

NEWSBRIEF

The Cross Canada Cycle Tour Society

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Vol. 17 No.1 ☆

Editor Rolf Petersen rolf.p@home.com

☆ January 2000

President's Report.



Left-overs - ever heard of 'em? They seem to follow special occasions... not surprising then that there were some left-overs from the AGM that merit review. Our esteemed, now 'past' president Dennis Parsons, made two presentations; the first being a plaque to John Peck for his outstanding accomplishments in many roles. Since his first term as a director in '89, John has filled the boots of Newsbrief editor ('90-'92), President in '93, back to Newsbrief in '94, and has managed our membership database and computer operations since '95, including establishing our original website. He is currently chairing a committee to explore improvement of our computer interface. During his terms of office, John has led his share of tours: several 'Dempster' runs (hasn't been done since), South Africa, Hawaii, and Arizona, as well as providing encouragement and support to others to lead on. Thanks, John, for many jobs well done!

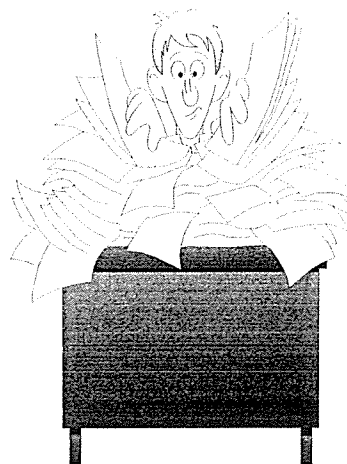
The second presentation was the product of months of compilation by Dennis and his daughter; to each of the directors, an indexed booklet of the condensed minutes which lists the 'action kernels' in quick reference format... putting it in a nutshell, as it were. Thanks to you both!

Garfield has recently asked us to remove his name as Ottawa contact. Bobbie Redmond and Gerry Sutherland, who have been ambassadors extraordinaire for the club in the area, are also looking to other pursuits. We greatly appreciate the contribution of these Ottawans, and will continue to forward the minutes if another member will come forward to receive and circulate them. A ride contact is also needed if the listing for Ottawa day tours is to be continued.

Millennium Century sun gods smiled on nine riders on January 1, 2000, and the 100.48k ride was logged. There's a photo to prove it but it's still in the camera. The B.E.A.R. was hibernating through the dawn of the second millenium; will he/she be roused from the den for 2001? Keep in touch: same time, same place, new name, next year!

Continued Page 8

Editors Desk.



In this the first edition of the Millennium (don't you just love that word) its' only fitting I thank all the people who helped in making sure the Newsbrief reached your homes every month; stuffing envelopes, licking stamps and last but not least those of you who sent in items of interest (and jokes) to your fellow club members. Just keep.....it coming. (Forgot to mention the Mailman but he is not a member, yet).

Mary Eickhoff is to be congratulated on doing a fine job as Editor in the past, but have now reached the exalted rank of President. She is doing what Presidents do; and I am now doing the Editors job full-time. But wait a minute every one needs a break now and then. Mine comes in March and April when my better half Sally, and I are going to Australia on the RTA BIG RIDE from Brisbane to Sydney (along with seven other club members).

Lucky for me Brenda Borrón who I am sure many of you have met in the past on tours, has volunteered to help fill in while I am away. We are both lucky enough to live in Victoria (guess who went cycling on Boxing day and News Years Day in brilliant sunshine) and use the same computer data base for publishing.

I am sorry to say that certain items were omitted from the December Issue (a Y2K glitch in the Office no doubt); it didn't reach me in time for publication. My apologies!

When and if you have Items where time is of the essence; please use my Email or Fax direct.

May you all have a Great Cycling New Year 2000.

Rolf.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month .The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or The Editor.

Membership fees: Single \$ 25; Couples \$ 35.
The month your dues expire is shown on the address mail-out label.

2000 / 2001 DIRECTORS.

President	Mary Eickhoff	604 535 2513
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Assistant	Sonya Bardati	250 389 0091

The Island	Dennis Parsons	250 881 1170
Tours Assist.	Barton Howes	250 378 0927
Sea to Sea	Horst Hees	250 389 1152


Club Contacts:

Calgary.....	Zel Harvie	403 228 4934
Club Jerseys	Andre Kaufmann	604 581 3923

EVENTS CALENDAR 2000

JAN. 6 th . Directors Meet. 18 to 1 st . Feb. Hawaii Tour.	JUL. 6 th . Directors Meet Sea to Sea 2000 cont.
FEB. 3 rd . Directors Meet. NEW Zealand Tour (40 days)	AUG. 3 rd . Directors Meet. Vancouver Picnic 14 th . - 18 th . Nicola Valley Hub & Spoke 31 st Sea to Sea completed.
MAR. 2 nd . Directors Meet. New Zealand Tour.....	SEP. 7 th . Directors Meet
APR. 6 th . Directors Meet. 19 th . Spring Social 20 th . Ladner to Lighthouse loops	OCT. 5 th . Directors Meet
MAY 4 th . Directors Meet. 10 th . Victoria Picnic 10 th . - 15 th . Victoria Hub & Spoke 24 th Start Sea to Sea 2000 Tour	NOV. 2 nd . Directors Meet
JUN. 1 st . Directors Meet Sea to Sea 2000 Tour cont.	DEC. 6 th . Banquet 7 th . AGM Directors Meet to Follow

New CCCTS Members.

Baron, Peter	250 372 8392	810 - 15 Hudson's Bay Trail Kamloops, BC V2C 6S6	
Boyden, Charlotte		208 - 983 Bernard Ave, Kelowna, BC	V1Y 6P7
Campbell, Helen	905 898 4358	5 - 5 Roxborough Rd Newmarket, On.	L3Y 3K7
Dervisevic, Hasiba	604 585 9745	11508 Bailey Crescent Surrey, BC	V3V 6J7
Dusseault, Perry	604 271 2175	6031 Spender Dr. Richmond, BC	V7E 4B9
Klein, Johannes	250 477 1493	1421 Wende Rd. Victoria, BC	V8P 3T6
Simmons, Lionel		512 - 110 The Esplanade, Toronto, On.	M5E 1X9
Thomas, Paul & Fran	259 868 8012	12-2888 Pinnacle Way, Kelowna, BC	VIW 3Z8

A Victorian Christmas Celebration.

It was splendid and featured a few highlights, the first one by our genial Social Convener, who turned into a fierce tiger when he discovered the management charging more than as agreed to (a flat price including everything) and...adding as insult, that reviled GST. He tore fur.

I think even Helga (who baked all the delicious birthday cakes this year) was surprised at his ferocity. Later, it was amusing to see a waiter with a similar curve to his back as the one in Fawlty Towers, going from table to table refunding the over-payment.

Then Sally distributed pills to supplement those we're already taking, including Viagra, but I think they were only jelly beans. Rolf followed with a draw for prizes won by Barbara Hetzer and Doc Watson. And our star studded guest list, 50 revellers from near and far ? We had Betty D-J from way beyond the mountains, Al Hollinger and Mary Whyte from the Fraser Valley Flood lands, Emmy Matte from the Island of Gabriola, Palle and Helli from Beach Paradise Parksville. And all our members from Shawnigan Lake, Ed and Roberta Campbell, also John Robertson. We were pleased too, to have revered guests, Brian Curtis, Bert and Ruth Davies and Monty Maundrel.

It was such a good party that I am sure many of us would have been glad to have paid more . Don't let this get to the ears of our new Social Conveners though, Ute and Jim.

HAPPY NEW YEAR!!!

Dennis.

Wanted.

Good Touring or Road Bike for Sea to Sea Tour in May.

Must be large sized frame (around 58 - 60 cm.) Please call Pete DenBoerat 582-6283 after 5 pm

For Sale.

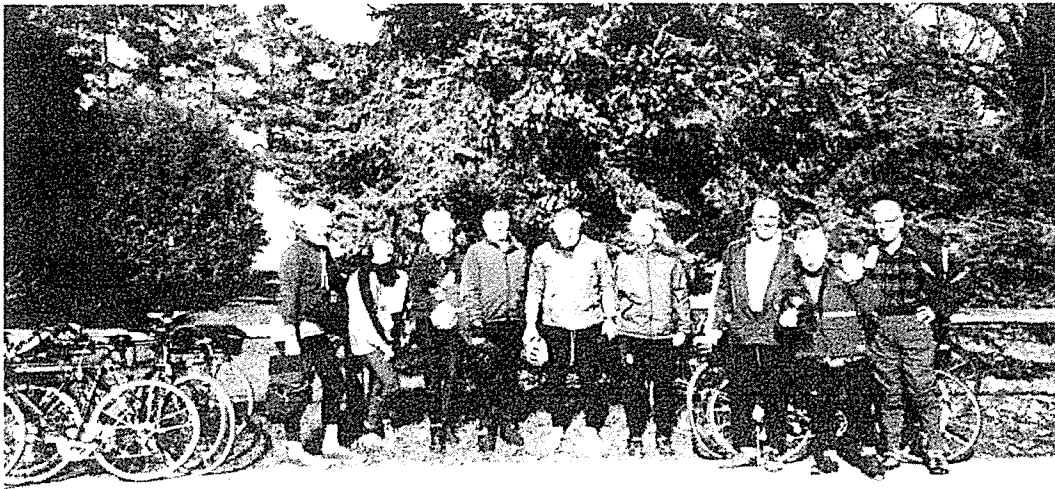
Thermal Paper Fax. Machine
Sharp Model UX 107
Cost to CCCTS Jan/97 \$275.14

Answering Machine
Sanyo Model TAS 350
Cost to CCCTS Nov/96 \$ 221.19

If interested please inquire and make your offers to the CCCTS office.

UPDATE ON THE OTTAWA WEEKLY RIDES

By Garfield Clack



Ottawa CCCTS cyclists at the Pub - Swan at Ashton, about to go in for pub fare and beer. We didn't get the after leaving "The Pub Picture"!

(from left to right) Garfield Clack, Jenny ??, Inga Gullen, Renaud Prefontaine, Gerry Sutherland, Geraldine Reid, Ray Richard, Betty Darvell-Jones, Bill Russell.

For us in the National Capital area, it's that time of year again: it's darker sooner, very bracing outside if not downright chilly, and slippery ice patches are hiding under the leaves on cycle paths and many roads. Time to hang the bike up.

It struck me just as I was hoisting the beast onto hooks in the furnace room, that we have had our last rides of the 20th century. Time to take stock, both of our Ottawa activities in recent years, and of my own club responsibilities.

A note on the genesis and development of our rides in Ottawa appeared in the June 1996 issue of the NEWBRIEF. We had started from small beginnings in 1991, and by 1995 there were rides most Thursdays from April thru November. Numbers of cyclists varied from five to ten (not always all CCCTS members).

From 1996 to date there have been rides most Thursdays in season, and the number of participants on many of the rides has been from ten to fourteen. A herd of turtles (as Gerry Sutherland calls us). Nineteen ninety-nine has been a particularly active year, although I cannot give statistics because of my own cycling activities away from Ottawa. It would be an invidious task to select the hard core of regular riders, but a list of cyclists who have participated during the year, in the rides for which I have kept notes, include the two Bills, Betty, Bobbie, Bonnie, Bud, Dick, Gail, Geoff, Geraldine, Gerry, Inge, Jenny, Lise, Martha, Marilyn, Peter, Phyllis, Phil, Ray, Renaud, and Tim. Marthe Lambert, Marj Murphy, Pat and Ted Stubbs, and Doc Watson - all from "aways" - have also taken part in our rides.

I should mention also the "Round Lake Ontario" tours in 1998 and 1999, and also the Quebec tour and Ottawa Hub and Spoke this year. In short, the past several years have been an active time on the cycling front in the National Capital area.

On a personal note, it has struck me that, apart from my role as coordinator of the Lake Ontario tour in 1998, I have not been a participant in a CCCTS tour since 1995. Not that I have not been cycle-touring: I have preferred to travel self-contained in countries of the European Community, for two to three months at a time, in search of fun, flexibility, and family. And plan to continue this habit for as long as legs and lungs permit. Time enough then, I hope, for more CCCTS "BUDGET" touring.

But the choice to be away in Europe for much of each summer has meant that others have had to look after my CCCTS "Ottawa contact" and weekly ride responsibilities while away. That's not kosher, and is one reason why I decided to withdraw from these tasks, and have so advised our President. Other reasons include a feeling of some unease with the legal liabilities involved, and also a thought that I have done my share for a while and that it's now time for others to take a turn. Get your names into the office, please!

Scrap-it Program a major win for Cycling.

Recently there was some news on the Scrap-it program for the lower main land. This program was initiated by the BC Automobile Dealers Association. The purpose of the program is to get old, heavily polluting vehicles off of the road. By turning your vehicle into this program you qualify for a number of incentives, such as \$750 towards a new car, \$750 towards a transit pass or car-pooling, or \$900 towards a new bike.

Of 276 vehicles scrapped under this program receiving incentives:

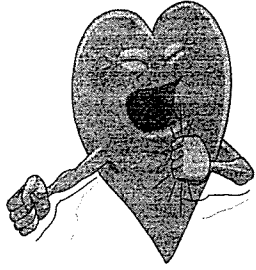
140 chose bicycles 68 chose transit passes 42 chose new vehicles 26 chose used vehicles.



The program was so successful that they have now changed the rules, reducing the incentive for bicycles to a maximum of 50% of a new bike, up to a maximum of \$500. For more details, check www.aircare.ca

From Cycle Therapy

Take it to Heart!



Let's say it's 4:17 pm and you're driving home, or cruising.....(alone of course) after an unusually hard day on the job or the helm

All of a sudden you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. What can you do?

You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE (Since many people are alone when they suffer a heart attack, this article seemed in order.)

Without help - the person whose heart stops beating properly and who begins to feel faint, has only 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds with a let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help.

Tell as many other people as possible about this. It could save their lives!!

- from Health Cares, Rochester General Hospital via Chapter 240's newsletter: AND THE BEAT GOES ON ... (reprint from the Mended Hearts, Inc. Publication, Heart)

There's Gold in them thar hills.

By Richard Gibbs



Last October Alma and I went down to St. George Utah hoping to find some gold, well I didn't find any gold but I did manage to get a good cache of silver.

After my successes in the BC Senior Games I thought my racing season was over, time to relax and start training for the social season, but it wasn't to be. I received a late invitation to compete

in the Huntsman World Senior Games which are held in St. George Utah every year. So a last minute decision was made and off we went to Utah. I was a little overwhelmed by the thought of competing in a world class event but thought it would be a good experience, and if nothing else we could look upon it as a couple of weeks holiday.

The Huntsman World Senior Games are sponsored by the Huntsman foundation and attract senior athletes from all over the world, the opening ceremonies are just like a scaled down version of the Olympics, complete with a runner coming into the arena and lighting the torch which burns throughout the games. There were over 5,000 athletes who marched into the arena. Speeches by various dignitaries including Al Joyner the husband and coach of the late Florence Griffith Joyner, and Amy Van Dyken who won four gold medals for swimming in the 1996 Olympics. We were told that there were athletes from forty-two different countries competing in this years senior games.

In the cycling events there were 219 competitors mostly from the States, a couple from Mexico, a team from Germany, a fellow from Tsawwassen and yours truly were the only two from BC, there were five from Alberta.

The first event was a torturous 5 kilometer hill climb, I tried it the day before the race and did a better time than I did in the official race. However I did come in second in my age category for my first silver

The next days event was a twenty kilometer time trial. A time trial is one of those events where you race against the clock, you are started off at 30 second intervals and timed over the distance, you have no idea of how you did until the last rider comes in and all the competitors times are calculated out. In this event I got my second silver.

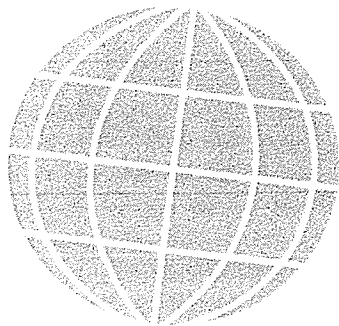
The third day of racing was a criterium. That was a massed start event doing twenty laps of a one-mile circuit. I really enjoyed this race, the chap that won it broke away right at the start, I was at the back of the bunch and didn't realize he had broken away until it was announced over the PA system on the second lap. To cut another long story short, I came in second for another silver.

The fourth and last day's cycling event was a fifty kilometer road race, the course was pretty tough with some great hills to conquer. Once again the gold eluded me and I came in second for my forth and last silver.

God willing I hope to compete again next year. When all the other competitors will be another year older. One difficulty I will have to overcome is the altitude. Living on Texada most of my training is done close to sea level, the games in Utah are from three to five thousand feet above sea level, it makes quite a difference when one's lungs are screaming for oxygen on those hills.

On the way home we overnighted in Reno, Alma won five dollars on the slots which was a joyful conclusion to our two weeks of sunshine and festivities.

Y2K Problems & Solutions !



Several Complaints have been received in regards to spelling mistakes in past issues. In order to alleviate this problem and start the new Millenium of right your Editor is now contemplating adapting the policy as outlined below and submitted by one of our eager readers. However since I consider myself as being fairly open-minded this policy is still open for discussion, and invite any suggestions or ideas from our Club members!!!

The European Commission has announced an agreement whereby English will be the official language of the European Union, rather than German, which was the other close contender. Her Majesty's Government conceded that English spelling had room for improvement and has therefore accepted a five-year phasing in of "Euro-English". In the first year, "s" will replace the soft "c". Certainly, this will make sivil servants jump for joy. The hard "c" will be dropped in favour of the "K, which should klear up some konfusion and allow one key less on keyboards.

There will be growing publik enthusiasm in the sekond year, when the troublesome "ph" will be replaced with the "f", making words like "fotograf" 20% shorter.

In the third year, publik akseptanse of the new spelling kan be expekted to reack the stage where more konplikated changes are possible. Governments will enkourage the removal of double letters which have always ben a deterrent to akurate speling. Also, al wil agre that the horrible mes of the silent "e" is disgrasful.

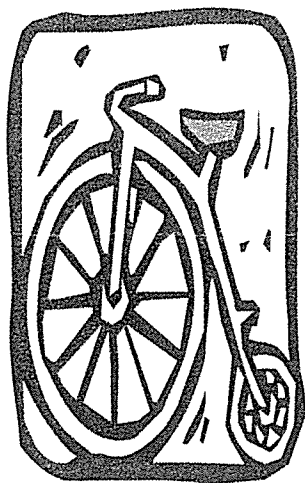
By the fourth yer, peopl wil be reseptiv to steps such as replasing "th" with "z", and "w" with "v". During ze fifz yer, ze unesesary "o" kan be dropd from vords kontaining "ou" and similar changes vud of kors be aplid to ozer konibinations of leters. After zis fifz yer, ve vil hav a reli sensibl riten styl. Zer vil be no mor trubls or difikultis and everivun vil find it ezi to understand ech ozer.



ZE DREM VIL FINALI COM TRU!

By Richard Gibbs.

Time for a Change !!



The other week I was doing the usual Tuesday ride heading up 56th and Imperial Hill on the way to our lunch stop at the Bay Area Gourmet. This hill is reasonably steep, and you do not expect any problems slowing down when reaching the top.

This day however, it was different when I got there a motorbike in front was slowing down for the full stop, and while changing my derailer with the left I grabbed the brake with the right hand, but somehow it did not stop in time and I rammed into the behind of the biker. He said that he was not hurt and accepted my apology, but when he took off again something came rattling of his vehicle and landed on the blacktop, which made him stop asking what was that making the noise. I told him it was nothing really to worry about, just my rear view mirror, which I picked up and put back on my handlebar.

It did not take much to realize that something was not quite up to par, and when I arrived back home the bicycle went up on the hangers, and while fiddling around with the old cantilevers I came to think; At my age perhaps it is time to invest in bicycle like the one Cathy has, the one with the selfadjusting brakes.

Robert Helms.

Israeli Research

SEAT ADJUSTMENT CAN EASE PAIN OF CYCLING, STUDY SAYS.

LONDON - A simple seat adjustment could ease backpain caused by cycling, Israeli researchers said Thursday.

In a report in the British Journal of Sports Medicine, Dr. Moshe Salai and his colleagues at The Chaim Sheba Medical Centre in Tel Hashomer, Israel, said dipping the saddle forward 10 to 15 degrees reduces muscle strain and realigns the bones.

Up to 70 per cent of cyclists suffer from back pain which the researchers believe is caused, at least in part, when the angle between the pelvis and the lower end of the spinal column is overextended.

Dear Charles and Lady Katryn!



Just a small token of appreciation and thanks for inviting me to your party. Yours, Elizabeth. (Queenie)

Hi folks! Did you see me pass you on the way to Carl and Katryn's? That was me doing the queenly wave from the V.W. limousine. You know I use an automatic arm with a white glove on the hand!!

The party was marvelous, the riders a memorable sight. I hurried in ashamed of myself for not riding, but I'm the roaming nomad doing the B.C. trot. We put goofy gifts in the box, picked a number, then cuddles and wet kisses (was it fresh melon dribbles on our mouths!) We mingled and caught up on news.

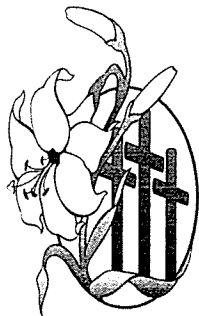
I was greeted by the right hon president herself, she says "I love

A Pleasant Memory.

By Monty Maundrell.

There are people that become friends on the first meeting and Jack Hermistone was that sort of person. Jack was a seaman and on retirement took up residency on the Sunshine Coast.

One day while Jack was getting in shape for the Cross Canada tour 1986 he stopped to chat with his neighbour a retired policeman from Vancouver and told him of his plan to cycle across Canada with a group of about 30 and that a truck driver was needed. It would take about 3 months, and would be a real experience. Well the neighbour took the challenge and signed on. A better person could not have been found.



Al Lifton quickly realized there was more to this than driving. He had grocery shopping to do, make tea and coffee cyclists, load and unload their gear at each campsite. He also had to wait for the last person to take down his tent and load it. That usually was Mr Dennis Parsons! But Al took all this in his stride. Never complained and he got the group playing frisbee and baseball.

It was quite apparent that Al enjoyed what he was doing. Then we noticed 2 tents were always very close together! O yep! It happens! Al and Diana fell in love and were married shortly after the trip.

Al and Diana took up residence in Nanoose Bay and are still with the club. Together they have arranged some of the better tours in

your reindeer sweater but the reindeer are low on your tummy, does anyone tickle them behind the ears?" So I ad-libbed "only santa once a year!"

Next hor'd'ouves (horses hoovers) Als annual food gift to his family. Thank you "Big Daddy Santa." And opened our presents. My present? A bloody big bottle of GERITOL with IRON! Roses were presented to Shirley, Eva, Nicole and Katryn for their "always there" efforts.

We missed Martin McCready hope you recover soon Martin. At the end we left in the pink all rosy and warm. A lovely sunny day with a nip in the air. Thanks again for a lovely time and my chauffeurs.

God bless us every one. Betty D.J.

and around B.C. They never stop. They take a weekly ride around Nanoose Bay and are a real strength to the C.C.C.T.S.

For this we have to thank Capt. Jack posthumously, for introducing Al Lifton to the club. And Jack, we miss you!

FOOT NOTE.

Of more than 30 riders on the 1986 Cross Canada tour all over 65 years of age, only four have passed on, the rest are still members and strong riders. Proof of the benefits of cycling.

Tribute to a Veteran.

By Theresa Keet.

Early December Fred Curtis passed away and I would like to share my memory of him.

To all Dutch people the "Canadians" were liberators, even to this day. No wonder Josie fell for her soldier, meeting him standing on a corner of her home town. Her friends dared Josie to talk to him as her English was better. Josie asked Fred what Irish stew was? Cans of which we got after the war. Later when you talked about that time, Fred would always tell you that he had been in a stew ever since Josie went as a war bride to Canada!

The last few years have not been easy for her as Fred slowly deteriorated, but he always kept his sense of humour and in that regard Josie was lucky. Married nearly 54 years and being 92 when he died Josie and Fred shared a long and happy life together. All thanks to a can of stew.

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the **CCCTS** office. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.
- Wear approved Helmet when cycling.

Please note - when applying for Tours :

For information on specific tours contact tour co-ordinator.

To register for tours call, write or fax the office.

All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour. <

Big Island of Hawaii.

(This tour is now full)

Jan 18th. to Feb 1st.

Jim & Shirley Mae Jeffrey.

Ph. (604)943- 0924 Fax. 2008

Registration closed as we have 26 confirmed participants.

Seats on Canada 3000 booked with \$100 deposit. Balance due and payable by Dec 1st. , to be paid directly to Marlin Travel, Ladner c/o Edie Johnston. Phone (604) 940-0600

P.S. Members who requested Trip Cancellation (\$46/ticket) please forward to CCCTS office.

Accommodation Payment of \$860 due Dec 6th.

All participants should have paid the balance due on their Airline tickets and their accommodation payments to the office. Thanks. Accommodations are booked and itinerary as per November Newsbrief.

I'll be sending out an information package including John Peck's computerized daily itinerary/ guide maps, probably by the 1st. Week of January at the latest.

Reminder- Don't forget your extended Medical Coverage. If needed contact myself or Edie @ Marlin Travel (604) 940 0600. Hope you are looking forward to "Fun" hot sands, Palm trees and balmy breezes! (Plus a few hills).

New Zealand Tour.

Feb. 3.....42 days or 60.

\$10 for incidental expenses.

Dennis Parsons.

Wendell, Theresa and Josie are going with me to New Zealand again and we would like to invite another 10 members to join us. The current attitude is that we buy a return ticket to Auckland and a one way to Christchurch. Lets share information on prices quoted by your agency. We will explore the city for a few days before heading south to Cromwell, then up the west coast and across the north to Picton. We can do this comfortably in 32 days.

With the time left; ferry to Wellington, train or bus to Rotorua, train, bus, cycle to Auckland. I want to then cycle on to 90 mile beach and to this end am prepared to be in NZ for 60 days.

New Zealand is an uncomplicated and friendly country and you should feel at ease in designing your own itinerary to match mine wherever it suits you. The time of year is equivalent to Aug./Sept here.

We travel self-contained, with or without a tent (there are hostels everywhere). If you want to learn something about hostels click on www.backpack.co.nz/

Contact me at dovic@inetex.com or 1 250 881 1170.

Participants: Dennis Parsons, Sharlene Lundal, Raynel Merness, Josie Zewiec, Berta Sen, William Augustejn, Shirley Middleton, David Middleton.

Victoria Hub & Spoke.

(New Tour)

May 10th. - 14th.

Barbara Hetzer 250 - 995 - 8430
Sonja Joos

Itinerary to follow.

Registration Fee \$10.00

Nicola Valley Hub & Spoke.

(New Tour)

Aug. 14th. - 18th.

Barton Howes 250 - 378 - 0927

Self-contained camping at Claybanks RV Park.

Registration Fee \$5.00

Sea to Sea 2000.

(See Nov. Newsbrief for itinerary)

May - Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24th. From Victoria (Mile 0), (May 25th. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug.31st 2000.

Horst Hees, unit 212, 991 Cloverdale Ave., Victoria, B.C., Canada, V8X 2T5

Just in case you missed reading the last Newsbrief, here are the names of those that have paid the required deposit of \$ 300.- by Nov. 1/99 and are therefor "The Going Group": Absher, JAN; Absher,

Ken; Altenkirk, Brian; Brooks, Lise; Chang, Bosco; Den Boer, Peter; Eade, Ronald; Finken, Noreen; Fisher, Shirley; Flewelling, Dennis; Hees, Horst; Hoffman, Eric; Hoffmann Kathy; Horrocks, Jean ; Kennedy, Gordon; Kennedy, Rachele; Kennedy, Sonie; Lambert Marthe; Major, Louise; Murphy, Marilyn; Nicholas, Donna; Prefontaine, Renaud; Reid, Geraldine; Reid, James; Riggs, Brian; Schmidt, Ernie, Skinner, Bud; Smith, Arnold; Svensson, Sally; Ungrin, Ed; Vennos, Alec;

The balance of the estimated cost for the trip (3,000.-) is due as follows; \$1,000.- by March 1, 2000. \$1,000.- by April 1, 2000. The remainder up to the total by May 1, 2000.

Focus 2000

We've turned over the big leaf. None of us is ever going to move into an other millennium in the same body. I trust that your celebrations were vigorous and enjoyable. Now that the days are getting longer again as we move away from the zero hour, lets use

Continued P.8

Focus 2000 (continued)

the extra light we are given every day from now till our tour starts to build up our cycling endurance slowly, very gradually, enjoying it all, not struggling, in any weather, test our gear and ability to keep it in working order and consider the luggage we want to take, tent panniers, etc. Our new "Lady President" has proposed some warm-up rides for those of us who live around Vancouver, and those who are willing to visit, which she calls "Widening Circles". Please watch the Newsbrief for further info. on this. In any case it could be fun to ride with some other people whose names you find on the list of the "going group" if you have a chance to contact each other. You may need to consult the membership list to get the addresses. As the New Year, and especially a new millennium is a time for reflection and resolutions, I would, of course love to hear from you and/or read the notes I have requested from you in the previous Newsbrief. However, if for some reason you've decided not to write, please consider what you want to get out of this tour, what you want to put into it, the role you expect to play within the group for the three months of the tour, etc. In case I do not get to read your note, I will assume that you are planning to go all the way from coast to coast and also that you will make all the required deposits on time. Now some Thank You's to the people who have helped to get this trip prepared so far: Marthe Lambert is looking after the Quebec section, Renaud Prefontaine is busy with the the USA section and Sally Svensson is looking after Ontario. Dennis Parsons is acting as "Communications Officer", Dennis Flewelling has ferreted out some difficult camping places and will act as our Treasurer on the tour and Bnmo Freigang suggested that we all get a flu shot before we go, Joan Engman is going to be there for us in Calgary. Thank You All. From the November Newsbrief you all read the places we intend to stay at. Please get out your best maps and "let your fingers do the biking" a few times so that nobody will get lost on the way. (I don't always know where east is.) That's all from me right now. Keep well and happy cycling.

Vancouver & Vicinity Weekly Rides.

Sundays:

Vancouver ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45th & Cambie) The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435 3893.

Tuesdays / Thursdays:

Ladner- Meet at Ladner Community Centre at 10 am. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946 1347

Wednesdays:

West Vancouver ~ Meet at 9:00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. contact West Vancouver Senior Centre.

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 Rides.

Victoria :

Sunday Meet 9 am at Big Apple Bagels at the Saanich Plaza.
Wednesday ...Meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152
Rolf Petersen 250 384 6804

Nanosee / Parksville:

Meet 10 am at Nanosee Place, 2925 Northwest Bay Rd.

Contact : Diana / Al Lifton 250 468 5696

Ottawa Weekly Rides.

Thursdays; for details Contact :

Gerry Sutherland 613 828 9502

Calgary Weekly Rides

With the "Elbow Valley Easy Riders".

Their rides are on Tuesday and Thursdays, Apr 15th to Oct 15th.

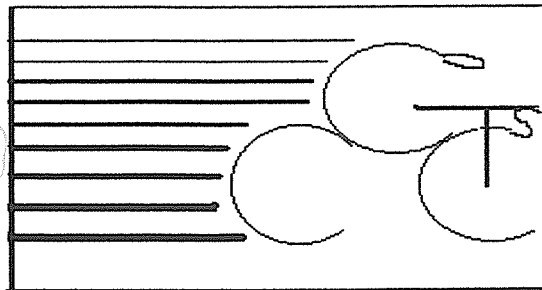
If traveling through Calgary and interested in cycling with this group.

Contact: Joan Engman 403 288 7910

Presidents' Report (continued from Page 1)

From the January directors' meeting: Dan McGuire circulated results from the December Newsbrief questionnaire but will be entering data from entries yet to come, so if you haven't responded you can still send a message to the directors about your tour preferences. Art Borron is now our Webmaster. Log on to Art's temporary working space over the next couple of weeks to view the format <<http://www.members.home.net/artborron/>> After that it'll be at the address on the Newsbrief banner. News clues: look for these dates on the events calendar: Spring Social, Ladner to Lighthouse Loops (a different kind of century), Victoria Picnic and Hub & Spoke, and Merritt Hub & Spoke. Details upcoming The Hawaii trip's leaving on the 18th, taking twenty-four participants looking for suntans and tailwinds; Al H. showing off a 'Rocky Mountain special'... just a frame, rear wheel, forks, and cranks from a flea market to begin with, but now a state-of-the-art machine. Look out Hawaii, here comes Al. To you all, happy days and enjoy the leis.

If you're temporarily off your bike, or maybe out in front leading the pack by a few years, be assured it's smiles not miles that we strive for in the long run.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 17 No.2

Editor Rolf Petersen rolf.p@home.com

February 2000

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.
<http://www.vcn.bc.ca/cccts/>

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President's Report.

February already - frosty mornings, strengthening afternoon sun softening and drying the air. The Wednesday ride along the border to Abbotsford Airport on Wednesday gave us all smiles and satisfaction. It was very encouraging to see signs of bicycle awareness in the area; bicycle lanes, signage, and improved access to a little trail which gives us a loop route away from traffic. Those of you in snowbound climes will also soon be free again!

The Hawaii tour participants have arrived home safely with rave reviews on the tour. Encore please, Jim and Shirley Mae! Dennis Parsons has bid us, quote: "Enjoy the lengthening days... I am leaving for the shortening ones," and has flown with his Kiwi crowd; by this time they'll enjoying the late summer 'down under'. We miss them already. Soon to fly in the same direction are the ten (give or take) CCCTS members who've signed up for the 'RTA Big Ride' taking place Mar 25-Apr 9 from Brisbane to Sydney, OZ, to benefit the Multiple Sclerosis charitable organization. They'll be taking with them three complimentary CCCTS jerseys to be added to other donations for a benefit auction. Good on yer! The comings and goings these days are absolutely dizzying. For future fun, check out the tours section for details on Diana Lifton's self-supported July tour, and keep your eye on the horizon for future tour prospects.

Our very best wishes to Roy Towler who's moved over the Rockies taking with him the office fax machine. Please use it to keep in touch, Roy. We'll miss you, but know you'll find good CCCTS friends in Calgary.

Thanks to Wayne Waardenburg for the National Post article by Francine Dube relating the angst of environmentalists and local residents resulting from a decision by the Trans Canada Trail Foundation to permit motorized all-terrain vehicles on 'the Trail' in rural areas of the Yukon, Northern Ontario, and Alberta. If you are a donor and would like more info or to express concerns, you may wish to call 1 800 465 3636 or Email info@tcctrail.ca.

Horst Hees is an organizational wizard these days and seems to have Sea to Sea Tour preparations well in hand, orienting participants already as to their particular assignments in sharing the responsibilities, as well as the pleasure, over the many days and

kilometres they'll be travelling together. We know you'll all want to show them your support by coming out for the training loops, Ladner to Lighthouse Park and return, Thursday, April 20, the day after the annual Spring Social (details somewhere in this Newsbrief).

Thanks to Gerry Sutherland for staying on temporarily as Ottawa ride contact; however we know he's looking for a replacement so if this could be you, step right up and volunteer.

To volunteer your assistance for club events, contact Sally Svensson, Events Manager (p. 2).

It's a glorious day here in South Surrey and any sane person would be out on their bike... hopefully I'm soon to regain sanity. Lots of love to all you Valentines not just for the 14th but every day of the year. Those on the Sunday ride (the 13th) can put their heart in the right place - on their helmet. See you then.

Editors Desk.

A Happy Valentine to all as Sally and I wing our way to Australia to participate in the RTA BIG RIDE, which this year goes from Tweed head to Sydney. While there we will also go to a Bike Friday get-together in Bright, Victoria and visit with old friends.

Talking of old friends we had an E-mail from Kathy and George from Tucson, Arizona. Many of you met them on Chuck Dicks Alaska trip in 1998, and they were very hospitable to many participants on the last Arizona tour. They will be coming to Vancouver late June to start a two week Okanagan tour and are looking for route ideas. E-mail cathygeorge@theriver.com It is always nice to get positive mail especially from afar and this month we have letters from Jim in Bellingham, Evelyn in St. Catharines and even as far away as Abbotsford from Christina. The next two Newsbriefs will be in the capable hands of Brenda Borron who can be E-mailed at [>bborron@home.com](mailto:bborron@home.com) < Art Borron is presently reworking the club Web Site and it can be seen at [<www.members.home.net/artborron>](http://www.members.home.net/artborron) and would appreciate feed-back.

B.C.....ing you.

Rolf.



NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month .The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or The Editor.

Membership fees: Single \$ 25; Couples \$ 35.

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

2000 / 2001 DIRECTORS.

President	Mary Eickhoff	604 535 2513
Vice/Pres./Tours	Dan McGuire	604 942 3235
Treasurer	Bruce Mc Lean	604 272 9359
Secretary	Catherine Lynch	604 543 0956
Equipment	Jim Jeffrey	604 943 0924
Assistant	Ted Stubbs	604 321 2784
Membership	John Peck	604 538 0195
Newsbrief	Rolf Petersen	250 384 6804
Assistant	Brenda Borron	250 652 5990
Office Manager	Bob Douglas	604 435 3893
Assistant	Ed. Weinstein	604 420 3158
Events Manager	Sally Svensson	604 987 3449
Assistant	Sonya Bardati	250 389 0091

The Island	Dennis Parsons	250 881 1170
Tours Assist.	Barton Howes	250 378 0927
Sea to Sea	Horst Hees	250 389 1152

Club Contacts:

Calgary.....	Zel Harvie	403 228 4934
Club Jerseys	Sally Svensson	604 987 3449

For Sale

Answering Machine; Sanyo Model TAS 350

Cost to CCCTS Nov/96 \$ 221.19

Please inquire and make offers to the CCCTS office

Web Site.....Check it out.

