain ring. Now, snap your rear shifter through all the gears. If it performs well up and down, you're done. If perhaps it still downshifts slowly or falls to a higher gear on its own, your cable is too loose. If it hesitates dropping down to a higher gear or rattles noisily up against a larger cog, it is too tight. Re-adjust the barrel 1/4 of a turn in the proper direction and check it out again. The most common set-up is to overtighten, then loosen a little until everything falls into place. Try it a few times, and you'll get it.

Now, let's move on to the front derailleur cable.

This time the the cable tension is controlled at the front shift lever. When this cable stretches the chain won't stay in place on the largest chain ring or the derailleur cage starts to rub against the chain in your highest gear. That's annoying isn't it? Anyhow, the barrel adjuster moves in and out the same as on the rear derailleur. First, unscrew the barrel adjuster away from the shifter body to tighten the cable. Go at least two or three full turns. Now, shift the drive train into the big-big combination. Give the front shifter one snap into the middle chain ring while continuing to pedal. If you got the cable tension pretty tight, the chain will now rub against the inside derailleur cage. Now, reach up to the barrel adjuster with your right hand and start loosening the cable tension at the barrel adjuster. Continue to loosen until that scraping just stops, so that no contact is made between the chain and the derailleur guide. Shift your front derailleur back up to big-big and back again to the middle chain ring. If you don't hear any scraping, you're all done. If you do hear some noise loosen the barrel 1/4 turn at a time until all is quiet.

I hope this helps to de-mystify SIS cable tension. Just remember that all indexing is done at the shifters. The derailleurs move accordingly!. Synchronizing the cable movement to the same intervals that fall between the rear cogs or the front chain rings does the trick.

#### **BC SENIOR GAMES - Leo Comeau**

At the time of publication the games will be well on the way to being completed. We hope that all the training done by our members proves to be fruitful and wish them well in their endeavours. I am sure we will hear all about it in from Leo in next month's Newsbrief.

#### **ODDS 'N ENDS**

For what it is worth I thought some useless information might be in order. Did you know that the average woman burns about 20% more fat and less carbo than a man when cycling under similar conditions? Mind you, woman athletes have about 20% more fat to burn. I really wonder if that last comment is going to get me in trouble?

#### **THE LIFTON'S CUP OF HOSPITALITY - Dennis Parsons**

*Editor's comment: Dennis indicated that he had more to write on this tour but up until the time of this Newsbrief naught has been heard from him. From what I have heard the Liftons ran a great tour and I am rather suprised that we have not had any reports from other participants.*

#### **CCCTS TOURS**

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

#### **1995 CCCTS TOURS**

##### **Gabriola Sept 5 - 7.**

The tour was approved at the last executive meeting and according to the tour book had 10 participants.

##### **Kananaskis - Sept 6 - 24 .(979 k)**

Ted Stubbs 604-321-2784 (Support vehicle, some hostels, mostly tenting, max 30)

This tour is now under way with 21 participants according to the tour book. We wish them warm and dry weather and happy cycling.

##### **New Zealand's South Island - early November for 6 weeks**

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

We're booked. We're on our way Oct 18th. Cairns, Sidney, Christchurch..

Bill Hannon and the Freigangs' from Calgary (they know where the warmth is at);. Leila Montgomery, there cannot be a hill so steep in the Antipodes as there is in Nelson; Monty and Maurice from the Lower Mainland must be barmy to leave such balmy weather. Only Vancouver Islanders want to try something longer.

*Editor's report: As I have not heard from Dennis and as there is no break down between the 1995 and 1996 tours on the tour book, I am not able to ascertain what the numbers are on this tour.*

### Arizona - Nov 4 - 18

Bernice Gregory 604-874-4187.

Maximum 16; \$300 by Sept 15 and the final \$300 by Oct 15. A motel and restaurant tour with support vehicle. The route, all on pavement, will be similar to the March 1995 tour and will include Phoenix, Chandler, Casa Grande, Tucson, Benson, Tombstone, Bisby, Sierra Vista, Nogales (Mexico), and returning to Phoenix via Tucson. Meals and transportation to and from Phoenix will be up to you. The tour will include an overnight stay at the BioSphere rather than at Oracle.

Participants: (14); Bernice Gregory, John Harvie, Zel Harvie, Mel Kerr, Bette Kerr, John Peck, Albert Redford, Lee Kraft, Bill Hook, Barb Faulkner, Robert McHugh, Betty Jean McHugh, Theresa Green, Jim Brett.

*Editor's note: Bernice advises that the November timeframe is historically the best weather for cycling and the worst weather for those residing in the Pacific Northwest.*

### 1996 CCCTS TOURS

#### Hawaii - The Big Island - Feb 1 (Thu) to 15.

Bill Hook 604-595-4315

John Peck 604-538-0195

The tour is now full.

A hotel and restaurant tour of the Big Island. We fly directly to and from Kona. Cost \$1500 plus your food. \$10 by August 1 to keep your name on the list. \$200 by October 15 and the balance of \$1290 is due by November 15.

Participants (16) William Hook, John Harvie, Zel Harvie, Andre Milaire, Jack Sheppard, John Peck, Bobbie Redmond, Bruno Friegang, Cathie Friegang, Roy Goodchild, Helen Wilson, Dan Baris, Jerry Baris, Barbara Faulkner, Wendy Pearson, Bruce Ross.

#### Fernie - Waterton - mid-June for 2 weeks

Ted Stubbs 604-321-2784.

Ted is considering a tour that will include Waterton Park in Canada and Glacier National Park in the US. More information in subsequent Newsbriefs.

Interested Participants: Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs.

**Cross Canada** - Jun 1 from Vancouver - Sept 15  
Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25, \$100 non-refundable deposit required by Jan 1, 1996 with balance due by Apr 1).

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. Estimated cost from

Vancouver is \$2500 including ferry fares to Newfoundland and PEI.

Most of the route has now been completed and includes the Cabot Trail in Nova Scotia, 4 days in PEI and 10 days in Newfoundland. Felice is planning to take the ferry from Sidney NS to Port Aux Basques in Newfoundland and cycling the 900 k to St John's (10 days which is included in the Sept 15 estimated arrival date). Anyone considering the tour and not interested in cycling the Newfoundland leg should notify Felice ASAP. So far about 10 participants have expressed interest in cycling the 10 days in Newfoundland which will include the support vehicle.. All campground accommodation requests were mailed out about 2 weeks ago except for Ontario where G sutherland is looking after the arrangements.

Many requests have been returned completed and confirmed. The prompt responses have been great.

Please let Felice know what your starting/ending location will be., i.e Tofino to St John's etc.. Trip itinerary is available - Vancouver to North Sydney, N.S. on request.

Interested participants: (24) Felice Bennekou, Betty Darvell-Jones, Marj Murphy, Garfield Clack, Al Westnedge, Jim Wolff, William Armstrong, Wayne Waardenburg, Gilles Prud'homme, Judy Jackson, Vic Pothier, Don Gillespie, Val Gillespie, Lois Pearson, Bobbie Redmond, Marilyn Harkley, Joan Engman, Christina Radnai, Bill Augusteijn Shirley Middleton, Jim Brett, David Brandon, Glen Smith, Jean Smith..

#### The Natchez Trace Parkway - Date TBA.

Chuck Dick 604-261-5092

For the information of the considerable number who have asked about this trip I have not settled on the specifics so keep it in mind for 1996. Lynn and I are going to do two things this fall with future rides in mind: one, take our Van down the Mississippi using Adventure Cycling maps from Fargo to Cape Girardeau south of St Louis and then follow the route of "Bike Mississippi" to New Orleans. Two; carefully check out the Natchez Trace route, The Blue Ridge Parkway and the connecting area roads. There is no other way to get accurate information in spite of numerous correspondence and phone calls. For transportation, support vehicle needs and maximum touring flexibility I believe we are committed to a trailer. Amtrack support will also be needed. There is just too much to see using just our bikes and a truck. More news to come in the future so thanks for your patience.

#### Whistle the Rapids - Barton Howes

604-378-0927 Aug 7 to 26 (20 days); cost \$650; dates and costs to be confirmed by the December Newsbrief.

A BC tour starting in the upper Cariboo region and

ending at the coast. Basic itinerary: BC Rail to Quesnel. Bike to Barkerville and return; 100 Mile House; Bridge Lake; Little Fort; Kamloops; Merrit; Lytton; (Raft on the Thompson river); Lillooet, Pemberton; North Vancouver.

*Editor's note: Barton did not indicate the type of tour but we presume it would be camping with support vehicle.*

**Western Australia** - Mid Sept. - end of Oct.  
Rae Wohlschlegel 604-592-6680 (either self-contained or an accompanying vehicle for personal camping equipment (not luggage nor group meal equipment). max 25, 2100 k. A deposit of \$200 is required by Sept 1 to confirm airline reservations. The tour leader plans to accommodate camping and/or hotels/motels where available and whichever one where only one is available. For those who do not wish to camp at all, and there are a few of you so you won't be alone, the itinerary can be adjusted to suit you, e.g. stay an extra day where there is a motel or hotel then a longer ride to the next accommodation (motel/hotel) that is available. Details of the tour can be obtained by contacting Rae or the CCCTS office.

Updated Itinerary - Circle from Perth going clockwise, Torjay 60 k, York 40 k, Brookton 50 k, Corrigan 90 k, Hyden 110 k, Rest Day & 20 k to Wave Rock and back, Kulin 100 k, Lake Grace 70 k, Dumbleyung 75 k, Katanning 60 k, Rest Day, Cranbrook 95 k, Mt Barker 40 k, Albany 50 k, Rest Day, Stirling Range 90 k, Rest Day, Albany 90 k, Denmark 57 k, Dingo Flats 65 k, Rest Day, Shannon 90 k, Windy Harbour 56 k, Pemberton 52 k, Nannup 79 k, Augusta 20 k, Rest Day to Cape Leewin, Hamelin Bay 19 k, Margaret River 42 k, Rest Day, Yallingup 51 k, Busselton 55 k, Bunbury 60 k, (may take train to Perth from here), Warunda 90 k, Mandurah 60 k, Perth 60 k.

29 riding days plus 8 rest days.

Interested participants (25) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weiss, Bob Miller, Katryn Jeronimus, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Mary Jane Edwards, Sylvia Bailey, Joan Enman, Bobbie Redmond, Carl Rorison.

*Editor's note: The optional Bali segment of her tour will involve a 9 day cycling stopover at a cost of \$1089 Canadian based on 10 persons travelling.*

**New Zealand South Island** - 6 weeks  
Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

## VANCOUVER WEEKLY TRIPS

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

**Tuesdays/Thursdays:** Meet at 10 am at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

### Wednesdays:

- **West Vancouver:** Meet at 9:30 am at the Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.
- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

## VICTORIA WEEKLY TRIPS

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

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

### OPTIONAL RIDES

**Stay at home tours - 5 days; Sep11 - 15**

Registration: Show up. Come one come all!

Times: as below

Food: Brown bag it.

Transportation: Car pool or bicycle

Accommodation: Your own sweet bed.

**Monday: Sep 11** Either Pender or Saturna Island with Al Hollinger 946-1347. Meet at Tsawwassen ferry 9:30 am.

**Tuesday Sep 12** Alouette Lake with Anne-Marie Labourdette 464-1169. Meet at Fort Langley Museum P.L. 10 am.

**Wednesday Sep 13** Lake Samish with Cathy Wilkinson 464-1169. Meet at Ferndale Senior Citizen Centre 10 am.

**Thursday Sep 14** Columbia Valley with Bob Douglas 435-3894. Meet at Chum's Cafe south of Abbotsford on Hwy 11 (Sumas) 10 am.

**Friday Sep 15** Everson, WA with Shirley Fisher 255-0087. Meet at Tudor Inn Canada/US Truck Crossing Hwy 15 10 am.

*As a parting comment; remember that a smile is the shortest distance between two people.*





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Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	872-4728
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	520-7636
	Horst Hees	389-1152

### PRESIDENT'S CORNER

Now that the touring season for 1995 is over, except for those "snow birds" touring Arizona and New Zealand, it's time to make plans for next year's tours. The main tour will be the Cross Canada, led by Felice Bennekou. It is most gratifying to see such a good response to this tour, 24 names entered to date. Felice has been working very hard to complete the accomodation arrangements. The deposit of \$100, which was asked for by January, is now required by Nov 1. The reason for the change is due to some deposits for accomodation having to be paid at time of booking.

Barton Howes and Katryn Jeronimus are putting the final touches to this years annual banquet on

Wednesday, Nov 15th. We are hoping for a good turn out. The complaint in the past was that Vancouver Island members had to pay full ferry fares on the weekend. This year we will have a live band for a change. Send in your cheques for tickets A S A P as we need to advise the caterer re numbers.

Eila Taylor is still in hospital, Lee Kraft is now out of hospital and at home. We wish them, and any other members or their dear ones, who may be under the weather, a speedy recovery.

That's it for now. We look forward to seeing you at the banquet and A G M.

### EDITOR'S NOTEBOOK

Welcome back Mary and for your input to the Newsbrief.

It is now 6 pm on Wednesday and I have to get this issue to the printers before 8:30 am tomorrow, so nothing has changed in the panic department. I have finally found one thing that I am really proficient in doing and that is to end up with a full blank page every time I complete entering all the data. This means either deleting a page of data or somehow adding another page. This time I decided to delete data and than realized that the nominations had not been entered, so it is back to the drawing board!

### LETTERS TO THE EDITOR

Ceedee's pedalwise tip in the September issue of the Newesbrief is the best explanation of how to adjust derailleurs that I have ever seen. Simple, logical, descriptive, anyone but anyone should be able to understand it. Readers of your publication should have the best adjusted derailleurs in the country if not the world. Congratulations!

Bill Armstrong

Editor's note: Thanks for the article Chuck (Dick). Do you have any others that would be of interest to our members?

88888888888888888888888888888888888888

On September 30 a group of protesters calling themselves the Victoria Bicycle People took to the streets and alienated motorists and the public at large with a senseless blocking of traffic on the Trans Canada Highway. What a stupid way to try and gain support for action on transportation alternatives. This foolish action has undermined the good work done by responsible bicycle groups in the area. As a recreational cyclist I fear that someone caught in the traffic jam caused by this ridiculous action will retaliate against some innocent rider. Anarchy rarely solves problems.

Horst Hees

### WELCOME TO NEW MEMBERS

#### British Columbia

Lois Douglas, Prince George	604-962-9652
Morris & Jo-Anne Hankey, Victoria	604-592-5232
Walter Orlando, Burnaby	604-294-4520
Ivan & Margot Paravan, Vancouver	604-733-9206
Elaine Parmenter, Chemainus	604-246-1455
Christine Saliaris, Victoria	604-592-9093
Hugh & Florida Town, Port Coquitlam	604-942-9822

Membership as of October 1: 388

### GET WELL WISHES

Lee Kraft had to cancel out of the Arizona tour due to serious surgery in a Seattle area hospital. Lee is now home on a recovery program. We all wish you a quick recovery and hope to see you out riding with us again as soon as possible.

Gwyn Thomas advises that he is now taking physio in water and can walk about 10 blocks with his walker. He hopes to be able to attend the next Tuesday/Thursday ride monthly dinner in Ladner. Keep up the good work Gwyn.

Marion Orser advises that Eila Taylor has had her operation and while still in the hospital, has shown considerable signs of improvement as well as maintaining her great sense of humour. Eila, I am sure I speak for your many friends in wishing you a continuing quick recovery and look forward to hearing that you are back on your bicycle in the not too distant future.