Subject: Bike Travel

<http://www.GFOnline.org/BikeAccess>

It deals with sending bicycles by most of the World's airlines. You can also submit your own experiences. At the moment there is no information about Canada 3000, but perhaps when we return from Hawaii, we can add a comment.

John

EVENTS CALENDAR 2000

FEB. 3 rd . Directors Meet. NEW Zealand Tour (40 days)	JUL. 6 th . Directors Meet Sea to Sea 2000 cont.
MAR. 2 nd . Directors Meet. New Zealand Tour.....	AUG. 2 nd . Vancouver Picnic 3 rd . Directors Meet. 14 th . - 18 th . Nicola Valley H & S 31 st Sea to Sea completed.
APR. 6 th . Directors Meet. 19 th . Spring Social 20 th . Ladner to Lighthouse loops	SEP. 7 th . Directors Meet
MAY 4 th . Directors Meet. 10 th . Victoria Picnic 10 th . - 15 th . Victoria Hub & Spoke 24 th Start Sea to Sea 2000 Tour	OCT. 5 th . Directors Meet
JUN. 1 st . Directors Meet Sea to Sea 2000 Tour cont.	NOV. 2 nd . Directors Meet
	DEC. 6 th . Banquet 7 th . AGM Directors Meet to Follow

QUESTIONNAIRE

RESULTS.

Here are the results so far of the Questionnaire included in the December 1999 Newsbrief, and sent by E-mail to all members who are registered. If anyone would like another copy of the questionnaire please call the office or E-mail DanMcG@telus.net. The graphs show the Preferences (Low, Medium or High) put on each item by those who responded. If you haven't responded yet we would still like your input.

Foreign Countries of Interest: The number of you who said you would like to visit each Country is shown in ()'s. (10)Australia, France, Europe;

TYPE of TOUR	L	M	H
Day Trips Hub & Spoke Self Supported Support Vehicle	XXXXXXXXXX XXXXXXXXXXXXXX XXXXXXX XXXXXXXXXXXXXXXXXXXX		
DURATION of TOUR	L	M	H
2 Week 2Month Extended Period	XXXXXXXXXXXXXXXXXXXX XXXXXXX XXXX		
DESTINATIONS	L	M	H
Canada United States Foreign	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXX XXXXXXXXXXXXXX		
ACCOMMODATION	L	M	H
Tent Camping Hotel - Motel Hostel	XXXXXXXXXXXXX XXXXXXXXXX XXXXXXX		
IMPORTANCE of ITEMS	L	M	H
Tour Cost Tour Info Sight seeing Daily Distance Tour Schedules Group Size	XXXXXXXXXXXXX XXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXX XXXXXX XXXXXXXXXX		

(8) New Zealand, Ireland;

(7) Germany, Italy;

(6) Britain;

(5) Scotland, England;

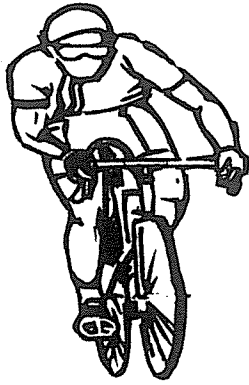
(4) Spain, Vietnam;

(3) Argentina;

(2) Holland, Belgium,
Mediterranean Islands,
Iceland, Chile;

(1) Mexico, Cuba, Peru,
Poland, Turkey, Russia,
Arabia, China, India,
Nepal, Thailand, Laos.
Members responding- 47
Offers of help - 33 Thanks!
Average number tours/yr - 2

**THANKS TO ALL
WHO RESPONDED !!**



Beware the Wobble !

Have you ever heard of speed wobble, a major increasing oscillation of the whole bike and not a slight shimmy as you descend a hill?

Last Friday I was riding in the rain, trying to get in some miles in preparation for some cycling that I'm about to do this year. I was returning

from the office in south Burnaby and elected to cross over to Lougheed highway and to home in east Burnaby. This route gave me a few extra kilometers but took me down or north on Royal Oak from Kingsway to Lougheed highway. I had been down Royal Oak several times before and it is a thrill, about a 100 meter drop in about a kilometer.

Approaching the hill and because of wet conditions I was wiping my brakes to dry them off in case they were needed. Approaching the steeper part of the hill my bike started a lateral wobble which I have never felt before. I have experienced shimmies in the front wheel on descents and they usually go away with a shift of weight to the front wheel. This wobble was a violent shaking of the bike, so much so I could not sit on the seat.

I had applied full front and back brakes but because of the wet conditions was unable to slow the bike to less than 30 kmph. The bike was wobbling so much I even considered jumping off before things got worse, but there was traffic behind and on the side of me. I wished I had a parachute or was bubble wrapped, and was sure for a moment this wasn't going to end well. Continued to apply full brakes and as the bottom of the hill approached, the bike slowed to a stop wobbling all the way.

Once stopped, this shaking rider transferred to the side walk, checked the bike over carefully and could not find a thing wrong with it. Gingerly I rode home and put the bike away, but was not satisfied! I took the bike to Carleton and Cliff Green checked it over and pronounced it "A Okay".

Maybe the front tire was a little under inflated at 70 psi? Cliff explained he had experienced similar wobbles and also one of their racers had a bike that wobbled at speed. Cliff said it is more common in larger frames. I have since found several other experienced riders who have experienced this and are acutely aware of it. Their suggestions are to brace the top tube with your knee and your foot on the pedal plus brake to stop the bike or at least slow until the oscillations stop. Cliff's explanation is that the front wheel is a vertical gyro and the faster it spins the more resistance it has to stay vertical. If the frame or superstructure is flexed to the side, i.e. bump or slight movement of handlebars; the immobility or vertical stability of the gyro-wheel brings the frame back to the center and past the center, and the oscillation starts like a harmonic or resonance and increases with the speed and vertical stability of the front wheel. This same speed wobble is also known among motor cyclist and Al Hollinger.

The only comforting thing about the whole experience was that by the time I got to the bottom of the hill there were no cars anywhere near me and suspect they could see trouble and avoided my area well? So much for speed wobble... I don't want to witness it again! Last Tuesday I did the full Ladner ride and descended the Boundary Bay Hill at full tilt clocking 60 kph and there was no sign of a wobble or any other defect.

I have since done over 300 k's and the bike is working well. I plan on using it in New Zealand and Australia for the Big ride.



By Glen Smith

New CCCTS Members.



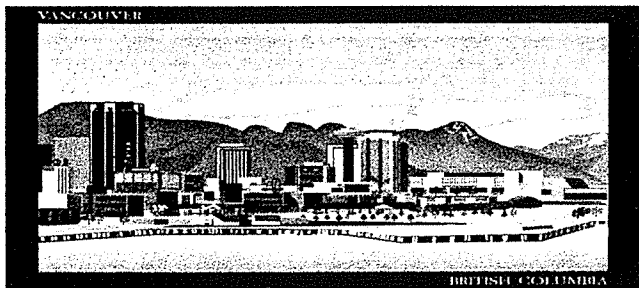
Carson Jack	250-592-6964 3502 Lorraine Rd., Victoria, BC V8P 4V2.
Ferris Steve	613-829-4713 1112 Cobden Rd., Ottawa, ON K2C 2Z2.
Kongshavn Patricia	604-921-6307 204-565 17th St., W. Vancouver, BC V7V 3S9
MacDonald Rod	604-467-9821 13535 Parklane, Maple Ridge, BC V4R 2T1

Cycling to Quebec.

Looking for 2 people to cycle to Quebec with us. Would leave around May 16/17 depending on the weather. We are flexible, on bad weather days we intend to stay put but on good ones, we intend to travel up to 160/170 km possibly. Good days tenting, bad ones B&B or hostel. Going through US after Winnipeg, and crossing the Michigan on ferry to head north after Sarnia. The trip should be for about 50 to 60 days.

If you are interested please contact us 250-389-0091 or e-mail at dockst@home.com.

Roberto & Sonya Bardati.



Vancouver Winter Rides.

Our members in eastern Canada hang up their bikes when the ice comes - for us luckier ones living in B.C. south coast, we can usually ride through the winter except when we have a cold snap which fortunately does not last long. I ride twice a week - usually Sunday and Wednesday rides. The Sunday ride starts at Oakridge with Bob Douglas leading, down to and continuing on Marine Way, across the Queensborough bridge down to Westminster Highway where Bob Helms, myself and others meet them. From there we carry on via Annacis Island to Green Acres Golf Course on No. 6 Road where we have lunch, on to Steveston via the dyke to the Cannery eatery where we enjoy the wonderful home-cooked food and baking sometimes at the outdoor tables if weather allows. On the way back we ride the cycling path on Railway from where we can take different routes back to where we started, approximately 64 k's. Richmond has a problem with wind - just because you face the wind going does not necessarily mean you will have it at your back coming home, which perhaps makes up for no hills.

The other home ride I enjoy is on Wednesday when we meet at roadside parking at the Tudor Inn at the truck crossing on 176th Ave. John Peck and/or Cathy and Ray Wilkinson are usually our leaders and we quite often cross the border to the delight of the Customs Officers who wonder whether we have a competition for most colorful clothes and sometimes want to know who is the

oldest - an answer they don't always get, but always ask us if we have ID in case we get involved with a vehicle. We cycle to Lyndon or to Ferndale sometimes via Birch Bay, and stop at the bake shops in these towns for a very tasty dessert. Sometimes we do not cross the border but instead ride east on Zero Avenue to the Abbotsford airport, or again we might ride to Fort Langley or meet at Fort Langley, take the ferry across the river and ride on to Mission or wherever we want. There are many Wednesday routes all contained in a booklet of maps produced by John Peck. If the rain catches us, we make a fast retreat to Spill the Beans in Fort Langley or to Molly's coffee shop at the border to visit and plan next Wednesday's ride. At this time of year I do wear long underwear and thick gloves and socks as it can be cool especially gathering speed down the long hills going east on Zero Avenue. Of course coming west is no problem staying warm..

After returning home, and after a hot bath and dinner, I feel rather smug having cycled 55 to 75 Kms in the middle of winter and I feel even more smug when I haven't had a flat. You can of course ride by yourself but it is so much more fun riding with good company which varies anywhere from 3 to 23.

Happy Cycling! Cathy Lynch

Letters to The Editor.

Subject: LATE DUES

I'm past president of our local cycling club (Niagara Freewheelers). We had the same problem with late membership dues. We solved it this way, with great success: membership fees not received on time are charged a \$5.00 late fee. It's amazing, most members pay on time now. Money talks. I've been a member of your club for about 5 years now, hopefully I'll get a chance to ride with you sometime - maybe when I'm retired. Eveline Stout, Niagara Freewheelers. www.thefreewheelers.com

Dear Rolf,

I would like to express my sincere appreciation for your fine editorship of the Newsbrief. Every time I read a new issue of the Newsbrief I am filled with positive feelings. I think to myself, "Jim, everyone has problems and many of them are bigger than yours. Stop complaining about your troubles, get on your bike and enjoy life. After all, think about how many people can't do that today because they died yesterday!"

Jim Hendrickson

Dear Mr. Editor = Rolf Jan 20/00

'Thanks for taking on the editorship. I clipped your morning smile from the Globe and Mail. Hope you figure out whether they fit our Newsbrief, if not you get some private chuckles, I hope! More

power to you and hope for more tours coming up on the horizon. I much appreciate the Newsbrief. Greetings from Christina Radnai.

January 2000 Birthday Dinner, Alyce McKay.

We're well into our new millennium and had 10 people out this crisp January 11th morning.

Stopped in Tsawwassen for our usual lunch and, with great determination and after much concern and persuasion, we prohibited our fearless leader from riding any further. Al had the misfortune of being hit by a car on New Year's Eve, sustaining a smashed helmet and, to say the least, was a bit traumatized. You all know the determination of this man, and it's hard to get him to take things easy for a while; but Jerry & Val took good care of the situation, driving Al and bike home so he was in good shape to come to the monthly birthday gathering. Al treated us to two bottles of non-alcoholic wine with much appreciation from us all. No birthday cyclist was present so Al sat in the birthday chair and we sang 'Happy Cycling to Al.' There were 13 members present. It was good to see Marten back after a bad bout of flu. Another pleasant evening spent with our biking family.

We as a Society has been hit by the fickled finger of faith. Revenue Canada in their wisdom has decided to revoke our Charitable status. This announcement was made at the A.G.M. held in December 1999 and I feel all our members should be informed.

Ahhhhhh..... to be a hockey team; at least you would have half a chance! I guess it might come as a surprise to many members to think that this organization hasn't for years helped keep many Seniors of the streets so to speak, or should I reiterate and say of the Hospital rolls!!

But we will carry on and let Ottawa live in their own little dreamworld!

Your Executive decided to give it a last shot and the letter below was it!

The Editor.

December 4, 1999

Audit Section, Charities Division Revenue Canada
Place de Ville, 320 Queen Street Tower A, 12th Floor
Ottawa, Ontario KIA OL5

Reg 0652685

Attention: Marie-France Jette, C.G.A.

Dear Ms. Jette:

Thank you for the extension of the annulment/appeal decision to January 4, 2000,

Charitable status was discussed at our December 2 meetings and several members felt that our position should be explained. Items that we feel may not have been considered are:

- (a) the social benefits and friendships obtained through Society activities;
- (b) the health benefits of non-jarring exercise, which at least postpones frailty; some of our cyclists are well into their 80's;
- (c) the guidelines for tours indicating compulsory membership seems to have been considered applicable to all activities, which is not the case. Many non-members have participated; in any one year only about one quarter of the membership goes on a tour. For example, non- members are often on day rides. They are encouraged, given safety and other tips and, without pressure, usually ask to become members. Those who start off doing day rides attain experience and conditioning to prompt them to go on tours, where they are accepted.
- (d) about 5% of the Society's expenditure has been directed to other charities that benefit the public, primarily seniors.
- (e) at this time of environmental awareness, when governments at all levels are allocating budget dollars towards encouraging citizens to use alternative transportation, our Society leads by example in choosing the bicycle for vacationing and daily activities as well as for health and welfare. Some have altered their lifestyles to forbear automobile ownership entirely. We offer our members monetary support to enroll in the Canadian Cycling Association road education 'Can-Bike Skills' courses, and encourage members routinely in our monthly newsletter to employ road safety procedures when 'Sharing the Road'.

Nevertheless, the Directors feel that we do not have the resources to make a formal or legal appeal; hence if the foregoing has not brought about a change in the Department's view, we wish to voluntarily annul our charitable registration.

Sincerely, Mary Eickhoff. President

Consider the case of the Ontario fellow who left the snow-laden streets of Toronto for a vacation in Florida. His wife was out of town on a business trip and was planning to meet him there the next day. When he reached his hotel he decided to send his wife a quick e-mail. Unable to find the scrap of paper on which he had written her E-mail address, he did his best to type it in from memory. Unfortunately, he missed one letter, and his note was directed to an elderly preacher's wife, whose

husband had passed away only the day before.

When the grieving widow checked her e-mail, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint. At the sound, her family rushed into the room and saw this note on the screen: Dearest Wife, Just got checked in. Everything prepared for your arrival tomorrow.

P. S. Sure is hot down here.

Richard Gibbs.

Cross Canada Trail.....

If there's more than one way to build a railway, how many ways can you forge a public trail across the country? The answer seems to depend on how many people share the same national dream.

We have long endorsed the goals of the World Wildlife Fund's Endangered Spaces campaign, which aims to preserve a critical mass of all major ecosystems found within our borders. The Trans. Canada Trail, a public pathway linking communities across the country, is a different, but complementary campaign to reclaim land for public use.

Eventually, the TCT will wend its way through every province and territory, providing 15,000 km on which people can walk, cycle, ride horses or ski their way from St. John's to Victoria, and Windsor to Tuktoyaktuk.

A year ago, the TCT had completed only 12 per cent of the proposed trail. Then the federal government kick-started the dream by designating the trail an official Millennium Project and providing \$7.7 million in funding. Now the railway that bound us together as a nation more than a century ago is donating 1,618 kilometers of abandoned rail lines in Alberta. Several provinces have joined the campaign by naming parts of the trail that cross their lands as Millennium Projects.

The rest of us can do our bit by buying pieces of the trail for \$40 a meter. Donors can have their names inscribed in a pavilion along the trail's route. It may not be as significant as hammering

the last spike, but it's close.

News flash: the Canadian Pacific Railway has donated 161 kilometres of abandoned rail lines to the Trans Canada Trail, an organization that is trying to put together a coast-to-coast trail before September 2000. With the CPR donation, 70 per cent of the 15,000-km trail is in place.

The lines are in six provinces, but most of the donation is in Western Canada. The CPR received vast land grants in the west in its 1880 contract with the federal government to build a railway to the Pacific.

The initial land grant was 10.1 million hectares close to the CPR line. The location of the line determined the development of Western Canada. Originally, land speculators thought the CPR terminus would be in Port Moody, because it lay at the head of Burrard Inlet. But the CPR cut a deal with the B.C. government that moved the end of the line 20 kilometres west. It later came out the provincial government had given the railway an additional 2,428 hectares of free land in what would become Vancouver.

Canadian Pacific isn't being totally altruistic in its land donation to the Trans Canada Trail. It values the abandoned rail lines at \$40 million, and is expecting a \$13 million tax deduction.

(John Mackie, Vancouver Sun)

Submitted by Dennis Parsons

Trail builders getting ready to make history in 2000

Twelve new Pavilions open across the nation!

On September 9th of this year, 12 new Pavilions were officially inaugurated - at least one in every province. The new Pavilion opening ceremonies were attended by government dignitaries, community leaders, Trail Council officials, Trail volunteers and corporate sponsors. These new Pavilions will now offer Canadians more locations to have their names, or the names of their loved ones, permanently inscribed in regions of Canada that are dear to their hearts and nearer to their home and heritage.

The new Trail Pavilions are in Victoria, BC, Edmonton, AB, Regina, SK, Winnipeg, MB, Uxbridge, ON, Windsor, ON, Montreal, QC, Loretteville, QC, Halifax, NS, Moncton/Dieppe/Riverview, NB, Charlottetown, PEI, and St. John's, NF. Pavilions already exist in Fredericton, NB, Hull, QC, Ottawa, ON, Caledon East, ON, Calgary, AB, Penticton BC, and Vancouver, BC. The Trail expects to open two more

Pavilions this fall (Tweed, ON and Nanaimo, BC), bringing the total to 21 across the nation. More are planned for the year 2000, including the Northwest Territories and Yukon.

As we enter the new millennium, the Trans Canada Trail will have a Pavilion in every provincial capital with the exception of Toronto. Canada's largest city, where thousands of Toronto residents have purchased metres in support of the Trail, is still looking at ways to link their existing and extensive network of local trails to the Trans Canada Trail. City staff will be delivering a report to city council this fall.

**TO MAKE A TELEPHONE DONATION SIMPLY CALL:
1-800-465-3636**

INTERNET: WWW.TCTRAIL.CA E-mail: info@tctrail.ca

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.
- Wear approved Helmet when cycling.

Please note - when applying for Tours :

For information on specific tours contact tour co-ordinator.

To register for tours call, write or fax the office.

All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour. <

Big Island of Hawaii. (Tour Completed)

Jan 18th. to Feb 1st. 2000

New Zealand Tour. (Tour in Progress)

Feb. 3.....42 days or 60.

\$10 for incidental expenses.

Dennis Parsons.

Contact me at dovic@inetex.com or 1 250 881 1170.

Participants: Dennis Parsons, Sharlene Lundal, Raynel Merness, Josie Zewiec, Berta Sen, William Augustejn, Shirley Middleton, David Middleton.

Ladner to Lighthouse Loops. (New Tour)

Thursday, April 20, 2000

100 k loop starts at 9:30 am; all others at 10 am.

Mary Eickhoff 604 535 2513 email eickhoff@vcn.bc.ca

Friends, cyclists, members... lend us your gears... join in a training ride for Horst's Sea to Sea Tour - even if we're not Sea-ing, let's encourage those who are! Four loops will be mapped of distances ranging from (A) 25-30 k., (B) 45-50 k, (C) 70-75 k, (D) 95-100 k, all leaving from Ladner Community Centre parking lot, passing through the picnic area at Lighthouse Park at Point Roberts and returning to Ladner Community Centre, but by different routes.

Sign-up tables will be manned at the Boys & Girls Club building in the Ladner Community Centre parking lot (the meeting place for the Tue/Thu Ladner ride). Maps will be available for each

loop highlighting that specific route. Each rider will take a ribbon of the same colour to tie on bike or body for quick recognition when they reach the check-point at Lighthouse Park at Point Roberts. Their time will be recorded by a volunteer and the cyclist will be told if they're ahead or behind the projected time, but not by how much.

Beverages and snacks will be available (compliments of Al Hollinger) at Lighthouse Park.

Speed won't be a factor. A specific time to complete each loop will be set which will be unknown to the contestants. The challenge will be for the riders to pace themselves to complete the distance as close as possible to the specified time. Prizes will be given to the riders closest to the time for each loop.

If you're from out-of-town and hoping to billet, send me an email or call; if you're local and would like to extend your hospitality please do the same!

Victoria Hub & Spoke.

May 10th. - 14th.

Barbara Hetzer 250 - 995 - 8430
Sonja Joos

Itinerary to follow.

Registration Fee \$10.00

Participants; Barbara Hetzer, Sonja Joos, Mary White, Jan Johnson, Katryn Jeronimus, Alice McKay, Marilyn Murphy

Nicola Valley Hub & Spoke.

Aug. 14th. - 18th.

Barton Howes 250 - 378 - 0927

Self-contained camping at Claybanks RV Park.

Registration Fee \$5.00

Participants: Barton Howes, Theresia Keet, Jan Johnson, Bruce McLean, Dave Darts, Vicky Darts

Sea to Sea 2000.

(See Nov. Newsbrief for itinerary)

May - Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24th. From Victoria (Mile 0), (May 25th. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug. 31st 2000.

Horst Hees, unit 212, 991 Cloverdale Ave., Victoria, B.C., Canada, V8X 2T5

Here are the names of those that have paid the required deposit of \$ 300.- by Nov. 1/99 and are therefor "The Going Group": Absher,

JAN; Absher, Ken; Altenkirk, Brian; Carson, Jack; Chang, Bosco; Den Boer, Peter; Eade, Ronald; Finken, Noreen; Fisher, Shirley; Flewelling, Dennis; Hees, Horst; Hoffman, Eric; Hoffmann Kathy; Horrocks, Jean; Kennedy, Gordon; Kennedy, Rachelle; Kennedy, Sonie; Lambert Marthe; Major, Louise; Murphy, Marilyn; Nicholas, Donna; Prefontaine, Renaud; Reid, Geraldine; Reid, James; Riggs, Brian; Schmidt, Ernie; Skinner, Bud; Smith, Arnold; Svensson, Sally; Ungrin, Ed; Vennos, Alec;

The balance of the estimated cost for the trip (3,000.-) is due as follows; \$1,000.- by March 1, 2000. \$1,000.- by April 1, 2000. The remainder up to the total by May 1, 2000.

Sunshine Coast and Vancouver Island (NEW TOUR)

July 18 - 27, 2000; Diana Lifton

Fully-loaded tour-30 to 40 kms. per day - 20 Participants limit

A ten-day, fully-loaded, camping tour (no motor vehicles, no B&Bs, no motels) starting in Nanaimo, or Horseshoe Bay. Ferry to Langdale for first night and planning session at Langdale Heights RV Park. Along the Sunshine Coast, stopping at Sechart; Madeira Park; Saltery Bay Prov. Park; Powell River and a REST DAY; Ferry to Comox, bike to Buckley Bay, and ferry to Denman Island; Qualicum Beach; NanOOSE Bay; Departure Bay or Duke Point for ferry HOME.

There is no tour charge; each person pays his/her own ferry fares, food and camping costs as the need arises. The dates have been planned to take advantage of the Monday to Thursday free ride for seniors on BC ferries, although there may be a charge for bicycles on some runs.

Please phone (250) 468-5696, fax (250) 468-5691, or e-mail <lifton@home.com> for more information (such as the joys of fully loaded camping) and a copy of the itinerary.

Vancouver & Vicinity Weekly Rides.

Sundays:

Vancouver ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45th & Cambie) The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435 3893.

Tuesdays / Thursdays:

Ladner- Meet at Ladner Community Centre at 10 am. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946 1347

Wednesdays:

West Vancouver ~ Meet at 9:00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. contact West Vancouver Senior Centre.

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 Rides.

Victoria :

Sunday Meet 9 am at Big Apple Bagels at the Saanich Plaza.
Wednesday ...Meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152

Rolf Petersen 250 384 6804

NanOOSE / Parksville:

Meet 10 am at NanOOSE Place, 2925 Northwest Bay Rd.

Contact : Diana / Al Lifton 250 468 5696

Ottawa Weekly Rides.

Thursdays; for details Contact :

Gerry Sutherland 613 828 9502

Calgary Weekly Rides

With the "Elbow Valley Easy Riders".

Their rides are on Tuesday and Thursdays, Apr 15th to Oct 15th.

If traveling through Calgary and interested in cycling with this group.

Contact: Joan Engman 403 288 7910

B.C. Cycling Coalition.

Our Society has thrown its support behind the B.C. Cycling Coalition (BCCC). If we're to have fun we need help from elsewhere to look after our concerns while doing so and this advocacy group is dedicated to doing that for us.

One issue being addressed right now is the laying down of rumble strips along the fog line. You thought you knew everything and along come "Rumble Strips" and "Fog Lines". Who got two out of two? Second things first. The fog line is that white line that separates *them* from *us* on the shoulder. A rumble strip runs along that line and is intended to alert a drowsy driver that he is leaving the road. The rumble strip can be indentations in the pavement or raised bumps.

The Coalition contends there are latent hazards, accumulation of grit and glass in the grooves, ice build-up, inadvertent crashes, etc..

If any member can help build a case for or against rumble strips, your input will be well-received. Contact Marion Orser or Diana Lifton.

Oh! And here is another log on the fire. People using cell phones while driving pose a real threat to you and me. (That concern is taking centre stage right now.)

Dennis Parsons.

THE BIG RIDE 500 Cyclists

What a way to start the next 1000 years!

Across America Six and a half weeks

Seattle to Washington, D.C.

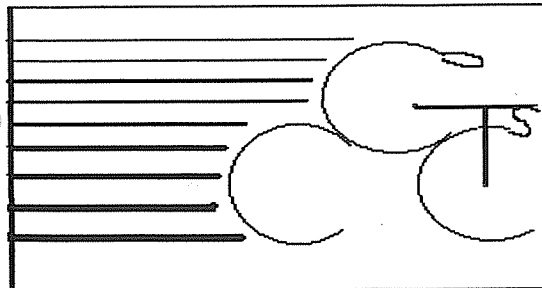
June 19 - August 5, 2000

(877) BIG RIDE Call Toll-Free for a brochure

Helmets are required for participation on this ride.

Proceeds Benefit The American Lung Association of Washington

(Courtesy only; not a CCCTS Tour)



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 17 No.3

Acting Editor: Brenda Borron bborron@home.com

March 2000

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.
<http://www.vcn.bc.ca/cccts/>

Tel / Fax: 604-433-7710
E-mail: cccts@vcn.bc.ca

President's Corner by Mary Eickhoff

To mark the first Sadie Hawkins (Leap) Day of 2000, let's all join in wishing a very Happy Birthday and Many Happy Returns to one of our own, David Martin, of London, ON. No fair disclosing how many birthdays David has observed, but it's safe to say the numbers are still in the 'teens. We hope you'll celebrate by participating in many many cycling tours, David!

An XXL thank you to Ken Grieve for his years of service at the CCCTS office. Ken has recently given up his 'Monday at the office' after many years as a regular. He has been a member since '86 and has served the Club loyally as a director and office manager. Ken's tour history began in 1990 with Ucluelet, Cross Canada, and France, and continued in '91 with Alaska and Arizona. I'm sure he could tell us stories about some of the frigid camping tours he joined, i.e., Rocky Mountains '92, and New England '93. Matter of fact, I sat next to him at the annual banquet which followed the New England tour and well remember Ken shuddering at his memories of the icicles and frozen water bottles. He dispelled those by taking in Holland, Hawaii, San Juan Islands and Arizona. Those who have visited Ken's rose gardens can attest to his appreciation of some of the finer things of life and join in vashing him much pleasure and more prize roses in future shows.

This from Glen Smith by email- "Hi. In order to save trees and money there will be no postcards from the Smiths while in Australia on The Big Ride, Mar 25 to Apr 9/00. If you want to see what we are doing, click <<http://www.cyclingvacations.com.au>> On the dates of the ride, there will be pictures and daily updates... See you in OZ. Glen and Jean Smith"

As a follow-up to the donation of CCCTS jerseys to the RTA Big Ride Charity Auction, we have received a very nice thank you letter from Libby Small, International Manager, expressing their appreciation of our club members who have registered for the event, and offering to promote the club at the International Information Tent on the Ride.

Like sunbursts streaking over that tours horizon, are three new tours... Queen Charlottes in May, Alberta Rockies late August/September, and Pacific Coast Tour-Border to Border-2000, mid-September. And, just around the corner now, the Spring Social and LLL Century, Wed/Thur Apr 19-20. We have lots of offers of overnight accommodation on Wed Apr 19 for out-of-town members to attend the Spring Social and ride the Ladner to

Lighthouse Loops Century Thursday the 20th, so if you haven't found a place to stay yet, please give us a call. See detailed info under Tours. Please also mark your calendar for the traditional bicycle escort for the Sea to Sea Tour leaving from Tsawwassen May 25 to accompany the cross-continent participants to their first campground.

The British Columbia Cycle Coalition (BCCC), of which the Club is a member, has just emailed the first Ministry Of Transportation & Highways press release announcing the NEW HIGHWAYS POLICY TO BENEFIT B.C. CYCLISTS. Marion Orser is our BCCC rep. so if you have any concerns about conditions on provincial routes, please make them known, in writing, to Marion. If you visit their website it will give you more information and a little history rundown <<http://www.bccc.bc.ca>>

The Wednesday South Surrey riders would like to acknowledge the friendly hospitality we receive at the Ferndale and Lynden Seniors' Centers in Washington State and thank the members for making us feel so welcome. We frequently enjoy cycling the picturesque and quiet roads of northwest Washington and it is a boon to escape the winter cold in the warmth of these well-equipped and hospitable surroundings.

Once again, we welcome Brenda and Art Borron to active duty; Art's still fine-tuning the new Web pages, And now, h-e-r-e comes Brenda, on assignment in the editor's chair while Rolf and Sally, his right hand, participate in the RTA Big Ride and enjoy the South Pacific climes.

Editor's Desk

This issue of Newsbrief is the Standard Model rather than the Deluxe to which you have become accustomed. They say absence makes the heart grow fonder: it certainly makes one appreciated.....R O L F !.....COME HOME!!! I apologize for the utilitarian aspect of this Newsbrief - no borders, no boxes, no GRAPHICS. Maybe you'll get a graphic or two in April, when I've learnt more about Corel Suite 8. For now, time has run out! Meanwhile, I hope you find all the information you need.

The participants' list for Victoria Hub and Spoke is not given for two reasons: 1) space (we are limited to eight pages), and 2) it would be partial at best, since we find that many people tend to just "arrive" at this event without prior notice. It is nice to note, though, that we will be welcoming two easterners, Marthe Lambert and Marilyn Murphy, and one southerner, Jan Johnson.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or The Editor.

Membership fees: Single \$ 25; Couples \$ 35.
The month your dues expire is shown on the address mail-out label.

2000 / 2001 DIRECTORS.

President	Mary Eickhoff	604 535 2513
Vice/Pres./Tours	Dan McGuire	604 942 3235
Treasurer	Bruce Mc Lean	604 272 9359
Secretary	Catherine Lynch	604 543 0956
Equipment	Jim Jeffrey	604 943 0924
Assistant	Ted Stubbs	604 321 2784
Membership	John Peck	604 538 0195
Newsbrief	Rolf Petersen	250 384 6804
Assistant	Brenda Borron	250 652 5990
Office Manager	Bob Douglas	604 435 3893
Assistant	Ed. Weinstein	604 420 3158
Events Manager	Sally Svensson	604 987 3449
Assistant	Sonya Bardati	250 389 0091

The Island	Dennis Parsons	250 881 1170
Tours Assist.	Barton Howes	250 378 0927
Sea to Sea	Horst Hees	250 389 1152

Club Contacts:

Calgary.....	Zel Harvie	403 228 4934
Club Jerseys	Sally Svensson	604 987 3449

WEEKLY RIDES

Vancouver & Vicinity

Sundays:

Vancouver ~ Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45th & Cambie) The usual ride is to Steveston, but we occasionally try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893.

Tuesdays / Thursdays:

Ladner- Meet at Ladner Community Centre at 10 am. The second Tuesday of each month is Dinner Night
Contact Al Hollinger 946-1347

EVENTS CALENDAR 2000

APR. 6th. Directors Meet.

19th. Spring Social

20th. Ladner to Lighthouse loops

MAY 4th. Directors Meet.

10th. Victoria Picnic

10th - 14th. Victoria Hub & Spoke

24th Start Sea to Sea 2000 Tour

25th Start Hike & Bike Queen Charlotte Islands

JUN. 1st. Directors Meet

Sea to Sea 2000 Tour cont.

JUL. 6th. Directors Meet

Sea to Sea 2000 cont.

18th Start Sunshine Coast and Vancouver Island Tour

AUG. 2nd. Vancouver Picnic

3rd. Directors Meet.

14th - 18th. Nicola Valley H & S

27th Start Alberta Rockies Tour

31st Sea to Sea completed.

SEP. 7th. Directors Meet

15th Start Pacific Coast Tour - Border to Border - 2,000

OCT. 5th. Directors Meet

NOV. 2nd. Directors Meet

DEC. 6th. Banquet

7th. AGM Directors Meet to Follow

WEEKLY RIDES

Wednesdays:

West Vancouver ~ Meet at 9:00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. contact West Vancouver Seniors' Activity Centre. 925-7280

(Courtesy only; not a CCCTS Ride)

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

Victoria :

Sunday Meet 9 am at Big Apple Bagels at the Saanich Plaza.

Wednesday ...Meet 9 am at Quadra & Chatterton (near Pat Bay Highway).

Contacts : Horst Hees 250 389 1152
Rolf Petersen 250 384 6804

Nanoose / Parksville:

Meet 10 am at Nanoose Place, 2925 Northwest Bay Rd.

Contact : Diana / Al Lifton 250 468 5696

Ottawa

Thursdays; for details Contact :

Gerry Sutherland 613 828 9502

Calgary

With the "Elbow Valley Easy Riders".

Their rides are on Tuesday and Thursdays, Apr 15th to Oct 15th.

If traveling through Calgary and interested in cycling with this group.

Contact: Joan Engman 403-288-7910

HAWAII - THE BIG ISLAND

Yet another exciting trip to Hawaii - this is our fourth time - and we never tire of it. The wonderful smells and the warm moist air - we could easily enjoy every year! Bill and I were a little concerned about the size of the group this year but it all turned out without any problems, except that two of our Victoria friends (Barbara & Sonja) came down with the flu virus and so were unable to enjoy the tour around the island. They spent the two weeks in Kona. When we returned home, Sonja said to me that if they had to be sick, they may as well have been in Kona.

The distances are not great but, from a cyclist's point of view, this is a tough trip with lots of hills and dales - and wonderful scenery ranging from lush tropical terrain, desert conditions and then the volcanic rock. There are not too many places to swim but on our way back to Kona, at the end of the trip, there are beautiful sandy beaches and warm water to enjoy.

For me one of the highlights of the trip is a day off when we are staying at the Manago hotel in Captain Cook. We do a circular 32k ride taking in a couple of coffee plantations, an old painted church, and then on to Refuge Village on the coast where, in the past, anyone who had committed a crime could take refuge. The snorkelling in this area is wonderful, and this time I was a little more adventurous and went in to the deep water off a big ledge. It's a fantastic experience being able to swim with the fish, and they come in

MORE WOBBLE

I experienced the same problem as Glen Smith's frame wobble in 1977, descending a steep incline with a heavily loaded large-frame Cinelli. Happily, braking to keep my speed down kept it in abeyance. With a smaller-frame Colnago, there has been no recurrence. In choosing a bike, a smaller frame has several advantages, including the ability to install a telescoping seat post and swivelling handlebar stem - both great for geriatric bones!

Bob McInnes, Victoria

various shapes, sizes and brilliant colours.

Another exciting experience was the day we climbed the four thousand feet to Volcano Village. Before starting our climb we took a small detour down to the black sand beach where some of us were lucky enough to observe several large turtles swimming near to the shore - it's well worth making that detour. The weather on this tour was not as warm as I remember it previously but that was okay because we were cycling. And, on the days off at both ends of the trip in Kona, we were able to catch some rays.

Canada 3000 did a good job getting our bikes there and back without any delays. The only problem was that, although we had already let air out of our tires, when we arrived in Vancouver we discovered that someone had let all of the air out. Several tubes have been ruined at the valve stem because of this. We feel that Canada 3000 or any other airline should be informed that this is not a good thing for our bikes, and that it would be better if the club informed them of this for future group travel.

On signing out, I would like to thank our great tour leaders (Jim and Shirley Mae) once again for a well organized holiday. It was so good to be with relaxed people who were enjoying themselves - this is the way it should be.

A FEW WORDS FROM NEW ZEALAND

"We have had excellent weather and now four of us (are) going to the North Island. Be ready to turn green when you see how brown we are.

Some items of New Zealandize;

A company boasts 'World Famous in Christchurch.'
A politician is cautioned for some misdemeanour and another says 'He has lots of friends and he won't do that again or we'll break his neck.'

Sign on a condom dispensing machine 'Insert baby for refund.'
Dennis Parsons

For Sale

Two Answering Machines

Make an offer on one or both!

Please inquire to the CCCTS office

RECUMBENT BICYCLES

Over the past few years, there have been articles in various cycling magazines about getting more comfortable on your bicycle. Anything from adjusting stem height, seat height and angle, type of seat, clothing etc. Generally, these articles end with- "and if the above doesn't work, get a recumbent."! Well, why not get a recumbent and save yourself all the pain and suffering of a "regular" (diamond) frame?

What is a Recumbent Bicycle?

A recumbent bicycle is a bicycle on which you sit in a reclining or semi-reclining position on a padded seat and seatback. The bottom bracket is placed forward of the seat so that your legs are almost horizontal. The handlebars are placed either in front of the seat so that your arms fall naturally on the bars without stress or under the seat so that your arms hang naturally by your side.

History

The bicycle as we know it developed from the velocipedes of the 1860's and earlier. This development continued through the penny farthing of the 1880's and early 1900's to the diamond frame (otherwise known as an upright bicycle or wedgie) that is the common bicycle frame of today. In effect we are riding on a basic frame technology that is over a century old.

The first recumbents came along in the early 1900's but apparently were not accepted because of the popularity of the diamond frame. However, in the early 1930's George Mochet in France designed a series of recumbent bicycles (named velocars) which he entered in local races (including world speed records). These bicycles won almost every race that they were entered in and held the world bicycle speed records of the day for the mile and kilometre. So what did the governing body of European bicycle racing (UCI) do about this "new" design? It banned them from racing because this design was a threat to the established bicycle companies of the day! It sounds a bit paranoid, but that, apparently, is what happened.

The recumbent design languished until 1974 when the International Human Powered Vehicle Association (IHPVA) in the U.S. began its series of open competitions, both for racing and world speed records. These have been dominated by recumbents since then.

Types of Recumbents

There are three main types of recumbent bicycles:

Short Wheel Base (SWB)- This has the seat immediately in front of the back wheel with the bottom bracket placed forward of the front wheel. Wheel size is from 24" to 27" (700mm) on the back and 16 to 24" on the front; wheelbase is generally 35 to 45 inches. The SWB is the sports car of recumbents.

Compact Long Wheel base (CLWB) - The seat is either just in front of the back wheel or over it; as well, the bottom bracket is behind the front wheel. Wheel

size is generally 16 to 24" front and back; wheel base is about 45 to 65". These are usually the most inexpensive and popular recumbents.

Long Wheel Base (LWB)- These have both the bottom bracket and the seat between the wheels, thereby giving the bike a long (> than 65") wheel base and a low centre of gravity. The front wheel is 16 to 24" while the back wheel is generally 24 to 27" (700 mm) These are the most comfortable recumbents.

Frequently Asked Questions (From actual conversations)

What is that? See the second paragraph above.

Is it easy to ride? Yes. Due to the different geometry, it takes a bit of getting used to, but as with a wedgie bike, it all becomes second nature after a while. Also, you use slightly different muscles in your legs, so, even if you are in good condition, it takes a few weeks to acclimatize.

Is it comfortable? It is very comfortable. The seating and hand positions are natural, the seat is like an easy chair. There is no stress on the shoulders or arms, this is especially noticeable after a long ride. Indeed, the only discomfort after a long ride is a bit of "recumbent butt". This is certainly preferable to the crotch corrosion and spaghetti shoulders of a regular diamond frame. As well, some of us suffer from varying degrees of wrist and other joint pain from riding a wedgie, there is none of this on a recumbent because of the natural position of the hands and arms on the handlebars.

Can it climb hills? You can climb hills on your riding power lawn mower if you are geared down enough. Yes, recumbents can climb hills, although the LWB is supposed to be slower than others. However, I have not noticed too much difference in hill climbing ability between my LWB and my mountain bike: it really depends on the fitness level of the rider. The disadvantages of a recumbent for climbing hills are that the recumbent is a couple of pounds heavier than a wedgie and you can't stand on the pedals, if you are so inclined.

Are they fast? At our age, who cares? Theoretically, they are faster because you are more streamlined on a recumbent compared to a wedgie. As well, the lower centre of gravity allows you to corner faster. Again, as with all other human powered vehicles, the top speed depends on the gearing, aerodynamics and the fitness of the rider. In general, if you lose on the uphill you gain it back on the downhill and the flats. On my regular route around Shawnigan Lake (a few hills), I have not noticed any appreciable difference in circuit times between me riding my wife's touring bike, my mountain bike, or my LWB.

Do you need special components or clothes?

No. All recumbents use standard bike components. At present, I am using a 12 year old set of components from my old wrecked touring bike. However, I have added a front fairing for wind and rain protection. Also, there is no need for special padded pants or other clothing. My standard clothes for Spring, Summer and Fall are a pair of MEC shorts and a cycling jersey. In winter, I wear an old pair of work pants and a long sleeved jersey and a jacket.

How does the cost compare to a regular bicycle?

Expect to pay about double for a recumbent compared to a wedge with similar components. This is because recumbents are in limited production (about 1% of the market in the U.S.) while most standard wedgies are mass produced. Is it worth it? It is to me, especially after a long ride. In addition, when you consider the life of a bicycle, especially one with good components, the cost of a bicycle amortized over the years is small.

For more information

Most recumbents are sold directly from their factories. However, there are some dealers in Canada. The ones that I know of are Fairfield Cycle in Victoria, Cambie Cycles in Vancouver, and The Bicycle Spokesman in Richmond Hill (Ontario). You will probably find one if you look around.

Following are some web sites that have good information:

<www.recumbentcyclistnews.com> - A magazine devoted exclusively to recumbents. Also, they publish a yearly guide with good information on all recumbents available in North America.

<www.recumbents.com> - A general web site for recumbent information and links to other web sites.

<www.easyracer.com> - Manufacturer of LWB and CLWB recumbents.

<www.bikee.com> - Manufacturer of CLWB recumbents.

<www.rans.com> - Manufacturer of LWB and SWB recumbents.

<www.ihpva.org> - International Human Powered Vehicle Association.

On a Personal Note

I have been riding a recumbent for six years and I have never regretted my decision to buy one. The design made good engineering sense, the field of vision is unrestricted, it corners as though on rails, and it is definitely more comfortable than any wedge that I have ridden. If anybody would like more information on recumbents, see the above web sites and/or give me a call.

Ed Campbell

SPRING SOCIAL

Mark your calendar for Wednesday, April 19th

Time: 11 am to 1 pm

Place: South Delta Recreation Centre, Tsawwassen
Main Building Hall A

A donation of \$3.00 is requested for refreshments.

Questions? - Call your Events Manager,

Sally Svennsson

604-987-3449

NEW CCCTS MEMBERS

Allen, Nancy 541-442-5111
69360 Wheatacres Rd., Wasco, OR.
USA 97065

Carlyle-Smith, Eleanor 604-274-4471
63-9240 Glenacres Dr., Richmond,
BC V7A 1Y7

Kirkby, Sara 250-336-2402
4-3355 First St., Cumberland, BC
V0R 1S0

MacDonald, Joan 250-383-8645
1423 Beatty St., Victoria, BC
V9A 5L6

CLUB JERSEYS

We have on hand: 10 Ladies Medium

1 Ladies Large

3 Mens Medium

These are the cheery, familiar red, black and white design, Sugoi brand, selling for \$55.00 each.

Also, 3 Ladies Medium which are identical to the above except they are termed 'seconds' as the zipper "goes into Canada." Actually these are better, as more ventilation. Going at a bargain price of \$32.00! Suggested retail \$76.00! They will be available at the Spring Social, April 19th, or phone me.

Sally: 604-987-3449

The above jerseys are fairly small-sized. Anyone wishing to buy a Large or X-Large size, please contact Sally as above, or e-mail

<sallynv@infoserve.net>

or Jim Jeffrey: 604-943-0924

WANTED

Club Jersey, Mens XL or Ladies XXL. Good Condition.

Fritz Niebisch
604-588-2408

ALOHA WHY ME!

Yep, I'm skiing in thick woolly snow right outside my front door. I can ski to the woods in five minutes then go on to the mountain bike trails given over to cross country skiing, and all groomed. If the snow was white sand, I'd be sand skiing, the only difference being the temperature. But this year is

exceptional - only minus eight, so I'm making the most of it. We sure have the four true seasons here in Ottawa.



Two weeks ago I was in Hawaii. What a big opportunity that was. Snorkelling for the first time. Don't wait 'til you're seventy, guys! Staying at Uncle Bill's Hilo. Uncle Billy owns two huge hotels and rides around on a scooter. "Good for you, Uncle Billy!" Who wants a car anyway? Lots of laughs:-

When a certain chappy quite rightly wore his itty bitsy Speedo everywhere, until the locals ragged him about wearing his sister's underwear! And another chappy, who tore his favourite shorts in the seat part to remarks of "getting too big for his britches. Only after they were repaired by some kindly old woman, he goes and sings them down at Madame Pele's in the volcano. Boy, Jeff, she must have been hot stuff!

Me? I had nothing to wear (unprepared), so one evening I tied my best silk blouse around my waist and everyone wanted to know where I bought the sarong.

Seriously though: wading through hibiscus flowers on our bikes, orchids adorning our hair, helmets, food plates and everywhere else. We did something like 386 km. on 280 bottles of beer. More like 500 km. including "off the beaten track." The volcano and volcanic tubes were the highlight of the tour. We eventually rose 4,000 ft. with two awfully hard hills

Driver Wanted for Sea to Sea Tour

May 23 - August 31. 1-ton Budget Truck.
Valid BC Driver's License required.
Expenses paid Vancouver to Halifax.

Call: Horst Hees (250) 389-1152
or Dennis Flewelling (250) 656-4933

up 2,000 ft, then 1,000 ft., and on the seventh day, God blessed us and gave us downhill all the way. I hiked with the rest about five miles downward to Cap'n Cook's monument on Lava Rocks, where we swam, snorkeled, lunched, then read and photographed the monument inscription describing "Cook's crooked landing, and hiked five miles back on lava rocks again.

Tropical fruits on the Big Island grow everywhere. Shake a tree for grapefruit, oranges, avocados, macadamia nuts and Guavas.. I felt like a native, and the movie "South Pacific" came back to mind. Even grass skirts were available in Wal Mart!

The local drink is "My-Ty". Very invigorating, with rum, tropical juices and ice. I think you drop your tie in it for extra flavour: This is My Ty and not yours! Joking aside, the gardens, museums and food are worth the education. So was my Bike Friday, which I eventually conquered, thanks to Al and Dan. Mostly the rides every second day gave enough time for sight seeing and swimming. We were spoiled by the Harvies and the Freigangs, with taxi service and refreshments. "Awesome!" My quotations, I might add, are not accurate in my articles, as my main incentive is getting there. I leave technology to the serious type. One last thing that tickled me pink was my new turtle dress (mu'um'u) that brought remarks of "latest sleepwear>" or "I must buy one for my pregnant----!" Lots of dresses on the Big Isle are for cover ups, on the beach, on the balcony when you want to run in and out, and also for scratching sunburn. You can do all sorts of things underneath them and still appear ladylike!

It pays to shop around for banks, too. One bank wanted \$10 for exchange, another was \$2. Taxis were cheap, as they had to compete with the horses! Lots of Sally Ann shops for the wicked. Pair of Sandals \$1.25 Pair of silk shorts (Paris) \$6.00 So I did survive on two panniers and My Ty.

Thanks to everyone, my ride mates and my roommate, for a do-it-again adventure.

Betty Darvell-Jones

N.Y. MARATHON

Congratulations to Betty Jean (B.J.) McHugh for coming in FIRST at the N.Y. Marathon held Nov. 7, 1999, which is her birthday. There were 35,000 entrants. B.J. was first in her age group 70-75 years. Well done! We are all proud of you.

Submitted by Sally Svensson

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers which enable us to provide tour opportunities at cost. To register for a tour, phone, fax or write to the CCCTS office. Cheques showing the name of the tour, should be made out to CCCTS and 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.
- be in proper physical condition to undertake the tour and have your bicycle properly maintained.
- Wear approved Helmet when cycling.

Please note - when applying for Tours :

For information on specific tours contact tour co-ordinator.

To register for tours call, write or fax the office.

All payments, whether for membership or tours, should be sent to the office with a note specifying > To be deposited for membership or name of tour. <

New Zealand Tour

Feb. 3.....42 days or 60.

(Tour in Progress)

Dennis Parsons

Ladner to Lighthouse Loops Century.

Thursday, April 20, 2000

100 k loop starts at 9:30 am; all others at 10 am.

Mary Eickhoff 604 535 2513 email eickhoff@vcn.bc.ca

Friends, cyclists, members... lend us your gears... join in a training ride for Horst's Sea to Sea Tour - even if we're not Sea-ing, let's encourage those who are! Four loops will be mapped of distances ranging from (A) 25-30 k., (B) 45-50 k, (C) 70-75 k, (D) 95-100 k, all leaving from Ladner Community Centre parking lot, passing through the picnic area at Lighthouse Park at Point Roberts and returning to Ladner Community Centre, but by different routes.

Sign-up tables will be manned at the Boys & Girls Club building in the Ladner Community Centre parking lot (the meeting place for the Tue/Thu Ladner ride).

Handout maps will be available for each loop highlighting that specific route. Speed won't be a factor. There will be a set time to complete each loop which will be unknown to the contestants. The challenge will be for the riders to pace themselves to complete the distance as close as possible to the specified time. Times will be recorded on the handouts by volunteers three times:

- 1) at the start
- 2) as participants arrive at Lighthouse Park (they'll be told if they're ahead or behind the projected time, but not by how much), and
- 3) at the finish. Prizes will be given to the riders closest to the

time for each loop.

Beverages and snacks will be available at Lighthouse Park compliments of Al Hollinger.

Winners will be announced in the May Newsbrief.

If you're from out-of-town and hoping to billet, send me an email or call; if you're local and would like to extend your hospitality, please do the same!

Victoria Hub & Spoke.

May 10th - 14th.

Barbara Hetzer 250 - 995 - 8430

Registration Fee \$10.00

Sonja Joos

Itinerary:

Wed May 10 Victoria Spring Picnic. Victoria riders will meet the ferry arriving at 10.35 a.m. from Tsawwassen and escort riders to the Picnic at Centennial Park.

Thurs May 11 Shawnigan Lake 60 km. Doc Watson

City Tour, Victoria 60 km. Bill Hook

Fri May 12 Galloping Goose 60 km Jan Grove

Sat. May 13 Highlands 40 km Brenda

Borron or Roberto Bardati

C. Saanich Peninsula 50 - 60 km Art Borron

Sun. May 14 Schwartz Bay Ferry 35 km Horst Hees

The Saturday rides will be followed by a windup lunch at Barbara and Sonja's. The \$10 fee quoted is actually to cover costs of the picnic and the luncheon. It can be sent to the office but can also be paid on site. Those people planning to attend the lunch who have not paid beforehand, should advise Barbara at the picnic and pay then. Anyone who has paid the full \$10 and does not attend the picnic and/or the lunch will be reimbursed the overpayment.

Participants book through the office in the normal way. Please arrange your accommodation with Victoria members, or call Sonja Joos (250) 995-8430 or Brenda Borron (250) 652-5990, e-mail bborron@home.com for details. For those seeking heart-of-downtown accommodation there is Hostelling International at 516 Yates Street, (250) 385-4511, fax 385-3232.

Sea to Sea 2000.

(See Nov. Newsbrief for itinerary)

May - Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24th. From Victoria (Mile 0), (May 25th. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug. 31st 2000.

Horst Hees, unit 212, 991 Cloverdale Ave., Victoria, B.C., Canada, V8X 2T5

Here are the names of those who have paid the required deposit of \$ 300.- by Nov. 1/99 and are therefore "The Going Group": Absher, JAN; Absher, Ken; Altenkirk, Brian; Carson, Jack; Chang, Bosco; Den Boer, Peter; Eade, Ronald; Fisher, Shirley; Flewelling, Dennis; Hees, Horst; Hoffman, Eric; Hoffmann Kathy; Horrocks, Jean; Kennedy, Gordon; Kennedy, Rachelle; Kennedy, Sonie; Lambert Marthe; Major, Louise; Murphy, Marilyn; Nicholas, Donna; Niebisch, Fritz; Prefontaine, Renaud; Reid, Geraldine; Reid, James; Riggs, Brian; Schmidt, Ernie; Skinner, Bud; Smith, Arnold; Svensson, Sally; Timms, Noreen; Tremblay, Jacques; Ungrin, Ed; Vennos, Alec; Whyte, Mary. The balance of the estimated cost for the trip (3,000.-) is due as follows: \$1,000.- by March 1, 2000. \$1,000.- by April 1, 2000. The remainder up to the total by May 1, 2000.

-7-

Nicola Valley Hub & Spoke.

Aug. 14th - 18th.
0927

Barton Howes 250 - 378 -

Self-contained camping at Claybanks RV Park.

Registration Fee \$5.00

Participants: David and Virginia Brown, Dave and Vickie Darts, Barton Howes, Jan Johnson, Theresia Keet, Anna Markus, Bruce McLean, Wendy Pearson, Carl Rorison.

Sunshine Coast and Vancouver Island (NEW TOUR)

July 18 - 27, 2000; Diana Lifton

Fully-loaded tour-30 to 40 kms. per day - 20 Participants limit

A ten-day, fully-loaded, camping tour (no motor vehicles, no B&Bs, no motels) starting in Nanaimo, or Horseshoe Bay. Ferry to Langdale for first night and planning session at Langdale Heights RV Park. Along the Sunshine Coast, stopping at Sechelt; Madeira Park; Saltery Bay Prov. Park; Powell River and a REST DAY; Ferry to Comox, bike to Buckley Bay, and ferry to Denman Island; Qualicum Beach; Nanoose Bay; Departure Bay or Duke Point for ferry HOME.

There is no tour charge; each person pays his/her own ferry fares, food and camping costs as the need arises. The dates have been planned to take advantage of the Monday to Thursday free ride for seniors on BC ferries, although there may be a charge for bicycles on some runs.

Please phone (250) 468-5696, fax (250) 468-5691, or e-mail <lifton@home.com> for more information (such as the joys of fully loaded camping) and a copy of the itinerary.

Participants: Diana Lifton, Art & Brenda Borron, Martine Donahue, Joan Enman, Lyse Godbout, Michael Goldberg, Kate Hill, Judy Jackson, Frank Jacobsen, Anna Markus, Sylvia Mather, Bruce McLean, Catherine Mick, Dennis Parsons, Wendy Pearson, John Peck, Palle Pedersen, Carl Rorison, Bruce Ross.

Waiting List: Charles & Jeannine Finnigan

ALBERTA ROCKIES

(New

Tour)

Tentative Dates: Aug 27 - Sep. 12

Ted Stubbs 604-321-2784

Vehicle-supported, camping and hostels. The tour will start at Rocky Mountain House and go to Edmonton, Maligne Lake, Medicine Lake, Jasper, the Icefields Parkway and the David Thompson Highway.

Cost: \$450.00

Registration Fee: \$10.

THE BIG RIDE 500 Cyclists

What a way to start the next 1000 years!

Across America

Six and a half weeks

Seattle to Washington, D.C.

June 19 - August 5, 2000

Call Toll-Free for a brochure - (877) BIG RIDE

Helmets are required for participation on this ride.

Proceeds Benefit The American Lung Association of Washington

(Courtesy only; not a CCCTS Tour

HIKE AND BIKE QUEEN CHARLOTTE ISLANDS

(NEW TOUR) May 25 - June 6 (Tentative, depending on ferry and airline schedules.

Jean Horrocks

This will be a mostly tenting tour with each participant taking turn on a cooking team. B&B's are close by at extra cost. We will be staying about 3 days each at Sandspit/Queen Charlotte City area, then Tlell/Port Clements area, and Masset/Naikoon Park area. This will leave time for hiking, kayaking, and sightseeing as well as cycling. Mostly easy riding pavement; or with a mountain bike one could explore gravel back-roads. Weather is similar to Vancouver; there is little traffic, and miles of beach.

A small sag wagon will be used so please limit the amount of gear carried. Anyone willing to be wagon-master please phone Jean at 1-480-832-0608 or Dan McGuire at 604-942-3235.

Maximum number of participants is 20. Cost estimate \$300 per participant, which includes about \$14 wagon-master support. Registration fee \$50, which may not be refunded if accepted as a participant on the tour, required by March 31st. Remainder of \$250 required by April 30th. Please indicate preference for tenting or B&B.

PACIFIC COAST TOUR - BORDER TO BORDER - 2,000

(New Tour)

Sept. 15 - Oct. 26, 2000 (Tentative)

Barton Howes 250-378-0927

Experience the Coastal regions of the West at a pace worthy of their natural beauty. The route of travel will bring us in view of the Pacific Ocean most every day, making this a truly memorable tour of adventure and discovery. The famous Oregon Coast bike route, the vineyards of the Sonoma Valley, and the Golden Gate Bridge will be some of our destinations. The tour will begin in Surrey, B.C., and end in San Diego, CA. This will be a vehicle and portable kitchen supported camping tour with each participant taking a turn on a cooking team about once per week. Anyone willing to be wagon-master please telephone Barton Howes.

Maximum number of participants is 24. Cost estimate \$1,440 per participant (which includes \$15 reconnoitre cost and \$50 wagon-master support). Registration fee \$40, which may not be refunded if accepted as a participant on the tour, required by May 1st. Remainder of \$1400 (current estimate, which may be reduced based on results of reconnoitre) required by August 1st. Bicycles returned with camping equipment to Burnaby office for additional charge of \$25.

CUSTOM TANDEM FOR SALE:

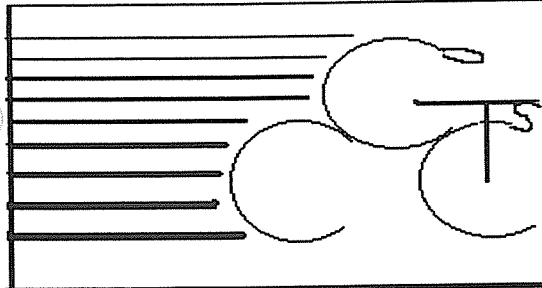
Builder Glen Berry of Tucson Arizona. Sport touring tandem, 27" wheels, 25" frame front, 23" mixte frame rear. Gold metallic with black fade. Includes custom touring racks front and rear. No saddles. Custom desert mural between bottom brackets. \$2900 new, asking \$500 U.S., plus shipping.

Cathy Crandall, club member

3200 W Champagne Dr., Tucson, AZ 85745

520-624-8680

(A photo of this tandem may be viewed on the CCTS website)



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 17 No. 4

Acting Editor: Brenda Borron bborron@home.com

April 2000

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<http://www.vcn.bc.ca/cccts/>

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President's Corner by Mary Eickhoff

We've sprung forward, we're saving daylight, and we're looking forward to our annual Spring Social on Wednesday, April 19. For those of you who haven't had the opportunity to attend this event, it's an informal day when we turn over the podium to the 'really big' leaders in our club, the ones that put on TOURS. If you can be there you'll hear the inside story, first hand, of some of the tours on this year's roster, and, judging from past socials, you'll see the walls hung with maps in Hall A at the South Delta Recreation Centre (the usual place). This generates a lot of enthusiasm, of course, and a great opportunity for everyone to socialize, so, hope to see you there!

This year the walls will be glowing with the neon colours of leaflet guides and flagging tape for the Ladner to Lighthouse Loops Century, which gets underway Thur. April 20, the day after the Social ... It's all coming together now, thanks to the Ladner riders, who were marshalled by Al Hollinger to take computer readings on small 'legs' of the loops. He then transferred the numbers to a large scale map so we could plan the routes to be divergent and cyclists to be spread out for safety's sake. As the loops 'gelled', the distances altered slightly and are now approx. 35, 55, 70, or 100K. You'll find new info on this event under 'Tours'.

We've had Email from Barton and Faye on their way back from a reconnoitering of the Pacific Coast Tour-Border to Border-2000 route. Unfortunately they won't be able to attend the Spring Social, but if you have questions about the tour please contact them at their Merritt phone number, listed under 'Tours'.

We're looking forward to the annual Victoria Picnic and Hub & Spoke, May 10-14. The Island people are Super Hosts, and the event has established a five star rating. The Island routes are most picturesque with a variety of landscapes and terrain.

Our Tours Chief, Dan McGuire, is keeping the pot boiling, and stirring when necessary. We all enjoy a good meal, so if you have a tour recipe that you would like the club to taste, contact Dan. He's well equipped with communication tools, phone, fax, email.

A couple of lovely postcards with colourful images from OZ found their way unerringly over the oceans to Sally Svensson's address, posted by Barbara Hetzer and Mary Whyte from points near Cairns, and Coff's Harbour, N.S.W. Sally kindly shared them

with us. It is a treat to be in touch with friends in faraway places and see glimpses of the sights on which they gaze; so thanks, Barbara, Mary, and Sally.

This is to correct an omission on my part from last month's 'Corner' .. We have three (3) reps to the BC Cycling Coalition: Marion Orser, Lower Mainland, Dennis Parsons, Victoria, and Diana Lifton, Nanaimo. Thanks to you all for going out to the meetings and representing the membership to the rest of the cycling community and the Ministry of Transportation and Highways. The latest in cycling water bottles are available with BCCC logo and are reported to be available in Vancouver from the Bike Doctor 604 873 2453. They carry clear and white ones. The white ones come with either red or black caps.

Many thanks to Brenda Borron for doing such a fine job of editing the March and April Newsbriefs and prevailing over the challenges of newsletter formatting.

Enjoy the azure skies and warmer days on your favourite cycle routes. Happy Easter!

Editor's Desk

Although I have been known to curse computers from time to time, they do have their uses. In this issue we have reports from Glen Smith sent by e-mail from Australia, the last one written only yesterday. We have a report on New Zealand from Dennis Parsons, also written yesterday, but as he's home and lives just down the road, that's cheating. It did come by e-mail, though.

Sally Svensson is reporting on the new club jerseys. Showing the design in Newsbrief is beyond me, but Art assures me it will be on the club website by time of publication.

And if this spurs you on to becoming computer literate, the club just happens to have a computer for sale.....

And now I'm bowing out. This is my last edition, literally the Late Night Final! It's been.. er .. challenging! Thanks for all the help and encouragement, folks, and WELCOME HOME, ROLF!

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non-profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or The Editor.

Membership fees: Single \$ 25; Couples \$ 35.
The month your dues expire is shown on the address mail-out label.

2000 / 2001 DIRECTORS.

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Tours Assist.	Barton Howes	250 378 0927
Sea to Sea	Horst Hees	250 389 1152

Club Contacts:

Calgary.....	Zel Harvie	403 228 4934 jharvie@attglobal.net
Club Jerseys	Sally Svensson	(See above)

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

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

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10 a.m. The second Tuesday of each month is Dinner Night
Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.
For info. Contact West Vancouver Seniors' 925-7280
(Courtesy only - not a CCCTS Ride)

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 538-0185 for meeting place, time and destination

VANCOUVER ISLAND

Victoria:

Sundays - Meet 9 am at the Big Apple Bagel at the Saanich Plaza
Wednesdays - Meet 9 am at Quada & Chatterton (nr.Pat Bay Hwy)
Contacts: Horst Hees 250-389-1152
Rolf Petersen 250-384-6804

NanOOSE/Parksville:

Meet 10 am at NanOOSE Place, 2925 Northwest Bay Road
Contact: Diana/Al Lifton 2250-468-5696

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY With the Elbow Valley Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If travelling through Calgary and uinterested in cycling with this group:
Contact Joan Engman 403-288-7910

EVENTS CALENDAR 2000

APR 19 th	Spring Social	AUG 2 nd	Vancouver Picnic
20 th	Ladner to Lighthouse Loops	3 rd	Directors Meet
MAY 4 th	Directors Meet	14- 18 th	Nicola Valley H & S
10 th	Victoria Picnic	27 th	Start Alberta Rockies Tour
10-14 th	Victoria Hub & Spoke	31 st	Sea to Sea completed
24 th	Start Sea to Sea 2000 Tour	SEP. 7 th	Directors Meet
26 th	Start Hike & Bike Queen Charlotte Islands	15 th	Start Pacific Coast Tour - Border to Border - 2000
JUN 1 st	Directors Meet	OCT. 5 th	Directors Meet
26 - 29 th	Pender Island Pedal Sea to Sea 2000 Tour cont.	NOV. 2 nd	Directors Meet
JUL. 6 th	Directors Meet	DEC. 6 th	Banquet
18 th	Sea to Sea 2000 Tour cont. Start Sunshine Coast and Vancouver Island Tour	7 th	AGM Directors Meet to follow.

KAMLOOPS RIDES

Starting April 1st, CCCTS member Peter Bacon is offering Saturday rides, starting at 6.15 am from the Riverside Park Tennis Court parking lot. Distances will vary from 50 km to 209 km. For info. Contact Peter Bacon, 250-372-8392.

WEB SITES

According to our current records, 172 CCCTS members now have an e-mail address and presumably browse the Web. As an occasional and not very expert computer user, I usually find what I want, eventually. Here are a few cycling websites I've found interesting. Maybe other members would like to add to the list..

By the way, e-mail addresses seem to change frequently. The office has a list of members' e-mail addresses, but for it to be current they have to be advised of changes. Don't forget to tell them if you change your server (we do NOT sell our lists!). After all, we are in the electronic age now. Already you can read your President's report on our website each month. Who knows, maybe one day the Newsbrief could go out via e-mail.

Canada and U.S.

Bicycle Adventure Club, San Diego

<http://ourworld.compuserve.com/homepages/bac2wheels>

This club is like CCCTS in that it is non-profit, and its tours are on a volunteer basis. Membership is approaching 1,000 and there are approximately 36 tours a year, domestic and foreign.

Canadian Cyclist Magazine

<http://www.canadiancyclist.com/>

Has excerpts from the current issue.

Cascade Bicycle Club, Seattle

<http://cascade.org/>

5,500 members, with daily rides throughout the year and everyone welcome. Schedule is on the web site.

Cyber Cyclery Internet Bicycling Hub

<http://cycling.org>

A general site with interesting links. For example, under "Websites - Groups - Canada" you can see a list of Canadian clubs and organizations.

United Bicycle Institute, Ashland, Oregon

<http://www.bikeschool.com>

A training institute, but with many links, including magazines

League of American Bicyclists

<http://www.bikeleague.org>

Mainly an advocacy organization, but lists ride events in the U.S.

Rails-to-Trails Conservancy

<http://www.railtrails.org>

Information on 700 rail-trails in the U.S., local weather, B & B's, Tourism offices, etc.

Europe

A to B Magazine

<http://www.a2bmagazine.demon.co.uk/>

English magazine on folding bikes. Emphasis is on the Brompton but it also has information on other makes, including availability, distributors and prices in North America.

Bike Culture Magazine

<http://BikeCulture.com/>

I love this magazine, which unfortunately is hard to find in the stores. It features all the far out wild and whacky designs being produced in Europe, plus some more conventional and commercial brands. There is an emphasis on recumbents, but it also has folding bikes, cargo bikes, multi-person bikes, and even regular bikes but not many!

Cyclists' Touring Club

<http://www.ctc.org.uk>

This web site for the British CTC has many links, including a cycle hire directory, plus it lists their Tours Program for the current year. CTC tours are run by volunteers, and members deal directly with the Tour Leader.

Trento Bike Pages

<http://www-math.science.unitn.it/Bike/>

Called "the portal for bicycle touring and recreational mountain biking in Europe and the Mediterranean." A wealth of info., plus a host of interesting, sometimes quirky, writeups on individuals' tours. (The dash after www is NOT a mistake.) I sometimes have difficulty in accessing this site. Keep trying - it's worth it!

SUSTRANS (Sustainable Transport)

<http://www.sustrans.org.uk>

This charity organization coordinates the National Cycle Network in Britain. They state their flagship project will open in June: 5,000 miles of continuous traffic-free routes and traffic-calmed minor roads running right through urban centres and reaching all parts of the U.K.

CLUB JERSEYS

SPRING SALE

Original Club Jerseys - red and white stripe with black trim reduced to \$30.00! These include the long and short zippers and all sizes as listed in the March 2000 Newsbrief. Good value. Available at the Spring Social, April 19, 2000.

CLUB JERSEYS - NEW EDITION

Club jerseys have been ordered from Sugoi with the following options:

Long sleeve \$65.00

Short sleeve \$55.00

An additional charge of \$5.00 for mailing.

These are made from a new improved fabric - Coretech - a 100% wicking polyester microfibre mesh. The result is a lighter, more comfortable jersey.

The design is modified, eliminating the stripes, black collar and black sleeves. Instead, we have a new technique called "splotching" in red, white yolk and red collar. The CANADA is removed from the front to eliminate bisecting by the zipper. The design may be viewed on our website. Keep in mind, being Sugoi, they are small fitting, but we do have L & XL & XXL.

When ordering, please remember to send in your cheque to the club office.

Sally Svensson 604-987-3449 e-mail: sallynv@infoserve.net

Jim Jeffrey 604-943-0924

TRAVEL NOTES FROM GLEN SMITH

N.Z. - Mar. 20 - Just finished 2 weeks doing the East Cape and the Coromandel peninsula. I think I have figured out a way to complete it as a tour. Lots of possibilities. I was cycling alone north of Gisborne on the East Cape and started to overtake a couple up ahead. They were loaded. I noted when I got closer that the lady at the back had a Canada flag on her helmet. As I came up from behind I said HELLO Canada, and when she turned it was Theresa and Wendell Green from our club. I almost dropped my drawers I was so surprised. We had a long visit in the middle of nowhere on the East Cape and I left them to go on to meet with Jean who was cycling back to meet me as it was her day to move the car. The hills on the east cape are a bit steep and a lot of 8 - 12% hills, but none over 400 meters. We have done 750 km in NZ, and we move to OZ in a day.

OZ - March 27 - The Big Ride is a phenomenon you would have to experience. The organization would blow your mind.

OZ - Apr. 6 - We arrived in Cessnock today, a moderate size place just north of Sydney. We have two more days of cycling before it's over at Hormsby. It has been a good ride, lots of hills, poor road surfaces and large crowds. The weather has cooperated and was hot and muggy the first 9 days and now it is raining periodically and much cooler. The motel option is starting to pay dividends. Sally and Rolf are both cycling again on their tandem. Sally had a couple of off days and Bill Augusteijn was Rolf's stoker. Barb Hetzer and Mary Whyte are doing well, as are Andre and Mary Jane.

OZ - Apr. 8 - Jean and I finished the ride at 11 am today. It will take a while to come to some conclusions about these kind of rides. The cycling by CCCTS standards was tough and the huge crowds meant lineups for most everything, including toilets and showers. The Motel option was the best, but expensive, and it will be nice to sit down to a meal and not have to eat standing up. Smaller groups with acquaintances seems a lot more desirable to me at this time. There were a lot of tandems on this ride, which surprised me. If the ride accomplished something for MS then that will be a positive.

T-SHIRTS & BASEBALL CAPS NEEDED

If you have too many T-shirts or baseball caps, used or new, I am collecting year round for patients in Nicaragua, Mexico, Ukraine and "along the Amazon." I will be at the Victoria picnic and on various tours. Thanks.

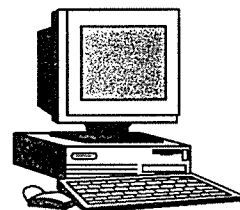
Bruno Freigang, Parksville, B.C.

SADDLES FOR SALE

2 Terry "Liberator" saddles, as new, \$25 ea.
1 Specialized "Body Geometry" saddle, little used, \$20.
Ed Weinstein 604-420-3158
or Weinstei@sfu.ca

CLUB OFFICE COMPUTER

FOR SALE
(No printer or modem)



Hardware:

McIntosh Ilci, 5120K bytes of RAM, 75MB hard drive, System 7.1
NEC MultiSync 16" 3FGx colour monitor
Apple extended keyboard and mouse
Crate Technology external 40 MB drive on SCSI chain

Software:

MicroSoft Word 4.0
HyperCard 2.2
Eudora 1.4.3
Netscape 1.1N
Aldus SuperPaint 3.0
Zterm 0.9 (for text based internet access)
MicroPhone LT (similar to Zterm)
ACCPAC Simply Accounting 1.2B
After Dark (screen saver)
Norton Utilities 1.1.1

Good for e-mail and word processing, probably not for serious web surfing. Memory could be upgraded at small cost

\$200 obo. Mail your offer to the office manager CCCTS, 6943 Antrim Ave., Burnaby, BC, V5J 4M5, by Thursday, April 27. There may have to be a draw. Free delivery and installation in the Lower Mainland.

John Peck

NEW CCCTS MEMBERS



ARNDT, Hennie -

18938 - 76 Ave., Surrey, BC, V4N 3G5

GILLANDERS, David & Barbara

2756 West First Ave, Vancouver, BC, V6K 1H3
604-733-4857

GODBOUT, Lyse

3659 Norwell Dr, Nanaimo, BC, V9T 1X7
250-756-2309

McEWEN, Sara

C1 Mountain Station, Nelson, BC, V1L 2J3
250-352-5218

SLOAN, Shirley

275-53202 Range Rd, Spruce Grove, AB
T7X 3V9
780-968-6327

TRANS CANADA TRAIL FORT LANGLEY PAVILION

Some of our members may be interested in participating in the relay activities of the Trans Canada Trail in our local area. At 10.00 am on Sunday, April 16th, the Pavilion in Fort Langley will be officially opened. At 2.30 pm there will be ceremonies for the opening of a new 5 km extension of the Trans Canada Trail at the Olund Road Trailhead (turn left at the corner of Harris (56 Ave.) and Olund Road) At 3.00 - 3.30 there will be ceremonies at the site of the new pavilion to be built underneath the Mission Bridge in Matsqui Trail Regional Park. At 4.45 pm the local cycle club will participate in the relay to bring the water vial from the end of the bike trail at the end of Page Road to the Village of Clayburn.