### ANNUAL BANQUET AND DANCE

- Barton Howes -

**Barton urges you to get your tickets as soon as possible for the Annual Banquet to be held at**

**Kinsmen Recreation Centre,  
5410 - 10th Avenue, Tsawwassen,  
Wednesday, Nov 15th.**

**\$22 per person includes a Smorgasboard Supper and dancing on an excellent floor to "The Silver Knights", a 5 piece band playing music of the 50's**

**Bar: 6:00; Supper: 7.30;  
Dancing: 8:30 - 11:30**

Please forward payment to the Club office. The Best Western motel, situated 5 blocks from the hall, will provide shuttle service to the ferry for members from Vancouver Island who require accommodation.

Katryn Jeronimus has offered some accommodation for out of town members. Any members who wish accommodation or have space to accommodate out of town members should contact Katryn.

### THE ANNUAL GENERAL MEETING

**The AGM will be held 11 am, Thursday, November 16th, at the Long House, South Delta Rec Centre (56th street opposite McDonalds).**

### NOMINATIONS FOR DIRECTORS - 1996.

\* Indicates a current director.

**Jim Brett**:: member since 1994; tours: Gabriola '94, Arizona '95.

\***Bob Douglas**: Member since 1982; tours: Sunshine Coast, Cascade, Cultus Lake '90, Oregon, San Juan '91, Hawaii, Bay View, Great Divide, Wine Country, B.C. '93, San Juan, Willamette '94, Washington Dam '95; treasurer since 1982.

\***Mary Eickhoff**: Member since 1993, tours: Vancouver Island '95, Kananaskis '95; secretary '95; vice chair of Surrey Bicycle Advisory Committee.

**Margaret Fyfe**: member since 1985; tours: Oregon '91, New England '93, San Juan '94, Vancouver Island '95.

\***Horst Hees**: Member since 1992, tours: Cross Canada '93, BC '94.

\***Barton Howes**: Members since 1992; tours: Cross Canada, New England '93, Utah, Dempster '94, Cross America, Vancouver Island, Kananaskis '95; social convener '95.

\***Andre Kaufmann**: Member since 1987; tours: Arizona '90, Hawaii, Switzerland '92, Utah, Switzerland '94, Washington Dam '95. Equipment manager '94/'95.

\***Rowan Ley**: Member since 1992; tours: Rocky Mountain, Arizona, Gabriola '92; Hawaii, Gabriola '93, Ireland '94; secretary '94, Newsbrief Editor '95.

\***Marion Orser**: Member since 1989; tours: Kenya, Cascade '90, Rock Mountain '92, New England '93, Willamette '94.

\***Dennis Parsons**: Member since 1986; tours: 21 from '90 to '94, Vancouver Island, New Zealand '95; past president.

\***John Peck**: Member since 1986; tours: 5 in '90, 3 in '91, 6 in '92, 6 in '93, Hawaii, Dempster, Switzerland, Bavaria '94, Arizona '95; president '93; Newsbrief editor '94, membership secretary '95.

**Ron Pickerill**: member since '95; many non-CCCTS overseas tours; accountant.

\***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, Washington dam '95; president '94/'95.

**Bruce Ross**: member since 1992; tours: New England '93, Utah, Willamette '94, Vancouver Island, Washington Dam '95.

\***Ted Stubbs**: Member since 1986; tours: Arizona, '90, New England, Oregon, Cultus Lake, Port Renfrew '91, Rocky Mountain, Bay View, Utah, Wine Country '93, Ireland, Willamette '94, Kananaskis '95; Equipment manager '94/'95.

## VICTORIA CHRISTMAS DINNER

Rae Wohlschlegel advises the dinner will be held on Friday December 15th at the Cherry Bank Hotel. Spare Rib House 825 Burdett (across the street from the courthouse) at 6 pm for eating at 6:30. Cost per person including taxes, \$16.50. Beer - \$2 per glass, wine - \$3.21 per glass. Choices are salmon, roast chicken, teriyaki or ribs and they are fantastic. Up-islanders and mainlanders are very welcome. The people at the Cherry Bank wish to know the total numbers A S A P. Please phone Horst Hees 389-1152 or Rae 592-6680 and tell us how many in your party and choices. Thanks; Rae.

## SENIORS SYMPOSIUM - PENTICTON

Barton Howes

Barton has offered to set up a booth representing the Society in the Seniors Symposium to be held at the Penticton Convention Centre, Wed., October 25. If you are in the area be sure to stop in and say hello to Barton. There is no charge for admission.

## CLUB JERSEYS - \$55 plus \$4 for mailing

Andre Kaufmann advises that there has been a brisk demand for Club jerseys. Please be sure to include your size with the order and to cover the cost of mailing with your cheque. If you are interested in purchasing a jersey contact Andre by phone at 604-581-3923 or write to him directly  
Andre Kaufmann, 12986 Old Yale Road  
Surrey, BC, V3T 3B8.

## FOR SALE - Don & Val Gillespie

An as new 23" frame Miyata 600 GT touring bicycle suitable for a 5' 11"+ man. It retails at approximately \$1000 and is for sale for \$425 obo. If interested contact Don or Val 604-727-6336.

## SNOWBIRDS - John Peck

Don't forget to let the office know of your change of address.

## FIRST ANNUAL HALLOWE'EN BASH

At Felice Bennekou's home on October 31 after the Tuesday ride. Time: 4:30 pm; dress code - hallowe'en costume: liquid refreshment - B.Y.O.B; food - pot-luck (gentlemen please be creative with both costume and food). Out-of-towners: bring a sleeping bag and toothbrush - you can sleep at Felice's.

*Editor's note: Mary wants to know if this means edible costumes!*

## THE MISSED SUMMER - Eva Folk

Summer is gone, I don't know where  
I must have missed it by a hair  
Yesterday they said Spring would begin  
Today I hear that it's Autumn again  
The leaves are leaving and the Fall is falling  
Large blocks of geese are loudly calling  
Soon comes the rain and wind and mist  
Oh how I wish for the summer I missed

*Editor's note: A great little ditty Eva. Thanks for sharing it with us.*

## BC SENIORS GAMES - Leo Comeau

After travelling 400 k from Pitt Meadows in perfect

weather it was a real pleasure to arrive in the pleasant little towns of Oliver and Osoyoos. They are nestled close to small picturesque lakes and surrounded by mountains, orchards, vegetable gardens and vineyards. Much of the fruit and vegetables from the orchards and gardens was in the process of being picked and shipped to wineries and various other markets. My first stop was Oliver around lunch time. After lunch and before checking out my lodgings with friends the first person I ran into was Ella Laramée who had already checked out the different courses.

Both towns were teeming with activity in preparation for the Games. They were coming from every corner of BC. Some were coming a day early to check out their accommodation in hotels, motels and camp grounds as well as the courses they would be competing on., They were making a real holiday out of it.

Wednesday, September 6 was registration day. In the evening we all went to Osoyoos for the Opening Ceremonies. This was a beautiful event with the participants from the 12 different zones sitting together in blocks wearing uniquely coloured jackets and hats representing their zone. Twenty-one hundred participants and as many non-participants attended to see and hear the entertainment and the Honourable Gardy Gardom, Lieutenant Governor of BC officially declare the Games open.

I must mention that this year there were 400 more participants than the largest previous event.

In bicycling there were 65 riders participating in all of the age categories including 11 men and 4 women from our Society. For most of them it was their first time in competitive bicycling, and I must say everyone did very well and were a tribute to what we stand for as seniors in recreational and other forms of cycling. The weather was excellent for all of the events and the courses were very good.

The 16 k Time Trials (TTS) took place around beautiful Tue-el-Nuit Lake. The Road Race (RR) was also around the lake. The 70 year old and over men and all the women did 4 circuits (53 k). All the other men did 5 circuits or (65 k). The Hill Climb (HC) was an eye opener for all, and discouraging for some, but we all did it, congratulating each other at the finish and running for the water jug. After that it was all downhill 5 k to Oliver for a good shower and lunch while waiting for the medal presentation. Our race co-ordinators were excellent people although not too versed in bicycling events. Luckily we had a couple with us who pitched in and helped out. Many thanks to Jean Ogden from Abbotsford and Pablo from Surrey. The winners and others

taking part from our Society were as follows:

<u>WOMEN</u>	<u>TT</u>	<u>RR</u>	<u>HC</u>
55-59			
Barbara Hetzer	B	B	S
Donna Nicholas		S	G
65-69			
Sonja Joos	G	G	G
70-74			
Ella Laramée	G	G	G
<u>MEN</u>			
55-59			
Peter Lazenby			S
60-64			
Richard Mann	S		
75-79			
André Kaufmann		B	B
Leo Comeau	S	S	S
70+			
Bert Davies	B	B	

Total Medals Won: G-7, S-7, B-6 = 20

The members from our Society taking part in the bicycling event, including medal winners were as follows with the zone number in brackets:

Chuck Dick (4), Rick Jenks (1), Tweed Daoust (4), Hugh Town (3), Emil Jensen (10), Victor Pothier (3), Barbara Hetzer (1), Donna Nicholas (5), Sonja Joos (1), Ella Laramée (4), Richard Mann (6), Peter Lazenby (4), André Kaufmann (3), Leo Comeau (3) Bert Davies (1)

Congratulations to all the Club medal winners and participants with a special thanks to those of you who helped me throughout the summer to make cycling in the Senior Games a wonderful success.

**WANTED CROSS CANADA TOUR - 1996**  
Felice Bennekou - 604-943-6929

Required a driver (non-participating cyclist) to drive a private motor home. The owner will be cycling Vancouver to St. Johns, New Foundland., but his wife, who hopes to accompany the Tour, does not drive. Can you help? Please call Felice for details.

**OBSESSED WITH AVOIDING FAT -  
FOOD FOR THOUGHT**

Good fat, bad fat, less fat, no fat, 98 per cent fat free. Are we as a society obsessed with avoiding fat? Many would believe so. Just take a trip to Europe and you'll see people putting thick slices of brie cheese on French bread, using liberal amounts of olive oil and pouring cream into their Expressos. Yet their incidence of heart disease is lower than ours.

After years of telling athletes to load up on

carbohydrate rich pastas and getting people to load up on pasta with tomato sauce instead of fries and gravy, some health and fitness experts are now changing their nutrition message. In fact Philip Maffertone, an athletic trainer for triathlete Mark Allen and a number of other top athletes, is encouraging both elite athletes and weekend warriors to increase their fat intake.

Don't head to the nearest burger joint for a double bacon cheeseburger deluxe just yet, though. The new message still promotes moderation and choosing heart healthy fats over the artery clogging kind.

Why the big fat scare in the first place? Years ago, researchers found that the average North American steak and potatoes diet was associated with higher blood cholesterol levels. Cholesterol is a waxy substance that can build up on the inside of the arteries, making it more difficult for blood to pump through. This buildup is called plaque. Certain cancers such as breast cancer and colon cancer have also been linked to a high-fat diet.

At the time of those studies, the average Canadian got almost 40 per cent of their calories from fat, much of it from saturated fat. This "bad" fat is usually easy to spot because it is a solid at room temperature. Butter, lard, the fat on meat and cheese are all high in saturated fat. Tropical oils such as coconut, palm and palm kernel oil, used in crackers and store bought cookies, are also high in saturated fat. These are the fats most likely to promote plaque buildup.

That's why health experts began promoting lower-fat diets. Unfortunately, many health and weight conscious people swung to the other extreme and tried to eliminate every morsel of fat. It's come to the point where eating fat is almost a moral issue.

*Editor's note: Thanks to an unknown member for submitting this article. It will be continued in next month's Newsbrief.*

## **THE LIFTON'S CUP OF HOSPITALITY -** Dennis Parsons - continued from August Newsbrief.

Port Alberni dockside 6:30 am, cool and clear. Thirty two bikes lifted aboard M.V Francis Barkley. Secured and all aboard. Cast off, churning through still waters. Towering firs on looming mountains on both sides of this fjord. Sports fishermen, boats spiked with rods.

Day warms. Arrive at tourist camp - one house, one dock. Offload kayaks, provisions. On to Ucluelet. Off boat on to the hot tarmac, cycle north to campsite. After dinner,(oxymoron?). Tomorrow is a

rest day, will loll in the sun. Not to be, raining and dark. Play cards in the kitchen shelter. Comes noon, someone rides to camp entrance and phones only cab in Tofino 18 k away. It arrives and rain stops. Others wipe saddles and take off on bicycles. Feel like suckers (5 of us). We share a lunch in good company looking across the water to Meares Island. Taxi back. Pouring with rain. Pass cyclists buddies ha! ha!

New day and clear skies. Off to Sproat Lake; home to the water bombers that patrol all B.C. Past Kennedy Lake, stopping to enjoy roadside thimbleberries, and up Suicide hill. Al's coffee klatch is there at top. Ride more, reach campsite after 110k's.

Comes another lovely morning - there are only 2 bad ones on this trip. Into Port Alberni then up over the bump past Mount Arrowsmith and down, down to Cathedral Grove and there's Al again. Can't go 30 k without bumping into him and his rent-a-truck. Whoosh into Qualicum Beach, pretty village. To Qualicum Bay for the night.

Nice easy ride to Saratoga Beach. We will fill the gaps between the trailers with our tents. We met Paul, the German sheppard. Slipped him some snacks and took him for walks. Christmas comes to dogs too, you know. Cool, flat straight ride along the beach into Campbell River and out, and then up and up with huge ore bearing trucks with trailers roaring down and empty ones squeezing by on the return. Dived into the verge a few times. More comfortable there than under the wheels.

Cycle a bit more and the nightmares end. Downhill to reach the shores of Upper Campbell Lake and mountain scenery of the Rockies at Strathcona. The Lodge does not allow entry to rooms until 2 pm. Climb the stairs to the pub. Can't get beer because it closes at 2 pm which is now!!

*Editor's note: It is time to pause here to give Dennis time to quench his thirst. To be concluded next month.*

## **KANANASKIS DIARY - Sep 6-24**

**WEEK ONE Sep 6-13**

Mary Eickhoff

Wed Sep 6: Castle Mountain Hostel - Katryn, Keith and Wendy were the first to arrive, Katryn by air to Calgary, then bus, early on this rainy day; the rest trooped in gradually until about 7:30 p. when Ted called us to order (?) in the lounge to welcome and inform us. Wendell, Terry and I had stopped to photo Lake Louise in the lake afternoon sun (it was, in spite of the rain to the southeast) and missed the

hostel sign at the junction in the fading light. We were rewarded by sighting several elk grazing at Moose Meadows a few k's along the Parkway, before we turned back and got directions at the store. Our group numbered 21, and, sharing with several other hostellers, we filled the dorms to the rafters; a little cramped but warm (very) and dry.

Sep 7 - All but 2 set off '10ish' for Banff. André and I drove back to Lake Louise Info Ctr. for parking permits for our cars, then followed along the Bow Valley Parkway enjoying the freedom of cycling in the cool air under a cloudy sky after the long drive the day before. In Banff we tracked more of our group from the bikes locked up at bakeries and cappuccino bars, saw the sights of Banff, did the ceremonial ride up main street and over the Bow River bridge to the chateau grounds, found the Info Ctr. and sifted through for maps/brochures on Kananaskis Country, then started south in the sun for Canmore, peeling clothes as we went. Meanwhile John Peck had driven through along our route and missed us completely much to his disappointment - we're sorry we missed you too, John. After setting up camp at Restwell RV Park and tucking into a great chicken dinner provided by Bill Hook, Barbara and Ann, we hiked a trail along the nearby stream to some very large new log buildings under construction at a picturesque spot. We peered through the windows and guessed what its future use might be. Possibly a lodge for future reference? Back at camp Ted lit the propane lamp for the first of many evening reading sessions.