Wayne Waardenburg

Ed. Note: Wayne has been keeping us informed of developments re the TCT in his area and elsewhere. He brought to our attention the fact that the Trail is permitting motorized all-terrain vehicles on nearly 30% of its length, a decision which outraged environmentalists and local residents, who say this will bring noise and pollution into wilderness areas, disrupting wildlife and flora. Pierre Camu, the first Chairman of the Trans Canada Trail Foundation, said that "the trail is designed for walkers, hikers, cyclists, children and families. It's not designed for motorized vehicles." However, John Bellini, present executive director of the Foundation, said permitting ATV's on portions of the trail was unavoidable, particularly in areas where ATV's are popular. "In the Yukon, for example, ATV's are a way of life, and in rural areas like Northern Ontario and across the Prairies." Mr. Bellini said the Foundation doesn't own the land that comprises the Trans Canada Trail. It has to comply with the wishes of the province. (It is working quietly to convince provincial authorities to ban ATV's from the trails, and, wherever possible, will build alternate pedestrian trails.

ATV use is permitted on portions of the trail in the Yukon-Northwest Territories, Newfoundland, Ontario, Alberta and most of Nova Scotia. They are not permitted on trails in other provinces.

(Excerpts from National Post and The Canadian Press, submitted by Wayne Waardenburg.)

B.C. CYCLING COALITION

I attended the AGM of the above to learn that progress is being made in many areas of concern to cyclists. More details in the next Newsbrief. What is of immediate interest is that I met reps. of two other cycling clubs who want to ride with us any time we are in their territory. I embraced the idea. More on the Nanaimo and the Saltspring Clubs later.

Dennis Parsons

CYCLING NEW ZEALAND

What is it that draws me to South Island, New Zealand? I have thought of the beautiful and constantly changing vistas; of the climate; of the people and their civilized attitudes. Enjoying the summer at Christmas time, too. But I recently discovered a major reason I, as a cyclist, prefer it over any cycling territory.

It has been found that as people grow older, they become less and less interested in arenas, rallies, midways, jostling or rubbing shoulders, and instead seek more space around them. Here then is a key: as long as we avoid the roads between towns and cities, as we do by cycling to Cromwell over Lindis Pass, to Westport over Haast Pass, and on to Picton, we miss the main artery going to Dunedin and Invercargyll and we have Space!

Granted the roads are narrow and bridges often narrower, allowing only one-way traffic, but, oh, the bliss! To get a feeling of what I mean, watch the car commercials.

Note that I am talking of the pleasures of cycling the South Island. On this recent tour we spent a month there, then took the ferry to Wellington. Well! From bliss to blitz! I was frazzled by the time we reached a hostel – felt like a hayseed dropped into the middle of Noo Yawk. There are places to visit on the North Island: Coromandel, Bay of Islands, and even Rotorua, but take a bus. Do that on the South Island, too, to enjoy the touristy bits.

Dennis Parsons

CUSTOM TANDEM FOR SALE

Builder Glen Berry of Tucson Arizona. Sport touring tandem, 27" wheels, 25" frame front, 23" mixte frame rear. Gold metallic with black fade. Includes custom touring racks front and rear. No saddles. Custom desert mural between bottom brackets.

\$2900 new, asking \$500 U.S., plus shipping.

Cathy Crandall, club member

3200 W Champagne Dr., Tucson, AZ 85745

520-624-8680

(A photo of this tandem may be viewed on the CCTS website)

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers who enable us to provide tour opportunities at cost. To participate you must :

- be a member, sign a waiver and agree to the financial rules
- be in proper physical condition to undertake the tour
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax or write to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying "to be deposited for **name of tour** or **names for membership**". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organising a tour and would like information on procedures, please ask the CCCTS office for **TOUR COORDINATORS' INFORMATION Guidelines**.

Ladner to Lighthouse Loops Century.

Thursday, April 20, 2000

100 k loop starts at 9:30 am; all others at 10 am.

Mary Eickhoff 604 535 2513 email eickhoff@vcn.bc.ca

For background info see Feb & Mar Newsbriefs.

Sample leaflets will be posted at the Spring Social for info. You're welcome to sign up early by calling the office, or at the Social the day before the ride - that will give us an idea of how many participants to expect for each loop - but you'll need to complete your waiver, hand it in, and have a volunteer record your starting time at the start/finish table, Ladner Community Centre parking lot, Arthur Dr & 47th Ave, Ladner (times above).

On registering, you will see a rainbow of coloured leaflets (route guides) which combine a waiver, time sheet/route guide and map; take care to choose the one which represents the distance you want to cycle, not the one that matches your Easter ensemble. Complete the waiver, tear off, hand in, and have your start time recorded on your route guide. Fluorescent-coloured flagging tape will be on hand (colour-coded with the loop guides), to be tied on, preferably to your helmet to identify who's doing which loop.

Be sure to look over your route itinerary before you start!

Energy snacks, fruit, and beverages are 'on Al Hollinger' at Lighthouse Park...if you require a more substantial repast, please bring it along.

A note to out-of-towners: a photocopy map of the route is provided, but if you're not familiar with the Delta area, you might like to bring along an official street map.

Delta Engineering have been super about supporting this event, and will even sweep the main roads for us. Please show your appreciation by respecting all traffic rules.

Oh yes, as this is a maiden voyage, so to speak, we've had some re-thinks, thrown some ideas out the window, and thought up some new ones, so please don't hold us to the original draft plan. It's a rain or shine event (within reason). Let's hope for good weather and a good time had by all.

Victoria Hub & Spoke.

May 10th - 14th.

Registration Fee \$10.00

Barbara Hetzer 250 - 995 - 8430

Sonja Joos

Itinerary:

Wed May 10 Victoria Spring Picnic. Victoria riders will meet the ferry arriving at 10.35 a.m. from Tsawwassen and escort riders to the Picnic at Centennial Park.

Thurs May 11	Shawnigan Lake	60 km.	Doc Watson
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	City Tour, Victoria	60 km.	Bill Hook
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Fri May 12	Galloping Goose	60 km	Jan Grove
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Sat. May 13	Highlands	40 km	Brenda
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Borron or Roberto Bardati

	C. Saanich Peninsula	50 - 60 km	Art Borron
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Sun. May 14	Schwartz Bay Ferry	35 km	Horst Hees
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The Saturday rides will be followed by a windup lunch at Barbara and Sonja's. The \$10 fee quoted is actually to cover costs of the picnic and the luncheon. It can be sent to the office but can also be paid on site. Those people planning to attend the lunch who have not paid beforehand, should advise Barbara at the picnic and pay then. Anyone who has paid the full \$10 and does not attend the picnic and/or the lunch will be reimbursed the overpayment.

Participants book through the office in the normal way. Please arrange your accommodation with Victoria members, or call Sonja Joos (250) 995-8430 or Brenda Borron (250) 652-5990, e-mail bborron@home.com for details. For those seeking heart-of-downtown accommodation there is Hostelling International at 516 Yates Street, (250) 385-4511, fax 385-3232.

Sea to Sea 2000.

(See Nov. Newsbrief for

itinerary)

May - Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24th. From Victoria (Mile 0), (May 25th. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug. 31st 2000.

Horst Hees, unit 212, 991 Cloverdale Ave., Victoria, B.C., Canada, V8X 2T5

Here are the names of those who have paid the required deposit of \$ 300.- by Nov. 1/99 and are therefore "The Going Group":

Absher, JAN; Absher, Ken; Altenkirk, Brian; Carson, Jack; Chang, Bosco; Den Boer, Peter; Eade, Ronald; Fisher, Shirley; Flewelling, Dennis; Hees, Horst; Hoffman, Eric; Hoffmann Kathy; Horrocks, Jean; Kennedy, Gordon; Kennedy, Rachelle; Kennedy, Sonie; Lambert Marthe; Major, Louise; Murphy, Marilyn; Nicholas, Donna; Niebisch, Fritz; Prefontaine, Renaud; Reid, Geraldine; Reid, James; Riggs, Brian; Schmidt, Ernie; Skinner, Bud; Smith, Arnold; Svensson, Sally; Timms, Noreen; Tremblay, Jacques; Ungrin, Ed; Vennos, Alec; Whyte, Mary.

The balance of the estimated cost for the trip (3,000.-) is due as follows;

\$1,000.- by March 1, 2000. \$1,000.- by April 1, 2000. The remainder up to the total by May 1, 2000.

Hike and Bike Queen Charlotte Islands

May 26 - June 5

Jean Horrocks - 1-480-832-0608 or 250-287-8045

This will be a mostly tenting tour with each participant taking a turn on a cooking team. B&B's are close by at extra cost. We will be staying about 3 days each at Sandspit/Queen Charlotte City area, then Tlell/Port Clements area, and Masset/Naikoon Park area. This will leave time for hiking, kayaking, and sightseeing as well as cycling. Mostly easy riding pavement; or with a mountain bike one could explore gravel back-roads. Weather is similar to Vancouver; with little traffic, and miles of beach.

Arrive by May 25th at Sandspit. Jean will arrange to meet all ferry and flight arrivals. A small sag wagon will be used so please limit the amount of gear carried. Jim Wolff will be wagon-master.

Maximum number of participants is 20. Cost estimate \$300 per participant, required by April 30th. Please indicate preference for tenting or B&B (At Naikoon Park tenting is nicer and handier than B&B..

Participants: Jean Horrocks, Ness McCulley, Joan Engman, Bruce Ross, Margaret Hunter, Julie Irwin, Sharon Lindsay, Cathy McPherson, Fern Sule, Jim Wolff, Margarita Zantza.

The Big Ride 500 Cyclists

Across America - What a way to start the next 1000 years!

Six and a half weeks

Seattle to Washington, D.C. June 19 - Aug. 5, 2000

Call Toll-Free for a brochure - (877) BIG RIDE

B.C. contact: Ruby Campbell, 604-731-5864.

Helmets are required for participation on this ride.

Proceeds Benefit The American Lung Association of

Washington. Proceeds from Canadian Riders will go to the B.C. Lung Association.

(Courtesy only; not a CCCTS Tour

Pender Island Pedal (New Tour)

June 26-29 Mary Eickhoff 535-2513

e-mail eickhoff@vcn.bc.ca

Self-supported. Maximum participants 24. Deposit of \$37.50/person required for registration by May 31 - covers cost of 3 nights' tent-cabin/person.

Here's an opportunity to travel light and set up your instant camp 2 minutes from the ferry on an 8-acre site with 12 tent cabins located in Otter Bay's historic fruit orchard. Each cabin has 2 sleeping cots and is carpeted. You can enjoy the sundeck, picnic tables and excellent ocean views. On site are: gazebo with BBQ facilities, heated pool, piano bar by the pool. The Islander Restaurant, showers and laundry, store and gallery, kayak rentals, and a 9-hole golf course nearby. North and South Pender Islands offer plenty of cycling exploration options, galleries, restaurants, pubs, a market area, and lovely colourful pastoral scenes for a very laid-back getaway.

Sunshine Coast and Vancouver Island

July 18 - 27, 2000; Diana Lifton

Fully-loaded tour-30 to 40 kms. per day - 20 Participants limit

A ten-day, fully-loaded, camping tour (no motor vehicles, no B&Bs, no motels) starting in Nanaimo, or Horseshoe Bay. Ferry to Langdale for first night and planning session at Langdale Heights RV Park. Along the Sunshine Coast, stopping at Sechelt; Madeira Park; Saltery Bay Prov. Park; Powell River and a REST DAY; Ferry to Comox, bike to Buckley Bay, and ferry to Denman Island; Qualicum Beach; Nanoose Bay; Departure Bay or Duke Point for ferry HOME

There is no tour charge; each person pays his/her own ferry fares, food and camping costs as the need arises. The dates have been planned to take advantage of the Monday to Thursday free ride for seniors on BC ferries, although there may be a charge for bicycles on some runs.

Please phone (250) 468-5696, fax (250) 468-5691, or e-mail <lifton@home.com> for more information (such as the joys of fully loaded camping) and a copy of the itinerary.

Participants: Diana Lifton, Art & Brenda Borron, Martine Donahue, Joan Enman, Lyse Godbout, Kate Hill, Bruce Ross, Judy Jackson, Frank Jacobsen, Anna Markus, Sylvia Mather, Bruce McLean, Catherine Mick, Dennis Parsons, Wendy Pearson, John Peck, Palle Pedersen, Carl Rorison, Charles and Jeannine Finnigan, Peter and Chris Kabel, George Setterfield, Sharon Lindsay, Frank Weber.

Nicola Valley Hub & Spoke.

Aug. 14th - 18th.

Barton Howes 250 - 378 - 0927

Self-contained camping at Claybanks RV Park.

Registration Fee \$5.00

Participants: David and Virginia Brown, Dave and Vickie Darts, Barton Howes, Jan Johnson, Theresia Keet, Anna Markus, Bruce McLean, Wendy Pearson, Carl Rorison, Ness McCulley, Walter and Marion Griffioen, Joan Engman, Yvonne Miller, Kim Vogt, George Setterfield, Chris Siggers, John Peck, Corry Koster, Gillian Akin, Katryn and Carl Jeronimus

Alberta Rockies

Tentative Dates: Aug 27 - Sep. 12

Ted Stubbs 604-321-2784

Cost \$450.00

Deposit \$10

Vehicle-supported, camping and hostels. The tour will start at Rocky Mountain House and go to Edmonton, Maligne Lake, Medicine Lake, Jasper, the Icefields Parkway and the David Thompson Highway.

Participants: Ted and Pat Stubbs, Brenda Borron, Jim and Shirley Jeffrey, Keith Clothier, Adrian Thomson, Bruce McLean, Sylvia Mather, David and Truus Clark, Wendy Pearson, Frank Weber, Barbara Faulkner, William Hook, Bob Douglas, Julie Irwin, Helen and Roy Goodchild, Victoria Bernhardt

Pacific Coast Tour - Border to Border - 2,000.

Sept. 15 - Oct. 26, 2000 (Tentative)

Barton Howes 250-378-0927

Experience the Coastal regions of the West at a pace worthy of their natural beauty. The route of travel will bring us in view of the Pacific Ocean most every day, making this a truly memorable tour of adventure and discovery. The famous Oregon Coast bike route, the vineyards of the Sonoma Valley, and the Golden Gate Bridge will be some of our destinations. The tour will begin in Surrey, B.C., and end in San Diego, CA. This will be a vehicle and portable kitchen supported camping tour with each participant taking a turn on a cooking team about once per week.

Anyone willing to be wagon-master please telephone Barton Howes.

Maximum number of participants is 24. Cost estimate \$1,440 per participant Deposit \$40 required by May 1st. Remainder of \$1400 (current estimate, which may be reduced based on results of reconnoitre) required by August 1st. Bicycles returned with camping equipment to Burnaby office for additional charge of \$25.

Participants: Barton Howes, Faye Wilson, Sheila Dinsdale, Emmy Matte, Anna Markus, Pablo Bleiker, Jack Sheppard, Leila Montgomery, Carl Rorison, Russ Horsnell, Diane Horsnell, Sharon Lindsay, Cathy McPherson, Corry Koster, Andre Milaire, Lise Brooks, Skip Brooks, Wendy Pearson.

Great Divide Mountain Bike Route Cyclists Wanted

Brian Wood is an experienced cyclist and mountaineering club member, has cycle toured extensively in Europe, and has also travelled in the Middle East and Peru. He is planning a cycle camping trip along the Continental Divide from the Waterton-Glacier Parks area through Colorado.

This route is a new "classic" and extends along the US Rocky Mountains from Canada to Mexico, crossing the Continental Divide 27 times. The highest point is 11,910 feet and the lowest point is 2,750 feet. The route is 80% dirt roads, 10% single track and 10% paved roads, and has been mapped on large-scale strip maps by U.S.-based Adventure Cycling Association. formerly "Bikecentennial". Participants have to be self-sufficient for several days at a time due to the isolation of the route from supplies. More information on the route can be obtained from Adventure Cycling as follows:

Website: www.adv-cycling.org

E-mail: acabike@aol.com

Phone: (800) 755-2453 or fax 406- 721-8754

Brian is interested in leaving from the northern end in early September 2000 and covering about 30 to 60 miles a day for about three to four weeks, but distances and dates are flexible. If you are interested in joining, please contact Brian Wood at

Phone/fax 604-222-1541

E-mail: Bjwood@axion.net

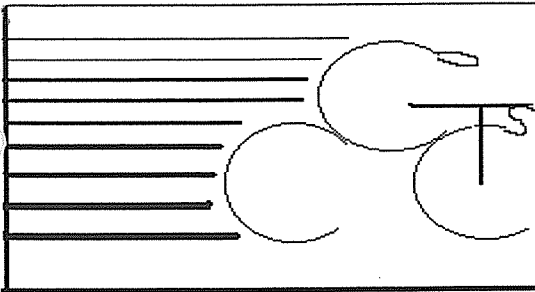
Mailing address: 1844 Acadia Road, Vancouver, B.C., Canada V6T 1R3

(Courtesy only - not a CCCTS tour)

Something worth thinking about: A Power of Attorney with an enduring clause is where a person appoints someone close to them to look after their personal affairs when they become mentally incapable of doing so themselves. The Provincial Government is replacing the enduring Power of Attorney with Representation Agreements. The Representation Agreement Act, proclaimed Feb. 28, will be in full force and effect September 2000, after which time it will no longer be possible to create an enduring Power of Attorney. Representation Agreements will become a lengthy, complicated, costly document, and will not be effective until they are registered with a Registry. An enduring Power of Attorney drafted prior to Sept. 2000 will remain valid.

The above was submitted by Dorothy Kennedy. It formed part of an advertisement for a Notary Public, so may not have been entirely neutral, but it could well be worth investigating, especially by someone planning to appoint a Power of Attorney.

(Ed.)



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 17 No.5

Editor: Rolf Petersen rolf.p@home.com

May 2000

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.
<http://www.vcn.bc.ca/cccts/>

Tel / Fax: 604-433-7710
E-mail: cccts@vcn.bc.ca

President's Corner

by Mary Eickhoff

May brings flowers and with the gradual warming this spring they are really peaking in perfect form, having avoided the March winds. It's a wonderful month in gloriously bloomin' Victoria particularly, for CCCTS members, as we're invited to congregate from near and far for the picnic and join in performing a disappearing act on a delicious lunch, arranged this year by Ute and Jim Grayson and other Greater Victorians. Barbara Hetzer and Sonja Joos will send us cycling in all directions for the next few days on spokes from the central hub. We look forward to rendezvous with visiting members from Quebec, Ontario, Alberta, and hopefully other parts as well.

North Americans will no doubt be aware of a Continental Drift eastward May 24 to Aug 31, attributable to the migration of the 'Hees Sea to Sea Troup'; rare birds who are driven to this compulsion only once every three to four years, some finding temporary resting grounds as near as Winnipeg, others pressing on to Halifax, before their flights home, usually by the end of August. If you happen to be on their flight path, please DO feed and cuddle them, and give them lots of strokes; but not enough to interfere with their homing instincts. We'll have a light in the window to guide their safe return.

Four of our speediest, Dan McGuire, Glen Smith, Chris Siggers, and Richard Gibbs are starting from Halifax early this month to begin the continental challenge from the other side. Now this is a tough assignment, fellas... how do we wish one group tail winds when it means headwinds for the other? Keep in touch, we'll be wishing you well.

Belated applause to Sally Svensson's Team Spring Social for the wonderful lunch spread they provided. In the words of the team leader herself, quote: "*Mary Whyte made the punch, Noreen Timms helped plus made a fruit platter and cake, Shirley Fisher and I shopped, Carl Rorison made the tea and coffee, Katryn sliced cheese, cut bread etc. We all did it together plus our new Sea to Sea driver, Yvonne Woudenberg jumped in to help. I made a lemon cake. It all seemed a mad dash but it all came together.*" (Sally) take a well deserved bow.

We wish Jean Horrocks and the Queen Charlottes participants good weather for their hike and bike of the islands May 26-June 5. Jean had room for a few more at last count, and the sights of these islands are unforgettable.

The peril of putting things in print is the risk of recoil... It seems that Feb 29 is actually not Sadie Hawkins' Day, simply Leap Day (from the March 'Corner'). Apologies to David Martin for erroneously associating his birthday with 'Sadie'.

May prescription for health and happiness: Cycle Safely and Often. Bon appetit!

Editor's Desk

In this issue we have a report from Australia by Sally my Stoker and better half of our tandem team. Sure to interest a lot of readers, "Talking dirty" by Dennis and the broken glass syndrome also from Down -Under. For visitors to Mid Vancouver Island we now have a complete summer ride schedule organized by Diana Lifton, and if that doesn't turn you on, there is our FOR SALE items on Page 6 and a plea from our Office manager to get rid of our surplus Office equipment.

Ken Grieve has supplied me with past history on the club, some of which will appear in future issues. Our first Cross Canada Tour started in Victoria on May 24th. 1987 (same starting day as our 2000 Sea to Sea Tour and this info was duly passed on to Horst Hees) with 51 members scheduled to participate.

The starting date from **Victoria** is **Wed. 24th. May** (for those purists that want to go all the way). Wednesday also happens to be the scheduled Victoria Ride day. Come on Victoria, let's have a really good turn - out in **BEACON HILL PARK 9 am** to give "The SEA to SEA" participants a good send-off and escort them to the ferry at Swartz Bay.

PS Keep an eye on our new improved and ever changing Web-Site by Art Borron!

Rolf.

Thanks Brenda for holding down the fort in my absence.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month .The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or The Editor.

Membership fees: Single \$ 25; Couples \$ 35.
The month your dues expire is shown on the address mail-out label.

2000 / 2001 DIRECTORS.

President	Mary Eickhoff	604 535 2513
	eickhoff@vcn.bc.ca	
Vice/Pres./Tours	Dan McGuire	604 942 3235
(On Tour till July)	DanMcG@telus.net	
Treasurer	Bruce Mc Lean	604 272 9359
	bmcl@telus.net	
Secretary	Catherine Lynch	604 543 0956
	bhelms@planeteeer.com	
Equipment	Jim Jeffrey	604 943 0924
Assistant	Ted Stubbs	604 321 2784
Membership	John Peck	604 538 0195
	peck@cs.ubc.ca	
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	rolf.p@home.com	
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	weinstein@sfu.ca	
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	sallynv@infoserve.net	
Assistant	Sonya Bardati	250 389 0091
	dockst@home.com	
The Island	Dennis Parsons	250 881 1170
	dovic@inetex.com	
Tours Assist.	Barton Howes	250 378 0927
Sea to Sea	Horst Hees	250 389 1152

Club Contacts:

Calgary.....	Zel Harvie	403 228 4934
	jharvie@attglobal.net	
Club Jerseys	Sally Svensson	(See above)
	sllynv@infoserve.net	

EVENTS CALENDAR 2000

		AUG 2 nd Vancouver Picnic
		3 rd Directors Meet
		14- 18 th Nicola Valley H & S
		25 th Start Alberta Rockies Tour
		31 st Sea to Sea completed
MAY 4 th	Directors Meet	
10 th	Victoria Picnic	
10-14 th	Victoria Hub & Spoke	
24 th	Start Sea to Sea 2000 Tour	SEP. 7 th Directors Meet
26 th	Start Hike & Bike Queen Charlotte Islands	15 th Start Pacific Coast Tour - Border to Border - 2000
JUN 1 st	Directors Meet	
26 - 29 th	Pender Island Pedal Sea to Sea 2000 Tour cont.	OCT. 5 th Directors Meet
JUL. 6 th	Directors Meet (cancelled)	
	Sea to Sea 2000 Tour cont.	NOV. 2 nd Directors Meet
18 th	Start Sunshine Coast Vancouver Island Tour	DEC. 6 th Banquet
		7 th AGM Directors Meet to follow.

New CCCTS Members

Gullon, Inge	218 Twyford Street, Ottawa, ON K1V 0V9
	613-738-0712
Harrison, Paul & Victoria	6042 150th St., Surrey, BC V3S 3H8.
	604-599-6852
Irwin, Julie.	12E Regina, Spokane, WA, USA 99218.
Richardson, Mary	106-5411 Vine Street, Vancouver, BC V6M 3Z7
	604-267-937
Schmidt, Gladys	RR3 Site336 C-1, Courtenay, BC V9N 5M8.
	250-338-8955
Zanstra, Margarita	419-711 East 6th Ave. Vancouver, BC V5T 1L7
	604-879-9371

CYCLING FAMILY.

On Tues. April 11, Dorothy Kennedy had a nasty fall off her bike, hitting the side of her face, leaving her conscious.

It happened near the Tsawassen ferry terminal on the Ladner ride, attended by 23 cyclists. Al Hollinger accompanied Dorothy to the hospital via ambulance. Bruce McLean arranged for the safe storage of bikes at the ferry terminal. Jerry Brereton went home for his car and retrieved the bikes at the terminal. Jantien Golsteyn, Marjorie Murphy and Mary Eickhoff went to the hospital to offer moral support & TLC. Shirley Fisher arrived and also spent the night with Dorothy, after discharge.

The good news, no broken bones and Dorothy is OK except for extensive bruising requiring ice packs.

Although it was a sobering, sad event, it was also heartwarming how everyone, abandoned their agenda & jumped in to help. It shows we are not just a club, but a cycling family who care about each other and are there when needed.

Good luck to you Dorothy, for a speedy & complete recovery.

Sally Svensson.

Companion needed.

To cycle Quebec and Maritimes, Self-contained
Camping, July to September
Contact Fern Sule 509 877 3840 or dolphins@yahoo.com

Touring Australia.

Rolf and I don't usually need an excuse to visit Australia but the R.T.A. ride for M.S. was a good one. We took our Bike Friday tandem along, this way I can keep up!!

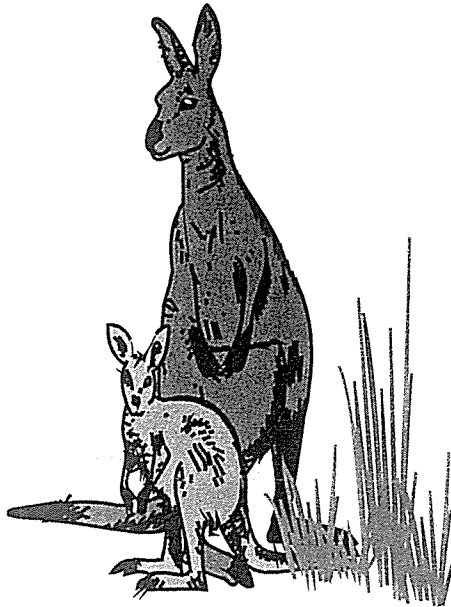
Rented a car in Sydney, drove along the coast to Mossy Pt, about half way to wards Melbourne and stayed with friends for a week. Did some cycling in the area which is really beautiful: White sandy beaches, gum forests, fairly flat with some hills inland. Unfortunately I lost my camera, it worked loose while we were riding over some road construction. We went back to look for it but no luck, a car must have stopped and picked it up. The photos from the 2 disposables we bought were not really that good.

Then we drove inland across the mountains to Bright in the state of Victoria where there was a Aussie Bike Friday gathering. Fantastic! 69 people all with their Friday bikes. All from different parts of Australia except for us and 4 Americans who had just cycled around Tasmania, then from Melbourne to Bright, towing their suitcases behind them. Very impressive. It was very hot in the low thirties so we opted for the flat valley rides. The hot shots who did Mt Buffalo were cold and got rained on while we sweltered in the valley. It was like our hub and spoke rides we all stayed in the one camp site and went in a different direction every day, very casual and fun, a great bunch of people.

To get to my cousins place north of Brisbane we stayed inland and drove a route on the edge of the outback. A very good choice. The first 2 days was agriculture, tobacco, soybeans, vineyards, citrus fruits, corn, cotton, rice, giving way to wheat fields, grasslands with cattle and then scrub land for the last 2 days. The amount of wildlife was fantastic: Big red kangaroo, emu, lizards and all kinds of birdlife. Everything was so green as there had been so much rain this summer and spring. At Caboolture my cousin Geoff took us to see Koalas in the wild.

Finally on to Tweed Heads the beginning of the Big Ride where we met up with other members of CCCTS. Bill Augusteijn, Barbara Hetzer, Mary Whyte, Steve Ferris, Jean and Glenn Smith, Mary Jane Edwards, Andre Milaire and John Cuthbertson. Over 1600 cyclists milling around getting their bikes ready, picking up their packages with instructions, maps, t-shirts etc: All ages with all different types of bicycles, and then starting en masse, it was a sight to behold.

After clearing town we cycled through sugar cane for 2 or 3 days mostly on back roads which at times were quite rough and got more and more hilly!! The down hills were very frustrating due to having to brake for a sharp turn at the bottom followed by a rough plank bridge!! There were marshals to warn us thank



goodness. Rolf was happy he had the drag brake put on the tandem. But of course all the momentum was gone for the UP hill on the other side of the bridge, then I became the drag brake!! I must confess we walked a few hills, the grades with the heat and humidity really got to me. One day and 2 half days Bill took over for me on the tandem and they didn't walk one hill!! Thanks Bill. It was just the first day that everyone started together, after that you took off in your own time between 6 am and 9 am. Most of us tried to leave fairly early to avoid the heat.

John, Bill, Steve, Rolf and I camped along with the majority of cyclists and volunteers. Mostly in local show grounds, it was really something to try and find your tent among hundreds of others. We put our Canadian flag up and this made it easier. Just like our

tours, on arrival at the campsite you collect your tent etc: put it up shower and wash out your clothes (which always dried very quickly in the wind) and relaxed before supper. Every night you had different neighbours, it was very interesting at times. By 9 pm everything on the campsite closed down and most of us were already in our tents! Even those coming in late from the local pubs were very quiet, just the odd expressive remark when they tripped over a tent peg!

One of the things that impressed me the most was the fleet of 6 large semi trucks that traveled with us: 3 with hot and cold shower cubicles along one side, wash basins, benches, hooks for towels etc: and mirrors on the other side. There was always hot water. The other 3 had flushing porta potties (16 in each) along one side with sinks and mirrors, very civilized. With all the use they got the drivers still managed to keep them clean.

Of course it was the bird sounds that caught my attention, the early morning chorus and along the route rainbow lorakets, galahs, kookaburras, currawongs, magpies, butcher birds and many others I couldn't identify. The best part of all was the last 3 days, the weather cooled off, it even rained and we were in bell bird country. Here we are straining and pushing up the hills and all around in the bush is this tinkling in the trees, a wonderful sound. At Dungog the show ground was so muddy, everything was wet, so Rolf and I treated ourselves to a motel room for the last night at Ourimbah. It was nice to have a ready made bed but I did miss the bush sounds.

This was a tough ride for me but I wouldn't have missed it for the world.

Sally Petersen.

Talking Dirty

Chain Talk.

I was in a bookstore with a glossy cycling magazine which fell open at a page on cleaning one's bicycle chain. I was immediately interested. I have one of those little plastic gadgets with sprockets and brushes that you clamp over the chain. I have heard of people boiling the chain in kerosene while standing by with a bucket of sand in case it should catch fire, and then there is the melted paraffin wax that doesn't collect dirt when it dries on the chain.

The author started his article with acknowledging that no scientific benefits could be proven because of the varied and diverse conditions under which bicycles are ridden. He then went on to tell how to clean a bicycle chain.

I can think of only two reasons for wanting to clean a chain - to prevent getting those almost ineradicable marks on your leg or to flush out abrasive materials. Let's dismiss the first reason. Within minutes of cleaning the chain, just a brief encounter with your leg will leave a lasting impression of tooth marks.

For reason number two, let's consider a few things: Buy a

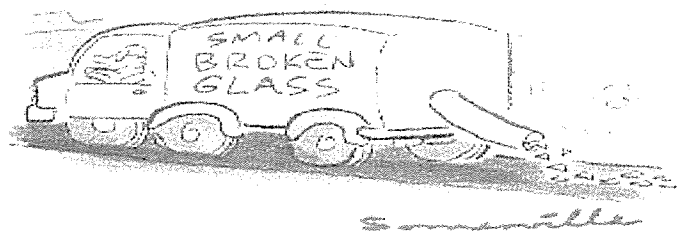
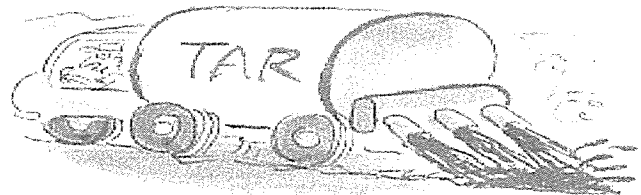
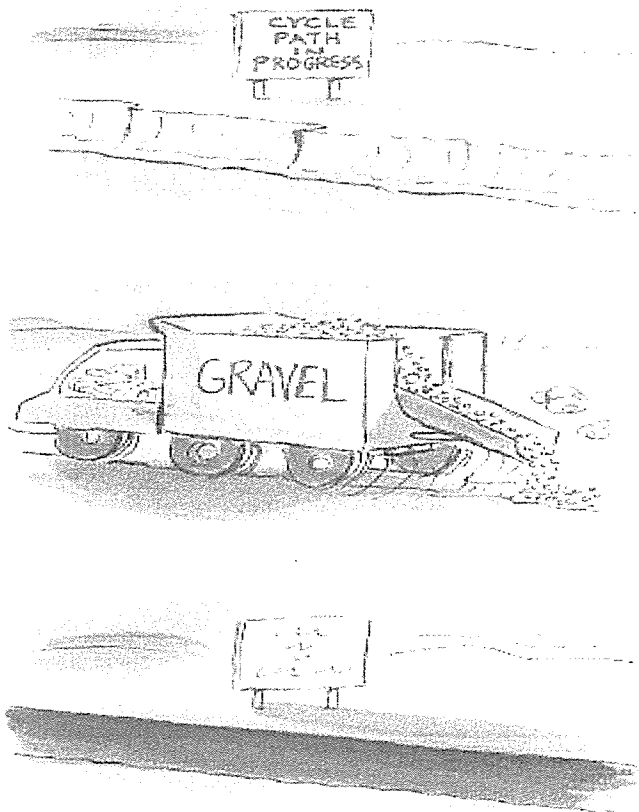
new chain, lay it with the links vertical on the kitchen table, then push the links together and then pull them apart. Can you perceive any difference in the length? This indicates that there is such a little gap between the pin and the roller, even a *ngi-ngi* couldn't creep in there (send me a self-addressed envelope and I will tell you what a *ngi-ngi* is).

So what could cause the pin and roller to wear? Dry metal. All kinds of ugly things happen when metal rubs on metal. The solution? Lubrication! And the best cannot be SAE.90 or even SAE.5 - it has to be something with the consistency of water but with super film strength.

The sprays with "teflon" fill the bill. Through capillary action the lubricant finds its way to the vital surfaces while leaving the dirt outside to prevent any intrusion. By all means, scrape the gunk off that accumulates between gears, but don't clean the chain.

Be dirty and it will last forever!

Dennis



TOURING QUESTIONNAIRE 2000 - RESULTS

There was quite a good response to the questionnaire we sent out asking your preferences on cycle tours, with a lot of good comments to help guide the club's decisions.

There is much interest in "day trips", both in the city of residence and at Hub & Spoke events. This has shown up in the weekly rides being well attended, and lots of people are signed up for the two Hub & Spoke events being organized so far this year.

Tours in Canada were the most preferred but tours in the USA and other Countries would also be appreciated. The British Isles is the favored foreign destination with Ireland and the UK at the top of the list, but a high proportion also would like to tour Australia and New Zealand. Continental Europe was mentioned by many with France, Germany and Italy the favorites. Since the questionnaire went out in winter, many mentioned they would like to go some place warm.

Shorter tours of two or three weeks are preferred with fewer people preferring longer tours. Most would like two tours per year. As might be expected, on longer tours most people would prefer someone else carry their bags, but there were also a surprising number who said they would prefer to carry their own.

For accommodation both tent camping and motel-hotel arrangements were equally popular. Hostels were acceptable to most but not preferred. The items considered most important on a tour are sightseeing and information. Cost is a factor but most realize that the CCCTS tours are quite reasonable in price.

Daily distances was not of high importance except that people would like to know what to expect and chose a tour to match their abilities as well as interests; 80 to 100 km seemed to be acceptable in most cases. Schedules and group size was of medium importance and most had been happy with past arrangements.

As might be expected these days 62% of replies came by e-mail. It was so easy, quick, and inexpensive to send back the reply. There was a very encouraging response by those willing to offer help. If any of you are interested in organizing a tour the office can put you in touch with others in your area who might be willing to work with you.

We would like to thank all who responded to the questionnaire and volunteered to help; thank you very much indeed!

Dan McGuire.

NANOOSE CYCLISTS

Summer 2000 Schedule for Thursday Rides.

Visiting members to the Nanaimo/ Parksville Area wishing to participate contact Diana/Al Lifton. 250 468 5696

- | | |
|---------|--|
| May 11 | Coomb's - Market. |
| 18 | Denman/ Hornby - meet at Denman Ferry in time for 10 am ferry |
| 25 | Coomb's - bakery. |
| June 1 | Gabriola Island- meet at ferry at 10 am |
| 8 | Coomb's- market |
| 15 | Little Qualicum Falls - usual meeting place and time. |
| 22 | Coomb's- bakery. |
| 29 | 100 km north- meet at Parksville Community Park at 10 am. |
| Jul. 6 | Coomb's- market. |
| 13 | 100 km south- meet at Starbuck's, Woodgrove Mall at 10 am. Proceed up Aulds to junction with Hwy. 19 and start of Parkway Trail. |
| 20 | Coomb's- bakery. |
| 27 | Englishman River Falls usual meeting place and time. |
| Aug. 3 | Coomb's - market. |
| 10 | Denman ferry to Courtenay/Comox and return. Meet at Denman ferry at 10 am. |
| 17 | Coomb's- bakery |
| 24 | Qualicum Airport- usual meeting place and time. |
| 31 | Coomb's - market. |
| Sept. 7 | Lasqueti Island - meet at French Creek dock. TBA |
| 14 | Coomb's - bakery. |
| 21 | Horn Lake Road, Highway 19; return Highway 19A |
| 28 | Coomb's - market |

**** An "away" tour that is rained out, should be tried again the following week.**

Ladner Birthday Dinner.