Sep 8: A glorious dawning greeted us with heavy dew on the tents and a backdrop of sunlit peaks all around. After a 7:30 a. breakfast we rode through Canmore and climbed to the Kananaskis Nordic Centre, left over from the Winter Olympics, about 3k above the town. After exploring the amenities, facilities and grounds we assembled for a group photo, then descended at various speeds in search of the best 'nosh' we could find. Bill Hannan happened to meet a friend, Canmore councillor Gaylan Neville, having coffee with Mayor Bert Dick. This chance meeting led to the local press being called, business cards exchanged, and a small group of us providing a photo op with Mayor Dick. Felice grasped her opportunity to tell them of next year's Cross Canada tour and altho' the resulting publicity did not catch up with us to my knowledge, it was a great exchange of goodwill. The ride to Bow Valley Provincial Park was only 35k so we had lots of time to enjoy the warm day and majestic scenery: Canmore's upstanding trio of alps the 'Three Sisters', which inspired the graphic on the pins given to us by the mayor, the lovely Bow River valley, and mountain sheep along Hwy. 1A. Our beleaguered and hardworking truck driver, Sally,

was hard pressed to get all the shopping done in advance for the days ahead along the isolated Kananaskis Trail but did manage to beat the heat with a shower break in camp before helping the cooking team get organized. Felice, Katryn, and Wayne laid on a great spaghetti dinner and we 'sang for it' later, led by Barbara and Josie. We really got the elk going and they entertained us in turn throughout the night. We tented under the stars beside the Bow.

Sep 9: Strong winds had us pushing for the 5k back up to Hwy. 1X but we turned at Hwy. 1 East and enjoyed tailwinds to the turnoff onto Hwy 40. We passed Morley Flats on our way to our first coffee stop at beautiful Barrier Lake. That Sally sure can pick the spots! I've got a great photo of Ann and Pat flying up the grade past me on their way to Ribbon Creek hostel, our next overnight stay. A few of us stopped to sunbathe and lunch by the Kananaskis River bridge. After arriving at Ribbon Creek everyone dispersed to their desired pursuits, hiking, exploring the creek, and some taking advantage of the wonderful indoor/outdoor aquatic facilities at Kananaskis Inn (available to hostel guests for a \$3 fee - worth it for the use of the complimentary towels alone). Brenda and Josie served up a delicious salmon chowder which had everyone busy after dinner copying the recipe. The elk seekers didn't sight any.

Sep 10: Ted and Pat led off up to the village and followed the bike path down, continuing along the river onto the Evan Thomas trail to Wedge Pond. The pond was created by excavation of fertile soil for the golf course, forming a liquid mirror image of the surrounding mountains... Exquisite! Bill Hook sighted a black form on a glacier opposite through his binoculars and identified it as a grizzly making its way across. He told us some other very amusing tales as well. We took the perfect day for granted as we continued our leisurely cycle to the coffee stop in the lee of Fortress Mountain. As we left Hwy 40, the Kananaskis Trail, for the Kananaskis Lakes Trail, a mountain sheep posed for photos. Some of us followed Kay, a friend of the Hannan's and frequent visitor to the area, along the bike trail from the Info Ctr. to the ice cream stand at Boulton Trading Ctr. and then to Lower Kananaskis Lake campground where we organized, reorganized, pitched, and repitched, as a result of changes in the park regulations due to the lateness of the season, and the size and travel mode of our group. Barton, Joan, and André nevertheless provided delicious clam linguini and trifle dessert.

Sep 11: Day off- After Barton's pancake breakfast, nine biker/hikers assembled to challenge Mt. Indefatigable and were immortalized on photo film

for the public record before leaving camp. They all returned safely after reaching varying heights and distances, some having slid and fallen, as the terrain was in fact treacherous and steep. All had observed restocking of fish in Upper Kananaskis Lake from tankers. Those of us in camp relaxed, did laundry, and enjoyed the sunshine and beach. Theresa and Sally organized dinner, and supported by Rolf, Wendy and Wendell, treated us to a gourmet pasta feed followed by Theresa's melt-in-your-mouth matrimonial cake. After evening walks to enjoy the sunset on the lake the reading club convened with the propane lamp.

Sep 12: 7 a. breakfast to give us an early start on our 'over the pass' day. First the climb back up to Hwy. 40; a coyote was sighted in the morning shadows close to the bike trail as we ascended, warming up gradually, in our low gears. The highway was practically traffic-free except for park vehicles. A couple were sighted at Elbow Pass trailhead setting off from their vehicle with skis. We climbed steadily but very gradually, enjoying the increasingly dramatic landscapes until, round a left bend, as the grade became steeper, each of us in turn spied the welcome Budget beacon drawing us to our coffee/cocoa/tea fix and cookies. The sky was cloudless but we were still pretty well wrapped against the chill at 7,239 ft. as we celebrated arriving at the Highwood Pass summit only a k or so later. The l-o-n-g descent was more than just reward for the effort. What a ride! Only an occasional car on this new well-graded highway - we could enjoy the best seat in the world and effortlessly watch the changing vistas mile after mile, eventually levelling out in open rolling cattle country with frequent Texas gates (cattle-crossings) where we exercised caution. At the turnoff for Etherington Creek campground we discovered Highwood House - a well stocked store with essential services like ice cream and clean, hot and cold running water washrooms. By this time we had developed a keen appreciation of plumbing fixtures. 'Back at the ranch' however, the running water was all in the creek or pumpspout so we performed our ablutions either with a quick dip or a birdbath in the tent. Pat had planned and shopped for tonight's dinner back at Canmore and delighted everyone with corned beef and cabbage followed by Black Forest birthday cake, as we all joined in wishing Joan Enman many happy returns of the day.

Sep 13: An unfortunate accident with a pot of hot coffee at breakfast shocked us all and ended the Kananaskis tour for Joan. Sally drove her to Oilfields General Hospital in Black Diamond for treatment to serious burns to her leg which prevented her from cycling. Joan maintained a cheerful outlook however, kept Sally company until she could arrange her return home, and even set up a

laundry service next day while others cycled to Sheep Valley.

We were pretty 'winded' from strong head and crosswinds as we arrived in Longview at the best pie and coffee place in town and chose between saskatoon and apple pies. The saskatoon à la mode really was as good as my Mom used to make. As I tasted it I experienced a flashback to my childhood; hot berry-picking days under a blistering Alberta sun avoiding nettles and bees and slapping at mosquitoes, and was glad to be retired, cycling, and letting someone else pick the berries and bake the pies. Longview to Black Diamond municipal campground was short and sweet with views of fields combining hay-bales with pumping oilwells in the foreground and the foothills and Rockies behind. We set up our tent city just after noon on a lovely grassy site near a grove of shade trees. Bill, Barbara, and Ann set up stoves in the campground shelter which was wired for electricity and provided easy access for the 'Budget'. A great place to settle in for 2 nights. Black Diamond offers a wonderful butcher and baker. I don't think anyone looked for a candlestick maker. Most of us took advantage of the phone at the corner and just appreciated the services and charm this clean little cow-country town had to offer.

(to be continued - time and space permitting).

### **STAY AT HOME TOUR - Sept 10 - 15**

This was an unusual tour as there were no tents to put up and no cooking to do. We went home to sleep and carried brown bags. Every morning we took our bikes to a different starting point and cycled together for the day. There were usually about 21 participants daily and not always the same ones.

On Monday Al Hollinger led the group on a delightful tour of Pender Island. Everyone enjoyed the ferry ride through the Gulf Islands and the ride on the up and down quiet country roads on tranquil Pender. Almost everyone walked up at least one of the sharp hills.

On Tuesday Anne-Marie Labourdette led the group on a ride to Golden Ears park situated adjacent to the mountains north of the Fraser valley. Lunch was beside Alouette Lake. It was then back via dykes and quiet country roads where the horse is still king.

On Wednesday Kathy Wilkinson took us across the American border. Leaving our cars at Ferndale we cycled through Bellingham and then around Lake Samish. Kathy had maps for all which certainly was useful as otherwise some of us would still be lost.





and see Egyptian antiquities and Pharonic Egypt and lots of famous statues and paintings.

I walked the street of elite shopping areas and went to the Lido and enjoyed a fantastic show. Next morning I headed for home. It was great to be back in Vancouver. The air is like perfume. Great cycling holiday and good to be home safely.

## CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

## 1995 CCCTS TOURS

### Gabriola Sept 5 - 7.

Dennis Parsons advise that the tour was a success with 19 members participating. It will be repeated next year.

### New Zealand's South Island - early November for 6 weeks

Dennis Parsons 604-474-0937 (No support vehicle - tents, hostels & motels).

Had hoped for large numbers which would split into groups which would criss-cross New Zealand with frequent reunions. Now we have 11 people doing something different. Nine of us will visit Cairns and Sydney. Darryl Clarke will go to Christchurch. We will go there on November 3rd to arrive with Audrey. Eleven will cycle in the Christchurch vicinity, then Cathie and Bruno leave us on the 8th. Others will leave on Dec 3rd, more on Jan 18th and one stays until March.

Participants: Bill Hannan, Bruno & Cathie Friegang, Leila Montgomery, Ben Kihlman, Audrey Elash, Darrell Clarke, Dennis Parsons, Josie

Zewiec, Monty Peters, Morris Pacula

## Arizona - Nov 4 - 18

Bernice Gregory 604-929-7533.

Maximum 20; \$300 by Sept 15 and the final \$300 by Oct 15. A motel and restaurant tour with support vehicle. For details contact either Bernice or the office.

Participants: (20); Bernice Gregory, John Harvie, Zel Harvie, Mel Kerr, Bette Kerr, John Peck, Albert Redford, Bill Hook, Barbara Faulkner, Robert McHugh, Betty Jean McHugh, Theresa Green, Jim Brett, Jack Sheppard, Catherine Lynch, George Stenning, Ray Merness, Eleanor Bannister, Jean Horrocks, Elaine Parmenter.

## 1996 CCCTS TOURS

### Hawaii - The Big Island - Feb 1 - 14th.

Bill Hook 604-595-4315

John Peck 604-538-0195

This tour is full.

**\$10 by August, \$200 by October 15** and the balance of **\$1290** is due **by November 15.**

Participants (16) William Hook, John Harvie, Zel Harvie, Andre Milaire, Jack Sheppard, John Peck, Bobbie Redmond, Bruno Friegang, Cathie Friegang, Roy Goodchild, Helen Wilson, Dan Baris, Jerry Baris, Barbara Faulkner, Wendy Pearson, Bruce Ross.

### Fernie - Waterton - mid-June for 2 weeks

Ted Stubbs 604-321-2784.

Ted is considering a tour that will include Waterton Park in Canada and Glacier National Park in the US. More information in subsequent Newsbriefs.

Interested Participants: Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Eleanor Bannister, Jean Horrocks.

### Cross Canada - Jun 1 from Vancouver - Sept 15

Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25.

**\$100 non-refundable deposit required by Nov 1, 1995 with balance due by Apr 1, 1996.** The change in the initial deposit from Jan to Nov is required as payment for certain hostels has to be made by Oct 31 in order to guarantee reservations.

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. Estimated cost from Vancouver is \$2500 including ferry fares to Newfoundland and PEI.

Most of the route has now been completed and includes the Cabot Trail in Nova Scotia, 4 days in PEI and 10 days in Newfoundland. Felice is

planning to take the ferry from Sidney NS to Port Aux Basques in Newfoundland and cycling the 900 k to St John's (10 days which is included in the Sept 15 estimated arrival date). Anyone considering the tour and not interested in cycling the Newfoundland leg should notify Felice ASAP. So far about 10 participants have expressed interest in cycling the 10 days in Newfoundland which will include the support vehicle. All campground accommodation requests were mailed out about 2 weeks ago except for Ontario where Gerry Sutherland is looking after the arrangements.

If you have not already done so please advise Felice A S A P what your starting/ending location will be, i.e Tofino to St John's etc and what portion of the tour you wish to participate. Detailed itineraries will be mailed to you on receipt of this information.

Interested participants: (24) Felice Bennekou, Betty Darvell-Jones, Marj Murphy, Garfield Clack, Al Westnedge, William Armstrong, Joan Enman, Wayne Waardenburg, Gilles Prud'homme, Judy Jackson, Vic Pothier, Don Gillespie, Val Gillespie, Lois Pearson, Bobbie Redmond, Marilyn Harkley, Joan Engman, Christina Radnai, Bill Augusteijn Shirley Middleton, Jim Brett, David Brandon, Glen Smith, Jean Smith..

**The Natchez Trace Parkway - Date TBA.**  
Chuck Dick 604-261-5092

Chuck and Lynn are currently pre-touring the proposed tour.

**Whistle the Rapids - Barton Howes**  
604-378-0927 Aug 7 to 26 (20 days); cost \$650; dates and costs to be confirmed by the December Newsbrief.

A BC tour starting in the upper Cariboo region and ending at the coast. Basic itinerary: BC Rail to Quesnel. Bike to Barkerville and return; 100 Mile House; Bridge Lake; Little Fort; Kamloops; Merritt; Lytton; (Raft on the Thompson river); Lillooet, Pemberton; North Vancouver.

**Western Australia - Mid Sept. - end of Oct.**  
Rae Wohlschlegel 604-592-6680 (either self-contained or an accompanying vehicle for personal camping equipment (not luggage nor group meal equipment). max 25, 2100 k. A deposit of \$200 is required by Sept 1 to confirm airline reservations, please send your deposit to the CCCTS office if you have not already done so.

The tour leader plans to accommodate camping and/or hotels/motels where available and whichever one where only one is available. For those who do not wish to camp at all, and there are a few of you so you won't be alone, the itinerary can be adjusted to suit you. Details of the tour can be obtained by

contacting Rae or the CCCTS office.

As several participants are considering Quantas it will be included as another option for those who wish to visit eastern Australia. Prices are as originally quoted and Quantas will be no more than Air NZ.

Will all participants please contact Dan Perch of ANZA Travel re your travel plans. He has a toll free number from anywhere on the continent 1-800-668-6612. Please make out all cheques payable to CCCTS and mail them to the office.

Interested participants (26) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel, Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weiss, Bob Miller, Katryn Jeronimus, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Mary Jane Edwards, Sylvia Bailey, Joan Enman, Bobbie Redmond, Carl Rorison, Jean Horrocks.

*Editor's note: The optional 9 day cycling tour of Bali has been cancelled due to lack of interest and a 3 day non-cycling tour at less cost is being arranged.*

**New Zealand South Island - 6 weeks**  
Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

## VANCOUVER WEEKLY TRIPS

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

**Tuesdays/Thursdays:** Meet at 10 am at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

### **Wednesdays:**

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

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

## VICTORIA WEEKLY TRIPS

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

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



# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 12 No. 11

November 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35

The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ian Polley	531-6955
Vice-President	Chuck Dick	261-5092
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
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	520-7636
	Horst Hees	389-1152

## PRESIDENT'S CORNER

This will be my last "President's Corner." I will be stepping down as president after two years at the helm. I was most reluctant to take the position, however, over the last two years it has been a most interesting and rewarding time. The position of president was made easier due to the rest of the executive working as hard and diligently as has been the case during my time in the chair. My thanks to the entire executive.