Tues. Mar. 14th.

A large group, 23 in all, gathered at Ricky's for the March Birthday dinner. We were honouring Harry Lang and Jim Jeffrey. Al Hollinger (just back from Mexico) did the "Aztec Two Step" as he delivered the Birthday cake! Jim was presented with a joke 80th. Birthday card!!

A big thank you is long overdue to Bernice Gregory for making many of the cards given out at our Birthday dinners. Well done Bernice and a thank you from us all.

From Shirley Mae Jeffrey.

PS We missed you Shirley - come back soon.

PLEASE NOTE.

During the week of March 13th, a cheque was received in our office for \$ 35.00 US from an E & C Yochens. The cheque was processed without making a record of the address or Phone# listed thereon and we have no record as to what the funds are for. Please advise the Office if you have any knowledge of these individuals.

SURPLUS OFFICE EQUIPMENT FOR SALE.

Club Office Computer.

(No printer or modem)

Hardware:

McIntosh IICI, 5120K bytes of RAM, 75MB hard drive, System 7.1

NEC MultiSync 16" 3FGx colour monitor
Apple extended keyboard and mouse
Crate Technology external 40 MB drive on SCSI chain

Software:

MicroSoft Word 4.0
HyperCard 2.2
Eudora 1.4.3
Netscape 1.1N
Aldus SuperPaint 3.0
Zterm 0.9 (for text based internet access)
MicroPhone LT (similar to Zterm)
ACCPAC Simply Accounting 1.2B
After Dark (screen saver)
Norton Utilities 1.1.1



Good for E-mail and word processing. Memory could be upgraded at small cost

Offers on \$200. Free delivery and installation in the Lower Mainland.

Radio Shack Multi-User Digital answering machine (has 4 mail boxes), in working order, with user manual, power supply and cables. Cost \$254 in 1996.

Sanyo TAS 350 2-tape cassette, answering machine, in working order, with manual, power supply and cables. Bought in 1990.

Panasonic Answering Machine. Model KX - T 1000. Serial 2 Fahc 062087. Bought in 1994.

Send your offer to the office manager at the CCCTS address.

Intergenerational Golf.

By Richard Gibbs.

A young man who was also an avid golfer found himself with a few hours to spare one afternoon. He figured if he hurried and played very fast, he could get in 9 holes before he had to head home. Just as he was about to tee off an old gentleman shuffled onto the tee and asked if he could accompany the young man as he was golfing alone. Not being able to say no, he allowed the old gent to join him. To his surprise the old man played fairly quickly. He didn't hit the ball far, but plodded along consistently and didn't waste much time. Finally, they reached the 9th fairway and the young man found himself with a tough shot. There was a large pine tree right in front of his ball - and directly between his ball and the green. After several minutes of debating how to hit the shot the old man finally said, "You know, when I was your age I'd hit the ball right over that tree." With that challenge placed before him, the youngster swung hard, hit the ball up, right smack into the top of the tree trunk and it thudded back on the ground not a foot from where it had originally lay. The old man offered one more comment, "Of course, when I was your age that pine tree was only 3 feet tall."

Lighthouse to Loops Century Results.

Mary Eickhoff.

The sun shone, forty-six cyclists came, and Delta Engineering had the streets swept clean. Unfortunately some sod smashed a bottle at the top of Imperial Hill after the sweep, but everyone completed the Ladner to Lighthouse Loops safe and sound.

We promised you prize results for those closest to the set times for completing each loop and here they are:

35K Loop: (set time - 3 hr 25 min) Katryn Jeronimus won a pair of blue Giant cycling gloves, courtesy of Peninsula Cycles in White Rock.

55K Loop: (set time - 4 hr 15 min) Anne Foster won a tune-up valued at \$39.99 valid until December 31, 2000, courtesy of Dave Sillmans of the 'I Love My Bike' shop, The Bike Cellar on West 4th Ave, Vancouver.

70K Loop: (set time - 4 hr 15 min) Joint Winners: Noreen Timms wins brake extensions, complete with installation; Brian Riggs wins a rear view mirror; both courtesy of Al Hollinger.

100K Loop: (set time - 5 hr 25 min) Peter den Boer gets a mountain bike, courtesy of Al Hollinger's Dream Machines.

It's interesting to note that the prize recipients represent, our hostess with the mostest (Katryn), a new member (Anne), and three members of the Sea to Sea Tour (Noreen, Brian, and Peter). Congratulations and thanks for participating. Of course, it all worked because of volunteers... Val Brereton, signing cyclists' start time from Ladner, Marten McCready, officiating at the Lighthouse Park checkpoint, and Eva Folk and Joan Rumsey, the ladies who cut up, sliced, and set out the best offering of fruit, breads, and beverages I've ever seen. Al Hollinger, the event host deserves a round of applause loud enough to break the meter. Heaps of thanks to the volunteers, participants, and prize donors, who helped make the inaugural Ladner to Lighthouse Loops a perfect day!

Italian Tandem For Sale.

"Freschi" Custom made Tandem, 24"/22" Lady Back.

All Campagnolo Record components except new hydraulic brakes which give perfect control on steep descents. Soft suspension (adjustable) rear seat post with "Terry" ladies saddle. "Vetta" rear carrier with 2 near new "Carradice" saddle bags.

Low mileage, excellent condition. Price \$ 1700

For info call Jim Tettamanti (604) 224 6456

FOR SALE.

Professional Touring Bike.

- 53 cm [21'] grey chrome-moly frame will fit riders 5'6" to 5'9"
- Excellent condition (single owner), 6 years old.
- Front and rear fenders with mudguards.
- 3 water bottle cages can be attached.
- Computer and cadence indicator.
- 21 Speed bar-end shifters.
- Weights approx. 23 lbs.
- Gel seat; pedals w. straps.
- Spare rim, seat bag and spare tubes.
- Price \$650.
- Call Leo at (604) 541 9198 E-mail:

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers who enable us to provide tour opportunities at cost. To participate you must :

- be a member, sign a waiver and agree to the financial rules
- be in proper physical condition to undertake the tour
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax or write to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying "to be deposited for **name of tour** or **names for membership**". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS' INFORMATION Guidelines.

Victoria Hub & Spoke.

May 10th - 14th.

Registration Fee \$10.00

Barbara Hetzer 250 - 995 - 8430

Sonja Joos

Itinerary:

Wed May 10 Victoria Spring Picnic. Victoria riders will meet the ferry arriving at 10.35 a.m. from Tsawwassen and escort riders to the Picnic at Centennial Park.

Participants book through the office in the normal way. Please arrange your accommodation with Victoria members, or call Sonja Joos (250) 995-8430 or Brenda Borron (250) 652-5990, e-mail bborron@home.com for details. For those seeking heart-of-downtown accommodation there is Hostelling International at 516 Yates Street, (250) 385-4511, fax 385-3232.

Participants Daniel & Jerry Baris, Bissegger, Max & Frances, Bohm Lesley, Clack Garfield, Eaton Dan, Ellis Doris, Engman Joan, Fry Bill & Sheila, Fyfe Margaret, Gillespie Valerie, Harvie Zel & John, Hetzer Barbara, Horricks Jean, Jeffrey Shirley & Jim, Jeronimus Katryn, Johnson Jan, Kennedy Dorothy, Joos Sonja, Kirby Sara, Koster Corry, Lambert Marthe, McKay Alyce, McLean Bruce, Major Louise, Markus Anna, Murphy Marilyn, Murphy Marjorie, Niebisch Fritz, Parsons Dennis, Pearson Wendy, Rorison Carl, Russell William, Schmidt Gladys, Sule Fern, Svensson Sally, Tanchak Rose, Weinstein Ed & Jacqueline, Whyte Mary, Yaremovich Mary,

Sea to Sea 2000.

(See Nov. Newsbrief for itinerary)

May - Aug; Horst Hees c/o CCCTS office.

A vehicle supported camping tour starting on May 24th. From Victoria (Mile 0), (May 25th. From Tsawwassen) with around 85 cycling days and 15 days off at interesting places. The tour ends in Halifax on Aug. 31st 2000.

Horst Hees, unit 212, 991 Cloverdale Ave., Victoria, B.C., Canada, V8X 2T5

Here are the names of those who have paid.

"The Going Group": Absher, JAN; Absher, Ken; Altenkirk, Brian; Carson, Jack; Chang, Bosco; Den Boer, Peter; Eade, Ronald; Fisher, Shirley; Flewelling, Dennis; Hees, Horst; Hoffman, Eric; Hoffmann Kathy; Horrocks, Jean; Kennedy, Gordon; Kennedy, Rachelle; Kennedy, Sonie; Lambert Marthe; Major, Louise; Murphy, Marilyn; Nicholas, Donna; Niebisch, Fritz; Prefontaine, Renaud; Reid, Geraldine; Reid, James; Riggs, Brian; Schmidt, Ernie; Skinner, Bud; Smith, Arnold; Svensson, Sally; Timms, Noreen; Tremblay, Jacques; Ungrin, Ed; Vennos, Alec; Whyte, Mary.

Hike and Bike Queen Charlotte Islands

May 26 - June 5

Jean Horrocks 1-480-832-0608 or 250-287-8045

This will be a mostly tenting tour with each participant taking a turn on a cooking team. B&B's are close by at extra cost. We will be staying about 3 days each at Sandspit/Queen Charlotte City area, then Tlell/Port Clements area, and Masset/Naikoon Park area. This will leave time for hiking, kayaking, and sight seeing as well as cycling. Mostly easy riding pavement; or with a mountain bike one could explore gravel back-roads. Weather is similar to Vancouver; with little traffic, and miles of beach. Arrive by May 25th at Sandspit. Jean will arrange to meet all ferry and flight arrivals. A small sag wagon will be used so please limit the amount of gear carried. Jim Wolff will be wagon-master. Maximum number of participants is 20. Cost \$300 per participant, required by April 30th. Please indicate preference for tenting or B&B. At Naikoon Park tenting is nicer and handier than B&B.. Participants: Jean Horrocks, Ness McCulley, Joan Engman, Bruce Ross, Julie Irwin, Sharon Lindsay, Cathy McPherson, Fern Sule, Jim Wolff, Margarita Zantza, Josie Zewiec, James Ladd

Pender Island Pedal.

June 26-29

Mary Eickhoff 604-535-2513 e-mail eickhoff@vcn.bc.ca

Self-supported Max. participants: 24

Deposit of \$37.50/person required for registration by May 31 - covers cost of 3 nights' tent cabin/person.

Details, April Newsbrief. The tour is currently fully booked but we will maintain a waiting list in case of cancellations. There are other camping spots on North Pender, i.e., Port Browning Marina, and the provincial park.

Update, May 1: On visiting the site I was much impressed with the tent-cabins. Situated on the terraced hillside above the marina, they have high ceilings, ventilation in the roof peak, and windows c/v velcro flaps for additional ventilation. I found, however, that The Islander Restaurant is off-site uphill about 1/2K and does not offer breakfast. I have reserved the gazebo for our use for a total of \$35 for the duration of our stay. It's an open-sided but roofed shelter, complete with counter, sink, frig, and lots of table space. Coffee and baking are available from the marina store beside the gazebo from 8 a.m. Those who don't mind an uphill jaunt first thing can breakfast at the golf course clubhouse - approx. 3/4K.

If you would like to participate in a group evening meal at the Islander Restaurant on Monday Jun 26 as a get-acquainted opportunity, we could make a reservation for either a set menu or choices. Set menu has the advantage that it is quicker service. The menu hasn't been made up yet, but they'll fax it as soon as available and I'll pass it on to participants by email, fax, snail, whatever you have, and await your replies.

Participants (24): Mary Eickhoff, Bruce McLean, Monty Peters, Mary Whyte, Palle & Helli Pedersen, Dennis Parsons, Katryn Jeronimus, Jerry & Val Brereton, John & Dorothy Philip, Ray & Kathleen Wilkinson, Dan Kennedy, Bob Douglas, Frank & Jennifer Jacobsen, Anne-Marie Labourdette, Margaret Hunter, Ann Howe, Mary Vickers, Sandra McLeod, Kate Hill. Waiting list (2): Tamas & Wendy Sandor.

Sunshine Coast and Vancouver Island

July 18 - 27, 2000; Diana Lifton

Fully-loaded tour-30 to 40 kms. per day - 20 Participants limit

A ten-day, fully-loaded, camping tour (no motor vehicles, no B&Bs, no motels) starting in Nanaimo, or Horseshoe Bay. Ferry to Langdale for first night and planning session at Langdale Heights RV Park. Along the Sunshine Coast, stopping at Sechelt; Madeira Park; Saltery Bay Prov. Park; Powell River and a REST DAY; Ferry to Comox, bike to Buckley Bay, and ferry to Denman Island; Qualicum Beach; Nanoose Bay; Departure Bay or Duke Point for ferry HOME

There is no tour charge; each person pays his/her own ferry fares, food and camping costs as the need arises. The dates have been planned to take advantage of the Monday to Thursday free ride for seniors on BC ferries, although there may be a charge for bicycles. Please phone (250) 468-5696, fax (250) 468-5691, or e-mail <lifton@home.com> for more information and a copy of the itinerary.

Participants: Diana Lifton, Art & Brenda Borron, Martine Donahue, Joan Enman, Lyse Godbout, Kate Hill, Bruce Ross, Judy Jackson, Frank Jacobsen, Anna Markus, Sylvia Mather, Bruce McLean, Catherine Mick, Dennis Parsons, Wendy Pearson, John Peck, Palle Pedersen, Carl Rorison, Charles and Jeannine Finnigan, Peter and Chris Kabel, George Setterfield, Sharon Lindsay, Frank Weber.

Nicola Valley Hub & Spoke.

Aug. 14th - 18th.

Barton Howes 250 - 378 - 0927

Self-contained camping at Claybanks RV Park.

Registration Fee \$5.00

Participants: David and Virginia Brown, Dave and Vickie Darts, Barton Howes, Jan Johnson, Theresia Keet, Anna Markus, Bruce McLean, Wendy Pearson, Carl Rorison, Ness McCulley, Walter and Marion Griffioen, Joan Engman, Yvonne Miller, Kim Vogt, George Setterfield, Chris Siggers, John Peck, Corry Koster, Gillian Akin, Katryn and Carl Jeronimus, Anna Markus, Joan Engman, Yvonne Miller, Kim Vogt, George Setterfield, June Gallagher, Dan McGuire, Ivan Paravan, Margot Paravan, Sonya Bardati, Roberto Bardati, Dan Eaton, Jim Hendrickson, Tamas Sandor, Wendy Sandor, Jean Horrocks

Alberta Rockies

Tentative Dates: Aug 25 - Sep. 9 Ted Stubbs 604-321-2784

Max. Participants 25

Cost \$450.00 Deposit \$10

Vehicle-supported, camping and hostels. The tour will start at Rocky Mountain House and go to Edmonton, Maligne Lake, Medicine Lake, Jasper, the Icefields Parkway and the David Thompson Highway.

Participants: Ted and Pat Stubbs, Brenda Borron, Jim and Shirley Jeffrey, Keith Clothier, Adrian Thomson, Bruce McLean, Sylvia Mather, David and Truus Clark, Wendy Pearson, Frank Weber, Barbara Faulkner, William Hook, Bob Douglas, Julie Irwin, Helen & Roy Goodchild, Victoria Bernhardt, Michael Goldberg, Bob Miller, Dennis Parsons, Wendel & Theresa Green, Josie Zewiec

Pacific Coast Tour - Border to Border - 2000.

Sept. 15 - Oct. 26, 2000

Barton Howes 250-378-0927

Experience the Coastal regions of the West at a pace worthy of their natural beauty. The route of travel will bring us in view of the Pacific Ocean most every day, making this a truly memorable tour of adventure and discovery. The famous Oregon Coast bike route,

the vineyards of the Sonoma Valley, and the Golden Gate Bridge will be some of our destinations. The tour will begin in Surrey, B.C., and end in San Diego, CA. This will be a vehicle and portable kitchen supported camping tour with each participant taking a turn on a cooking team about once per week. Anyone willing to be wagon-master please telephone Barton Howes.

Maximum number of participants is 24. Cost estimate \$1440 per participant. Deposit \$40 required by May 1st. Remainder of \$1400 (current estimate, which may be reduced based on results of reconnaissance) required by August 1st. Bicycles returned with camping equipment to Burnaby office for additional charge of \$25.

Participants: Barton Howes, Faye Wilson, Sheila Dinsdale, Emmy Matte, Anna Markus, Pablo Bleiker, Jack Sheppard, Leila Montgomery, Carl Rorison, Russ Horsnell, Diane Horsnell, Sharon Lindsay, Cathy McPherson, Corry Koster, Andre Milaire, Lise Brooks, Skip Brooks, Wendy Pearson, Peter Boer, Jo Hamilton, Inge Gullon, Marthe Lambert, Jim Hendrickson, Jim Betts

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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 538-0185 for meeting place, time and destination

VANCOUVER ISLAND

Victoria:

Sundays - Meet 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - Meet 9 am at Quadra & Chatterton (nr. Pat Bay Hwy)

Contacts: Horst Hees 250-389-1152

Rolf Petersen 250-384-6804

Nanoose/Parksville:

Thursdays - 10 am at Nanoose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 2250-468-5696

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY With the Elbow Valley Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group:

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES

Starting April 1st, CCCTS member Peter Baron is offering Saturday rides, starting at 6.15 am from the Riverside Park Tennis Court parking lot. Distances will vary from 50 km to 209 km.

For info. Contact Peter Baron, 250-372-8392.



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 17 No.6

Editor: Rolf Petersen rolf.p@home.com

June / July 2000

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President's Corner (Page)!

by Mary Eickhoff

The purists of the 'Hees Sea to Sea Troup', who started May 24 from Beacon Hill Park in Victoria, enjoyed the escort by enthusiastic Islanders via the Rumrunner Pub in Sidney, to the 3 pm ferry and arrived in Delta about 4:30; then flocked to the Tsawwassen Motel to roost. They were soon reunited with members from past tours. 'Smoked' chicken was consumed at the pub, before the group was joined by more Troupers, and adjourned from the smoky pub to a quiet meeting room for an orientation get-together led by Horst. Jim and Shirley Mae Jeffrey fitted participants with the popular new jerseys and were very popular themselves for successfully coordinating the ordering and supply of these good-lookin' toppers... a very tough 'Mission Accomplished!' Horst kindly introduced 'Ma'am President' who tossed out soya bean snacks, personally labeled with an original C-C logo; an attempt to express immeasurable admiration and support for this valiant group.

Thurs May 25, 7 am: The Troup were led to breakfast at Ricky's in Ladner hosted by the ever-generous Al Hollinger. A large group assembled at the motel for their return and became increasingly emotional with the wail of the pipes, very beautifully performed by a young lady of Noreen Timms' acquaintance. Day 2 of the tour got underway at 9 am with Al and Katryn on the tandem leading about sixty riders, following maps for a quiet and scenic route to Mission via Fort Langley which had been carefully chosen and drawn by John Peck. It was inspiring to see Eva Folk, Harry Lang, and Ken Grieve waiting at the top of Bose Hill in Surrey to cheer on the Sea to Sea'ers as they passed. Eva calculated they'd be going slow enough to hear a cheer at that point on the route. A fellow on a 'loaded' recumbent noticed them and crossed 64th Ave for a chat. He was westbound, i.e., the right way - downhill. We exchanged destinations and names - he was David Johnson from Astoria, WA, bearing northeast on a loop route through Jasper National Park, and was keen to learn where the long chain of cyclists he had met, were headed. Meanwhile, our long chain was nearing the Fort, and most had arrived in Mission by 1:30 pm. Al, Katryn, Dora, Romeo, and Carl had gone the distance to witness their first camp. Gordon Kennedy, publicity coordinator for the tour, told me he had given a short order to the weather chef: 18-20 degrees C, light, white, puffy little clouds. Let's hope his order will filled more days than not.

Continued Page 6

Annual Picnic & Swapmeet.

Wednesday 2nd. August.

DEAS ISLAND REGIONAL PARK.

Located on River Road, 2.5 km E. of Hwy 99 Delta.
The picnic area is past the heritage home and entrance parking.

Lunch at 12 noon.

Cost: \$4.00

If you would like to help or get directions,
Carl Rorison is your man at 530-6289

Editor's Desk

To give everyone a summer break the next issue of the NEWSBRIEF will be the August edition.

We have included a Membership application and Waiver form on page 7,8.

Since the expiry date of your membership is on the mailing label, you can save your office volunteers a lot of work by mailing the form in early and avoid all those little notices (besides that you might win a free membership in the early draw)!

On a more serious note your Editor thinks the general membership should know the CCCTS have now taken out Liability Insurance under the entity of "The Trans Canada Trail Foundation". Some of your Directors felt they could not participate without it.

There may be a tour in Arizona this November, if a leader can be found. But the formal announcement cannot be made until August when the Directors meet again. Is there a volunteer to lead it? John Peck will be glad to help with hotel bookings and route preparation. My apologies to some of the older members for a mistake in the last Editors report, brought to my attention. The first Cross Canada tour started in Victoria May 24th. 1983, not 1987.

Rolf.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or The Editor.

Membership fees: Single \$ 25; Couples \$ 35.
The month your dues expire is shown on the address mail-out label.

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Sea to Sea	Horst Hees	250 389 11
Club Jerseys	Sally Svensson	(See above)

New Jerseys still available (short sleeve)

Size	Ladies	Men or Unisex
Large	4	3
X Large	2	
XX Large	2	1

Now available through the Office.

Events Calendar 2000.

JUN 1ST Directors Meet	SEP 7th Directors Meet
26 - 29 th Pender Island Pedal	15 th Start Pacific Coast Tour.
Sea to Sea Tour cont.	
JUL 6th Directors Meet (cancelled)	OCT 5th Directors Meet
Sea to Sea Tour cont.	26 th Pacific Tour completed
18 th Start Sunshine Coast,	
Vancouver Island Tour.	
AUG 2nd Vancouver Picnic	NOV 2nd Directors Meet
3 rd Directors Meet	
14-18th Nicola Valley H & S	DEC 6th Banquet
25 th Start Alberta Rockies Tour	7 th Annual General Meeting
31 st Sea to Sea completed.	Directors Meet to follow.

My good friend Monty died on Wednesday, the 24th. May; on the day that a group of members was leaving Mile Zero to cycle across Canada. He and Doc, Nick and I, had done the same thing just 14 years ago. Monty was able to celebrate his 83 rd birthday on the Sunday before. It seemed he hung in there for these two occasions. Besides crossing Canada, he had done the Australia/ New Zealand tour in '84 and the South Africa tour in '89 as well as many others on this continent. And he had done a stint as an excellent Wagon master many times. Monty had a pixie-ish sense of humour and a willingness to try any sort of adventure. To recall his exploits would require more pages than the NewsBrief permits but they will be recounted wherever cyclists sit around picnic tables on our tours. I know they will. I will miss not having him over for coffee to discuss the foibles of fellow members and the world's problems.

Dennis Parsons

Letters.

About Local Touring

Frank Jacobsen

Diana Lifton, best known for the excellent multi-day tours she has planned, organized and led, together with husband, Al, during the last dozen years or so, has now established a new standard for planning and organizing local tours. (See her six-month calendar for Nanoose cyclists, published in the May issue of Newsbrief.)

Such an approach really makes sense. First, everybody knows exactly what the route for a given date will be. For those of us who are not the strongest riders, we will know whether the planned route is over our heads. Secondly, her approach provides diversity. Rather than always starting at the same point, and having a limited choice of where to cycle, she has provided several starting points of where to meet, thus providing a larger scope of possible rides.

Finally, CCCTS members, who just happen to be in the Nanoose / Parksville area, can meet her group at the designated starting point for a given day.

Congratulations, Diana.

I'm have been trying to decide whether it would be preferable to express appreciation or admiration so I won't.

After arriving in Victoria, I called Barbara to ask for directions to Centennial Park (I didn't know whether to look for it in Sooke or Saanich). I was referred to Dennis Parson who invited me to accompany him to the picnic, meeting on the Pat Bay highway, just across from the "Lonely Oak". This was not a pub, just one of many oak trees to be found around Victoria; but uniquely identifiable with Dennis' inspired directions. Of course the meeting of Dennis and Jean was precisely at the proscribed time and place, and from that time I was confident that I was going to enjoy the next few days.

This was the first CCCTS annual picnic I had attended and I was pretty impressed with the size of the crowd (must have been close to a hundred), and the variety of the banquet (three choices of chili, no less). While I didn't pay much attention to the mechanics, I was vaguely aware of many well organized people creating order within the milling crowd. I on the other hand, was pretty much occupied with enjoying the atmosphere, renewing old acquaintances, and making new acquaintances. Incidentally, I do recall it sprinkled a bit on the way to the park, and rained for a period on the ride back to Victoria. Didn't seem to dampen anybody's spirits?

The itinerary provided five tours in the next three days, and Mother Nature provided great cycling weather. I opted out of the more challenging Shawnigan Lake and "hilly" Highlands tours, led by Doc Watson and Roberto Bardati, and rode on the "scenic" City, Galloping Goose, and Central Saanich Peninsula tours, led respectively by Bill Hook, Jan Grove, and Art Borron.

Early on I noted that, with each leader, there were a number of riders helping to provide advance notice of hazardous conditions on the trails, policing of traffic at intersections, help with repairs, and following behind to make sure I didn't get lost. With teams like that I didn't have a care in the world!

The "scenic" City tour started with a ride out to the Esquimalt naval base. I don't know the route, but much of the ride was on

a recreation path, which I believe bordered the very scenic Gorge waterway. At Naden, the navel base, one of the large west coast cruise ships was occupying the dry dock with the hull fully exposed. It was huge. There appeared to be as much below the waterline as there was above! Equally impressive was the ride back around the inner harbour, past the parliament buildings to the outer harbour where two more huge cruise ships were docked (apparently to let tourists visit "The Empress" or Butchart's Gardens for tea?). We stopped at a nearby cafeteria style café for a very satisfactory lunch. The afternoon ride continued along Dallas road and Beach drive, with the Victoria shoreline and strait of Juan de Fuca on our right all the way to Cordova bay. Lots of views and beautiful gardens! At this point I left the group, many of whom proceeded to the top of Mt. Tolmie for a final view of the city.

The Galloping Goose tour proceeded along the recreation pathway of that name as far as a restaurant located at the Sooke Basin, a bit over 30 kilometers from Victoria. The first six kilometers were on asphalt through urban areas followed by fine stone and ultimately the original rugged surface of the old Galloping Goose gas rail roadbed. The latter 20 odd kilometers was a really nice rural, woodsy ride, with occasional glimpses of bays and lakes through the forest canopy. After a very satisfactory lunch stop, pleasant ride back to Victoria along much the same route.

The Central Saanich / Peninsula ride was advertised as relaxing and fairly flat. It may be that, coming from the Ottawa valley my perception fairly flat is different; but it seemed to me that there was more than one little granny gear hill on those Central Saanich roads (there has to be at least one complaint). In all other respects another fine ride concluding with an excellent buffet lunch at the club house at Barbara Hertzner and Sonja Joos' complex at 88 Lekwammen Drive. I can't remember ever having been fed so well for so little!

Kudos to the Victoria Team for a super hub and spoke.

BIKE FEST

The Vancouver Area Cycling Coalition are sponsoring a Bike Fest at the New Westminster Quay for Bike Month. The date of the event is Saturday June 10 2000. Time: 10 AM to 2 PM.

Apart from the Bike Rodeo, Colouring Contest and Decorated Bike Parade and other events for children there are events for the adults including an Adult Bike Clinic and Free Bike check.

Find out what is happening regionally as the GVRD will show us their hopes for Greenways including many that include cycle routes. TransLink will have a bus for us to try our bikes on the rack and also a Draft Map of their intermunicipal bike routes.

Oh and you can find out what the VACC and BCCC have

been working on as well.

One of the displays that I am particularly looking forward to is the Art work of Sean Darraugh. He is a local artist and an avid cyclist. His experiences as a commuter cyclist and marathon / duathlon runner are whimsically portrayed in his artwork.

Mary has arranged to have information re the CCCTS presented at one of the tables.

So ride on down: bring your self, your family and your grandchildren. If I have piqued your curiosity find out more at www.westminsterquay.com/bikefest.htm

Marion Orser, Director VACC (and member CCCTS)



Wed. May 10

The weather was cool with medium winds when the mainland cyclists were greeted by the Victoria contingent at the Swartz Bay ferry. Marilyn Murphy from Ottawa and myself were waiting on the Land's End overpass, when the procession of cyclists headed south along the bicycle path coming towards us. What a sight with the multicolored cycling gear, and all in a neat row. Rolf Petersen was guiding the gang to Centennial Park where a fabulous picnic was to be held to kick off the activities for the Hub & Spoke.

Thu. May 11

Tour 1. Doc Watson led a group on his traditional tour of Shawnigan Lake crossing the Brentwood Bay - Mill Bay ferry (60 km????) I think Doc's odometer was a bit off.

Tour 2. Bill Hook's City tour was attended by a large group. Bill took the group places around Victoria and Esquimalt, that are well known by tourists, as well as off the beaten track. This is a must tour for anyone that wants to see the sights of Victoria.

Fri. May 12

Only one tour along the Galloping Goose towards Sooke this day, led by Ian Grove. We cycled along the Goose through Metchosin, Matheson Lake, Roche Cove through heavily wooded and scenic areas. Another extended 60 km ????

Sat. May 13

Tour 1. Peninsula tour with Art Borron. Art's group headed up north on the Saanich Peninsula found their way to the Lochside Trail headed south joined the Galloping Goose Trail at the Swan Lake end. Believe it or not, this year NO ONE got lost, and the proposed 40 km was actual.

Tour 2. Roberto Bardati led approx. 12 brave souls through the Highlands. After leaving Wallace Drive, the hills started, up and up and up. We went via Willis Point road and then the infamous Durrance Lake road, they should have named it the Endurance road, along to Munn road. After the climb we were treated to a long freewheeling descent on through Francis King Park and back to level land. What a buzz. 40 km.

Both tours ended at Barbara and Sonja's for a luncheon that was well deserving for a group of around 40 hungry cyclists. A good time with lots of food and pleasant company.

Interesting to note that we had several participants from Quebec, Ontario, Alberta, Washington USA and of course our home grown crop.

Ca ete un honneur pour les Victoriens de recevoir nos amis cyclistes du Quebec.

A good time was had by all. What a great gang we are. Lets make next year as good as this year. (We will put our order in early for good weather).

Roberto Bardati

LOST PANNIER CALL PAT ROBBINS.

Day 3 of the Victoria Picnic and Hub & Spoke. I was getting organized in the hostel lobby for the Galloping Goose ride and decided to see if the bike could get through the front door with the side panniers on before I secured the rack bag, borrowed for the occasion (it has a rigid frame so it has to be put on after the panniers). So it was just resting temporarily on top of the rack. A few of were chatting by the front door when our guide arrived to lead us to the meeting place, so off we went across Johnson Street bridge on our way to 'Big Apple Bagels.' There was a bump at the end of the bridge and I thought I heard something; I asked behind if anyone saw anything fall off my bike. No? Okay... you don't really want to get off and check so you readily resume pace.

On arrival at the B.A.B. the rack bag wasn't along. I couldn't remember anything very clearly, except the thump and set off immediately retracing our route from the hostel and keeping an eye out for the black rack bag. No sign... on arrival at the hostel it was disappointing not to see it left behind in the lobby, and more so when the second in command said it wasn't at the desk. I decided to hang in there, tho', and ask the first in command when he could spare a second. 'Yes, there was a call,' he said, 'there's a notice on the board.' Unbelievably, there it was! 'LOST PANNIER found by Johnson St. Bridge... and below that ... LOST PANNIER CALL PAT ROBBINS' (with his business and residence phone nos.)... The pay phones downstairs were busy... I raced upstairs, it wouldn't take my quarter... downstairs again, YES! Pat was at a seminar at the Scotiabank at Yates and Douglas, and if I'd come to the Yates St. door and knock - it was before bank hours - he'd come and bring the pannier... 'but wait - tell me what's in it for ID.' In a moment he was satisfied that it was my bag. I cycled the four blocks up Yates and it seemed like forever 'til the light changed at Douglas. I knocked and saw, through the glass doors, a man leave the group inside promptly; he came, opened the door, and handed me my bag. I asked for the fastest way to Big Apple Bagels; he'd no idea; I remembered it was near Wal-Mart. 'Just stay on Douglas,' he advised. I pushed hard with the heavy bus and truck traffic, and spied, just nearing the mall complex, cycling jackets heading toward the access to the Goose. I feared, if I didn't get their attention, they'd be out of sight in a moment; so I called and waved, and thank goodness they saw me and waited 'til I could cross and join them. Turned out they were headed back on the trail to the hostel to meet me. Anyway, you guessed it, I hadn't fastened those velcro straps!

When some of the assembled group at the trailhead heard the story, they said, 'You have to write this up for the Newsbrief.' So here it is, and a copy goes to Pat Robbins along with a small token of appreciation. Thanks, Pat, for taking time on your way to a business meeting, to pick up a cyclist's precious belonging and make the considerable effort to return it.

Renews your faith and makes your day, doesn't it!

Mary Eickhoff.

Sea to Sea

The Sea to Sea tour started on May 24th. From Mile 0 at Beacon Hill in Victoria. The Riders were met and escorted to the Victoria to Vancouver Ferry by approx. 30 Victoria Riders. The nine Participants (Bud Skinner, Dennis Flewelling, Louise Major, Marilyn Murphy, Marthe Lambert, Bosco Chang, Arnold Smith, (missing- Jack Carson)) starting at Mile 0 in photo supplied by Brenda Borron.



May 25th - Ladner to Mission

Wonderful sunny day started with Al Hollinger supplying breakfast at Ricky's in Ladner for all of the participants that were hungry. A wonderful Scottish piper kept us all entertained while family and friends said their goodbyes.

At 9 am 30 of us put wheels in motion with as many again support riders which cycled with us, some as far as Mission.

Brian Riggs had a fall walking and pulled some muscles in his shoulders - very painful. Marilyn Murphy had a terrible day with flat tires - four in total and finally ended with her buying new tires and tubes. Not to be left out, Renaud Prefontaine decided to keep her company by having a flat tire.

Other than those incidents, we had a beautiful day arriving in Mission at approx. 1:30-3:30.

May 26th - Mission to Hope

Peter Den Boer, Noreen Timms and Shirley Fisher made breakfast, good sticky porridge, one with and one without raisins. Everyone pitched in to break camp and all riders were away by 8:45 am. Weather was overcast but we got damp by the time we reached Harrison - no sun screen needed today. Arrived in Hope 2-4 pm.

Jack Carson arrived (by himself) at 6 pm after one search and

rescue attempt. Jack did his own tour of Hope. Lovely campsite. Sonie Kennedy, Sally Svensson and Brian Alenkirk were our cooks tonight and in the morning. Spotted some bears on the road, but dressed as we were for wet weather, we scared them and then ran like hell.

Bryan Riggs had his birthday celebrated with cake, a banner and songs.

May 27th - Hope to Coquihalla (65 m climbing to the summit at 1244 m)

The day started with heavy rain so we all dressed to suit and left camp at 9 am. By 9:30 am the sun started to show itself and we started to take our rain gear off. It stayed warm to just before the snow shed and then we got lightning, thunder, hail, snow and driving rain.

Quintette or Othello tunnels just outside Hope were visited by some members and they are spectacular, not to be missed when passing through Hope. Alex Vennos and Sally spotted more bears on the road. At dinner we had a yummy spaghetti dinner prepared by Eric Hofmann, Louise Major, Marthe Lambert and Jo Anne Den Boer.

With the weather being what it was, Sonie got a touch of hypothermia. Our thanks to Dr. Terry Simpson and his wife

Sharon for giving Sonie a ride the last km to camp. The doctor just happened to be the family doctor of Ed Ungrin, one of our riders from Kamloops so they also had a nice visit.

Faye Wilson and Barton Howes met us at the summit camp as they offered to escort us to Merritt the next day.
May 28th - Summit to Merritt

The snow line on the mountains almost reached our campsite at the toll booth. Some people found ice on their tents, but nothing stops us. The cooks of the day got the porridge boiling and after consuming two large pots and lunches made we were on our way at 9:30 am. Cold and raining again, it was only one hour before the sun came out and again we were overdressed. We all had a lovely ride to Merritt which on arrival was sunny and WINDY. Great for drying tents and clothes.

Sonie rode 30 kms after coffee break and seems to be back in tip top shape. Peter had his tire blow out on the 4 km downhill just before the 256 turnoff to Merritt.

Faye and Barton generously supplied the dessert for supper, as well as offering to wash our cycling clothes. What wonderful

President,s Corner continued.....

Gordon's last website diary entry was from Merritt where they were enjoying Barton & Faye's company. Today (06-02) they're on their way to Blue River, and will cross their first boundary to arrive in Jasper on Sunday.