This will be the last Newsbrief before the annual banquet and AGM. I trust that we will have a large turnout to both events. As mentioned in previous Newsbriefs, this year's events will be held mid-week. Hopefully, this will enable more people to

attend the functions. There will still be two tours in progress at that time, definitely the last tours of the year.

As a parting salute, I would like to thank all the Tour Leaders and co-ordinators who gave so much of their time to make the Society the success it has become.

That's it for me. Good and safe cycling to all.

## EDITOR'S NOTEBOOK

Barton reported that the symposium at the Penticton Convention Centre, at which he set up and manned a display to represent us, was well attended with considerable interest being shown in the information he had on hand describing the CCCTS. It gave the opportunity for several of our Okanagan members to meet each other and there was some discussion in arranging get-together rides in Vernon, Kelowna and Penticton.

Bob Douglas has once again reminded me that we need to mail out a new "list of members" but is waiting for the Newsbrief to shrink in order to include it with its regular mailing. Up to this point many of you have submitted articles and your tour experiences which has made my job both interesting and rewarding but has not helped Bob fulfill his objective. Special thanks to all of you who have submitted items. Over the winter months when there are no tours in progress perhaps we will be able to get that list out to you.

Ain't it the way that you never really recognize just how much work someone does until they are not there to do it. John Peck is off to tour Arizona and I am just finding how much time and effort he puts into labelling the envelopes, etc., ready for mailing.

My apologies Glen (Smith) for not publishing your solo Cross Canada experiences. I really do plan to publish them just as soon as space permits.

## LETTERS TO THE EDITOR

I was looking forward to Dennis Parsons' version of the Vancouver Island Tour. When it failed to be printed in the September Newsbrief I put my own experience down on paper. Perhaps you'd like to print it if you have not received anything else from some of the other participants. It was a tremendous trip for a new rider and I encourage others to join in and share such a healthy sport.

We look forward with anticipation each month, to receive our copy of the Newsbrief. Keep up the good work.

Joan Thompson

*Editor's note: Thanks for the support Joan. Your "own experience" has been included in this issue, including your comment about what cows do on flat rocks when it is raining!*

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I was sorry to see that Josephine Hees' name was missing from the Seniors' Games Results. Josephine registered for the running events, but sustained an injury while renovating her daughter's condo. Nothing daunted - Jo registered for the race-walking, and won a silver medal in the 5 k and gold in the 10 k events. Congratulations to Josephine.

Connie Shaw

*Editor's note: Leo was only involved in following the cycling events when he reported the results to us.*

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In the August Newsbrief under BC Senior Games, Leo Comeau wrote "...we have been invited to participate in the Canada Senior Games in Regina, Sept 11 - 14, 1996. Gold medalists from the BC games will be eligible to represent BC." I am now told that there will not be any cycling events at the Canadian Senior Games in '96. Could you confirm that for me?

On the same subject, I received the October Newsbrief today, and there is a list of all members who won medals at the BC Senior games. I don't know where Leo got his list from, but he has Barb Hertzler down for 3 medals - she won two - a bronze in the time trial, and a silver in the hill climb. I have pictures of the medal presentations. Also, I won three medals - a gold in the time trial, a gold in the road race, and a bronze in the hill climb in the 55 - 59 age group. Yet I was not mentioned as having taken part in the games. If Leo would like to see pictures of the presentations I will be glad to provide

them.

Cathy Mcpherson

*Editor's note: This letter was actually addressed to John Peck and passed on to me. Perhaps either Chuck (Dick) or Leo could let us all know about the cycling events in next year's Senior games. I would like to apologize for the apparent oversight in not receiving Cathy's name on the list of medal winners. Congratulations, Cathy, on such a sterling performance.*

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I have never had the reason to ask for an insertion in the Newsbrief until now. I see members did so for the October issue.

Any tours I may take in the future would involve renting a bicycle. I still carry on cycling here on my mountain bike.

Jim Beattie

*Editor's note: Jim included an itemized description of a bike he has for sale which is included under the "for sale" section in this issue. I have included his letter in order to emphasize that the Newsbrief is meant to give information to members on tours as well as to supply a service to them. We welcome your "for sale items" as long as they are "bicycle" related.*

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Letter addressed to John Peck was prompted by John wondering if we should send the Newsbrief by snail-mail to Boulder or by E-mail to Turkey. Lloyd preferred the faster mode of communication.

Unfortunately I haven't cycled in Turkey. I have done a lot of walking though. The roads are pretty bad and the traffic is pretty heavy and most people have advised me against cycling, largely for safety reasons. I have seen people on bikes but it is not common. Around the villages I see some people riding "beaters" apparently for local travel in and around the village. I haven't seen any serious cycling except at a triathlon event a month ago on the Aegean coast. I have seen some reasonable quality mountain bikes in the stores. Prices are around \$200 - \$300. However, I have seen very few people riding these bikes.

Lloyd Fosdick

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Licensed to kill

On Monday Aug 23, 1995 James Winston Cook of

Saanich was given back his driving license by Judge J N Kay. Cook is charged with impaired driving causing death and driving with a blood alcohol level over .08 in connection with a collision that killed a 47 year old cyclist June 11, 1995 on the Pat Bay Hwy. Cook, in case you were wondering, was given his license back because he needed it for work!! That's something he should have thought of before he killed someone! Or is that asking too much?

If you are even slightly bothered by this, send a letter or postcard to: Judge J M Kay, c/o Court Registry, 850 Burdett St, Victoria BC V8W 1B4 or leave a message with his receptionist 604-356-1478. (Try to be polite, it's not the receptionist's fault). Let judge Kay know that you think this was a lousy decision. Motorists do not have the right to kill!!

Horst Hees (*ed: I think!*)

### CORRECTION

On our last issue we attributed a letter regarding a group of Victoria bicycle protestors to Horst Hees as author. Horst advises that the letter was actually written by John McBride.

### WELCOME TO NEW MEMBERS

Membership as of November 1: 398

*Editor's note: John Peck is once again out touring the country and I have once again forgotten how to extract new members from the file. Hopefully we will get back on track next month.*

### NOMINATIONS FOR DIRECTORS - 1996.

\* Indicates a new nominee.

- Jim Brett*
- Bob Douglas*
- Mary Eickhoff*
- \* *Margaret Fyfe*
- Horst Hees/Dennis Parsons*
- Barton Howes*
- Andre Kaufmann*
- Rowan Ley*
- Marion Orser*
- John Peck*
- \* *Sally Peterson - Victoria. Independent cross Canada tour, driver for '95 Kananaskis tour*
- \* *Ron Pickerill*
- Ian Polley*
- \* *Bruce Ross*
- Ted Stubbs*

*Editor's note: Horst and Dennis anticipate sharing a director position with Horst filling in for Dennis in his absence.*

### THE ANNUAL GENERAL MEETING

The AGM will be held 11:15 am, Thursday, November 16th, at the Long House, South Delta Rec Centre (56th street opposite McDonalds).

### ANNUAL BANQUET AND DANCE

- Barton Howes -

Barton urges you to get your tickets as soon as possible for the Annual Banquet to be held at

Kinsmen Recreation Centre,  
5410 - 10th Avenue, Tsawwassen,  
Wednesday, Nov 15th.

\$22 per person includes a Smorgasboard Supper and dancing on an excellent floor to "The Silver Knights", a 5 piece band playing music of the 50's

Bar: 6:00; Supper: 7:00;  
Dancing: 8:00 - 11:00

Please forward payment to the Club office. The Best Western motel, situated 5 blocks from the hall, will provide shuttle service to the ferry for members from Vancouver Island who require accommodation.

Katryn Jeronimus has offered some accommodation for out of town members. Noone has contacted her to date. Any members who wish accommodation or have space to accommodate out of town members should contact Katryn.

Specific directions to the Banquet and dance in Tsawwassen. Proceed south on 56th street (past the Best Western Hotel) to 12th Ave; turn west (right) past Safeway to 54A St (post office on SW corner); turn left on 54A St; from there it is 3 short blocks to the Kinsman Rec Centre.

### IN MEMORIAM - John Peck

Participants in the 1990 CCCTS tour of New Zealand will be saddened to hear that Ivan Strahl of Christchurch, New Zealand, died on September 8th of this year.

### CONGRATULATIONS

Congratulations to Andre and Frieda Kaufmann who are celebrating their 50th wedding anniversary.

Andre's claim to our Club's whose who is that he designed our sweaters and has taken it upon himself to order, control and handle the sales of the sweaters. Andre also looks after the maintenance and repairing of our tents, has lead tours to Switzerland and is currently a director.

*Editor's note: If it was not for Andre it is unlikely that we would have Club sweaters. Have a good one Andre and start looking forward to your 60th.*

## VICTORIA CHRISTMAS DINNER

Rae Wohlschlegel advises the dinner will be held on Friday December 15th at the Cherry Bank Hotel Spare Rib House, 825 Burdett (across the street from the courthouse) at 6 pm for eating at 6:30. Cost per person including taxes, \$16.50. Beer - \$2 per glass, wine - \$3.21 per glass. Choices are salmon, roast chicken, teriyaki or ribs and they are fantastic. Up-islanders and mainlanders are very welcome The people at the Cherry Bank wish to know the total numbers A S A P. Please phone Horst Hees 389-1152 or Rae 592-6680 and tell us how many in your party and choices. Thanks, Rae.

## CLUB JERSEYS - \$55 plus \$4 for mailing

Andre Kaufmann advises that our supply of jerseys has now been replenished and that he has sizes to fit everyone including extra extra large for both woman and men. If ordering by mail be sure to include your size with the order and to cover the cost of mailing with your cheque. If you are interested in purchasing a jersey contact Andre by phone at 604-581-3923 or write to him directly. Andre will have all sizes available for purchase at the A.G.M. Andre Kaufmann, 12986 Old Yale Road Surrey, BC, V3T 3B8.

## FOR SALE -

A 21" frame Centurion Pro 15 touring bicycle All 8 tubes are Tange #2 Champion Chromoly Double Butted. Equipped with quality low riders and panniers. Retail value was \$930 selling for \$400. For more information call Maurice Leduc after 7 pm 604-988-2605.

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A 21" frame (54 cm) Miyata 1000 LT Touring bicycle. Granny gears, c/w presta pump, rear electronic flasher, computer (Cateye), 2 water-bottle holders - \$650. Call Jim Beattie Telephone 705-445-0597

**WANTED CROSS CANADA TOUR - 1996**  
Felice Bennekou - 604-943-6929

Required a driver (non-participating cyclist) to drive a private motor home. The owner will be cycling Vancouver to St. Johns, New Foundland., but his wife, who hopes to accompany the Tour, does not drive. Can you help? Please call Felice for details.

## FIRST ANNUAL HALLOWE'EN BASH

at Felice Bennekou's home on Oct 31.

The bash was a great success wiith 25 club members, mostly in costume showing up for the occasion. There was loads of good food and drink with the last people leaving after midnight. Al Hollinger had to leave early to perform the annual firing of his cannons at the Ladner Hallowe'en celebrations but returned in time to clean up on the goodies. It was a lot of fun and will be repeated next year.

Felice Bennekou

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On 'All -Hallow's-Eve' strange beings arrived at Felice's castle. There were large cats, Norsemen, flappers, clowns, witches and even a batman. They proceeded to make merry, laughing, singing, dancing and eating the sumptuous potluck dinner. After awhile when beards, wigs, masks and hats came off they turned out to be the Tuesday cyclists having a ball. Thanks Felice for hosting such a great get together.

Eva Folk

## ODDS 'N ENDS

Did you hear about the young lad who asked his mother 3 questions?

- how old are you?
- how much do you weigh?
- why did you and dad get divorced?

The mother replied it was none of his business and to get lost.. Not to be put off, the young man consulted his friend who knew all the answers and he advised the young lad to look at his mother's licence. A few days later he told his mother she was 37 years old and weighed 132 pounds. The suprised mother said he was right and asked where he had obtained the information. He told her from her driver's licence. Then he also said the licence told him why she and his father got divorced - He said because on the driver's licence she had "F" in sex.

## OBSESSED WITH AVOIDING FAT - FOOD FOR THOUGHT

Continued from the October Newsbrief

Fat is a vital nutrient. It's packed with energy. Every grain of fat has more than twice the calories of

protein and carbohydrates. Fat is the vehicle for carrying fat soluble vitamins like vitamin A, D, E and K into the body. Without it, they can't get to their destination. Fat is also essential for making important tissues, hormones and other controllers in the body. Blood clotting, brain function and nerve impulses are all dependent on fat for optimal performance.

The best fats for this are the omega 6 and omega 3 fats. Monosaturated fats and some of the polyunsaturated fats belong in the omega 6 category. These fats are found mainly in vegetable oil like olive, safflower, peanut and corn oil. The omega 3 fats are found in fish, beans, sesame, soy and flaxseed. These are considered the "good fats" because they don't increase blood cholesterol levels and some actually help decrease cholesterol levels. Your body also prefers to use these fats for producing the controllers in the body that stimulate important body functions. Some fitness experts claim that eating a higher-fat diet, along with a good exercise program, can help the body burn more fat during exercise. This means that you will feel stronger and be able to workout longer, since even the leanest body has enough fat fuel to run from Calgary to Vancouver.

Remember the word MODERATION. The key to a healthy diet is minimizing saturated fat and eating a balance of the omega 3 and omega 6 fats. In food terms, this means eating small portions of meat, poultry, butter and milk products, and choosing more grains vegetables and fruits. It also means that it's okay to saute foods in oil, use a bit of oil in baking and have dessert occasionally. You shouldn't lean to any extremes. Food should be fun. Fortunately, a healthy diet can be both delicious and guilt free.

#### **Happy medium diet:**

- 4 oz sirloin steak
- non-stick pan and a small amount of oil
- medium bowl of regular ice cream
- some oil or vinegar dressing
- baked goods with some oil or butter
- coffee with milk
- baked potato with some butter and/or low fat sour cream
- medium dessert 4 times a week
- one fancy chocolate

#### **THE LIFTON'S CUP OF HOSPITALITY -**

Dennis Parsons - continued from the October Newsbrief.

All Lifton holidays have to end... Snowy peaks, lakes and forests - the beauty of all BC on an island - this we enjoy riding to Gold River. This is Bent's

hunting ground and the friendliest people. Campsite primitive, hand pump, cool morning, all downhill to dockside. M.V. Uchuck churning, churning. Stopping to offload equipment, victuals, at logging camps. In afternoon see Tahsis ahead but hard-a-port up channel to Zeballos. One street, mountain looming over houses on right, river behind those on the left. Tents on motel lawn. Owner gives us history and more lapel pins. Road out gravel ruts and washboard. Some decide to bus it. At rendezvous am glad with decision. Cyclers arrive. Happy too. Saw more. To Nimpkish Emidia provides land and Giorgio the wine.

Going home now. Sayward, Saratoga Beach and finally Deep Bay. Ride has been very pleasant. Our arrival coincides with owner's birthday. Celebrates by firing four inch cannon. Party, canapes formal wear (?), wine. Wake to heavy rain. Ride through muck and spray. Socks will never be white again. Other days were great though.

This trip is the crowning achievement of the Liftons and must be done again, even annually. For someone wanting to do a service to our Society here is the opportunity to coordinate a trip that must delight visitors to this island.

#### **VANCOUVER ISLAND TOUR -**

Joan Thompson

July 10.....

RAIN! It was comin' down like a cow pissin' on a flat rock! "You don't want to ride in THIS", the Big Guy (Al Lifton) said. "I'll drive you to Rath Trevor Beach!", my husband (Art) said. "I don't wanna be a 'Wuus', I want to RIDE, I said. With that, I was on my bike on the Island Highway, traffic going by like the Clappers and me shaking like a leaf. This was to be my first bike tour and the excitement of the moment soon gave way to trepidation. I wondered what ever gave me the idea that I would be able to keep up with these seasoned riders, some of whom have toured across our lovely land as many as three times.

The arrival at Rath Trevor Beach turned out to be a kaleidoscope of colour and confusion as bikers from all parts gathered to find a spot for their tents and bikes. There were greetings of old acquaintances and introductions of new riders and order soon came out of chaos.

After putting up my tent in a downpour (WONDERFUL!) I soon found myself in the kitchen tent taking over the chicken frying duties from Al and then someone put a glass of wine in my hand... well, it only got better from there. A gourmet dinner of breaded almond chicken (can you

believe it, on a campout (!) was soon followed by introductions all around and a hearty welcome from our leaders, Diana and Al Lifton. Cooking teams were chosen and team members immediately put their heads together to set up their menus for the ensuing meals.

I was concerned about not waking up on time for breakfast... "Just listen for the zippers... the best darn alarm clock going!" and it was true. Along about 5:30 a.m. the zippers started zipping and the velcro started tearing and the plastic started crunching... I defy anyone to sleep through all that! Over the hump (mountain pass) into Port Alberni the next day was somewhat of a challenge for this rookie and a distance first of over 53 k. The farthest I'd ever ridden in one stint. Everyone appreciated the sun and the chance to dry out our tents and belongings. We tromped around downtown Port Alberni and got our bearings to catch the M.V. Francis Barclay to Ucluelet the next day. In the morning it was quite a sight to see our bikes being loaded onto the ship one by one with a crane and hoist. Into the hold they went, and onto the ship we went, arriving at Ucluelet right on time. On the dock, Diana came up with the first flat of the trip but the fellows soon had her mobile again. A short jaunt into Pacific Rim Park on our bikes.... gave us time for a dip into the great Pacific before another wonderful meal was consumed with enough daylight left for a long walk on the beach. Mary and I sat on a log and waited for the moon to appear but we never did see it... too weary to watch!

It started to rain in the night, and I was soon to discover that the 'toy' tent which I had borrowed from my Grandson would not stand up to the rigors of the West Coast. The 'astro turf special' turned into a water bed and everything was wringing wet! A group of riders were planning to ride into Tofino for a bowl of chowder and due to the hoplessness of my situation in drying out my bed, I went along. It was about 24 k into Tofino and it took 50 minutes to get there but, it was 1 hour and 7 minutes to ride home due to the heavy rain and head winds. This was supposed to be a rest day... NOT!

We broke camp at 7:20 a.m. on the 14th. Thank goodness the rain had stopped! This day was scheduled to be 110 k and there were two mountains to peddle over. Hydro Hill was the first... no one saw me pushing my bike up the last little bit, did they Garfield?! There were some incredible down grades to compensate for the grueling ups and my maximum speed clocked in at 68.7 kph. Wow, I don't even drive that fast! We were all a little bushed by the time we got into Sproat Lake campsite. Art, my husband, delivered a prepared hot dinner and we weren't too bushed to enjoy it! It was Judy's

birthday, but not really, so we gave the birthday cake to Garfield whose birthday was next in line. Back over the hump the next day into Qualicum Bay about 70 k later. We sure looked forward to seeing Al and his Budget truck after peddling 30 k every morning. Coffee never tasted so good! I'm really getting into this now, feel like I could ride forever. We, Joan Enman, Judy and I were first into camp that afternoon. Our reward for that achievement was to help Al unload the truck and set up the kitchen! Moving onward and northward, we hit Saratoga Beach on the 16th. A truly peaceful spot with Alaska bound cruises going by in the sunset. Comfortable surroundings... if I remember correctly it was one of the best night's sleep I had on the whole trip. Important adjustments were made to my bike this day with the help of Cathy, Rick, Barton and Joan. The seat was raised about 1 1/2", handlebars and rear-view mirror adjusted and the chain was cleaned and greased again. What a difference... how did I ever ride it before?

On July 17th we landed at Strathcona Park Lodge about 2:30 p.m. We had ridden nearly 68k and it was hot... it was VERY hot! Emidia and I, with a big window and a nice breeze blowing through. Diana and Al sure know how to pick the spots... we were to spend two nights here. A bonafide rest day the next day and we planned to have breakfast late on purpose. Had a lazy morning until someone suggested a walk. Quite a walk it was too... 1-1/2 hour hike 'straight up'. A hardy bunch these riders! We swam, read and dozed the afternoon away... a marvelous day!

The scenery around Buttle Lake on our ride onward the next morning was breathtaking. We eventually arrived and converged into the Gold River Mall... a sort of 'holding pen' until our leaders decided where we were to spend the night. Good choice... on the bank of the Gold River, in a nice quiet campsite. We were to have an early night in preparation for a very early departure the next morning on the M.V. Uchuck 111, enroute to Zeballos.

There's nothing like racing down the highway about 5:30 a.m. in the brisk morning air to make you appreciate a warm and comfortable seat on the boat. The bikes made quite a sight, all lined up on the deck of the ship and this time we got to wheel them on instead of having them hoisted on. The same at the other end, however, there was a 10 foot lift over open water to be dealt with. Even Leila, nervous as she was, made it too, with a little encouragement and boosting from below.

Fourteen hardy souls set out the next morning from Zeballos to conquer 41 k of hard, rough, hilly road. There was lots of gravel, log trucks, heavy



equipment and a few flat tires, but we all made it and finished off the ride with 8 k of smooth highway riding into Nimkish Lake. This is Amedia's stomping grounds and the end of the tour for her. A lovely finish to our meal that night was cake and ice cream from the north island residents.

July 22, and north as scheduled. A big black bear ran across the road between Martine and I and consequently we made it into the Eve River Rest Area for lunch in jig-quick time! Man, it is HOT this day! Arriving in Sayward about 1:45 pm we scrambled to shower and then start supper for the hungry group. Slight glitch in our menu... no meat! Al and Diana were able to scrounge enough chicken from the little General Store and we went into plan "B". Another birthday, this time for David Brown, and added to the cake was Garfield's lovely Cointreau. Sweet dreams, that night. I have written in my journal "TIRED TONIGHT", and I'm sure that I wasn't alone. After breaking camp and getting breakfast put away the next morning, it took me all the way to the coffee break to catch up with my riding partners. After the break, it was downhill all the way. Just north of Campbaell River there is a stretch called '6-mile hill'. Fortunately, we were going down instead of going up. What a thrill. There was an uncomfortable moment when a semi and pup went by me with only inches to spare and another alarming moment when it passed Judy seconds later. I couldn't even see daylight between her and the beast! But, a miss is as good as a mile and we carried on unscathed. Now you haven't lived until you've sat on a curb at a busy mall and eaten your lunch ignoring the glances of shoppers all around us. We did that! Just parked our bikes and munched away. We rode a total of 6 hours that day on a good road and lots of traffic, 91.8 k,

July 24... and the last day of the ride for me! We hit the road about 7:30. I rode with Joan and Judy up till the coffee break and then lost them somewhere in Courtenay. Caught up with Rick and Cathy, who were stopped on the side of the road fixing a flat. I dawdled and ate my lunch while they worked, and then realized that if I got the lead out, I could be in camp before them! Away I went, and made it... an all time first! But I don't suppose it could be considered an accomplishment, eh?

Our farewell dinner was preceded by Hors d'oeuvres, wine and much merriment. We finished off with many accolades to Al and Diana Lifton for setting up such a great tour. They certainly are a hard act to follow. I was being driven home from here by my husband and the rest were riding to the ferry in the morning and dispersing in all directions, homeward. I said my "goodby's" just as a few drops of rain started to fall... and as we drove

around the last bend it was rally starting to come down... Yep, just like a cow...!

## KANANASKIS DIARY - Sep 6-24 WEEK TWO Sep 14-20

Mary Eickhoff

*Week One of this diary was published in the October Newsbrief and reviewed our first seven sunny days of riding. Week Two begins with the same weather but change is not far off!*

**Thurs Sep 14** - 13 cyclists lined up with sunshiny faces ready to leave Black Diamond Municipal campground about 9:45 a., for a layover day ride and were led through Turner Valley, some riding the shoulder of Hwy. 7, the rest using the 3k cycle/stroller path between Black Diamond and Turner Valley. Ted headed us westward to face the Highwood Pass and turned us loose to climb and descend the creek valleys to the end of the road. We had our customary 'coffee break' without the 'Budget' at Sandy McNabb Equestrian campground and Info Centre, where day hike and cross country ski brochures were accessible altho' the centre was closed. 9 of us carried on beyond Sheep Falls on a rough pot-holed road surface and had our picnic lunch at Bluerock campground, a k or so from the actual road end. Wendy, Bill and Barbara perservered the extra couple of clicks and found a hiking trail. Sheep Falls provided great photo ops; there were several other tourists clambering along the rocks and picnicking. As we turned back, all the down slopes on the way there had transformed into 'ups', before the long downgrade into Black Diamond. André had left us all in his dust with an incredible burst of speed on the way back so we toasted his youth at the bakery before returning to the campground for a cold one from the cooler and leisurely chats. We reviewed our wildlife sightings as usual and, besides a mountain sheep which ran unconcernedly towards and past us on the road, there were reports of a Bob Jordan along the way.

Odometer: 84.5 k.

**Fri. Sep 15:** - Partly cloudy at breakfast; rode to post office to mail cards; only Rolf and I still watching as the truck pulled out and we suddenly realized that the bike standing without a rider was Joan's and should be in the truck; a lunch had also been left behind. I pursued Sally and Joan and turned them around a couple of blocks away while Rolf herded along the forgotten items.

We followed Hwy. 22 north to Millarville, then turned west to the quieter 549 as far as the junction with 762. As we turned north again we faced a steep hill and climbed into a cloud full of rain about halfway up. One more like that and there was Smiling Sally and her coffee wagon - a very welcome sight. We settled in to pace ourselves in

the gentle rain as we were in no hurry to get to a wet campsite. At Hwy. 66 we rode west again into Kananaskis Country. Lucky us! - the rain had stopped as we set up camp at Gooseberry Forest Service campground beside the Elbow River and we looked forward to our 3 night layover near Bragg Creek Provincial Park and townsite. Josie became our official campfire girl and the group gathered 'round after scouting the river trails.

Odometer: 58.3 k.

**Sat. Sep 16:** - The sun smiled again as Bob Jordan led us westward along Hwy. 66 on a side trip to Allen Bill Pond, then Elbow River Falls, and to the turnaround point at the end of the road. Trails, staging, and picnic sites afford day visitors good views of the beautiful falls and close access to the sparkling river. Once again we were within sight of the Highwood Pass. The Elbow River Valley is one of the 8 zones of the large park region called Kananaskis Country, and attracts off-roading dirt bikers and 4-wheel drivers, as well as equestrians to its provincial campgrounds. As we were there at the weekend we took the advice of our Alberta members, Bill and Bob, to avoid the busy, noisy, but well-equipped McLean Creek facility for the quieter primitive forest service camp with its hand pumps. Thanks, Bob, it was really nice to meet you and have the benefit of your knowledge of the area. For those of us who turned back at Elbow Falls, the return ride netted 27.4 k.

We swarmed into Bragg Creek to window shop, visit cappuccino bars, gift shops - a real tourist trap with a frontier town motif. Ann and I cycled a few kms. the other side of town to check out the Wintergreen Golf & Country Club, and stopped in on our way back at Silver Willow B&B. We were amazed to find such a modish and beautifully appointed lodge picturesquely situated in the woods beside the river just a short distance down-river and down-highway from our camp. Quite a contrast! Wildlife sightings: skinny-dipping cycle campers.

Odometer: 59.4 k.

**Sun. Sep 17:** -Morning found me shampooing at the well to 'get decent' for members of my family who travelled from Edmonton and Red Deer to treat me to lunch at Bragg Creek's well-known 'Steak Pit'. It was a non-cycling day for several of us who enjoyed visits from family or friends; however, Brenda, for one, rode to Priddis, Bob Jordan's hometown.

**Mon. Sep 18:** - A rude awakening - unzipped tent, a load of snow fell in! Breakfast was hurried as everyone flew about trying to pack up for the ride to Cremona without taking the snow along. It was frigid work shaking the heavy wet stuff off the

cooktent tarp. Just as the Budget was pulling out, Bill Hannan re-joined us after weekending in Calgary. He with his pickup, Wayne with his sedan, and the Budget, ferried us with our cold hands and feet and frozen gears, over x number of kms. between Bragg Creek and the Hwy. 1 interchange, where the roadbed was missing due to heavy construction. We re-grouped at Smitty's in Cochrane and as we brunchted and contemplated the prospect of a cold night in wet tents it was resolved to book motel space in Cremona. The sky lightened, precipitation ceased and we kept warm climbing the hill north out of Cochrane.

My rearview mirror told me a loaded cyclist was overtaking me. Johann, a structural engineer from a city about 80 k north of Amsterdam, Holland, was very interested in our group. He had arrived in Vancouver in June and cycled to Ottawa via Hwy. 3, the Arrow Lakes, then Rogers Pass to Calgary, and found on his arrival in Ottawa that he had 2 weeks to spare. So he had flown to Edmonton to cycle what he believed to be the most beautiful area in Canada, Edmonton-Jasper-Banff-Canmore-Edmonton; this was the second last day of his tour.

At the Hawk's Nest motel in Cremona we flung our tents on the fence to dry, ate, showered, slept/snored, and dreamed of an encore of the sun. Before moving on to the next page of this diary, on behalf of all the grateful cyclists who experienced 'white Monday', many thanks to Bill Hannan, Wayne Waardenburg, and Rolf Peterson at the wheel of the Budget, for seeing us through.

Odometer: 59.9 k.

**Tues. Sep. 19:** - The sun was up first this morning and Sally re-joined us after a weekend trip to Vancouver to add her sister and nephew, Suzanne and Martin, to our tour. It must have been a chilling experience for them to have been in England one day and an Alberta freezer the next, but they adapted well. Martin certainly came to ride and his Mom, driving the Peterson vehicle in tandem with the Budget, added her smiles to Sally's. After the coffee stop at a hilltop view point we rode on to Sundre where Andre and I split a Hawaiian pizza just for a change and saved our lunches for later at the James River Bible camp. Bill Hook was all set up to prepare dinner in the roomy and well-equipped kitchen inside the main building but our reservation was for the campground so we assembled the cooktent, then headed for the SHOWERS. Entertainment: campfire, millions of stars. We had had serious frost warnings so everyone dug deep for nightcaps to keep warm overnight. Thanks for mailing back my headband, Josie, as well as the nice note and sundae recipe. It looks good!

Odometer: 55.8k.