Ken Grieve has recently circulated a 'Revised 2000-05-09' version of the Archival Tour Material on file at the CCCTS office. Thanks, Ken, this is of great interest. At our June meeting, directors expressed appreciation for the time you've invested in compiling and distributing this valuable reference document. Thanks to all the Greater Victorians who put on such a great picnic and Hub & Spoke. It was a bit chilly for the picnic in the park, but the THREE CHILIS and camaraderie kept us warm. Is the recipe a guarded secret, or can we have it in a future Newsbrief, Bill? Sorry I couldn't stay for the closing ceremonies. I heard that was also a great success; however I can personally vouch for the Shawnigan Lake ride and Galloping Goose. Lovely days!

Don't miss the Lower Mainland Annual Picnic and Swap meet, which will take place under sunny skies at Deas Island Regional Park on Wed Aug 2nd (see events item). Carl Rorison, Eva Folk, and Katryn Jeronimus will share the hosting and also promise Great Chili of both the Con Carne and Non Carne varieties. Any comers by 11 am can join in a trail walk over the freeway to the point.

A closing note on the new jerseys: they look great and have been enthusiastically received. If you'd like to try one on, please call the CCCTS office and make arrangements with one of the office volunteers. To place an order contact Jim or Shirley Mae Jeffrey before June 20th at 604 943 0924, or after June 20th at 250 767 2242.

The directors are taking a summer hiatus and will not meet again until August 3rd. Here's to sublime summer cycling wherever you are!

hosts to have in Merritt.

The trip so far has been challenging, but a wonderful experience with 30 fun loving people who love to cycle.

Gordon Kennedy

Now on a day of rest in Kamloops. Trip progressing nicely. Weather has been on the wet side with the worst day climbing the Coquihalla Hwy from Hope to the summit (toll booth). Started in the rain with full rain gear on, then hit sunshine in some hills - off with the rain gear. As we hit the first long climb we entered a thunderstorm where we got hail, wet snow and a lot of very cold rain. Temperature was around 3 above zero (C). Rain did not let up until 4 the next morning. Only 7 hardy souls slept in their tents. Remainder, including me, crowded into a few cabins. The floor was better than a wet tent.

Trip from the summit to Merritt and then Kamloops was great. Lots of down hills, reasonable weather and great scenery. We traveled from Merritt to Kamloops on hwy 5 A - ranching country.

On to Jasper to-morrow.

Renaud Prefontaine

Talking Dirty.

(Or not another one.)

Never Change Oil;
Never Clean Chain

Gordon Howard, Whistle blower.

A friend, a proud member of CCCTS, let me read the May issue of Newsbrief. I was simply amazed that Mr. Dennis Parsons knew the secret about oil: that dirty oil is superior to clean oil. I thought that the auto industry had kept this a deep dark secret.

Why would they do that? Simple, sell more cars! For those of you who are old enough, remember that during the 1940's and 1950's they made it an almost religious point to change oil every 1000 miles. Remember how you had to have the valves ground after only 20,000 miles and had to have a major motor overhaul after only 40,000 miles. Cars seldom reached 100,000 miles.

Ralph Nader was one of the few to know the secret about oil. He convinced the companies to ease up. So now they recommend an oil change every 3000 to 4000 miles. Notice how much longer the motors last. The truth is that if you never change your oil, your motor will last forever.

I don't know much about cycling. But I have heard that every 10,000 to 15,000 miles you have to change the chain, the chain rings and the rear cluster. I firmly believe that if you follow Dennis Parson's advice, you will NEVER have to change these components. So what if your right calf gets greasy and grimy from the large sprocket. Isn't that a small price to pay in order to save money on parts?

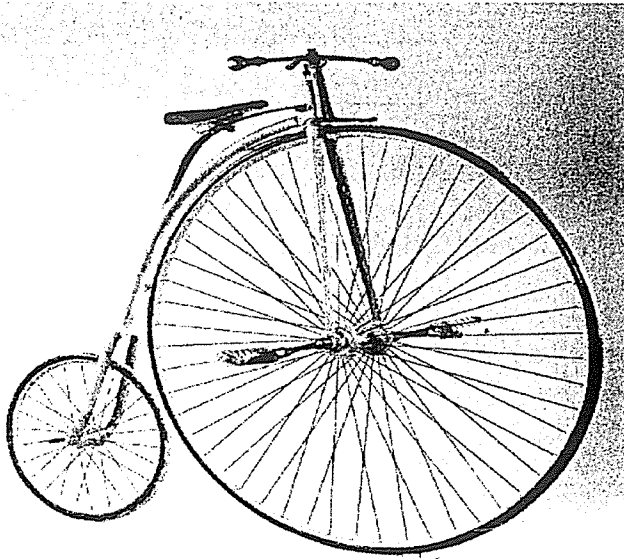
Dennis Parsons definitely deserves a hero medal.

The bottom line has to be: Never Change Oil; Never Clean Chain

Note to Editor: I was fired from GM for being a whistle blower, for telling the truth.

"The Ordinary"

An article from the St. Mary's Parish Clarion, Pennsylvania, 1888



At exactly eight o'clock in the morning, the bugler sounded the call. Instantly, the forty members of the riding club jumped onto their steeds and rode out of the park in perfect formation. They weren't soldiers. And they weren't riding horses, either. They were members of the Brooklyn-based Germantown Bicycle Club, and they were riding the high-wheeler a machine that was such a common sight at the end of the nineteenth century that it was known as the "Ordinary."

How did the boneshaker turn into this strange-looking bicycle? The boneshaker's biggest problem was its weight. A 100 pound boneshaker made it impossible to go very far or very fast. So designers looked for ways to make the machine lighter. They replaced the solid iron frame with one made of hollow metal tubes. Next, instead of solid iron tires, rubber tires were cemented onto light, metal rims. And the heavy wooden spokes began to be made of thin wire. We do know that they were all demonstrated at the first cycle show held in 1869 at Pre-Catalan, France.

After this, designers enlarged the front wheel. The reason for this is very simple. A 37-inch wheel allowed the boneshaker to travel 116 inches with one turn of the pedal. A 60-inch wheel lets the Ordinary travel 188 inches. That's over 15 feet!

The earliest high-wheelers appeared at the Pre-Catalan cycle show in 1869. Again, we don't know who made the first one. Two years later, James Starley, of Coventry, England, introduced an ordinary that he called the Ariel. The Ariel was extremely light and became so popular that Starley was soon called "the father of the cycle industry."

Surprisingly, the Ordinary was much lighter than the boneshaker. Most weighed between fifty and sixty pounds. A few facing models weighed under twenty five pounds.

The Ordinary had its problems, however. For instance, getting on the seat took a great deal of skill.

Each Ordinary had a tiny, metal step on the frame just above the rear wheel. The rider put one foot on the step and, while holding the handlebars, pushed along the ground with the other foot. Once he was moving fast, the rider would jump up onto the seat. New riders often had to be helped up by a friend or had to use a ladder. Many of them ended up in a ditch instead of gliding smoothly down the street.

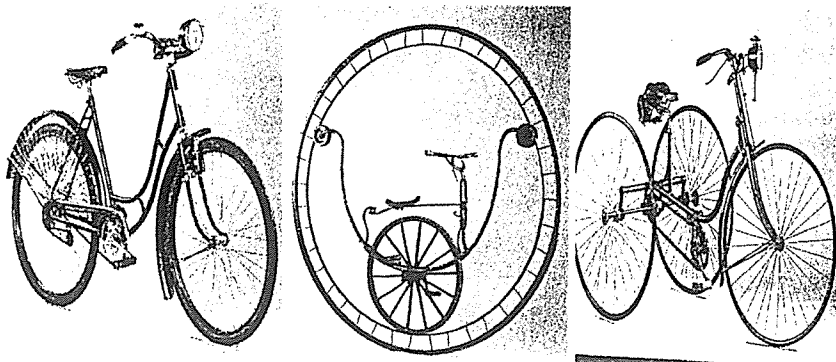
Probably the most dangerous part of riding an Ordinary was stopping. The rider sat directly above the pedals. If he put the brake on too hard the front wheel would stop, but there was a

"New riders often had to be helped up by a friend or had to use a ladder. And many of them ended up in a ditch instead of gliding smoothly down the street."

good chance the rider would be pitched over the handlebars and land on his head. Since the head of the rider was almost eight feet in the air, doing a "header" could cause serious injury. There were even reports of deaths due to falling from a high-wheeler. Whatever the dangers, there were over 30,000 Ordinaries in the United States by 1880. Several factors added to the popularity of this unusual machine.

First, bicycle riding clubs began to be formed. The earliest in America was the Boston Bicycle Club, founded in 1878.

Old Bikes.



with thanks to CBC member Jan Michels who came across this article while researching her family. A distant relative, Joseph Adrian Meisinger, rode in a 2-week trek around New York in 1888. It was said that he could get to the parish from his home (about a 9-mile trip) on this bicycle in sixty minutes. How's that for a speed record?

(Thanks to Cascade Courier)

Proposed Victoria Tours.

Sun June	11	Shawnigan Lake
" "	18	East Sooke
" "	25	Sidney via Elk Lake.
Wed "	28	Saltspring via Mill Bay
Sun July	02	17 Mile House
" "	09	City tour
" "	16	My Chosen Cafe
Thur "	20	Diana's Coomb's Bakery Ride
Sun "	23	Sidney via Interurban Rd.
" "	30	Sooke via Humpback Rd
Thur Aug	03	Hurricane Ridge
Sun "	06	City Tour
Mon	14	Port Renfrew (4 days)

Mark rides that interest you on your calendar **

[Important: Contact Rolf or Dennis before the ride to confirm.] Phone(250) 881 1170 or (250) 384 6804

CCCTS Ottawa.

We had a lovely lunch on Thursday March 30th. We came up with this idea of making a rota for our season April to November, that each member of the Ottawa chapter leads a ride each Thursday. There are 26 of us here so this will share the load. Everyone is choosing a date, of course there will be times when people won't be here or on tours. It should make some interesting rides e.g. in districts where people live. It may work well.

Also a couple of friends approached me for tips on crossing Canada which was my second tour when I joined the club. Well these may be old hat, but here goes.

1. Take your favourite sweater, for luck or soothability!
2. A good thermal mattress.
3. Proof your tent.
4. Check your teeth before you go, both kinds!
5. Vaseline for sore bums and other.....
6. Blistex for your hot lips!
7. Smear your glasses with gel toothpaste, rinse in cold water, dry gently, prevents fogging.
8. No oil? Get the surplus left in containers at gas stations. I collected half a cup once. Or oil your chain on the spot.
9. Take it easy and slow on hills for the first few days building up strength gradually. Don't worry.
10. Take your favourite recipes. You can adjust

And Good Luck.

Betty D. J.

(Ed. Comment: Item 8. Please check with Dennis Parson first.)

Thank You Australia

For a great tour with lots of memories to take back to the frozen North. There are still people who think Canada is snowed under for most of the year and call us Americans instead of Canadians (in spite of a club shirt with Canada on). Then again I got my own back by calling them Kiwis. I guess a little bit of national pride never hurt, and after me retaliating it was all ways "Good on you Mate".

The RTA big Ride is an annual event in support of MS.

They depend on about 250 volunteers to do all the dirty work: Water stops every 10 km; Making lunches; Dishing out three meals a day (6 food stations for breakfast and dinners, the only time I wish I was Vegetarian! Never a lineup, but unless you had a green tag, back to the carnivorous line); picking up Cyclists with breakdowns, mechanical and physical; St Johns' Ambulance. It is the same in our Club; without them you are nowhere!

1600 cyclists are a lot and the lineups for meals was something to behold but cleared surprisingly quick. I can't say the same about the toilets and showers. When you got to go you got to go!! Camping with that many people; sometimes it is quite a challenge to find a spot to pitch your tent, specially after a hard, hot, humid day of cycling and having to drag your gear for a considerable distance to find a dry spot. Yes it does rain in Australia contrary to popular belief!

The people we met cycling: The Lady with MS, always the last one in, but never quit; The Couple from The States on their

tandem towing their two children (the Stoker was riding a Softride when a bolt snapped and she wound up sitting on the rear wheel, OUCH); The Retired Postman riding a one speed bike (the same he used on his route was given to him on retirement) with his dog in a basket, cycling up hills I walked; The Gentleman on his motorized bicycle who otherwise would have been unable to be there to enjoy the country side and the comradery of other Cyclists. I really envied him on the hills. Tricycles, Tandems, Electric, you name it they were all there. The biggest fly in the ointment though was, when we found we had paid almost twice as much as the Australian Participants!

The official Adult entry for non-member (incl. T-shirt) Aus\$940.00 per person.

Sydney on the Run, the agency handling the overseas bookings charged Aus \$1700.00 per person.

For this Sally and I got two nights hotel accommodation and our luggage transported from Hornsby (the end of the ride) to Sydney. That in my book is about \$ 700 per night for hotels. Granted there was about 260 overseas visitors and some were transported from Brisbane to the starting point of the ride and the people living in motels had their luggage picked up at the door every morning. The people camping were looked after by "The RTA BIG RIDE" the same as the Australians and received nothing else extra.

I now subscribe to the Australian Cyclist and will book directly next time.

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers who enable us to provide tour opportunities at cost. To participate you must :

- be a member, sign a waiver and agree to the financial rules
- be in proper physical condition to undertake the tour
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax or write to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying "to be deposited for name of tour or names for membership". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS' INFORMATION Guidelines.

Year 2000 Tours Completed.

New Zealand Tour.

Ladner to Lighthouse Loops Century.

Victoria Hub & Spoke.

Hike and Bike Queen Charlotte Islands

Sea to Sea 2000.

May - Aug.

In Progress.

June 26-29

Pender Island Pedal.

Mary Eickhoff 604-535-2513 e-mail eickhoff@vcn.bc.ca

Self-supported Max. participants: 24

The tour is currently fully booked and registrations are paid; we will maintain a waiting list in case of cancellations. There are other camping spots on North Pender, i.e., Port Browning Marina, and the provincial park, Pender Lodge near the ferry, plenty of B&B's and a nice motel, centrally located at the south of the north island, which has a restaurant adjacent. Please contact me for further info.

Information on the get-acquainted group evening meal outing will be sent to participants shortly.

Participants (24): Mary Eickhoff, Bruce McLean, Monty Peters, Mary Whyte, Palle & Helli Pedersen, Dennis Parsons, Katryn Jeronimus, Jerry & Val Brereton, John & Dorothy Philip, Ray & Kathleen Wilkinson, Dan Kennedy, Bob Douglas, Frank & Jennifer Jacobsen, Anne-Marie Labourdette, Margaret Hunter, Ann Howe, Mary Vickers, Sandra McLeod, Kate Hill.

Waiting list (7): Tamas & Wendy Sandor, Ken & Lee Kraft, Maurine Peck, Irene Hlousek, Dora Ellis.

Sunshine Coast & Vancouver Island

July 18 - 27

Diana Lifton

(250) 468-5696 fax. (250) 468-5691

E-mail lifton@home.com

Fully-loaded tour-30 to 40 kms. per day - 20 Participants limit

A ten-day, fully-loaded, camping tour (no motor vehicles, no B&Bs, no motels) starting in Nanaimo, or Horseshoe Bay. Ferry to Langdale for first night and planning session at Bonneybrook Lodge & Campground. Gibsons. Along the Sunshine Coast, stopping at Sechart: Madeira Park: SALTERY Bay Prov. Park; Powell River and a REST DAY; Ferry to Comox. bike to Buckley Bay, and ferry to Denman Island; Qualicum Beach: Nanosue Bay: Departure Bay or Duke Point for ferry HOME

There is no tour charge; each person pays his/her own ferry fares, food and camping costs as the need arises. The dates have been planned to take advantage of the Monday to Thursday free ride for seniors on BC ferries. although there may be a charge for bicycles

Contact Diana for information and a copy of the itinerary.

Participants: Diana Lifton, Art & Brenda Borron, Martine Donahue, Lyse Godbout, Kate Hill, Bruce Ross, Judy Jackson, Frank Jacobsen, Anna Markus, Sylvia Mather, Bruce McLean, Catherine Mick, Dennis Parsons, Wendy Pearson, John Peck, Palle Pedersen, Carl Rorison, Charles and Jeannine Finnigan. Wait List: Peter and Chris Kabel, George Setterfield, Sharon Lindsay, Frank Weber, Jennifer Jacobson

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____

Address: _____
Street City Province

Postal Code: _____

Phone: _____ Fax: _____ E-mail: _____ Birth Date(s): _____

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, Antrim Ave., BC, V5J 4M5.

Nicola Valley Hub & Spoke.Aug. 14th - 18th.

Barton Howes 250 - 378 - 0927

Registration Fee \$5.00

Self-contained camping at Claybanks RV Park.

If you want to ride the Kettle Valley Trail towards Spencers Bridge bring your fat tires. Someone will be available to lead, in addition to the regular road.

Participants: David and Virginia Brown, Dave and Vickie Darts, Barton Howes, Jan Johnson, Theresia Keet, Anna Markus, Bruce McLean, Wendy Pearson, Carl Rorison, Ness McCulley, Walter and Marion Griffioen, Joan Engman, Yvonne Miller, Kim Vogt, George Setterfield, Chris Siggers, John Peck, Corry Koster, Gillian Akin, Katryn and Carl Jeronimus, June Gallagher, Dan McGuire, Ivan Paravan, Margot Paravan, Sonya Bardati, Roberto Bardati, Dan Eaton, Jim Hendrickson, Tamas Sandor, Wendy Sandor, Margaret Fyfe, Roy Barrows, Edward & Jackie Weinstein, Julie Irwin, Leila Montgomery, Jack Sheppard, Ron & Janice Pickerill, Sim Wee, Faye Wilson

Alberta Rockies

Tentative Dates: Aug 25 - Sep. 9 Ted Stubbs 604-321-2784

Max. Participants 30

Cost \$450.00 Deposit \$10

Vehicle-supported, camping and hostels. The tour will start at Rocky Mountain House and go to Edmonton, Maligne Lake, Medicine Lake, Jasper, the ice fields Parkway and the David Thompson Highway.

Participants: Ted and Pat Stubbs, Brenda Borron, Jim and Shirley Jeffrey, Keith Clothier, Adrian Thomson, Bruce McLean, Sylvia Mather, David and Truus Clark, Wendy Pearson, Frank Weber, Barbara Faulkner, William Hook, Bob Douglas, Julie Irwin, Helen & Roy Goodchild, Victoria Bernhardt, Michael Goldberg, Bob Miller, Dennis Parsons, Wendel & Theresa Green, Josie Zewick, Barbara Forsyth, Eleanor Bannister, Bob Forsberg

Pacific Coast Tour - Border to Border - 2000.

Sept. 12 - Oct. 26, 2000

Barton Howes 250-378-0927

Max. Participants: 24

Cost \$ 1440 Deposit \$40 Remainder: \$ 1400 by Aug. 1st.

See Route description in May NEWSBRIEF.

This will be a vehicle and portable kitchen supported camping tour with each participant taking a turn on a cooking team about once per week. Anyone willing to be wagon-master please telephone Barton Howes. Bicycles returned Burnaby office for additional charge of \$25.

Participants: Barton Howes, Faye Wilson, Sheila Dinsdale, Emmy Matte, Anna Markus, Wendel Bleiker, Jack Sheppard, Leila Montgomery, Carl Rorison, Russ Horsnell, Diane Horsnell, Sharon Lindsay, Cathy McPherson, Corry Koster, Andre Milaire, Lise Brooks, Skip Brooks, Wendy Pearson, Peter Boer, Jo Hamilton, Inge Gullon, Marthe Lambert, Jim Hendrickson, Jim Betts, Eleanor Giffin, Jean Horrocks

WEEKLY RIDES**VANCOUVER & VICINITY****Sundays:**

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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 538-0185 for meeting place, time and destination

VANCOUVER ISLAND**Victoria:**

Sundays - 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - 9 am at Quadra & Chatterton or

10 am at McDonald's, Pat Bay Highway 17.

Contact: Sonya Bardati 389-0091 or Rolf Petersen 384-6804

Nanose/Parksville:

Thursdays - 10 am at Nanose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 250-468-5696

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY With the Elbow Valley Easy Riders. These rides are

Tuesdays and Thursdays, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES

Starting April 1st, CCCTS member Peter Baron is offering Saturday rides, starting at 6.15 am from the Riverside Park Tennis Court parking lot.

Contact Peter Baron, 250-372-8392.

CCCTS WAIVER

I/we,

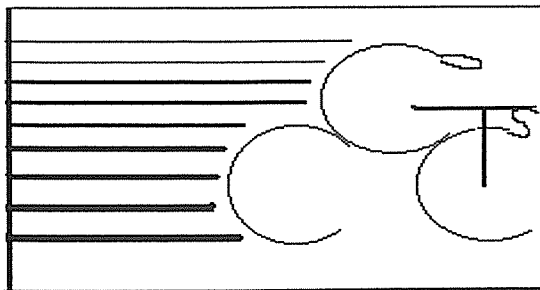
understand that participation in a CCCTS bicycle event involves risk of injury to my/our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s)

Date



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 17 No. 7

Editor: Rolf Petersen rolf.p@home.com

August 2000

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<http://www.vcn.bc.ca/cccts/>

Tel / Fax: 604-433-7710
E-mail: cccts@vcn.bc.ca

President's Corner

by Mary Eickhoff

Muchos gracias to the team of Carl Rorison, Eva Folk, Katryn Jeronimus, Joan Rumsey, Pat Stubbs, Val and Gerry Brereton, for the chilis, cold cuts, melons, and more... a delicious and satisfying repast for seventy-seven picnickers at the Deas Island Regional Park annual picnic and swapmeet. Carl Jeronimus and Cathy Lynch tended the treasury; Al Hollinger led an escort group to the ferry to greet the eighteen Islanders. Everyone relaxed in the warm sunshine and a good time was had by all, renewing fond acquaintances with members from near and far.

Hard to believe that in these few short weeks, while some of us have seen the summer days fly by close to home, day touring and lazing about, the Sea to Sea Tour have crossed the continent to the maritime provinces and are within a few weeks of reaching their goal: Halifax on August 31. They have surmounted all obstacles, and had the good fortune to precede the prairie floods, and tornados. In spite of adversities, they've sent back a journal the likes of which we've never seen from a tour. What a momentous occasion that will be on arrival at their final destination. A Toast to the 2000 Sea to Sea Tour! We'll all be with you in spirit and wishing you a great celebration!

It's the amazing response to tours like this, right across the country, remind us of the wonderful support team we have in our membership. Diana Lifton's self-supported group also appreciated great hospitality in July at Madeira Park on the Sunshine Coast and at Hornby Island. The Hub & Spoke hosts are another example of great generosity in the time and effort expended to stage these events; to list the names and places would put me in danger of expanding this corner into a chapter, but I know you'd agree, the kindness and caring of this big family make membership very precious.

Best of luck to our members competing in the Seniors' Games in Kelowna September 5-9. We are represented by swimmers, cyclists, and triathletes who can look forward to a rewarding experience and great shape, whatever their competition standing.

"PLEASE HELP - THE CLUB IS STILL LOOKING FOR A LEADER for an Arizona tour this November, please contact Tours COORDINATOR Dan McGuire, 604 942 3235, or DanMcG@telus

.net. There's no time to waste, tho'. Only two Newsbriefs left to get the word out. John Peck will be glad to help with hotel bookings and route MAP preparation."

Notes: the September directors' meeting has been changed from the 7th to the 14th; same time, same place. Happy trails to the Stubbs' Alberta/Rocky Mountain cavalcade. Enjoy the summer tailwinds while they last!

Editor's Desk

Back at it again!

And the first thing I have to do is apologize to several people who was good enough to submit items for publication way back in May. Unfortunately the material (even though it was correctly addressed to THE EDITOR) wound up sitting in the office (received by me 3rd Aug.) and wasn't forwarded in time, thus missing the June issue.

Some of the submissions are relevant at the time but after several months not ! Thus my apologies to Katryn Jeronimus, Kathy & Ray Wilkinson and others who were left wondering.

To make sure please mail direct to me, E-mail, Fax or snailmail to this address:

NEWSBRIEF EDITOR,
2880 Murray Drive, Victoria, BC V9A 2S7

Fax: 250 384 6804 E-mail rolf.p@home.com

Several copies of The June issue were mailed to the SEA to Sea tour in Calgary. Unfortunately it took 10 days by mail and they had left by then (I should have delivered them by bicycle).

In this issue we have tour reports from Queen Charlottes (Haida Gwaii), Pender Island (Old Island Getaway) and Sea to Sea.

Of special interest is a "Thank You" from Bruno Freigang. As a matter of explanation; Bruno put out an appeal through CCCTS for Baseball caps and T-shirts to be distributed to Children in South America. I think we should applaud and **Thank You** Bruno and his wife Cathie for devoting their skills and time to doctoring and healing in faraway places.

Rolf.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month .The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or The Editor.

Membership fees: Single \$ 25; Couples \$ 35.

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

2000 / 2001 DIRECTORS.

President	Mary Eickhoff	604 535 2513
	eickhoff@vcn.bc.ca	
Vice/Pres./Tours	Dan McGuire	604 942 3235
(On Tour till July)	DanMcG@telus.net	
Treasurer	Bruce Mc Lean	604 272 9359
	bmcl@telus.net	
Secretary	Catherine Lynch	604 543 0956
	bhelms@planeteer.com	
Equipment	Jim Jeffrey	604 943 0924
Assistant	Ted Stubbs	604 321 2784
Membership	John Peck	604 538 0195
	peck@cs.ubc.ca	
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	weinstein@sfu.ca	
Events Manager	Sally Svensson	604 987 3449
	sallynv@infoserve.net	
Assistant	Sonya Bardati	250 389 0091
	dockst@home.com	
The Island	Dennis Parsons	250 881 1170
	dovic@inetex.com	
Tours Assist.	Barton Howes	250 378 0927
Sea to Sea	Horst Hees	250 389 11
Club Jerseys	Sally Svensson	(See above)

Events Calendar 2000.

AUG 2 nd Vancouver Picnic	OCT 5 th Directors Meet
3 rd Directors Meet	26 th Pacific Tour completed
14-18th Nicola Valley H & S	
25 th Start Alberta Rockies Tour	
31 st Sea to Sea completed.	NOV 2 nd Directors Meet
SEP 14 th Directors Meet	DEC 6 th Banquet
15 th Start Pacific Coast Tour.	7 th Annual General Meeting
	Directors Meet to follow.

New CCCTS Members

Fairbank Bill	8841 Monroe Ave., Burnaby, BC V3N 4E7.
	604-524-6494
Olsen Catherine	5-4651 Harvie Ave., Powell River, BC V8A 2P4.
	604-485-5641
Gervin Gordon & Marlene	1503- 837 West Hastings, Vancouver, BC V6C 3N7. 604-685-1835
Akin Gillian	3961 Tupper St., Vancouver, BC V5Z 3C1. 604-876-0688
Allen Penny	3/16-22 Blackwood Close, Beechcroft, NSW, Australia 2119 02-9484-7180
Arndt Hennie	18938-76 Ave., Surrey, BC V4N 3G5.
Bakker-Ayres Marina	480 Quatna Rd., Qualicum Beach, BC V9K 1B4 (see Ayers)
Ayres Byron & Marina	250-752-0900
Burnett Jim	305-2244 W. 6th Ave., Vancouver, BC V6K 1V8
	604-738-5582
Breden Diana	Bolara, Quirindi, NSW, Australia 2343. 02-6746-1117
McLeod Sandra	3792 West 33 Ave., Vancouver, BC V6N 2H 604-261-4700
Proudlove Don & Susan	555B-4678 Elk Lake Dr Victoria. BC V8Z 5M1 250-658-8935
Peck Maurine	107 N. 22 Ave., Yakima, WA, USA 98902. 509-453-4244
Vickers Mary	4353 W. 12 Ave., Vancouver, BC V6R 2P9. 604-224-6294
Wiens Barbara	2406 -501 Pacific St., Vancouver, BC V6Z 2X6.

Lost & Found.

I have a bag full of tapes and compact discs given to me by Yvonne Van Woudenberg on their way through Kamloops en route to Halifax. (Victoria to Halifax Sea to Sea tour) She understood they belonged to a CCCTS member residing in Kamloops, but I have canvassed all members to my knowledge, and have been unable to find the rightful owner. The bag together with contents is available for a very small ransom !!

Call Peter Baron 250 372 8392

Some members will remember Don Nay who died in April at age 82. Don was a member of the CCCTS from 1986 to 1992 and was responsible along with Al Hollinger for starting the South Delta Tuesday rides, initially for our Novice cyclists. For personal reasons Don dropped out of the Society though he continued to cycle. I remember Don as someone always prepared to help new cyclists (of which we had many in the eighties) become better cyclists. Several CCCTS members attended his memorial service on April 26th.

Ken Grieve.

The Triumphant Tour of Haida Gwaii.

by Joan Engman

Thanks Jean - No one could have offered the beautiful and seemingly unspoiled Queen Charlottes (Haida Gwaii) like you! It was a fabulous tour..Every day an adventure and unique experience all in glorious sunshine.

We experienced the Haida - As guests at a Haida pot latch we were deeply moved by the culture and heritage that they continue to live by, their spectacular totem poles; Some in place, some in creation, and others merely remnants of their ancient civilization.

From old culture to modern day as we tried a sportfishing adventure aboard the MVMickey II. Val did the reeling and with a little help from the crew, landed a 35-pound spring salmon. Josie butchered and we ate for days. Supplemented with crab, venison, and on the last day, 4 pounds of fresh prawns!



The Bald eagles soaring on air currents delighted us with a fantastic air show. At other time their white heads dotted the branches or they sat in a row like a Disney cartoon. The crafty ravens too demonstrated how they gained such an influence on Haida culture. Our cycle/hike to the Pesuta shipwreck took us through magical moss covered forests, down kilometres of sandy beach loaded with spectacular driftwood..luckily we couldn't take it home! And the search for agates - they could have been diamonds for the intensity with which these cyclists scoured the beaches.

To make a great tour short - with Ren there was the bog walk with the sandhill crane, orchids, and stunted trees followed by a climb up Tow Hill where we thought we could see the Alaska mountains; with Souki we learned of lumbering and reforestation from Weyerhaeuser's point of view and the tragic tale of the Golden Spruce, our day long Wilderness adventure, an ocean Zodiac experience where four foot waves carried us up and banged us down ...luckily, we could huddle in "draft" formation behind Sharon and Jim as they took the brunt of the crash. A stop at Skedans - the very old Haida Village Site, to learn how the Haida first inhabited the islands. Then a leisurely ocean tour among the clusters of islands rich with birds and sea life. How lucky we were!

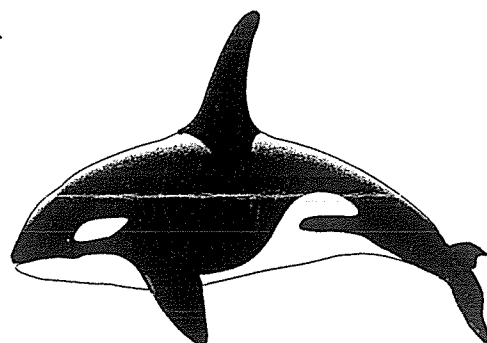
Thanks to Jean, who was well known on the Island, for providing the contact with the people who make the Charlottes home. Especially Betty and Neil Carey with their remarkable collection of beachcombing treasures - all with their special stories. And a bit of the politics from Larry, councillor, who appeared in a head, or could I say "pant" lock with the mayor of Point Clements!

What fun - and of course as with all CCCTS tours, it's the great group of cyclists that make it all work!

Pender Island Tour.

Frank & Jennifer Jacobsen

We were two lucky people, of 24, who really enjoyed Mary Eickhoff's tour to Pender Island. The Otter Bay Marina (which we didn't even know existed) turned out to be spotless, its staff was friendly and attentive. We stayed in "tent cabins" which consisted of a wooden base covered with industrial carpeting. The tent part was about eight feet high--hey you could stand up in it. Each tent cabin was supplied with two cots, which Mary had warned were not the greatest. Following Mary's advice, we brought our therma-rest mattresses and slept on the carpet.



On the first evening, Mary had organized a group meal at the Islander Restaurant which was great. For those of us who were a bit late, we were treated to a display of killer whales having a great time slightly offshore. This was a first for the two of us.

On the first full day, we covered the island in small groups. (The drivers on Pender are far more courteous than those on Salt Spring.) For six people of the stronger sex, cycling was not enough. So they went kayaking for a couple of hours in the evening.

On the next day, Dennis Parsons led a contingent to meet and lunch with the Victoria CCCTS members who were on their regular Wednesday ride on Vancouver Island. Another group took a ferry to Long Harbour on Salt Spring, cycled to Ganges, back to Long Harbour and took the ferry back to Pender. Everybody had a great day.

It is hard to give Mary too much credit. Her planning and organizing were impeccable. She communicated with everyone. She took pains to know where everyone was. The weather, which she had ordered, arrived on time and stayed for the duration. On the final evening, she organized a singsong which was thoroughly enjoyed.

Thank you Mary, thank you from all of us, thank you for a wonderful tour!

After the wet and cold climb to the Coquahalla summit the weather has turned. Sunshine from Merritt to Jasper. Frost on the tents in the morning but later highs in the teens - perfect for cycling.

The scenery is spectacular in sunshine and at low speeds. Lots of snow on the mountains. Oldest - lady is 68 and three men are 74, 73 and 70. Lots of imagination and competition among cooking teams. One gets to cook every 9th day with a team of three. New teams are selected by draw every nine days also. We cooked at campsite near Columbia Icefields (chicken and vegetables, rice with stirfry) after 105 km and cresting Sunwapta Pass (2055 m). This Wilcox Creek is primitive, with pit toilets non-potable water. Cooking for 30 people is interesting.

Next camp primitive too, just over Bow Summit (2068 m) then 123 kms cruise down to Banff via the parkway. In Calgary now. The best way to describe this part of the trip is to use a Generation X expression "Just Awesome"!! At cycling speed one can observe all the mountains, every small waterfall, every creek and feel every crack and bump in the pavement.

For the first kilometers of the trip to Calgary had the wind at my back and was doing 45 kph with no effort but then it changed and I had to struggle the last 40 km.

To Gleichen 108k. Early start. Sally was so sleepy she was pouring her porridge into her coffee mug. Overnight we had thunder, lightning and hail and it was cold but Banff had snow. Glad to miss it.

The Calgary contingent took us along the Bow River to highway 1 then off with the wind behind. Sonie was doing 45 kph with Gordon trying to keep up. In camp at 2:30. Cocktails and then Bosco's Chinese Food. Some of us don't eat this well at home.

To Tillebrook 110 km. Arnie Smith built a sail and strapped it to his back. Made it from his orange poncho. Used it with a tailwind for 30 km then decided to go back to the drawing board.

To MapleCreek 110k. Gordon's 58th birthday. Enough Alberta beef for 30 people supplied by Noreen and brother-in-law Clifford. Meal topped off with a cake and a special cow patty of fudge for Gordon. Then came lightning and thunder so wild we thought it was two inches above the tent. (Note: we were interviewed and photographed by TWO reporters in this small town)

To Swift Current 145 km. 10 k's to the highway. Crosswinds so strong we had hard time keeping bikes on road. When I spat, I'm sure I hit a post 30 m away. Then the wind was at our backs and we flew. Sounds great but the wind veered, it was cold, about 8 degrees including the wind factor. At times we had to dismount because we could not see the road for dark skies and hail.

Gordon and Rachelle jumped into a ditch and crouched under an umbrella to escape the hail. Lots of flats. One of those days you'd like to forget.

I arrived late in camp to be supplied with a delicious dinner with wine supplied by Dan McGuire, Glen Smith and Chris Siggers, fellow members who had cycled 4000 km from Halifax on route to Vancouver.

To Besant 142 km. Another long unpleasant day but nothing was going to stop us. Most arrived by 6:00 but Bosco was not in and he does not like to miss a meal. He stuck up his thumb and got a ride immediately. He may not get his certificate unless he rides an extra 20 km at the end.

To Milestone. Nice day with tailwind. Road edges like patchwork quilt and last 17 km absolutely terrible. A couple of children surprised we grannies and grandpas could travel such vast distances.

To Weyburn 60k. A short day but with a headwind. We stopped

for coffee at Yellow Grass, a nice prairie village. Clean, tidy and very friendly. Weyburn is the home of Tommy Douglas. Rejeanne, Marthe and Louise sang French songs for Father's Day and we used the song books to sing through to 9 p.m. We forgot all about the dishes.

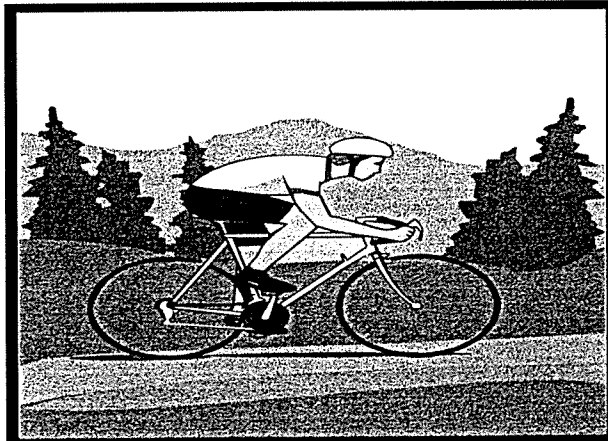
To Duluth City. Day off. Cycled to bike shop (this seems to be a ritual for cyclist wherever we visit). Reconnoitered a way out of this city. Found the bridge, then had to climb back 210 meters in 8 km.

To Ashland 140 km. Was able to guide the troops to the bridge but hated to use the brakes. Unfortunately I was guiding the slow ones and somewhat petrified. Would hate to drive this city in winter. Visited a chainsaw carver - interesting animal carving. Definitely not very miniature.

To Bruce Crossing 152 km. Charged \$30.00 for all of us. A large kitchen, even ovens. Repeated by popular request my pot roast, mash potatoes and turnips. No showers (for the second time in a row). Some took hotel rooms and offered use of theirs. We find we have to eat every two hours on a trip of this nature.

To Marquette 155k. A grueling trip. More than one shower and toilet here.

To Seney 133 km. Ride along the lake. Scenic. Then on to the "Seney Stretch". 28 km of straight flat road with nothing to look at. Shoulders in bad condition. Heavy traffic. Some close calls. We all stopped at a motel, four per room (stank of cigarette smoke). Some preferred to tent outside. Smorgasbord at Amish Restaurant. Not much more expensive than doing our own cooking. (Continued page 5)



Sea to Sea (continued.)

To Sault Ste. Marie 160 km (100 miles). Four foot shoulders, rolling terrain. Not much to see. On International Bridge lanes wide enough for cars to pass, 25 mph speed limit. Dinner was take-out pizza. Some too tired to eat.

Well deserved day off after 700 km in five days. The problem with these distances is that we concentrate on getting there with no time to enjoy the country. This trip is supposed to be a holiday not an endurance trial. And who says the prevailing winds are west to east? Has not been the case for us. Meals, except for breakfast, are not provided on days off. Most took the camp shuttle to town, the others ate pizza left over from last night.

Bruce Mines 87k via Echo Bay, Leeburn and Rydel Park to avoid the traffic but it was hilly and the pavement was coarse gravel. We gained little, but met friendly people.

To Sprague 103k. Encountered some 30k of road construction with moderately heavy traffic - trucks, RV's and fifth-wheel trailers. I have finally had my dip in a lake in the middle of a ride.

To Espanola - White Fish Falls 93k. Road construction again. 10k of loose gravel. Single lane traffic and heavy equipment. Very difficult to navigate on bikes. Water trucks spraying the gravel resulted in us being plastered in mud and sand by passing vehicles. Swimming available at the campsite but we were right in the middle of black fly season. An itchy evening.

To Miller Lake. The first part (to Little Current) was very scenic along the shores of Georgian Bay. Further on hay making was in process. We were an hour early for, and two hours aboard, the ferry, so arrived late. Luckily our truck driver had taken the initiative, after seeing the pre-selected pasture covered in cow patties and had found a better site.

Day off - time for laundry and sleeping. Thunder storms during the night. Lightning and rain can be enjoyed while inside a tent that does not leak. We've had enough instances to prove our tents on this trip.

To Meaford via Wiarton, Big Bay, Owen Sound 135k. No shoulders and moderate traffic. Ontario drivers have no time for cyclists. Three of us deliberately forced onto the gravel shoulder by an eighteen-wheeler. Took country roads. Well worth the extra 15k. Clear warm evening.

To Elmvale via Collingwood and Wasaga Beach 75k. Finished the day with a good thunder storm 5 km before camp.

To Norland via Orillia 103k. Long day against the wind. Visited Stephen Leacock Museum.

To Bancroft. Light tailwind. Excellent roads with shoulders on the up hills. Light traffic.

To Denbigh. Hilly day. Reached 69kph. Held back by panniers. Poor camp site. Rusty shower. Overflowing septic tank.

To Ottawa 173k. Skipped White Lake. The others were met next day by Ottawa CCCTsers. Hosted by the Good Companion Centre which provided accommodation for two nights. Dinner the first night and potluck dinner the next.

To St. Barthélemy.. Leaving Montreal is rather easy since all we had to do was travel East on René-Lesveque until it changed to Notre-Dame. It was a relief to get out of the city after 30 km. It may be rural, however, there are almost continuous houses all along the St Lawrence River.

To Ste-Geneviève-de-Batiscan. We traveled through dairy country most of the day. I took the opportunity to stop at a Holstein dairy farm for a visit as a reminder of my younger days on the farm in Saskatchewan. Times have changed. They keep the cows in the barn at all times since it is too much work and time consuming to take them out to pasture.

To St. Augustin. Just enough sun peering through the clouds to give beautiful reflections on the glassy surface of the river. Route took us through Ste-Anne-de-la-Pérade, Grondines where I visited an old and beautiful church. Nice and easy along quite rural roads with plenty of sights to admire. Tonight the town of Ste-Augustin is hosting us including the provision of dinner.

Off to visit one of the Louis Garneau factories a few blocks from our campsite for this evening. To-morrow an easy day to the centre of Quebec city. [edited]

Warm Ottawa Welcome. (WOW)

The members from the Ottawa and CCCTS bike clubs met us in Carp as we arrived at 11 am. We followed the Ottawa River to the Good Companion Centre on Albert Street in downtown Ottawa. A piper was piping and the TV cameras rolling, the Sea to Sea 2000 riders rolled into an exceptional warm welcome. The cyclists were to assemble in the lobby and again on camera, we were piped into the dining room to a standing ovation from other members of the Good Companion Centre. We had amazing singers entertain us. Marilyn and friends put on several skits for us. Our group did the "I am Canadian" skit.

Our hosts provided a shuttle service to the Greyline Tour Bus in town and a big group of us embarked on a two hour tour of Ottawa for free, compliments of Good Companion Centre and Greyline. The hospitality of these people was absolutely incredible.

I, on behalf of all the riders, would like to thank everybody who helped out. Special thanks to Starr, Marilyn M, our fellow rider who worked closely with Starr and the Good Companion Centre (the spark in Starr's engine); Kay W, who so diligently looked after all her new found chicks, Elizabeth M, who amongst all the other things she did, piped us in and out of Ottawa. More thanks to Greyline Bus Co. for our wonderful bus tour; Mr. Moe Atallah, the proprietor of Moe's World Famous Newport Restaurant (the official World Headquarters for the Elvis Sighting Society) and last, but not least, all the Ottawa members of CCCTS.

Rachelle Kennedy

On a Monday in June you get up, pack a sleeping bag, a few clothes and toiletries and cycle slowly to catch the ferry to Pender Island.

In half an hour step off (any earlier and the ship wouldn't have docked yet). Cycle up and up until you reach a plateau. Advance along the road a few more metres and turn off down a very steep dirt road to reach a marina back at sea level and find the campsite is back up the cliff under the aforesaid plateau.

The accommodation is an ample plastic tent with a door and vents and two cots. There are twelve of these units. Mary beat the management down to a level that 24 of us could afford to stay for 3 nights. However. Discovering it had been had, management moved these tents from the bottom, where all the facilities are, to this new position. This means that after slipping and sliding down the steep gravel path to have a shower and then to claw one's way back to the tent, one needed another shower to freshen up again

Monday night we will dine at the Eel and Gutter Pub where we meet new members and reminisce with our old buddies.

Tuesday is for exploring the island. Be sure not to carry a map and ignore the position of the sun.

Thank You.

My thanks for the great response for t-shirts and baseball caps. I did not have space to take everything to Brazil but the remainder I will take to the Ukraine this fall. The children's t-shirts will be given to the Chernobyl orphans.

There is a Brazilian native on the Amazon wearing a baseball cap reading "It's difficult to be humble when you are Danish" Thanks again - Bruno Freigang.

Monty's Demise.

I was very saddened when I read in the bulletin that Monty had passed away

I will always remember him as a very good friend and one that everybody enjoyed having on a tour whether it was as support vehicle driver or on a cook team. Being cheerful and easy going was his nature, even if he made a mistake at his own expense he would make fun of it, like the time he washed his wool jersey then shrunk in the dryer. We all laughed including him, when he and Doc were pulling on it to get it back to it's original size. Another time he decided to make some oatmeal cookies out of the left over porridge as there was always some left over. Well they were n't edible, they were n't chewable and not very appetizing to look at. But we had a lot of fun for a few days. When there was porridge left over Monty was asked if he wanted to make more cookies. Monty served on the board of directors for a few years and was always available to help out especially around Victoria or other parts of the island.

We will miss Monty, and if we are rewarded for bringing happiness to others, we all know that Monty has gone to get his.

GOD BLESS, LEO

The intention is to travel to Bedwell Harbour at the south end. I will get gloriously lost and keep meeting others many times while visiting places even the locals don't know about. Choose the hottest day too. You will really appreciate the shade of those BC conifers.

Wednesday Bob and a group will visit Saltspring Island; and I in the company of three charming ladies from Vancouver will ferry back to my Island to ride down to Macdonald's to meet the Wednesday cycle group and continue to Ocean Sciences for lunch.

Hurrying not at all, we eventually get back to Pender and have dinner at the diner at the ferry slip. It will be the tastiest burger I had in years. Truly !

Thursday I freewheel to the ferry and then cycle happily along the paths to my place and water the garden.

Sincerely, Mary, I had a wonderful time and some of the above is not true.

BIG BIRTHDAY BASH.

Tuesday July 11th.

Twenty-four members of the Ladner group gathered at Ricky's for the traditional monthly dinner. We had five birthdays to celebrate - Anne-Marie Labourdette, Joan Rumsey, Ffitz Niebisch, Lee Kraft and Al Hollinger. It was good to see Lee Kraft with us again after a rather long absent.

But Al our leader was having a birthday and he honoured us all by bringing in a few bottles of wine to liven the occasion. And as if that was not enough, he also picked up the tab for the entire dinner. What a guy! You do too much for us Al, but thank you all the same from all of us.

Eva Folk stood up and said a few words of gratitude for Al's dedication in looking after the Tuesday and Thursday rides. He has been an inspiration to everyone and is the reason why these rides are so popular. Eva also told us of Al's very "successful" bicycle tour to Hawaii last year. It seems he spent a great deal of time on the beach under that big romantic moon playing his harmonica. As Eva was telling us the soft dreamy sounds of harmonica music filled the room. Someone on that tour in all probability had surreptitiously sneaked up on Al during his chummy interlude under the stars and recorded his harmonica playing and Mary Whyte with a hidden player pressed the button at that moment. Hawaii never sounded more idyllic. No wonder they are called the amorous islands.

It must have been a great tour!

Marten McCready

Sally's Tune-ups

A personal highlight of my stay in Montreal involved two tune-ups - one for my Marinoni and one for me.

My bicycle emerged from two days of attention sporting flashy purple and black handlebar wraps (a gift from my friend), with every spot of dirt and grime removed. It was almost unrecognizable. It was re-oiled with a special product called 'Slippery Spitt'.

My tune-up was very much overdue and badly needed. It started with an oil massage by Michel who after reviewing my recent activities decided the emphasis would be on lower back and legs. I was told to relax and breathe regularly.

Starting on the back, pressure was applied to various key spots and the questions asked were ...

"Do you feel that, Madame Sally"?

"No, I don't".

"Remarkable!"

A little later..."Surely you feel that, Madame Sally"?

"No, I don't feel a thing".

"Remarkable!"

After several more enquiries and 'remarkables', Michel asked my age.

"65 years"

"Remarkable!"

My self image had progressed from something like a beached whale to an emerging athlete - especially after he told me he loved massaging active people.

We then progressed to the legs. The right leg was massaged and pressured and still there were no tight areas. I imagine Michel was thinking this lady has little sensitivity and more pressure was applied. It happened on the left leg quad as I suddenly rose from the table with a little yelp. That was jiggled pain free. Thanking my new friend Michel, I emerged feeling great and was met by another staff member who said "come with me - your friend arranged it".

The second hour of tune-up involved, a salt scrub, shower and then a vigorous loofah rub. By now, I was glowing. I was told to have minimum physical activity the next day, but the day after I would zoom.

That would be truly remarkable!

Sally Svensson.

Eating without Guilt

Here we are at day 65+ and eating more all the time - and everyone looking very trim and sleek.

We start off our day with a huge pot of porridge, also several dry cereal, oranges, bananas, tea and coffee - and toast if you are able to burn it yourself.

Then we pack our lunch for the day from an array of breads, cheese, sardines, cold meats, eggs, peanut butter, jam, as well as any leftovers from the night before. Also fruit, trail mix and juice.

Our three person cooking teams have produced the most amazing dinners - often under very trying conditions. We always have a huge salad, great main courses and dessert - and such varieties!! We usually fall into our tents very stuffed!

But the best part of the day's eating is finding local ice cream, milk shakes and pies. Dairy Queen and McDonald's will do in a pinch, but better still are the local ice cream parlors where there is a vast choice of flavors from which to choose. Any local homemade pies are always wonderful and there is no hesitation when asked "with ice cream?" - of course!! One day several of us had stopped at a farm market to have our lunch at their picnic table and Bud bought us a rhubarb/ raspberry pie which we devoured immediately - no ice cream available - but simply delicious! Another wonderful taste was a huge "small" cherry cone at a small store at Burnside in Ontario where a group of us sat on the steps in the sun (rare occasion) licking happily away.

As soon as we have finished lunch we start looking for a good ice cream spot to fill the holes. Of course, this must all end after the 31st of August, but in the meantime we are happily pigging out to keep our legs pumping away for another day!

Noreen Timms

Oops !

Sometimes because of our busy schedule we forget the funny things that happen to us during the day. Here is one that just came back to me.

S and her husband were cycling through the quiet country roads of Ontario when S had to have an urgent call of nature. Of course, there wasn't a tree in sight. When you are in a situation like this, you have to make do with what you have, long grass. So into the ditch and the long grass she went and was quite successful in her mission. To be on the safe side, she called out to her loving husband who was standing guard on the road "is it ok to stand up?". He started to answer "yes ..." and before he could add "except for these three cars" she stood up. Of course she was quite embarrassed with the situation, but to her credit one of the cars gave her a toot. Well done !

By Tattle-tale.

Fender Bender

Hi Rolf.... I seem to have most things up to date and am sitting here waiting for the rest of the summer to unfold... The temp yesterday was 58 degrees F something like a warm February... Jean and I did Bob Douglas's Sunday ride around Lulu Island and I had the freakiest accident you can imagine.

I was charging along with Bob in the middle of the group on Annacis island doing about 28 kms and suddenly I was falling. It happened so fast I didn't realize anything except that I was going down and to the right. I was happy to see a grass boulevard that I ended up on, much better than the pavement.

It took a lot of people and some time to figure out what happened. I have now discovered a danger of using fenders on a bike. My Cannondale T 2000 has the conventional plastic fenders. I must have run over a 4-inch spike which punctured the rear tire but as the spike entered the space between tire and fender it perforated the fender causing the fender to telescope into itself and wedge

the back wheel at the brake area and seat stays. There was a bald spot on the tire where it had skidded and a small puncture in tire and tub, but this 4-inch spike was poking through the fender.

I was able to pull out the fender after releasing the wheel and it has a memory and went back to its original shape. After replacing the tube I was up and running as if nothing had happened and made it to the first coffee stop to join the others thanks to drafting Romeo Quinter.

I got to thinking about fenders and imagine if that happened in traffic or descending a hill at 50 + km Or worse case scenario what if it happened on the front wheel I think the results of the crash would have been much more dramatic.... I think I may be removing some of my fenders...

What do you think?

Glen Smith.

Cyclists trigger Traffic Lights.

By Kryn Zedel.
Times Colonist

Cyclists are getting an easier ride on Victoria streets now that bicycle-friendly traffic light triggers are being turned on at busy intersections.

As part of Bike-to-Work Week, city workers are painting the white bicycle symbols on the pavement at intersections to show where these green-light triggers are located. Existing sensor devices, known as loop detectors, are being adjusted to recognize cyclists.

That's good news for the approximately 7,000 bicycle commuters in Greater Victoria. "Traffic engineers like to talk about the level of service for motorists - now Victoria is making a commitment to match that level for cyclists," said John Luton, Greater Victoria Cycling Coalition president.

About 50 Victoria intersections already have triggers under the pavement but until now the majority haven't been adjusted to recognize a bicycle. A sensitive magnetic field activates the trigger. This means cyclists will be able to arrive at empty intersections and trigger the light to turn green without getting off and pushing the pedestrian cross button.

During the next three years, 60 to 100 intersections in Greater Victoria will be marked with the special stencils indicating the adjusted sensors. The first stencil was painted Tuesday at the corner of Tyee and Esquimalt roads. Other intersections include Bay and Blanshard streets, Hillside Avenue and Quadra Street, and Hillside Avenue and Douglas Street.

Meanwhile, "Bike Sense," a new free guide outlining how the rules of the road apply to cyclists in British Columbia is now available at libraries, recreation centres, and in schools in Victoria.

The B.C. Bicycle Operator's Manual is designed to educate cyclists of all ages and experience.

Sunshine Coast and Vancouver Island Tour

Just a word or two of thanks to CCCTS members who met us, helped us along the way, and fed us. I refer, in particular, to Ray Merness, who directed us to particularly scenic routes between Gibsons and Madeira Park, carried our baggage, and provided a delicious dinner at Porpoise Bay Campground. Also, a thank you to Leila Montgomery and Jack Sheppard who met us on Denman Island and provided a delightful dinner, topped off by a delicious desert compliments of Glen/Jean Smith. A visit by other CCCTS members, Cathy Olsen in Powell River (along with a map of a favourite ride which several of the group enjoyed) and Bill Hook and Barbara Forsyth on Denman Island were much appreciated. My thanks to all who participated-we had a grand time.

Diana Lifton

Here is what New Larousse Gastronomique, the world's Greatest Reference Book has to say about preparing Porridge:

PORRIDGE (English Cookery) BOILLIE D'AVOINIE.

A popular food, made of specially treated oatmeal and water. Porridge is greatly appreciated in Scotland, Ireland and through out England. Here is the recipe:

Boil one litre water with 2 ½ teaspoons of salt. As soon as boiling is established, pour 300 grams oatmeal into it in a steady drain. Stir all the time until the porridge acquires the desired consistency. Leave to simmer for 20 minutes. Serve with cold milk or cream.

Each person at table is left to season porridge to his or her own taste.

Voila!!

Be the first on the Sea to Sea 2000 to prepare THE porridge to die for.

Louella Parsnips.

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers who enable us to provide tour opportunities at cost. To participate you must :

- be a member, sign a waiver and agree to the financial rules
- be in proper physical condition to undertake the tour
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax or write to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying "to be deposited for **name of tour or names for membership**". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS INFORMATION Guidelines.

Year 2000 Tours Completed.

New Zealand Tour.
Ladner to Lighthouse Loops Century.
Victoria Hub & Spoke.
Hike and Bike Queen Charlotte Islands
Pender Island Pedal.
Sunshine Coast & Vancouver Island

Nicola Valley Hub & Spoke.

Aug. 14th - 18th.

Barton Howes 250 - 378 - 0927

Registration Fee \$5.00

Self-contained camping at Claybanks RV Park.

If you want to ride the Kettle Valley Trail towards Spencers Bridge bring your fat tires. Someone will be available to lead, in addition to the regular road.

Participants: David and Virginia Brown, Dave and Vickie Darts, Barton Howes, Jan Johnson, Theresia Keet, Anna Markus, Bruce McLean, Wendy Pearson, Carl Rorison, Ness McCulley, Walter and Marion Griffioen, Joan Engman, Yvonne Miller, Kim Vogt, George Setterfield, Chris Siggers, John Peck, Corry Koster, Gillian Akin, Katryn and Carl Jeronimus, June Gallagher, Dan McGuire, Ivan Paravan, Margot Paravan, Sonya Bardati, Roberto Bardati, Dan Eaton, Jim Hendrickson, Tamas Sandor, Wendy Sandor, Margaret Fyfe, Roy Barrows, Edward & Jackie Weinstein, Julie Irwin, Leila Montgomery, Jack Sheppard, Ron & Janice Pickerill, Sim Wee, Faye Wilson

Alberta Rockies

Tentative Dates: Aug 25 - Sep. 9 Ted Stubbs 604-321-2784

Max. Participants 30

Cost \$450.00 Deposit \$10

Vehicle-supported, camping and hostels. The tour will start at Rocky Mountain House and go to Edmonton, Maligne Lake, Medicine Lake, Jasper, the Ice fields Parkway and the David Thompson Highway.

Participants: Ted and Pat Stubbs, Brenda Borron, Jim and Shirley Mae Jeffrey, Keith Clothier, Adrian Thomson, Bruce McLean, Sylvia Mather, David and Truus Clark, Frank Weber, Barbara Faulkner, William Hook, Bob Douglas, Julie Irwin, Helen & Roy Goodchild, Victoria Bernhardt, Michael Goldberg, Bob Miller, Dennis Parsons, Wendel & Theresa Green, Josie Zewiec, Barbara Forsyth, Eleanor Bannister, Bob Forsberg, Cathy McPherson

Sea to Sea 2000. May - Aug. In Progress.

CCCTS MEMBERSHIP APPLICATION.

Date: _____
 Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
 Family \$35

Name(s): _____ Male ☐ , Female ☐

Address: _____ Postal Code: _____
 Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

Pacific Coast Tour - Border to Border - 2000.

Sept. 12 - Oct. 26, 2000

Barton Howes 250-378-0927

Max. Participants: 24

Cost \$ 1440 Deposit \$40 Remainder: \$ 1400 by Aug. 1st.

See Route description in May NEWSBRIEF.

This will be a vehicle and portable kitchen supported camping tour with each participant taking a turn on a cooking team about once per week. Anyone willing to be wagon-master please telephone Barton Howes.

Bicycles returned Burnaby office for additional charge of \$25.

Participants: Barton Howes, Faye Wilson, Sheila Dinsdale, Emmy Matte, Anna Markus, Wendel Bleiker, Jack Sheppard, Leila Montgomery, Carl Rorison, Sharon Lindsay, Corry Koster, Andre Milaire, Lise Brooks, Skip Brooks, Wendy Pearson, Peter Boer, Jo Hamilton, Inge Gullon, Marthe Lambert, Jim Hendrickson, Jim Betts, Eleanor Giffin, Jean Horrocks, Fern Sule, Christina Radnai, Marina Bakker-Ayres

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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 538-0185 for meeting place, time and destination

VANCOUVER ISLAND

Page 10

Victoria:

Sundays - 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - 9 am at Quadra & Chatterton or

10 am at McDonald's, Pat Bay Highway 17.

Contact: Sonya Bardati 389-0091 or Rolf Petersen 384-6804

Nanoose/Parksville:

Thursdays - 10 am at Nanoose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 250-468-5696

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES

Starting April 1st, CCCTS member Peter Baron is offering Saturday rides, starting at 6.15 am from the Riverside Park Tennis Court parking lot.

Contact Peter Baron, 250-372-8392.

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of Injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol. 17 No. 8

Editor: Rolf Petersen rolf.p@home.com

September 2000

Address: 6943 Antrim Avenue, Burnaby, B.C., V5J 4M5.
<http://www.vcn.bc.ca/cccts/>

Tel / Fax: 604-433-7710
E-mail: cccts@vcn.bc.ca

President's Corner

By Mary Eickhoff

Would you believe... we're getting to the end of our teens! On consulting the CCCTS Condensed Minutes, compiled by Dennis Parsons, one sees that the first meeting of our club was held in February '82. Many founders have now contributed eighteen years to its' formation and current state with due time and thought, setting constitution and bylaws, guidelines for operation, and gaining 'on road' experience in all types of cycle touring, i.e., pioneer tours in the far north along the Dempster Highway, Alaska, Australia, Holland, to name just a few. According to Ken Grieve's archives, revised 2000-05-09, past and present leaders have conducted one hundred and twenty-four tours; Add to that nine this year. Needless to say, we need renewal of our human resources. If you have an impulse to share a tour dream, don't suppress it! Think about it, talk about it, DO it!

At our picnic/meeting Aug 2nd at Deas Regional Park it was deemed necessary to move the September directors' meeting from the 7th to the 14th. It's all Ted's doing, as he's taken himself, and three other directors, riding in his Alberta Rockies and Plains Round-Up. It's easy to imagine them around the campfire with copies of the songbook, setting new standards for the wildlife in the area. Hope it's not too chilly in the snowbanks. We do owe Ted Stubbs and John Peck a vote of thanks for accomplishing together the publication of the CCCTS Songbook, which contains 269 songs and will be enjoyed by tour participants for many years to come... and while we're picking on Ted, let's applaud him as well, for proposing that Bob Douglas be appointed as CCCTS Historian. We're happy to report that he accepted, and look forward to learning a lot from Bob, as usual.

Other business from the meeting was formation of a nomination committee chaired by Past President Dennis Parsons. Please contact Dennis, John Peck, or Bruce McLean to nominate or volunteer.

Today's the 31st of August of the year 2000... the day the Sea to Sea Tour participants say farewell; Some to go on cycling Newfoundland roads, others to holiday in the Maritimes, and some we'll have the great pleasure of seeing again any day now. We've missed you! Yours has been a momentous achievement and renews our claim to our name and fame. Thank you all. Mark the date now to come to the

Annual Banquet, December 6th. to be presented with your certificates.

You'll enjoy an account of the Nicola Valley Hub & Spoke in this issue by Janice Pickerill. The success of the tour and great hospitality of Barton Howes and Faye Wilson can't be overstated. As a result of our presence at the Claybanks RV Park in Merritt, a 'cell' is now being activated in Prince Rupert by Ralph Melville, a visitor to our Happy Hour. Welcome to the club, Ralph, and please keep in touch. It's a good idea for members to take club brochures along on tours in case of an encounter with an interested cyclist/prospective member.

Lots of truck traffic at the office: C-C tour truck unloaded Sep 10 and reloaded for the Pacific Coast on the 11th; Alberta / Rockies truck returning later in the week.

The call for **Arizona tour** organizers in the last Newsbrief has been answered by Bernice Gregory (4-time leader), and Barbara Hetzer, who responded to John Peck's persuasion and support. See details under Tours.

Barton's hitting' the road with the participants of the Pacific Coast tour on Wed Sep 13th from the Peace Arch RV Park in South Surrey. Their first day's ride is to Larrabee State Park, south of Fairhaven (SW Bellingham) on the Chuckanut Drive. If you'd like to join the escort party, be at the Tudor Inn parking lot, Pacific Highway (176 St) at 2nd Ave, ready to ride, at 10:45 a.m. For more info call me at 535-2513, or the Wed ride contacts. See you there!

Editor's Desk

Of special interest on page 2 is Max Bisseggers' Survey of interest (Tour of Germany) for 2001; Letter from New Zealand on P.6 to all Graeme Milners' friends, and what sounds like an invitation to visit! From my old friend Andree Milaire, (an item he gave me several years ago) on Battery Boost, which might come in very handy in the not to distant future.

Sorry to hear the Alberta Rockies tour had to be discontinued at Edson on Sep 2nd. Due to inclement weather.

Last but not least good luck to Brian Altenkirk and Dennis Fewelling on their ongoing C to C tour in New Foundland.

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or The Editor.

Membership fees: Single \$ 25; Couples \$ 35.
The month your dues expire is shown on the address mail-out label.

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Sea to Sea	Horst Hees	250 389 1152
Club Jerseys	Sally Svensson	(See above)

EVENTS CALENDAR 2000

SEPTEMBER

14th Directors Meet
15th Start Pacific Coast Tour.

NOVEMBER

2nd Directors Meet.
8th -22nd Arizona Tour

OCTOBER

5th Directors Meet
26th Pacific Tour completed

DECEMBER

6th Banquet
7th Annual General Meeting
Directors Meet to follow.
12th Victoria Christmas Dinner
at Royal BC Museum Café.

NEW

New CCCTS Members

Dun, Bill 2676 W. 1st Ave., Vancouver, BC V6K 1G9.
Brandsma, George & Mary 35122 High Drive, Abbotsford, BC
V2S 4P6. 604-859-5798
Fossum, Sharlane 589 Hampshire Rd., Victoria, BC V8S4R9.
250-595-5663
Estabrooks, Penny 5638 South River Drive, Manotick, ON
K4M 1J4. 613-692-8172
Buim, Sherry & Allan 125 East 28 Ave. Vancouver, BC V5V2M1
Prins, Albert 604-596-7236 10942 Lyon Rd., Delta, BC V4E1J3.

Re: Survey of Interest. (Tour of Germany and beyond)

I have been approached at various times since the last trip to Germany in September 1999, to organize and lead another tour in Europe.

Before I do any work on it, I would like to conduct a survey to find out, if there is any interest in such a tour.

The route I am thinking of would take us from Munich to Regensburg both in Germany, to Passau in Austria along the Danube River to Vienna, with possible extension to Bratislava in the Czech Republic and onto Budapest in Hungary.

The time would be in September 2001. It would last 2 and a half to three weeks. There are no-cost estimates available at this time. The distance estimated at 900 to 1000 km. The accommodation would be the same as last time; A mix of Hostels and Inns with breakfast included.

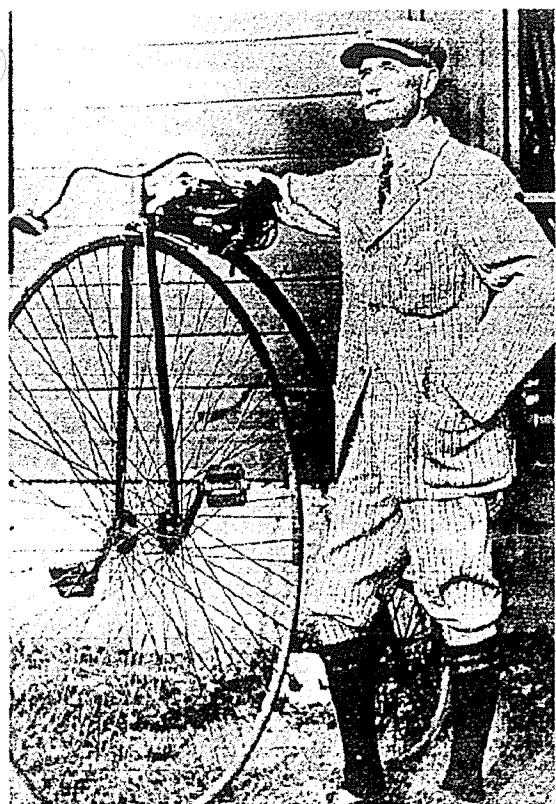
Should you be seriously interested in taking part please let the Office know.

Max Bissegger.

Rumple Strips

A little note on rumble strips - they work! I fell asleep while cycling one day and as my bike veered to the left and hit the rumble strip I was jarred violently back to reality. Gravel on the right of the shoulder produces the same effect. One day, however, I fell asleep without a rumble strip to protect me and I found myself over the white line in the path of traffic and woke up with a start when a car went whizzing past close to my left. The driver may have been more careful if he'd known I was asleep at the wheel!

By Donna, Sea to Sea



Recently the Newsbrief has carried a stream of accounts of the cross-continent super cyclists (both east to west and west to east groups) in the CCCTS. Well, we're not all marathon maniacs. On the recent Sunshine Coast--Vancouver Island tour, organized splendidly by Diana Lifton, we never rode over 100 Km per day: in fact we always rode less than 50 clicks and some days had trouble making 30. We rode ferries, explored back roads, climbed lots of hills, swam, had leisurely meals (e.g., 2 Hr at the Ruby Lake Inn) and enjoyed 10 days of superb weather. A unique addition to the group were two family dogs dutifully towed in Burley trailers by Diana and Brenda Borron. Trailering seems to be an effective alternative method for loaded touring and I think we'll see more of it (particularly with the single wheel BOB trailer).

Apart from the pleasant cycling, the highlight (s) of this trip were the evening parties. Diana has already acknowledged the splendid dinners provided by Raynel Merness at Porpoise Bay and Leila Montgomery and Jack Sheppard on Denman Island. These were both unexpected, wonderful bonuses. But even without this welcome help, on other evenings we managed to have extended happy hours. This was a most congenial group.

Over the years I've done a lot of long distance touring with extended daily mileages and I'll probably do it again. But this small trip demonstrated clearly how enjoyable bike touring can be when you face the fact that a bicycle is not designed to cover long distances quickly (a motorbike is). Cut down the mileage and enjoy the going, no matter how far you get.

Or am I just getting old?

Thanks Diana for a memorable trip.

Nicola Valley Hub & Spoke.

About Fourty-seven Cyclists, one Cat and one Dog converged on the little town of Merritt.

Some of us arrived on Sunday night and others all during Monday. Monday evening was a short "See Merritt" ride around the town, up to the residential hillsides, then on to Barton and Faye's home for a social hour.

Tuesday was a ride on lovely rolling farmland up along Nicola Lake, with a stop at the historic Quilchena Hotel.

Wednesday was up the Coquihalla highway and back on Coldwater Canyon- small ranches and glimpses of the river.

Then Thursday towards Spences Bridge along the Nicola River. Lunch saw a few off us youngsters swinging on a rope swing over the river. Some very wet Cyclists had a nice cool ride back. Friday was a half-day ride back to Monck Park on Nicola Lake. Every day had a "Happy Hour" or two and Thursday night we enjoyed a Chinese Smorg.

Our thanks to Barton and Faye for so very cheerfully arranging a Great Tour!

Any other members in interesting places who would like to share your favorite rides with the Club?
We'd love to participate!

Janice Pickerell

10 Rules for Cycle Touring

By Dennis Flewelling C to C

1. Don't use a bicycle that you cannot control at high speeds in loose gravel. You might be forced off the road.
2. You can never have too many granny gears.
3. All drivers will share the road - provided they don't have to take their foot off the gas. Always have an emergency escape plan and don't be afraid to use it.
4. Join pace lines only when road, wind and traffic conditions warrant it. Most accidents occur when cyclists run into each other.
5. RV drivers are the most dangerous. They are generally inexperienced and have no idea how big they really are. Some forget to take up their steps - these will amputate your left leg at mid-calf. Use your emergency escape plan.
6. If you want and expect all the warmth and comforts at home - stay at home! You or your favourite peanut butter may not be available in all parts of Canada.
7. Don't skimp when buying a tent. It is your last line of defence.
8. Share the work, share the credit, take the blame.
9. If you don't like what you see, lower your expectations.
10. Think carefully before throwing away a plastic bag.

Fuel cell bike pedals into the future.

Source: Manhattan Scientific.

Fuel cells have powered NASA space missions for decades, and there are plans to use them in cars in the next few years. A New York company wants to take the idea to yet another level: **The Bicycle.**

DUBBED "THE HYDRO CYCLE," the modified mountain bike has pedals but it can also be used like a scooter, with fuel cells providing power to a motor that turns the rear wheel.

Testing earlier in Germany, where some of the technology is being developed, suggests it has a top mileage range of 70 miles along a flat surface. The top speed is around 20 mph.

The fuel cells use hydrogen and air to create electricity, which means the only emission is water vapor. The lack of pollutants is why fuel cells excite environmentalists and government officials, who are under pressure to reduce manmade emissions believed to be contributing to global warming. These "greenhouse" gases include carbon dioxide, a major source of which is gasoline and diesel engines. And because fuel cells have no moving parts, the motor makes no noise.

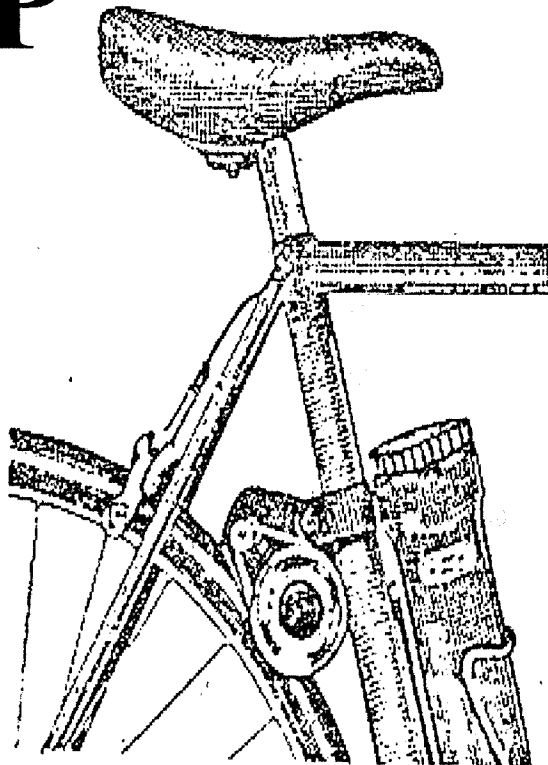
"It's wonderfully quiet and gives off no emissions other than a small amount of water vapor," Jack Harrod, chief operating officer of Manhattan Scientifics, said in a statement announcing the first test rides. "It is a real experience to ride through a forest and only hear the sound of the tires on the dirt road," Harrod added. Sure a bike can do that too, he acknowledged, but not without sweaty effort by the rider. Harrod himself rode the bike, saying it even managed to carry his 240 pounds up a hill with an 8 percent slope.

THE ROAD AHEAD.

Harrod emphasizes that Manhattan Scientifics is not in the bicycle business, and that its prototype "is intended to excite manufacturers" about the possibilities. He believes it's feasible that by the middle of next year it will be possible to market a fuel-cell bicycle for less than \$1,500, and hopefully for less than \$1,000 some day. A fuel-cell bike would be competing with electric bikes already on sale, but Harrod argues that fuel cells have a tremendous advantage. Electric bikes can only be ridden a few hours before needing a recharge, which can take several hours," he notes. Fuel cells, on the other hand, have a much longer range and are refueled simply by adding more hydrogen.

But that refueling process is a major obstacle since there's no infrastructure for hydrogen stations. "It's a problem that has to be dealt with," Harrod acknowledges.

Pedal Power Gets.....



Battery-Driven Boost.

Submitted by Andree Milaire

One little motor with a big name wants to get bikers over the hump.

The Chronos Hammer has only 0.2 horsepower, but that's enough to help cyclists overcome steep hills. With the motor, the aged and infirm resume or keep on biking, weaker riders stay up with their stronger partners, and bicycle commuters get to work with less sweat.

Invented by Randall Olsen, who holds a doctorate in physics from Princeton. The Chronos Hammer includes a motor that drives the rear wheel, a rechargeable battery that fits into a bottle holder and a push button on/off switch. The motor disengages above 12 miles an hour. Made by Chronos Research Laboratories, San Diego, the Hammer kit weighs 5.7 pounds.