**Wed. Sep 20:** - Our second rude awakening - but just a skiff of snow this time. We visited the studio of a very gifted and accomplished naturalist artist, a member of the Peterson clan, then cycled on through Caroline, home of figure skater Kurt Browning. André was not impressed with the 2 flats he had just before the coffee stop, at the town limits. In a low area, just north of the Clearwater River bridge, Martin spotted a moose. We arrived in historic Rocky Mountain House, soon after noon and later made our way to the home of Emily Ames, who welcomed us with coffee, tea, ginger cookies, blue skies, breeze, and yards of clothes line. The air was immediately filled with flies accompanied by tents and every other damp thing we could hoist. After a delicious meal we strolled around the town enjoying the spectacular sunset, then reconvened the choral group. I don't know how to adequately express our appreciation, Emily, for the wonderful meal, mouth-watering lemon and coconut cream pies, the comfort of your lovely home, and warmth of your hospitality. You have a standing invitation to be our guest - hope you'll come calling for the Banquet and AGM. Odometer: 67.2 k.

*Join us again for the conclusion of our wild west adventure as we head back into the foothills and the Rockies... a never-to-be-forgotten experience.*

## CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Chuck Dick, vice president, CCCTS.

## 1995 CCCTS TOURS

**New Zealand's South Island** - early November

for 6 weeks - Denis Parsons' tour is now under way.

## Arizona - Nov 4 - 18

Bernice Gregory 604-929-7533.

By the time the Newsbrief is circulated this tour will be under way with 20 participants.

## 1996 CCCTS TOURS

### Hawaii - The Big Island - Feb 1 - 14th.

Bill Hook 604-595-4315

John Peck 604-538-0195

This tour is full.

**\$10 by August, \$200 by October 15** and the balance of **\$1290** is due **by November 15.**

Participants (16) William Hook, John Harvie, Zel Harvie, Jack Sheppard, John Peck, Bobbie Redmond, Bruno Friegang, Cathie Friegang, Roy Goodchild, Helen Wilson, Dan Baris, Jerry Baris, Barbara Faulkner, Wendy Pearson, Bruce Ross, Frank Weber.

### Kootenay 96 May 19 for 12 days

John Peck 604-538-0195

A camping tour with a support vehicle. Begins and ends at Kelowna. \$10 by Jan 1 to be on the list, balance of \$290 by April 15. (total \$300)

Itinerary; Kelowna; Beavercreek 80 k, Greenwood 80 k, Christina Lake 68 k, Castlegar 78 k, Kokanee Creek Prov park 67 k, (through Nelson to) Mirror lake (near Kaslo) 42 k, New Denver 50 k, Rest day, Burton Park 80 k, (across Arrow Lake to) Spruce Grove 80 k (near Lumby), Vernon 60 k, Kelowna 80 k. Total 765 k.

### San Juan Islands - Mid July for 12 days

Bob Douglas has advised he intends to repeat his previous San Juan tour. Additional information will be included on a subsequent Newsbrief.

### Fernie - Waterton - tentatively starting Aug 29 for 2 weeks.

Ted Stubbs 604-321-2784.

Ted is considering a tour that will include Waterton Park in Canada and Glacier National Park in the US. More information in subsequent Newsbriefs.

Interested Participants: Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Eleanor Bannister, Jean Horrocks.

*Editor's note: The date change was necessitated due to unexpected logistic problems*

### Cross Canada - Jun 1 from Vancouver - Sept 15

Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25.

**\$100 non-refundable deposit required by Nov 1, 1995 with balance due by Apr 1, 1996.** Please forward all deposits directly to the office rather than to Felice.

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. Estimated cost from Vancouver is \$2500 including ferry fares to Newfoundland and PEI.

If you have not already done so please advise Felice ASAP what your starting/ending location will be, i.e Tofino to St John's etc and what portion of the tour you wish to participate. Detailed itineraries will be available at the AGM for Lower Mainland and Victoria participants and been mailed to all others

Interested participants: (26) Felice Bennekou, Betty Darvell-Jones, Al Westnedge, William Armstrong, Joan Enman, Wayne Waardenburg, Gilles Prud'homme, Vic Pothier, Don Gillespie, Val Gillespie, Lois Pearson, Marilyn Harkley, Joan Engman, Christina Radnai, Bill Augusteijn Shirley Middleton, Jim Brett, David Brandon, Glen Smith, Jean Smith, Thom Tuma, Ian Cassie, David Middleton, Josie Zewiec, Sonja Joos

**The Natchez Trace Parkway - Date TBA.**  
Chuck Dick 604-261-5092

Interested participants: Elizabeth & Anker Gram, Chuck & Lynn Dick, Eleanor Bannister..

**Whistle the Rapids - Barton Howes**  
604-378-0927 Aug 11 to 30 A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel. Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt; Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$20 upon registering, balance of \$30 by Jan 31. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks.

**Western Australia - Mid Sept. - end of Oct.**  
Rae Wohlschlegel 604-592-6680 (either self-contained or an accompanying vehicle for personal camping equipment (not luggage nor group meal equipment ). max 25, 2100 k. A deposit of \$200 required by Sept 1 to confirm airline reservations, please send your deposit to the CCCTS office if you have not already done so.

The tour leader plans to accommodate camping and/or hotels/motels where available and whichever one where only one is available. For those who do

not wish to camp at all, and there are a few of you so you won't be alone, the itinerary can be adjusted to suit you. Details of the tour can be obtained by contacting Rae or the CCCTS office.

Quantas is another option for those who wish to visit eastern Australia. Prices are as originally quoted. Quantas will be no more than Air NZ.

Will all participants please contact Dan Perch of ANZA Travel re your travel plans. He has a toll free number from anywhere on the continent 1-800-668-6612. Please make out all cheques payable to CCCTS and mail them to the office.

Interested participants (25) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weiss, Bob Miller, Katryn Jeronimus, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Mary Jane Edwards, Sylvia Bailey, Bobbie Redmond, Carl Rorison, Jean Horrocks.

*Editor's note: Rae has gone to Australia to check out the rout..*

**New Zealand South Island - 6 weeks**  
Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

## VANCOUVER WEEKLY TRIPS

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

**Tuesdays/Thursdays:** Meet at 10 am at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

### Wednesdays:

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

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

## VICTORIA WEEKLY TRIPS

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

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



# NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 12 No. 12

December 1995

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5. Telephone: 604-433-7710, Fax: 604-433-4112

The NEWSBRIEF is published monthly by the Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling. Membership fees: single - \$25; couple - \$35. The month your dues expire is shown on the address label.

Items for the Newsbrief must be received by the 5th day of the month.

President	Ted Stubbs	321-2784
Vice-President	Ian Polley	531-6955
Treasurer	Bob Douglas	435-3893
Secretary	Mary Eickhoff	535-2513
Newsbrief	Rowan Ley	874-9195
Membership	John Peck	538-0195
Social Convenor	Margaret Fyfe	433-4115
Equipment	Barton Howes	378-0927
	Andre Kaufmann	581-3923
Office	Marion Orser	520-7636
The Island	Horst Hees	389-1152
	Jim Brett	383-4303
Others	Sally Petersen	384-6804
	Ron Pickerill	261-2403
	Bruce Ross	656-5591

## PRESIDENT'S CORNER

Well! Being thrust into the large chair previously filled so admirably by Ian Polley for the last two years is intimidating, perhaps it will fit more comfortably in the future.

I would like to welcome our new directors --- Jim Brett, Sally Petersen, and Bruce Ross from Victoria and Marg Fyfe and Ron Pickerill from Vancouver.

Our 1995 tours are now history --- thanks to all the tour leaders and tour members. The 1996 list of trips looks more promising than ever so don't forget to put your name in the tour book as soon as possible - --- 'Just do it' --- you won't regret it.

The annual Banquet and Dance as shepherded by Barton Howes was well received with positive feedback on locale, band etc. We need just a few

more --- just a few more --- just a few more.

From all of me to all of you ---- MERRY CHRISTMAS AND A HAPPY NEW YEAR!

## EDITOR'S NOTEBOOK

Well here we are approaching the end of yet another year and for me starting on a second year as editor of the Newsbrief. I would like to take the opportunity to thank all the members who have submitted articles and who have gone to the trouble to document rides in order that all of us can share their experiences. I rapidly came to understand that without contributions from members it becomes very hard to fill empty space. I would also like to express my particular thanks to John Peck, Bob Douglas, Ian Polley and Eva Folk who regularly help to mail the Newsbrief which includes such mundane tasks as printing labels and sticking them to envelopes as well as stamping and stuffing envelopes. Of course any thanks would be incomplete without mentioning Mary Eickhoff for her contribution in reviewing most of the final material and pointing out a multitude of typing and spelling errors.

Whether next year will be easier or harder I have no way of knowing, but with your support I do hope the Newsbrief will become more interesting and provide a vehicle to draw members together by sharing our experiences with one another.

Merry Christmas to all of you and may the New Year provide you with new opportunities to enjoy biking and other endeavours to keep you fit and healthy.

## LETTERS TO THE EDITOR

Getting there

I'm back again in the outside world and well on the way to a full recovery, with just some work on my balance required to get me back in the saddle.

The good wishes, cards and flowers made a

tremendous difference and gave me the feeling of being part of the family.

I thank and bless you all.

Eila Taylor

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I know that it is time that I participated in another ride, maybe 1996 will be a better cycling year for me. It is nice to keep up to date with the Newsbriefs, always excellent write ups.

As a matter of interest I was at the Senior Games in Osoyoos - didn't see Leo though. I don't need my name in the paper, but I did participate in table tennis and got a gold and two silver medals. New member from Nanaimo, Emmy Matte was in swimming and she got a gold, silver and a bronze. Sorry to miss the Nov 15th and 16th activities.

Nan Earl

*Editor's note: It was good to hear that you did so well at the games, Nan, likewise new member, Emmy. It is always interesting to hear just how versatile many of our members are.*

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Those Jerseys.

Not too long ago the Redfords were enroute to Calgary and spotted someone wearing a club jersey. They stopped, removed their bikes from their car and enjoyed a cycle ride with Emily Ames from Rocky Mountain House.

And now here in New Zealand, Monty and Morris both wearing their club jerseys, were at a viewpoint looking down on Queen Charlotte Sound, when a van drew off the road and out stepped Shirley Mae and Jim Jeffrey from Delta, BC. After a warm greeting they later drove on to meet the rest of us and to volunteer to carry a large load of groceries we had just purchased. This meeting would not have happened if Leila had not had to see a doctor and thus delayed our start and if Monty and Morris had not been wearing their sweaters.

Dennis Parsons

*Editor's note: Thanks Dennis, it indeed is a small world and the jerseys really do grab your attention. When I was in Ireland 2 cyclists passed me headed in the opposite direction and immediately turned around and caught up to me. They had recognized my Mountain Equipment panniers and it was really great to catch up to the news from home.*

**WELCOME TO NEW MEMBERS**

**Alberta**

Shirley & David Middleton, Calgary 403-284-1888  
Frank Weber, Calgary 403-885-7225

**British Columbia**

Keith Davey, North Vancouver 604-987-1271  
Mary Goulding, Victoria 604-382-5238  
Don & Maureen Holloway, Vancouver 604-321-8060  
Tom Hermeniuk, Nanaimo 604-756-7930  
Chris & Lynda Siggers, Burnaby 604-291-1018

**USA**

Ken & Jan Absher, West Richland, WA 509-629-0277

**CCCTS TUESDAY/THURSDAY RIDE CHRISTMAS LUNCH-**

Katryn Jeronimus - 943-3627

This year our Christmas Party will be held at Katryn's comfortable home in Tsawwassen on Tuesday December 19th. A little late but Faye Wilson has to work the other days and we would not like to miss her. No Faye, no Party!. See if you can't come for the ride this Tuesday and then come for the Christmas lunch. If you can't make the ride do not miss the lunch. Al Hollinger reminds you to bring along an inexpensive goofy gift as admission. We leave that up to your imagination..See you there at 412 - Kerry Pl, Delta. Lunch starts at noon.

**ANNUAL DINNER DANCE - Shirley Fisher**

The Nov 15th dance took place at the Tsawwassen Kwans Club. The happy hour proceeded as we guessed who's who looking at everyone's fancy get-ups. The mood of gayety proceeded throughout dinner and on to the floor. The "Silver Knights" got top votes as everyone table-hopped as well as floor-hopped. The Home Waltz too soon had us hopping out the door.

**ANNUAL GENERAL MEETING**

While no official count was made it was estimated that over 70 members attended the AGM. The meeting went smoothly with no contentious issues being raised, other than perhaps the recommendation that Horst Hees and Dennis Parsons share a directors position. It was finally resolved that Horst should continue in the interim as a full director. Next years's tours were reviewed and light refreshments were served after the meeting:

**BC SENIOR GAMES - Leo Comeau.**

I wish to correct the report I made about the Medal Winners cycling in the Games. Cathy McPherson was not left out intentionally. It was due to the

results being received too late and "given" names not being published with the surnames at the competitions. Not knowing Cathy personally I didn't relate her name to our membership list. I assure everyone that I wasn't trying to favour or discredit anyone. I apologize for the error and congratulate Cathy for her achievements.

As for Josephine Hees: The editor answered that adequately. Imagine the errors I would have made if I had tried to report on all our members participating in so many different sports.

About the Senior Games in Regina: I have not any other information other than what I have reported before. May I suggest that you contact your local bicycling coordinator in your zone or now that we are affiliated with the BC Summer and Winter Games Society you can contact them at Ste 200, Fort St., Victoria; BC, V8V 3K2. Phone 604-357-1375; Fax 604-487-4489.

Seasons Greetings to all.

*Editor's report: I think poor Leo got more than he bargained for when he undertook to write up the games results. I personally think that it was admirable of him to make the effort. Next year we should ask all winners to contact him with the results in order that they can be published accurately, providing he is still willing to be involved. I personally think it is a great idea to include contestants and winners in all sports, let's find out just how members of our club are involved.*

## WHERE ARE YOU?

The Society has debts due to Katie Bateson and to Peter and Ilana Dubos but we are not aware of their whereabouts. If you should know please have them contact us or provide the Society with their address.

## A TRIBUTE TO IVAN - Ken Grieve

I don't know the cause of Ivan Strahl's death this September (see page 3, Nov Newsbrief obituary), because when I saw him in Christchurch, N Z a year ago, he looked and acted like a very fit 60 year old, though past 70 years! I first met Ivan, then a large, rather overweight man, on the Cross Canada Tour of 1990, doing the Tour partly because an airline pilot son lived in Ontario. Four years later, Ivan and his wife, Margaret picked me up at Canterbury University Dormitory on a bright Sunday morn; at first, I did not recognize the tall, erect and raw-boned man with wavy, naturally brown hair who approached me in the parking lot. It was a fit, thinned down Ivan! He explained that he had been seriously ill, had lost much blood from internal

bleeding and hemorrhoids, accounting for his weight loss, but he was now well and fit again, cycling regularly, and touring about with an orchestra where he played the cello. Many of us were puzzled initially to discover an artistic connection between this rough-and-ready bear of a man and the cello, but there was no doubt about his artistic side!

Away we sped in their venerable Ford van, 120 k north through the pleasant N Z countryside to Hanmer Hot Springs, where we sat in a hot sulphur pool for an hour, and I suffered a slight sunburn. At the time, I was plagued by a neuralgia from shingles along my left upper back and shoulder blade, and down my left arm, but I don't recall the condition being much ameliorated... After lunch in the sunny, late afternoon, we drove back to their cottage by the Pacific Ocean, had a fine lamb supper, and a pleasant evening with my genial host and his wife.

Ivan was a serious and fast cyclist, having a son who was, for a period, a member of the New Zealand national cycling team. On the Prairies during the 1990 Cross Canada Tour, he was part of the vanguard, riding as I recall with Peter Jones, Garfield Clack, Audrey Hayes, Richard Lebek and Irving Weiss much of the time. Both Ivan and Irving rode skinny tired, fenderless road bikes, and the whole group raced at an average 28 or 30 k each day from old Camp A to new Camp B.... they did not seem very interested in the scenery! I recall keeping up with them part way on a couple of occasions, but found the pace a little too hot to maintain for perhaps 100 k or more!

Ivan was a retired carpenter. When the CCCTS did it's New Zealand Tour in 1990, he readily built a set of shelves for the support truck... that was the kind of a guy he was. So, towards the end of my New Zealand stay last year, with some hesitation, and not knowing how I would be received, I decided I should phone Ivan in Christchurch, expecting at most a brief conversation, or perhaps a meeting for supper in town. I had not reckoned on the New Zealand sense of hospitality (somewhat diminished in Canada today, it seems to me), stemming probably from settler days: "Why did you not call sooner?" he accused me. "You should have stayed at our place". (I had attended the 1994 World Convention of Rose Societies in Christchurch). Since I was starting my tour of the South Island Monday, I was only able to arrange the Sunday Tour described above. I promised to call them upon my return, and when I did, he suggested that I stay overnight at his home, and he would drive me to the airport next morning. Nothing was too good for a guest. I had already paid for a B & B, I explained. That was the last time I spoke to Ivan.

## SOLO CROSS CANADA CYCLE TREK

Glen Smith

Why? Well! why not? is a short answer, but does not disclose the reasons why a 64 year old would launch himself on such a journey. The reasons were complex and involved desire, ability, availability and affordability. Family support of such a project was also a factor.

I was introduced to bicycle touring by a friend in 1989 who invited my wife and I to join him and some colleagues to tour Portugal. The tour was an excellent holiday and we repeated it every year until 1994. No trip was planned for 1995 so I began to seek out other destinations. I joined 2 touring groups, The Tour du Canada and the Cross Canada Cycle Tour Society, but neither of them offered a tour in 1995. I read about Jacque de Dekker of Brackendale, BC, a retired BC Hydro employee who cycled solo to Halifax from Squamish. I contacted him and two others who had completed solo trips across Canada and after much discussion proceeded to make plans for my own solo trip.

The Preparation: I decided that if I could ride more than 2000 k from January 1995 to the day of departure, I should be fit enough to start the trip. I cycled locally as much as possible. Because of winter conditions in January and February I obtained a set of rollers and rode on them in my basement. I had completed 2953 k before leaving on May 14.

### Equipment:

- Bicycle - a Miyata 1000 Touring Bike with reinforced Woebler rims, 36 spokes stainless steel double butted.
- handlebar: - road drop bar
- gears:- the front chain rings (3) 28-38-48, the rear cluster 28-25-21-18-15-13-11
- fenders: rear and front
- rack: - back rack, handlebar bag
- lights: - rear strobe red light, white powerful strobe with velcro strap, front Vista white light.
- shoes: Shimano clip-on touring shoes with SPD pedals
- tires: Continental touring tires, 700 x 32 and 2 extra tubes with Presta valves
- lock, seat cover, shower cap, rear panniers & 2 water bottles and racks

### Repair kit consisting of:

- tube patching kit
- cool tool
- extra chain links
- duct tape
- electricians tape
- screwdrivers, Phillips and regular
- extra brake and gear cables
- Teflon base oil

- hand cleaner and rag
- knife
- pieces of old tire for repair of major tire injuries
- pump and adapter
- pliers (vice grip & needle nose)
- spare spokes
- tire irons (3)

### Camping

- a light weight tent with good fly, seams sealed, less than 3 pounds
- thermafill sleeping bag with stuff sack, good to at least -4 c
- thermarest mattress
- whisperlite stove and MSR bottle
- nesting pots and pans
- cup and spoon
- good waterproof bag
- plastic sheet, a foot print for tent
- pillow
- bread knife

### Miscellaneous camping accessories

- insect repellent "musk oil"
- sun screen
- J cloths
- Plastic bags to include green garbage bag and Zip lock bags
- SOS pad and liquid soap
- a selection of food staples to include pastas, spices, salt, pepper, coffee, creamo and sugar
- bungee cords
- twine
- compass
- plastic shopping bag
- water container

### Cycle clothing

- helmet and sweat band or bandanna
- sun glasses or goggles
- a toque
- wool tights
- underwear top-polypropyl, long sleeves
- polypropyl socks
- cycle shirts (2)
- touring shorts
- T-shirts and 1 tank top
- medium weight sweater
- Gortex water proof coat & pants
- underwear
- gloves for summer and winter
- towel, wash cloth and toiletries
- personal clothing

### Other Miscellaneous items

- first-aid kit
- camera and film
- diary & pen
- neck purse for valuables



- Maps and route itinerary (pick up new maps at each border crossing rather than carrying them for the whole trip)
- address book and phone numbers
- telephone calling card etc

I kept my valuables in an around-the-neck purse and took the extra precaution of keeping my Travellers cheques and tickets in a waterproof plastic sandwich bag inside the purse as they can get wet from either a downpour or from sweat.

The Route: I elected to go on the Fraser Canyon route but found the tunnels to be a real challenge as they were uphill, dark and curving. On top of this the drains were recessed and there was no shoulder. Out of the tunnels the passing lane uphill has no paved shoulder and in some sections has a 4 foot high concrete barrier on the edge of the passing lane. If two trucks or two RV vehicles passed each other as they passed me the squeeze was on.

Once past Lytton, the Trans Canada is good for biking, with a good shoulder most of the way to Virden Manitoba.

I had good weather and good camping throughout BC. At Lake Louise I had to replace my rear wheel because of damage. That night in Lake Louise campsite, amid snow drifts, the temperature dropped to -5 degrees centigrade, which froze all my water. I gave up sleeping outside at 4 am and went into a heated washroom to wait for morning. The sun came up and things got better, but I stayed inside for 5 nights because of freezing, snow and rain.

I continued on through Canada camping every night from Swift Current until Wawanessa in southern Manitoba after which weather, bugs and lack of proper campgrounds drove me to stay at low cost motels. I crossed into Minnesota at Warrod, and followed the Rainey River to International Falls, Minnesota. My route took me through Duluth to the upper peninsula of Michigan State. A route heavily travelled by Canadian trucks. I crossed back into Canada at Sault St Marie and continued on to Manitoulin Island where I took the ferry to Tobermora. From there I cycled to Orillia, Ontario and then on to Bancroft, Ottawa and Montreal.

I followed the St Lawrence downstream on the north side to Quebec City, arriving there on Jean Baptiste Day. I crossed to Port Levis on the ferry and continued on the accessory road off of the freeway to River du Loup on the south side of the St Lawrence. This is approaching the Gaspé area, a very picturesque part of Quebec.

This part of the trip was most enjoyable from Ottawa

to Edmundston, New Brunswick. It was very scenic along the accessory roads throughout Quebec, near the river bank and passing through villages every 20-25 k. The people of Quebec seemed very friendly and were used to bikes and there were a lot of people on bicycles.

I cycled down the St Johns River valley in New Brunswick, to Fredericton where my wife joined me and we cycled together after crossing to Digby, Nova Scotia on the Bay of Fundy ferry. We cycled north up the Annapolis Valley to Kentville and crossed the Nova Scotia Peninsula to the Atlantic Ocean at Chester Basin where I dipped my front wheel in the Atlantic Ocean after having crossed the continent. We entered Halifax via Peggy's Cove some 67 days after leaving New Westminster BC.

After two days of sightseeing in and around Halifax, we then cycled another 760 k to Prince Edward Island which we found to be very pretty, something like a large garden. We cycled and visited many of the beaches, campsites and picturesque areas of the central portion of the Island, following the Blue Heron Trail. We ended up in Charlottetown and toured in the Charlottetown area for two days waiting for our departure on Air Canada July 18 after having cycled 6,660 k from New Westminster BC to Charlottetown PEI. It was good to get home to sleep in my own bed after so many nights in campgrounds and hostels.

*Editor's note: Glen I hope you will excuse the liberty that I took in printing your experiences. I felt it would be interesting to some of our members to read your very detailed outline of your equipment. As our Club sticks to an all-Canadian route I did not dwell on such items as motel costs etc. I am sure that it must have been a wonderful experience with great memories. Thanks for giving us the opportunity to publish them.*

#### ARIZONA 94-11 - John Peck

Imagine sunny skies, warm weather, clean air, smooth roads, wide shoulders, distant mountains, exotic vegetation and interesting places. This is Arizona in November where, if you fall into a river you get up and shake off the dust, but in Vancouver we wonder when the rain will stop.

We all met in Phoenix on the 4th, some by air and others by road, from B.C. or Alberta. Our support driver was Albert Redford ("If someone asks me the way, I always say, go straight ahead; you can't go wrong", says Albert). Bernice Gregory also followed in her car, with stops at critical junctions, just in case we missed the turn ("Do you need water? Would you like an orange? Take the next left just over the bridge"). Then there was John Harvie, who

really prefers painting to cycling. When I got a flat, just 3k short of Benson, he was there waiting to lift me home. It's much more pleasant to fix a flat, after you have enjoyed a hot shower; much better than doing it on the road. So we had three vehicles following us and were well cared for.

We cycled about 840 k in two weeks. Rest days were at Biosphere II, Tombstone (Emmet Kelly Days), and Tucson. Mornings were such that we started out wearing jackets, but after an hour the jackets came off. Destinations were reached around lunch time, or soon after. Motel pools were popular, then at four there was happy hour. Jack Sheppard dispensed more beer in two weeks, than he ever sold in appliances, and Raynel Merness happily shared his sherry.

Were there any flats? Yes, of course. Desert vegetation specializes in growing tyre-puncturing thorns. I had three at once after foolishly wandering off the road. Thanks for finding them Jack. Were there any injuries? None that I heard of.

There was no cooking and no tenting. It was an excellent tour, because of a lot of work by Bernice, and dedication to duty by Albert. Thanks Bernice and Albert.

But now I come to the serious part. This is such a good tour that it should be repeated, both in the Spring and in the Fall. But who will step forward to arrange it? If someone who was on the tour does not volunteer, there may not be another. A dreadful thought. Think about it.

## AUSTRALIA/NEW ZEALAND TOUR - Dennis Parsons

We're in New Zealand now, the Australian portion of our tour is all over and now we are riding towards another and yet another great experience.

It is not as though we as a group did not enjoy Australia but I rapidly lose interest when the temperatures exceed 30 degrees - something you folks back home might welcome right now, even if it was Fahrenheit.

Can I say briefly that we took a long time to reach Cairns - 23 hours from Vancouver and more from Calgary. This to allow us to phone home on 4 pm one day and be answered by one's loved ones at 7 pm the previous day! Out of Cairns we considered taking our bikes on the train up the steep hill to Kuranda and the Tablelands but decided instead to ride. By the time we reached the start of this hill the heat had increased dramatically. Ben and I were soon pushing our bikes. Josie Zewiec, with virtually no low gear, Cathie and Bruno, whose ability I did not yet know; and Leila and Bill Hannan reached the top in no time but Monty Peters and Morris Pacula were very late, having had 3 flats to contend with.

The struggle up that hot winding road was almost compensated by the \$30 rail fare we each saved.

We spent an extra day in Kuranda. When I wasn't interested in dinner the group went out without me and were invited into an hotel displaying a "CLOSED" sign to be treated to a meal fit for gourmets. Courses of papaya, lime and coconut soup; sweet potato and sorrel soup, Bugs (crawfish in pastry), mushrooms in a secret sauce, garlic prawns and strawberries under glass for dessert.

We rode on to Mareeba and motelled. To Julatten along a gently undulating road with little traffic. We stayed at a sub-tropical park billed as a birder's paradise. Early in the morning, besides seeing numerous birds we did see two miniature wallabies. The night before a Bandicoot came right in amongst us as we sat at tables outside our rooms. You'll have to look up its description in your F & W. We heard many songs but saw few birds. Did not stop to examine the roadkills which might have qualified as something seen! As a reward for climbing up to the Tablelands we had a long drop to sea level which was taken slowly to enjoy the cool shade of the trees.

Visited Mossport, stayed at Port Douglas and then returned to Cairns along the coast at first and then a long dragged out flat stretch in the heat. All Saturday was taken up with a boat ride out to the Great Barrier Reef with swimming off an atoll and then over the coral. Knowing that many of you have been there, I will not elaborate.

Flew to Sidney to stay at the Billabong Gardens in an interesting part of the town, left our bikes in boxes while we explored for 5 days. Tuesday we spent glued to the television at 4 pm to get news of the Referendum. Aussies constantly asked what result we hoped for. This was not just a domestic affair - all the world was concerned. It was now goodbye to Australia and to a fine crowd of people we had met.

A three hour trip to Christchurch where Darrell Clarke waited to be introduced to his fellow club members and Audrey stood with the bike she had assembled in the two hours she had been there since landing from Calgary. I had told Darrell that we would be cycling to Akaroa on the morrow even though Audrey would be in jet lag. He said he would wait for our return, having been there before and as he was averse to steep hills.

to be continued

*Editor's note: I do not have a F & W available but according to the office's copy of the Oxford*

*dictionary a Bandicoot is either a kind of very large rat found in India, or more appropriately, a rat-like Australian marsupial. In any event it does not sound like a particularly welcome visitor.*

*Speaking for those of us in the Vancouver area --- you are right Dennis, we could use some of that warm weather after suffering through a very damp dreary Fall.*

**KANANASKIS DIARY - Sep 6-24**  
**WEEK THREE Sep 21-24 - CONCLUSION**  
Mary Eickhoff

*This will be a very short week - 4 days in fact!*

**Thurs Sep 21** - Emily made us TOAST from her wonderful molasses bread, hopefully we left her home reasonably tidy. We bundled up to head west on this clear frosty morning and inadvertently made the wise choice of taking Hwy 11A out of Rocky Mountain House thereby enjoying a quiet scenic route over a small bridge under construction which gave us the opportunity of singling past the workers with our "Good mornings" and having them respond kindly. The sun lit up the hoar frost coating on the grasses along the roadside. We joined Hwy. 11 after about 11 ks. and filed along to the coffee break at Chambers Creek, about 30 k. out. There was a distinctly different mood this morning; possibly a touch of resignation at heading inevitably towards home, with more than a tinge of anticipation at the prospect of this little-travelled David Thompson Highway, and curiosity as to the accommodation ahead at the Shunda Hostel stay.

After a picnic lunch we climbed a long grade to our first view of the Brazeau range and a sweeping descent into rolling hills. The first signs of commerce appeared shortly before we rolled into Nordegg for coffee and cheesecake and scouted around the very small historic coal-mining town. Unfortunately the museum was closed. A prisoner of war camp was sited here in the 40's which later became a correctional institution, isolation being the main factor. We were delighted that this wonderful hostel is isolated, in the woods 3k off the highway, as we had the hot tub, showers, large kitchen, dining, and lounge area almost to ourselves. After dark I went out to lock up my bike in the open shed and heard a wolf howl. Odometer: 103 km.

**Fri. Sep 22** - Rolf was ready with his video camera as we passed along the narrow gravel road back to the highway. Andre and I got photos of the rustic log post office in Nordegg in the morning sun before chasing after the rest. The terrain was rolling; there were occasional tracks of 4-wheel drivers taking off into the bush after game but we didn't see any. Sally was waiting for us beside Abraham Lake after a super downhill. We rode on to a marvellous

lakeside view of Mt. Michener, and struggled for several ks. against powerful headwinds blasting thru' a narrow pass. We passed thru' the Bighorn Reserve and stopped for lunch at David Thompson Resort, the only buildings along the route. About 3 p. we came to the trailhead for Siffleur Falls and took the 8k hike to the breathtakingly deep chasm. Just after we rejoined the highway the mountain sheep were winding up a photo session on the rocks above Whirlpool Falls. We pushed along into the wind to Thompson Creek Forest Service camp for our last tent-out. The evenings were much shorter now into our 3rd week of September - we walked along the camp road in the dark after dinner - tent lights were on. Later I crept out and was truly amazed at the beauty of the star-filled universe.

Odometer: 88.4 km

**Sat. Sep 23** - Morning sun on rocky peaks - gentle 11k ride to Saskatchewan Crossing, turned south, coyote beside road just after crossing N. Saskatchewan River, vehicle abandoned on road as English tourist runs amok with camera; Rolf was favoured with a special pose from the mischievous canine as he video-taped. We had coffee below majestic Mt. Wilson on the Icefields Parkway and began the gradual climb past beautiful Waterfowl Lake, mirroring Mt. Chefron, to the Bow Pass summit. Wendy and I hiked above the exposition parking area to enjoy the views from a high meadow, then coasted down to Bow Lake and on to Mosquito Creek hostel with Brenda, Josie, Ted and Pat. Unfortunately our hostel host, Tony, would not relax his edict and allow us to park the truck near the buildings so we wheelbarrowed bags and cooking supplies. Pat worked miracles, producing a great meal of baked potatoes with salmon, carrots and a baked raisin biscuit dessert - our last supper. Ted provided the wine for a toast to a great tour and we celebrated with a 'winey' sing-song accompanied by a fellow hosteller travelling with a guitar and a girl. The hostel was very cozy but users have to boil water for drinking or take well water from the campground across the creek. Odometer: 66 km.

**Sun. Sep 24** - We didn't need a thermometer to tell us it was below freezing. We started off slowly to give Sally time to get tea, cocoa and lunch fixin's set up before we arrived. We caught up with her at Herbert Lake. Fortunately my flat was noticed before all the 'quick change artists' had ridden off. I found the glass in the tire, Martin loaned me an instant patch, and we didn't have to take the tube out. Little did we know as we passed in the vicinity of Lake Louise campground, that a marauding grizzly was around. Bow Valley parkway was very cool in the shady spots but serenely quiet and beautiful. We met a constant stream of youths ski-training on roller blades with poles. We stopped for

picnic lunch at Baker Creek and arrived at Castle Jct. to bid fond adieus to our Kananaskis family. Odometer: 55.7 km.

The weather and the food had held out, we headed for home full of satisfaction and wonderful memories, just as it should be! Thanks again Ted and Pat for leading the way.

Kananaskis Odometer: 1,040 km.

*I don't know what motivates some people to dream up wonderful tours for the rest of us but I'm awfully glad they do.*

## CCCTS TOURS

Our tours are designed to fit the needs of both skilled and novice cyclists. They are researched, organized and led by experienced and committed volunteers which enables us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office and request your name be registered in the tour book for the applicable tour. Cheques showing the name of the tour, should be made out to CCCTS and, unless otherwise indicated, addressed to the Treasurer, CCCTS at the Society's office. To participate you must be a member, sign a waiver and agree to the financial rules. You should be in proper physical condition to undertake the tour and your bicycle must be properly maintained. For additional information on tours please contact the tour coordinator or request a copy of the itinerary from the CCCTS office. Detailed trip itineraries will be published in the Newsbrief once. Thereafter only changes to the initial itinerary will be published. You should retain copies of the Newsbrief if you are likely to need this information. Anyone considering running a tour should contact Ian polley vice president, CCCTS.

## 1995 CCCTS TOURS

### New Zealand's South Island -

The tour of Australia and New Zealand is now underway with warm weather and sunny skies.

## 1996 CCCTS TOURS

### Hawaii - The Big Island - Feb 1 - 14th.

Bill Hook 604-595-4315

John Peck 604-538-0195

This tour is full.

**\$10 by August, \$200 by October 15** and the balance of **\$1290** is due **by November 15.**

Participants (16) William Hook, John Harvie, Zel Harvie, Jack Sheppard, John Peck, Bobbie Redmond, Bruno Friegang, Cathie Friegang, Roy Goodchild, Helen Goodchild, Dan Baris, Jerry Baris, Barbara Faulkner, Wendy Pearson, Bruce

Ross, Frank Weber.

### Kootenay 96 May 19 for 12 days

John Peck 604-538-0195

A camping tour with a support vehicle. Begins and ends at Kelowna. \$10 by Jan 1 to be on the list, balance of \$290 by April 15. (total \$300)

Itinerary; Kelowna; Beaverdell 80 k, Greenwood 80 k, Christina Lake 68 k, Castlegar 78 k, Kokanee Creek Prov park 67 k, (through Nelson to) Mirror lake (near Kaslo) 42 k, New Denver 50 k, Rest day, Burton Park 80 k, (across Arrow Lake to) Spruce Grove 80 k (near Lumby), Vernon 60 k, Kelowna 80 k. Total 765 k.

Participants: (8) Elsie Dean, Pat & Ted Stubbs, Horst Hees, Margaret Fyfe, Ingo Vanderveer, John Peck, Wendy Pearson

### Cross Canada - Jun 1 from Vancouver - Sept 15

Felice Bennekou, 604-943-6929 (Support vehicle from Vancouver, tenting/hostels/University dorms, max 25.

**\$100 non-refundable deposit required by Nov 1, 1995 with balance due by Apr 1, 1996.** Please forward all deposits directly to the office rather than to Felice.

The tour will be coast to coast and will include all 10 provinces. It will have optional starting points of either Tofino, Victoria or Vancouver and will end in St John's, Newfoundland. Estimated cost from Vancouver is \$2500 including ferry fares to Newfoundland and PEI.

If you have not already done so please advise Felice ASAP what your starting/ending location will be, i.e Tofino to St John's etc and what portion of the tour you wish to participate. Detailed itineraries will be available at the AGM for Lower Mainland and Victoria participants and been mailed to all others

Interested participants: (24) Felice Bennekou, Betty Darvell-Jones, Al Westnedge, William Armstrong, Joan Enman, Wayne Waardenburg, Gilles Prud'homme, Vic Pothier, Lois Pearson, Marilyn Harkley, Joan Engman, Christina Radnai, Bill Augusteijn, Jim Brett, David Brandon, Thom Tuma, Ian Cassie, Shirley & David Middleton, Josie Zewiec, Sonja Joos Cathy Mcpherson, Carl & Joyce Dukeshire.

### Bella Coola 1996 - 17 days, July 2 - 18

(first group)

Coordinators: Al and Diana Lifton Phone 604-468-5696; fax 604-468-5691.

Maximum: 8 to a group (3 or 4 groups could follow each other depending on the response).

Estimated cost: \$600.

Cycling distance: 1000 k.

Deposit: \$100 due April 1, balance due June 1 (deposit is not refundable if numbers drop below 8

after the tour is set to go)

This is a camping/support vehicle tour. For various reasons, this tour is different than usual. We plan to rent an 8 person van with the appropriate equipment to allow heavy-duty bicycle racks (capable of carrying all 8 bicycles), one to be mounted at the front, and the other at the back of the vehicle. All 8 persons, bike, drive, shop for groceries, and share cooking duties.

Itinerary: Starting in Horseshoe Bay, cycle north (highway 99) through Squamish, Whistler, Duffey Lake, Lillooet, and on to 100-mile House (highway 97) for a rest day; then carry on to Williams Lake, turn west (highway 20), and cycle through the Chilcotins and Tweedsmuir Park to Bella Coola. Having arrived at destination, load bikes on the van and drive home.

There may be other times, also, when one or more may consider cycling not the best option -- gravel road, hills up to 18%, heavy rain, and excessively long distances between campgrounds. The 8 person van, accommodating cyclists, bikes, camping and personal gear, permits each member to decide what's best for him/herself at any particular time.

#### **San Juan Islands - 11 days, Mon July 22 - Thurs Aug 1**

Bob Douglas - 604-435-3893; camping with a support vehicle. Relatively short rides but some hills. Swimming, sight seeing and hiking opportunities.

Estimated cost \$265. Reservations must be made by the first week in January so please send \$15 deposit by December 30th.

Participants: (4) Doc Watson, Horst Hees, Don Gowing, Bob Douglas

#### **Whistle the Rapids - Barton Howes**

604-378-0927 Aug 11 to 30 A tenting BC tour starting and ending in North Vancouver with support vehicle.

Itinerary: BC Rail to Quesnel, Barkerville, Quesnel, 100 Mile House, Little Fort, Kamloops, Merritt; Lytton, Lillooet, Pemberton, Whistler, North Vancouver. Cost \$550 (includes \$118 rail fare); \$50 non refundable.

Deposit \$20 upon registering, balance of \$30 by Jan 31. Full payment of \$500 balance by June 30. Cost of optional raft trip up to \$90. Maximum 28.

Participants: (7) Barton Howes, Judy Jackson, Eleanor Bannister, Jean Horrocks, Elsie Dean, Margaret Fyfe, Roy Barrows.

#### **Fernie - Waterton - tentatively starting Aug 29 for 2 weeks.**

Ted Stubbs 604-321-2784.

Ted is considering a tour that will include Waterton Park in Canada and Glacier National Park in the US. More information in subsequent Newsbriefs.

Interested Participants: (7) Keith Clothier, Shirley Mae & Jim Jeffrey, Ted & Pat Stubbs, Eleanor Bannister, Jean Horrocks.

*Editor's note: The date change was necessitated due to unexpected logistic problems*

#### **The Natchez Trace Parkway - Chuck Dick.**

During October Lynn and I travelled through Missouri, Illinois, and into Kentucky, Tennessee, the northwest part of Alabama and into Mississippi specifically looking at the "Between the Lakes Trace", "The Tarheel Connector", and the "Natchez Trace" as potential cycle routes. Our time in Louisiana yielded potential trips but distance from Vancouver and shortness of routes make them impractical. The Natchez Trace, done as a motel and B & B tour in the Fall, is a very beautiful trip. We had good weather throughout and the wind was minimal. Arkansas and southwest Missouri were also very beautiful as were parts of north central Louisiana. As a result of our 3 weeks plus of over four thousand miles of travel from St Louis return, we have put together a trip that would be enjoyable.

The logistics of doing the trip are a nightmare. We are convinced, after examining every campground that the distances between are not conducive to an enjoyable trip and that the facilities for cyclists are generally quite primitive. At the start of the Trace, we met an 8 person group from London, Ontario who had a suburban (big Chev window Van) and an open stake trailer. Both were owned by club members and were driven down in two days. This looked to be the best of both worlds and hence our decision that a fifteen passenger van plus a cargo van would be the answer for anyone intending to do the route. Costwise it is conceivable that the window van could be rented in Nashville and the cargo van rented here to transport bikes (4 long days for the drive to Nashville).

Having said the trip is beautiful etc. we are not prepared to spend the substantial amount for the 2 of us to lead the trip. The cost in Canadian dollars, if 14 persons elected to participate in the Fall, would be about \$3000. This does include everything except personal spending, souvenirs, and some entry fees. We have deposited an itinerary, materials including phone numbers, motels, maps etc. at the office. I'd love to go again but we shot the bank roll doing the research! Our "expertise" is available to anyone who would like to take the lead. You can be fairly sure most of the spade work is done including a CAMPING VERSION. Maybe somewhere in our membership lurks a Surbrban and trailer etc??

*Editor's note: Subject to someone willing to take*

*over leadership of this tour it will be considered cancelled and will not appear in subsequent Newsbriefs.*

**Western Australia - Mid Sept. - end of Oct.**

Rae Wohlschlegel 604-592-6680 (either self-contained or an accompanying vehicle for personal camping equipment (not luggage nor group meal equipment). max 25, 2100 k. A deposit of \$200 required by Sept 1 to confirm airline reservations, please send your deposit to the CCCTS office if you have not already done so.

The tour leader plans to accommodate camping and/or hotels/motels where available and whichever one where only one is available. For those who do not wish to camp at all, and there are a few of you so you won't be alone, the itinerary can be adjusted to suit you. Details of the tour can be obtained by contacting Rae or the CCCTS office.

Quantas is another option for those who wish to visit eastern Australia. Prices are as originally quoted. Quantas will be no more than Air NZ.

Will all participants please contact Dan Perch of ANZA Travel re your travel plans. He has a toll free number from anywhere on the continent 1-800-668-6612. Please make out all cheques payable to CCCTS and mail them to the office.

Interested participants (25) Rae Wohlschlegel, Josie Zewiec, Guenther & Alida Wellmann, Rolf & Sally Petersen, Chris Kabel. Brian Curtis, Dennis Parsons, Kathleen & Ray Wilkinson, Andre Milaire, Irving Weiss, Bob Miller, Katryn Jeronimus, Keith Bower, John Peck, Leila Montgomery, Anne-Marie Labourdette, Pete Lazenby, Mary Jane Edwards, Sylvia Bailey, Bobbie Redmond, Carl Rorison, Jean Horrocks.

*Editor's note: Rae has gone to Australia to check out the rout..*

**New Zealand South Island - 6 weeks**

Dennis is anticipating repeating the 1995 tour which could possibly tie into the Australian tour.

**VANCOUVER WEEKLY TRIPS**

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

**Tuesdays/Thursdays:** Meet at 10 am at the Community Centre in Ladner. The second Tuesday of each month is dinner night. Contact Al Hollinger 946-1347.

**Wednesdays:**

- **West Vancouver:** Meet at 9:30 am at the

Senior Activity Centre, 22nd and Marine Drive (not if it's raining). Contact Mel or Bette Kerr 985-5038.

- **South Surrey:** This ride has a different destination each week, normally in the lower Fraser Valley or in the US. Contact Ian Polley, 531-6955, or John Peck, 538-0195 for meeting place, time and destination.

**VANCOUVER ISLAND WEEKLY TRIPS**

**Victoria:**

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

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

**Nanoose/Parksville**

**Thursday:** Meet at 11 am at Nanoose Place, 2925 Northwest Bay Road. Contact Diana/Al Lifton 468-5696

**ALTERNATIVE RIDES;**

**The 3rd annual B.E.A.R. ride.** By popular request being repeated for the 3rd time. Chuck Dick - 604-261-5092.

The ride will take place on January 1, 1996 (weather permitting). The past two years have had pleasant weather but if in doubt phone me early We meet at the Peace Arch Crossing and leave our cars in the parking lot across the road from Canada Customs around 8:45 am and leave "promptly" at 9 am.

Our itinerary takes us to Birch Bay. Ferndale, Bellingham, Fairhaven (usually lunch at the Colophon Cafe but we have a choice since there is a new one across the street) and return via Bellingham to Northwest Avenue and a pleasant slightly shorter, perhaps more hilly route home arriving back at the Customs around 4 pm. A detailed itinerary fairly accurate in mileages and maps are given to each participant. The trip is 65 miles (approx) and is done at a recreational pace but you have maps and you can tear off if you wish or possibly throw in a few extra loops - your choice - but the rest of us will putter and chatter. Please phone to indicate if you are interested.

B.E.A.R. ride - Bellingham Eat And Retreat. Since we go to Fairhaven actually some people say it should be renamed the F.E.A.R. ride. For those having had a tough New Year's Eve, that may well be appropriate.