Dr. Olsen, who bikes to work and back 30 miles a day, says the Hammer is meant to augment pedal power, not replace it. Other systems are so powerful that they convert a bicycle into a motorbike, he says.

The Hammer has won over Thomas Lotito, a jeweler from Floral Park, N.Y. "I pedal, and when I get tired, I turn the motor on." Jack Blake, a retired Air Force officer in Universal City, Texas, has emphysema and says; "if it weren't for the Chronos motor, I'd have to give up my biking."

Web-Site Information at www.thor.he/~chronos

Sea to Sea.

From Causapscal, Que. in the beautiful Matapédia Valley.

Weather continues to be good to us. Rains only at night. Some hot days as we were doing the hills on Hwy 138 from Quebec to Tadoussac and les Escoumins. They were long days in the heat with many tough long hills to climb. They have very little respect for cyclists.

Approaching 6500 km since our departure from Victoria. Another 1500 should just about do it.

Sat 29 July. St Augustin to Quebec. 30 Km on a warm and sunny day. Easy ride into Quebec led by members of a local bike club Les Velorettes. Followed bike paths and lanes to the Plains of Abraham and to the Youth Hostel on Ste Ursule in the heart of Old Quebec (upper part) Sunday, our day of rest. Took time off from the tour to watch the departure of the Transatlantic sailboat race from Quebec to St Malo.

Mon 31 Jul.. Quebec to Baie St. Paul - 105 km

Left the city on bike paths that go all the way to the Montmorency Falls. Took the cable car to the top of the falls to travel on hwy. 363. A very scenic route up to St-Anne-de-Beaupre. Visited the cathedral then off into the hills.

Hwy 138 in Charlevoix County along the North Shore of the St Lawrence is nothing but hills making it if not more difficult than the routes in the Rockies. After some 40 km of climbing it was quite a relief to see a road sign warning drivers that there were 6 to 12 % downhill grades for the next 20 km - they exaggerated

Tues 1 Aug. Baie St Paul to Tadoussac. 118 hilly km. Weather sunny in the mid twenties with again variable winds but mainly at our backs. Climbing steep hills without a paved shoulder is rather scary at times. What could have been a very scenic and picturesque trip was ruined by the heavy traffic.

Wed 2 Aug. Tadoussac to Bic. 98 Km.

Hills at first with off and on paved shoulders. A two hour wait for the ferry followed by a 1 and one-half hour crossing. Interesting that we could see the odd whale and seal from the deck.

Thurs 3 Aug. Bic to Sayabec. 102 km on hwy. 132. Rolling terrain with some reasonable hill. Wx overcast with a thunderstorm just after we had set up our tents. Some of us took the old road along the St. Lawrence from Rimouski to Ste. Flavie.

Friday 4 Aug - Sayabec - Causapscal. 80 km

Overcast, winds light and variable - no showers. A visit of the Matamajaw Salmon Club which became a heritage site in 1989. The club is located in the town at the forks of the Matapédia and Causapscal rivers. Two important salmon rivers in Gaspé. The club was set up around 1870 and was for the use of rich Americans and Anglophones from Montreal. Membership fees in 1905 were \$4000 per year.

Sat 5 Aug - Causapscal to Campbellton (Atholville). Sugarloaf Provincial Park. 83 km Very enjoyable and relaxing trip arriving in Campbelltown by noon. Had to walk up a few hills that normally would not have been a problem.

Greetings from Pictou NS.

We crossed the straits into NS this afternoon. We were lucky enough to get half a day of sunshine in Cavendish on Sunday on our day of rest. Most of us went for a stroll and swim on the famous Cavendish Beach.

We attack the Cabot Trail on Thursday. Have not been successful in finding smaller diameter chain rings for front so will have to slug it out. As our saying goes: "We have not yet encountered a hill on a paved road that we could not walk up."

Greetings from Sydney NS

Cape Breton Trail is now history. We had rain most of the time so the scenery was not as nice as it should have been. Stayed in Dingwall on Saturday night at a Campsite and Oyster Market. Took advantage of the market while the pot roast was cooking (I was on the cooking team again) and had a dozen fresh ones.

Sunday we traveled to Ingonish - a short 50 km along the coast. Sun finally came out as we were reaching our campsite. Smokey mountain was an easy climb (255 meters) but the view at the top is well worth it. We had sun that morning. The descent was something else in the wind and sharp curves.

Visited Fortress Louisbourg this morning and the Miners Museum at Glace Bay in the afternoon.

Greetings from Musquodobit

On the last stretch of our tour. Camping tonight at Porter's Lake Provincial park, 30 km from Dartmouth then into Halifax tomorrow. Since my last contact in Sydney we have traveled along the Bras d'or Lake to Wycocomagh (93 km) in sunny weather with very scenic terrain. Points of interest were the sighting of Elsie, the ship sailing boat built by Alexander Graham Bell for his daughter. Another point was the Highland Village at Iona. Contains collection of reconstructed houses to reflect the living conditions of the Scottish Immigrants in Nova Scotia in late 1700.

Sat 26 Aug. Wycocomagh to Linwood 58 km.

Left the Coast and water to travel inland towards straight of Canso. Easy travel in rolling terrain. Beautiful sunset with clear skies made it pleasant to sit on the point at the campsite and listen to a young piper play for one hour.

Sunday 27 - Linwood to Sherbrooke. 90 km. Weather hot, sky clear winds light from SW giving a slight headwind. Traffic light. Traveled through the interior in trees and farm country.

Monday 28 - Sherbrooke to Sheet Harbour 83 km. Started with overcast skies, then a small shower then cleared up into a beautiful day with brisk NW winds - headwinds again. Beautiful ride along the coast with too many beautiful scenic points to mention.

Tuesday 29 - Sheet Harbour to Porter's Lake Provincial Park. Estimating 80 km. Again a nice sunny day with brisk winds at times but otherwise very pleasant. Many coves and harbors. This will be our last day of consequence since we only have 30 km to travel on Wednesday. Anticipating picture session at Halifax City Hall with Mayor in early afternoon.

By Renaud Prefontaine.

C to CCTS Ottawa

By B.D.J.

It was with great gusto that 12 Ottowians set out from Britannia Beach to meet their pals 28 kms away in Carp. The big riders arrived exactly 15 min. after the 12 reached their destination. There was much rejoicing and reunitionizing. Nearly everyone knew everyone else, we then split into groups with local leaders and cycled back on the backroads stopping at my place. Fortunately I had made a gallon of pink lemonade and had conjured up some Belgian fudge cookies and ginger snaps. Relaxing and lounging on wicker furniture around the verandah we caught up on all the news, weather and stories, Heh! Heh! Everyone looked extremely fit, tanned and well especially Noreen looking like a glamour queen. Weight loss was especially notable.

So on to downtown Ottawa where the participants descended on the Good Companions Club, and were treated like, well—Royalty. The accompanies dashed home to change and remake an appearance for the evening festivities. Dinner, dance and a music hall entertainment. Boy! Could some of Good Companion women sing and what legs. You'd think you were in Miss Kitty's Saloon, is that where the word Good Companions came from?? Then a skit and "Jolly" poem from our crew. Dear Marilyn in black tails and top hat. Her fractured hand in a stiff cast and plate stood out like a sign post. I wanted to write "To Halifax" on it. No offence Marilyn we are all fond of seeing sign posts on our tours. Your such a sport.

Some of us walked up to Parliament Hill with Bosco to see the military bands play "The William Tell Overture". The cannons and peace tower Carillon Bells joining in. 300 musicians from Army, Navy and Airforce. Gunners, Infantry, many Pipe and Drum Bands, lots of Brass and Scottish, Irish dress of The Clans. It was while Jenny and myself were guessing the tartans that we got stuck on the name of one, and we politely asked an officer if he knew which clan it was? To our amazement he answered "How many in your party?" Two", we replied, and he promptly opened up the barricade and took us up to two seats in the stand

overlooking the ceremonies! Now how do you work that out? I wasn't chewing gum and J giggled, "He thinks we're French".

The next Day was spent touring Ottawa by bus which fitted perfectly with the rain. Then it was "Pot Luck" again in the evening. More people went to the hill. I spent time with my cronies, Shirley, Jean, Donna, Bosco, Dennis, Bryan, Geraldine, James, Gordon, Sonie, Rachelle, Marilyn and "Bubbly" Sally. I want to go with you I cried and finish the trip. "There, there they said, have a little drinky, there is room for you if you want". I felt like a wanton women following the army. No! I decided I have to save mu pennies to move to B.C. And then it was all over.

I picked up some requests at MEC, a head gear light. Some inner tubes and a pair of sox marked "Girls love dirt" (you bet) for the crew!

Saturday morning I saw them coming out of the "Newport", it's an "Elvis Enterprise" with a Red phone where you can speak to the king himself. Had they been there all night? No, they were just having breakfast. After which we all donned our helmets and took off like a cloud of "Valkyries" to parliament hill for photo sessions. A Japanese tourist came into our midst handing her camera to her relations to take photographs of her in the center of the group. Now I've seen everything! "Come one, come all".

We sailed away and cycled to the outer districts of Ottawa leaving our friends with the coffee bread in Cumberland. The sun came out to bless us all. Then Bill, Ray, Jenny, Inga and I turned around to peddle home slowly reminiscing and to resume our lives.

Some wanted to stay in Ottawa an extra day, but I'm sure you all saw and relished most attractions' guys? Maybe next time? So "here's lookin at you kids".

By B.D.J.

Letter from New Zealand.

Dear Rolf, please accept my apology for not sending you the date of my birthday as I just keep forgetting to do this. My birthday is the 21st Jan 1930, that makes me a fit healthy cyclist and we in N Z have a saying: "We are in our third age and to enjoy it".

I feel embarrassed because I have forgotten who so kindly gave me this subscription in which I have enjoyed reading of the many trips that you all do. I first met one of your groups when they were in Christchurch, before they set off to do the south Island tour and when they arrived back in Christchurch. It was a pleasure to go out for a meal and listen to the good times that they had. This was 3 years ago and the next lot that came down with some of the first lot. I was able to meet them at the airport, then when they left, a friend of mine Tony Currie and I took them out of our city, which by the way have a population of three hundred and fifty thousand. Doing this through some of our interesting suburbs we rode with them for 30 miles which got us to the first tea shop, then came back.

I will look up some of my letters to get their names and will let you know who they are. I am including some cuttings you might be interested in reading. At this time our NZ\$ is very poor, 45 cents US, but I don't know what it is for you? Here in Christchurch the cycling city of N Z and all of NZ is great for cycle tours; but the South Island is not crowded on the roads like the North Island. I like them both and have been from one end to the other 3 times.

So all the best to you and I remain yours,

Sincerely Graeme Milner.

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists researched, organized and led by experienced and committed volunteers who enable us to provide tour opportunities at cost. To participate you must :

- be a member, sign a waiver and agree to the financial rules
- be in proper physical condition to undertake the tour
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax or write to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying "to be deposited for name of tour or names for membership". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS INFORMATION Guidelines.

Year 2000 Tours Completed.

New Zealand Tour.

Ladner to Lighthouse Loops Century.

Victoria Hub & Spoke.

Hike and Bike Queen Charlotte Islands

Pender Island Pedal.

Sunshine Coast & Vancouver Island

Hawaii

Nicola Valley Hub & Spoke

Sea to Sea 2000

Alberta Rockies

Arizona 2000.

New Tour apply now!

Nov. 8th - 22nd.

Max. Participants: 16 (minimum 12)

Leaders: Bernice Gregory.

Barbara Hetzer

Cost: \$850 Cdn. (incl. accommodation, support vehicle, lunches).

Deposit \$100 with application. Balance \$750 due October 1st.

Airfare not included (make your own arrangements perhaps with America West flight 513 Nov 8th. 08:08-12:16, return Nov. 22nd.

Flight 154 19:51 - 22:05). Last year bikes were free for a recognized bike club; Ask your travel agent about it. Return airfare Vancouver - Phoenix is about \$475 Canadian.

Style: Motels and restaurants, with small support vehicle.

Itinerary: Phoenix, Casa Grande, Tucson, Benson, Tombstone, Bisbee, Douglas, Nogales, Tucson, Biosphere, Florence, Phoenix.

Vehicle driver: The support vehicle driver will be paying the same share of the costs as all the other participants.

Apply to BOTH the office <cccts@vcn.bc.ca> 604-433-7710, AND Bernice <cycleb@hotmail.com> 604-929-7533 OR Barbara 250-995-8430).

Alberta Rockies

Date: Aug 25 - Sep. 9

Ted Stubbs 604-321-2784

Max. Participants 30

Cost \$450.00 Deposit \$10

Vehicle-supported, camping and hostels. The tour will start at Rocky Mountain House and go to Edmonton, Maligne Lake, Medicine Lake, Jasper, the Ice fields Parkway and the David Thompson Highway.

Participants: Ted and Pat Stubbs, Brenda Borron, Jim and Shirley Mae Jeffrey, Keith Clothier, Adrian Thomson, Bruce McLean, Sylvia Mather, David and Truus Clark, Frank Weber, Barbara Faulkner, William Hook, Bob Douglas, Julie Irwin, Helen & Roy Goodchild, Victoria Bernhardt, Michael Goldberg, Bob Miller, Dennis Parsons, Wendel & Theresa Green, Josie Zewiec, Barbara Forsyth, Eleanor Bannister, Bob Forsberg, Cathy McPherson

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male ☐ , Female ☐

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS. 6943 Antrim Ave..Burnaby.. BC. V5J 4M5.

Pacific Coast Tour - Border to Border - 2000.

Sept. 12 - Oct. 26, 2000

Barton Howes 250-378-0927

Max. Participants: 24

Cost \$ 1440 Deposit \$40 Remainder: \$ 1400 by Aug. 1st.

See Route description in May NEWSBRIEF.

This will be a vehicle and portable kitchen supported camping tour with each participant taking a turn on a cooking team about once per week.

Bicycles returned Burnaby office for additional charge of \$25.

Wagon Master: Bill Augustejn

Participants: Barton Howes, Faye Wilson, Sheila Dinsdale, Emmy Matte, Anna Markus, Wendel Bleiker, Jack Sheppard, Leila Montgomery, Carl Rorison, Sharon Lindsay, Corry Koster, Andre Milaire, Lise Brooks, Skip Brooks, Wendy Pearson, Peter Boer, Jo Hamilton, Inge Gullon, Marthe Lambert, Jim Hendrickson, Jim Betts, Eleanor Giffin, Jean Horrocks, Fern Sule, Christina Radnai, Marina Bakker-Ayres

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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

Page 8

Victoria.

Sundays - 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - 9 am at Quadra & Chatterton *or*

10 am at McDonald's, Pat Bay Highway 17.

Contact: Sonya Bardati 389-0091 *or* Rolf Petersen 384-6804

Nanoose/Parksville.

Thursdays - 10 am at Nanoose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 250-468-5696

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES

Starting April 1st, CCCTS member Peter Baron is offering Saturday rides, starting at 6.15 am from the Riverside Park Tennis Court parking lot.

Contact Peter Baron, 250-372-8392.

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

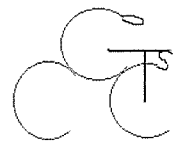
I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____

Newsbrief



October 2000 Volume 17. Number 9.

The Cross Canada Cycle Tour Society

President's Corner

Mary Eickhoff

The multi-coloured autumn leaves are falling and the days are getting inevitably shorter. This marvellous Fall weather gives us reason to embrace the Thanksgiving spirit. The Pacific Coast tour received a spirited send-off on Sep 13 from the Tudor Inn at the Pacific Highway international border crossing. Thanks to all forty or so sunny-faced escort riders who accompanied them to the Ferndale Seniors' Centre picnic area... a parade of about sixty cyclists in all. My apologies to those few who arrived in time for a 10:30 am departure due to an error in the President's Corner and were therefore two hours late, but caught up with us in Ferndale. Fortunately, most of the party got their information from more accurate sources. I should add, this was NOT an EDITORIAL error. Faye Wilson is sending frequent updates on their progress and experiences to Webmaster, Art Borron, so members can access fresh information.

Honourable Mentions are hereby passed on by request of Leila Montgomery, to the members of the Sea To Sea Tour who diligently cleaned and organized the contents of the Budget truck on arrival at Vancouver, prior to its re-loading for the Pacific Coast tour. Leila related that the result of their efforts was very commendable.

We can also give thanks for some spanking new tours on the calendar, and not only new tours but, thank heavens, new tour organizers. Chris Siggers will get his feet wet on the first one, and will probably even be totally submerged in Hawaii in January. Equally welcome, are Gladys Schmidt and Dora Ellis, who will coordinate the June 2001 Comox Valley Hub & Spoke. You'll find all the details in the Tours section.

Leo Comeau wishes to extend sincerest thanks to all members of the club for the thoughts of sympathy expressed to him, and his family, on the loss of his dear wife, Adrienne. Adrienne was very supportive to Leo's activities in the club during his term as President, 1989/90, and enjoyed the friendship and camaraderie we all share. Friends of Mel and Betty Kerr will also be saddened to read in this Newsbrief, a tribute written by Chuck Dick in memory of Mel, who recently passed away.

Well, dear folks, we must continue to support each other in embracing the future, avoir toujours le bon mot pour rire, lend a hand or ear, a kind thought or word, and benefit from our cherished companions in this leisure activity we are so fortunate to pursue.

Annual Banquet & Dance



Wednesday, Dec. 6th. At
Kinsmen Recreation Centre.

5430-10th Ave., Tsawwassen,
South Delta.

Bar open at 6:00 pm

Dinner at 7:00 pm

Food: Caterer Marcel Scheur

Music: Stan Lewis

Price: \$26.00 per person

We need to get an idea of how
many to cater for.

Please notify the office or call

Sally Svensson 604-987-3449 Email-sallynv@infoserve.net

Mark your calendars now for the celebration.

If paying by cheque, please indicate it is for the banquet.

Annual General Meeting.

Date: Thursday, Dec. 7th, 2000

Time: 11:00 am to 1:00 pm

Place: South Delta Recreation Centre,

1720-56th St., Tsawwassen South Delta

Hall "C"-main building (parking behind)

Refreshments: Full assortment (Remember Spring Social?)

December Directors meeting to follow.

Editor's Desk

This might seem a little early to most of you, but several people in the CCCTS have been busy preparing for the Festive Season. Victoria and Vancouver are ready and waiting. Give them your support by booking early!

We will be posting more dates in The November Newsbrief.

In this issue we have the wind-up of the Sea to Sea tour; fare-well to an old friend; Pacific Tour; and don't forget to book for Hawaii and the warm weather. **Note Victoria Wednesday Ride Change Election time coming up so get your name in for Director!**

NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit to Office or Editors E-mail: rolf.p@home.com

Membership fees: Single \$ 25; Couples \$ 35.
The month your dues expire is shown on the address mail-out label.

For Further information Contact:
THE CROSS CANADA CYCLE TOUR SOCIETY.
6943 Antrim Avenue, Burnaby, BC V5J 4M5

Tel/Fax: 604-433-7710
E-mail: cccts@vcn.bc.ca
WEB-Site: www.vcn.bc.ca/cccts/

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Web-Master		
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Club Jerseys		
Sally Svensson	(See # above)	



Victoria Christmas Dinner

AT THE ROYAL BC MUSEUM

DEC. 12TH. 2000

Cocktails 6 pm . Dinner 7 pm

Dinner Menu.

Starter Caesar Salad
Entree Roast Prime Rib with Yorkshire Pudding
Roast Potatoes, Hot Vegetables, Skewered Prawns
Dessert Berry Crumb Pie with Icecream
Beverages Coffee & Tea

Vegetarian Entree Pasta Primavera or Vegetable Stir Fry

Price \$19.00 per Person (all other drinks extra)

Please contact your Hosts Ute & Jim Grayson (250) 658 1648 before 1st Dec 2000 with your choice of Dinner.

New CCCTS Members

Cazemier, Willem (Bill)	101 Wingham Place, Ottawa, ON K1K 2X3. 613-745-9957
Graham, Ron.	402-1737 Duchess Ave. West Vancouver, BC V7V 1P8. 604-922-5107
Harder, Bent	1424 Jackson Drive, Comox, BC V9M 4E5. 250-339-1265
Hardy, John	4588 West 1st Ave., Vancouver, BC V6R 1H8. 604-228-0442
Hunt, Jacquie	301-2230 Cadboro Bay Rd., Victoria, BC V8R 5G9. 250-592-3201
Melville, Ralph & Francoise	849 Oceanview Drive, PO Box 95, Port Edward, BC V0V 1G0. 250-628-9224
Mogg, Louise	108-8120 Colonial Dr., Richmond, BC V7C 4V2. 604-592-2181
Porter, Gerald & Arlene	1250 Oakmount Rd., Victoria, BC V8P 1M2
Turnbull, Ian & Aleda	312 Clifton Terrace, Victoria, BC V9A 5X9 250-480-1396

CCCTS CALENDAR 2000 - 2001

OCTOBER	DECEMBER
5 th Directors Meet	6 th Banquet
26 th Pacific Tour completed	7 th Annual General Meeting Directors Meet to follow.
NOVEMBER	12 th Victoria Christmas Dinner at Royal BC Museum Café.
2 nd Directors Meet.	January
8 th -22 nd Arizona Tour	27 th . Hawaii Tour Start.
NEW	

To all of you who participated in the **Sea to Sea 2000** tour: **Thank You .**

In my mind this trip was a big success because of all of you and the contribution each of you made to it. This was not an easy tour to complete, there were many hills to climb in any weather, there were extraordinary long distances to overcome, there were many inadequate campsites to put up with, hail in the face, sweat in the eyes, injuries you sustained to your- selves and your bikes at some time or another every one of you, I think, would have liked to throw rocks at me. Thank you for resisting.

It is thanks to you - this marvelous group of diverse people, some still involved in careers of authority and responsibility, who melded together into this working group and overcame unexpected hardships as well as performing the daily chores - this trip was a success.

When we first joined this tour, we may have had different ideas as to what it would be like. Riding along sun drenched country roads, getting close to wild animals grazing in fields of flowers and mountain meadows ----- . We had that, as Bosco's pictures will show, but the **hardships**, - - - did we think of the challenges ? To me it is in the way the group adapted from the expectations to the challenges with perseverance (as in the long distances through the USA), with courage and discipline (as after injury and disappointment) and with integrity (as in sticking with the jobs we had taken on rather than abandoning them) that this became a **great tour**. **Thank you for that, thank you for sticking it out. Congratulations for making it.**

We triumphed over the hardships, the heavy traffic, the bad roads, etc.

We did it !!!



Most of the records of this trip will be at the office, after all our accounting is done, along with some of the pictures from Bosco Chang and the daily journal that Gordon Kennedy so capably kept for us. Go and look at it when you have a chance.

From the group that took over the truck and equipment from us for the "Border to Border Tour" we got special mention for the "superior" way we cleaned and handed over the truck and contents. And I think that the directors were pleased with the Sea to Sea 2000 tour as well. Our John Peck has agreed to prepare the certificates for participation in the Sea to Sea 2000 tour. During the December 6th banquet these will be presented to the participants who are able to be there. Please plan to attend. Those of you unable to attend will receive them in the mail.

I would like to hear from you, how you have readjusted to normal life, what your thoughts on the trip is, and maybe get an idea who will emerge to coordinate the next Cross Canada Tour, anyone from our tour ?

I wish you well, love Horst.

Donna made the following presentation at our congratulatory dinner in Nova Scotia.

Our **Sea to Sea** journey has given us a good start at living just one day at a time, enjoying the moment, traveling lighter, and we've certainly been going places.

I want to congratulate each of you on completing the journey and reaching the destination. As far as I am concerned, at this moment you have cycled across the continent, from sea to sea. It's not just the physical effort that each of you put forth to realize your dream and to accomplish what you set out to do; It is all the other challenges that you have faced along the way. We started out as a group of strangers, each one a unique personality.

We had to work together. We set up our camp together and we packed up our camp together. We had to learn to cook together, and share laundry and shower facilities. We supported each other on physically tough days and also on mentally stressful days. We laughed together and shared a few tears together. We had to overcome differences.

I think we've learned to be more tolerant, more sympathetic, more understanding and less critical. We've learned to be grateful for small things. We learned how to deal with seemingly impossible situations. Kathy expressed it perfectly when she said we were

"Constantly challenged to adapting". We were grateful to Yvonne for the special things she did for us so willingly, and we forgave her when she missed our coffee breaks.

As unique individuals, each of us comes equipped with our own special talents. It's easy for us to appreciate each person for what they have to offer. It may be one's sense of humor and fun, or one's cheerful disposition, a quiet uncomplaining countenance, willingness to take on a difficult task, or to help with bike maintenance, cooking and cleaning tasks, management of our money, and food purchases and inventory, maps and directions along the way, repairing flat tires, making arrangements for accommodations and special dinners and tours.

This cycle trip will be one of the greatest accomplishments of your life, and your friends and family will be very proud of you. This accomplishment may now become your claim to fame. You are a celebrity.

A trip like this is full of positives and negatives. I would hope that when you are home, and sharing your experiences, that the positive aspects of the trip will greatly overshadow the negative; and that your listener will be able to appreciate the challenge and success of your accomplishment.

Congratulations!

Bosco Remembers.

We are on our last leg now. What I enjoyed most on this trip is meeting the people. Our receptions from Vancouver to Montreal from our CCCTS members or relations are fantastic. I was most impressed by the kindness and hospitality of strangers.

A few examples:

When Jack and I tried to hide out the coming rainstorm, we hid ourselves under someone's back porch near the highway near Swift Current. A retired gentleman asked us to come inside and offered us coffee and doughnuts. Needless to say we had a nice little chat. In Carlyle, a farmer offered me a ride to town to make a call. He actually drove me out of town, several km away because none of the phones in town would work with my calling card. He waited for me to finish the call and drove me back to the campground. In Duluth, we stayed at the Snowflake Lodge which was an alpine ski lodge. We were there for a rest day which just happened to be a Sunday. It was raining very hard that day, but when I called a pastor of a church, he was able to arrange for someone to pick me up and bring me to church. The retired couple, Coy and Florence, were missionaries in New Mexico. They treated me to a very hearty Sunday buffet. In Cambellton we camped at Sugarloaf Mountain provincial park about 3 km from town. The

Baptist church sent a member out to pick Shirley and me up. After the services, a young couple approached us and invited us to their home for lunch. Andy is a high school science teacher, the only one in the area who uses the internet to teach and Nancy is a nurse. We had a barbeque by their swimming pool. It was a very pleasant and cordial lunch. When we peddled along the shoreline in the Acadian area of Nova Scotia, the weather was mild, but when it rained it was a downpour. Whenever it rained hard, we stopped under the front porch. People often asked us in, including a retired fisherman who made us fresh coffee and offered us cookies.

All I can say is that people are very generous and friendly in nature. In all my years and travel I haven't had any bad experiences, however on this trip the warmth, friendliness and generosity from coast to coast have been overwhelming.

I hope to have the opportunity to do the same for fellow travelers

Farewell to Mel. ----- C. Dick.

Mel Kerr, a good friend of the Cross Canada Cycle Tour Society and my friend, passed away September 4, 2000.

I will always have fond memories of the days we spent working and touring together.

I first learned of Mel and his active cycling and participation in C.C.C.T.S. when Lynn and I joined the organization in early 1985. It was six years before we had the opportunity to ride together on our "Midnight Sun Tour" of Alaska in 1991. He proved to be a man who was relaxed, kind, generous to a fault, always involved and delightfully outspoken on a range of topics. Mel's career saw him work on the Ministry of Forests Coastal Forestry vessels and he saw in detail many miles of our B.C. coastline. As a certified aircraft pilot (actually taught to fly by Betty) he flew thousands of miles on this continent and had many stories to tell of his time in the air. In addition he was an ardent outdoors man, an accomplished fisherman, canoeist, hiker and cyclist.

Mel was one of the founding members of the C.C.C.T.S. and participated in the first Cross Canada tours in 1983 at the young age of 69. He subsequently toured Australia and New Zealand in 1984. Over the years there were others; 4 Arizona trips, the first trip to South Africa, the Dempster Highway, our Alaska Circuit Tour and Alaska Highway Tour in '98 in which he and Betty played a major role. For years Mel and Betty have led the Wednesday north shore trips out of the West Vancouver Seniors Centre.

In 1998, to coincide with the 100 years Anniversary of the Klondike Gold Rush, Lynn and I planned a tour on the Alaska Highway from Fairbanks to Dawson Creek B.C. we needed a driver. As luck would have it Mel and Betty volunteered. We received a bonus we hadn't

counted on; a dodge six passenger truck and fifth wheel trailer complete with a canoe. Betty drove our Budget Van while Mel operated his "coffee wagon", home and ultimately ambulance up and down the Alaska highway. Our association each day of the 32-day trip was a wonderful experience for each of us and a blessing in disguise for those who succumbed to the special type Alaska flu going about. Few escaped, so with only a truck the trip could not have been completed. He was a good friend to all and a reliable advisor, counsellor and eternal optimist. At the famous "Signpost Forest" in Watson Lake our trip will long be commemorated by a beautifully carved wooden sign indicating, "Cross Canada Cycle Tour Society, Alaska Highway Tour 1998. It is also a lasting tribute to Mel who arranged for it to be done for the occasion.

Mel was loved by all our tour group. There were many highlights on this "final tour" as well as the problems encountered and solved. I'll always recall Mel's special laugh that came right up from his toes and the devilish grin stretching from ear to ear when he enjoyed something. The night Lynn caught a nice fat rainbow trout at Iron Creek using Mel's canoe, rod and lures was one of those happy occasions. It was only fitting that he be presented the trout for breakfast. That produced an even bigger smile. One other memorable occasion was when Mel pulled out to set up coffee and was joined by 3 Alberta RV'ers complaining about those blankety blank cyclists holding them up on the highway. The red flag had been waved and needless to say in front of the wrong bull. The smoke had just cleared when we arrived and the RV's were pulling out down the highway considerably wiser.

Mel and Betty made a wonderful team. They were more than just husband and wife, they were great friends. We will miss Mel but he left us a storehouse of memories from 86 years well lived.

Thank you Mel.

Update on Survey of Interest. (Tour of Germany.....)

The survey showed a large group of cyclists would enjoy a trip along the Danube to Vienna and Budapest. As of to-day there are 37 people who showed interest in this tour for September 2001.

I will start working on plans for the tour, the daily distances and a budget with B & B accommodation and a support vehicle.

I have made contact with the Austrian, Czech and Hungarian Consulates in Vancouver and will visit them during the next month.

Note: This was a survey only.

When the board of directors approves the tour, the usual procedures for registration of a tour will have to be followed. The tour when approved will be announced in the Newsbrief.

Anyone who has previously cycled all or part of this route: Please contact me at (604-536-3202) and share your experiences, maps or recommendations.

Thank you for the interest in this cycle tour.

Max Bissegger.

Yvonne van Woudenberg has two blu' Panniers left at her house pinning for their owner. These are left from Sea to Sea Tour. Please phone (604) 299-6656 to claim.

Dear CCCTS Crew,

Dues time comes around at top speed and here I am still stuck in Grampa Gear.

The last couple of years have been not so hot in the health department. My partner and I have been taking turns, running the gamut from hang nails to things more serious.

Howsoever I continue to experience the joys and pains recounted in each Newsletter. I miss the group tours and will get back in the swim eventually.

Happy Cycling to all.

Pete Cordoni

Odds & Sods.

Mexico Tour 2001

(Proposed Commercial, not a CCCTS Tour)

Jan. 26th - Feb 9th

Contact: Dan McGuire

You are invited to join June and me on a cycling tour in Mexico run by Gabriola Cycle & Kayak Ltd. (GCK). Peter and Anna (who is from Mexico) have conducted this tour many times so are able to guide us through this country they know and help us deal with any problems. Several CCCTS members have taken this tour. A few non-members may also be along. There will be a \$50 discount returned via the CCCTS on the tour fee and perhaps a discount on airfare if enough club members go - we are hoping for at least 16. With GCKs help we will organize extra activities before and/or after the conducted tour to fill in the two-week schedule of charter airlines.

The tour starts from Puerto Vallarta and goes via Melaque and Manzanillo to Colima and then back to Mnitlan; about 560 km with one rest day. The roads are hilly but paved and for the most part in very good shape. There is little shoulder but also very little traffic, and for most of the Mexican drivers are great. Helmets are mandatory and a safety vest is a very good idea.

Bike shops are few and far between but GCK are good bike mechanics and their van will carry a comprehensive set of tools. GCK don't want anyone hurting their knees or not having fun so cyclists are welcome to jump in the van for part or all of any day. Cyclists are given a map and mileage log each day so they can ride at their own pace. These logs will inform you where you can find food and water.

If you bring a bike box GCK will store it. Cyclists will rest in moderately priced hotels, reserved on a double occupancy basis (single supplement \$185US). The tour cost includes 3 dinners, 2 lunches and 4 breakfasts. The reports are that the seafood is outstanding. Cyclist will also have to pay the 5 extra days of a two-week charter schedule; accommodation is estimated at about \$30- \$35/day/person plus \$20 bus fare back to Puerto Vallarta. Peter and Anna will help us plan activities for these days.

COST: \$875 Cdn; \$100 non-refundable deposit reserves a spot. Balance of payment due December 15th. GCK are not able to process credit cards. Please pay them by cheque. If you cancel, you get your balance back unless it is 14 or fewer days before the trip starts, in which case GCK will refund you 50%. Airfare is about \$750.

If you are interested please call Dan McGuire 604-942-3235 or e-mail DanMcG@telus.net. Send application with \$100 deposit to:

Gabriola Cycle & Kayak Ltd.; RR#1 Site IC-23, Gabriola B.C. Canada VOR 1X0
250-247-8277 (fax 9788); <http://www.wi.bc.ca@gabrielal>

B.C. Senior's Games - 2000

Kelowna was the Host City this year for The B.C. Senior Games 2000 which was held Sept 6th to 9th.

It was one of the biggest B.C.S.G. ever with over 1300 athletes participating. Many of our CCCTS members participated and brought home medals, not only in Cycling - also in swimming, Track & Field and Tennis.

Congratulations to all who participated. Keep up the spirit and see you next year in Surrey !

Participants: Leo Comeau, Andree Milaire, Peter Baron, Douglas Bentley, Richard Gibbs, Peter Kabel, Bert Buchanan, Gerry Porter, B.J. McHugh, Anna Marcus, Eva Folk, Ruth Davies, Donna Nicholas, Dora Ellis, Nancy Heaney, Sabine Hansel, Sonja Joos, Barbara Hetzer.

Editors Note: In the past there have been complaints about incomplete participants list. Barbara Hetzer and Eva Folk were good enough to submit this. If there are any errors or omissions don't complain! Please submit your own write-up.

Pacific Coast Tour Highlights.

To Oct 2 the trip is going along smoothly with some minor hitches; the truck required a new spring and four new tires and some items were left at the side of the road, notably Marthe's purse !(it was recovered).

Rain is hardly mentioned, but fog and dew are playing a part with the team having to use flashing lights one morning. We hear of distances of 120 km sometimes and some steep climbs but who wins the flat tire award each day seems to have more interest.

To Sept 24 they had traveled nearly 1000 km.

The Redwoods National Park has caught their attention and some have seen whales. What's going on with the beverages ? Diane put an egg in the teapot and Inge wants the same in the coffee pot? Amy celebrated her birthday before she left for home.

Benefits added to this tour are: Warmups before leaving camp, with Wendy. Massages at the coffee stop. Bill does the ladies and Fern, the men.

And Barton had his rest day breakfast monopoly snatched from him by Leila with the help of Pablo.

For the full story click onto the Society's website.

CCCTS Tours

Our Tours are designed to fit the needs of both skilled and Novice cyclists; Researched, organized and led by experienced and committed volunteers who enable us to provide tour opportunities at cost. To participate you must :

- be a member, sign a waiver and agree to the financial rules.
- be in proper physical condition to undertake the tour.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of tour** or **names for membership**". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS INFORMATION Guidelines.

Year 2000 Tours Completed.

New Zealand Tour.

Ladner to Lighthouse Loops Century.

Victoria Hub & Spoke.

Hike and Bike Queen Charlotte Islands

Pender Island Pedal.

Sunshine Coast & Vancouver Island

Hawaii

Nicola Valley Hub & Spoke

Sea to Sea 2000

Alberta Rockies

Hawaii 2001

New Tour Apply now !

Date: Jan. 25th - Feb. 8th.

Chris Siggers 604 291 1018
csiggers@telus.net
Fritz Niebisch 604 588 2408

Max. Participants 24

Cost: Approximately \$1600 Can. (incl. Accommodation, airfare and support vehicle but excluding meals). Deposit \$100 with application, balance of airfare (\$615) due 5th December, Balance of tour cost \$885 due 1st January.

If more than 21 participants fly together from YVR to Kona & return we may qualify for a group discount. Flight is with Canada 3000 and there is no charge for bicycles.

Style: Motels and restaurants with small support vehicle.

Itinerary: Same as in past years, counter-clockwise around the big island from Kona (450 km). Five rest days: Kona, Captain Cook, Volcano, Hilo and Honokaa(Waipio Valley).

Vehicle driver: The support vehicle driver will pay the same share of the costs as all the other participants. Interested volunteers should contact Chris Siggers.

Registration through CCCTS Office.

Arizona 2000.

Nov. 8th - 22nd.

Bernice Gregory 604 433 7710

Max. Participants 22

Barbara Hetzer 250 995 8430

Cost: \$850 Cdn. (incl. accommodation, support vehicle, lunches). Deposit \$100 with application. Balance \$750 due October 1st.

Airfare not included (make your own arrangements perhaps with America West flight 513 Nov 8th. 08:08-12:16, return Nov. 22nd. Flight 154 19:51 - 22:05). Last year bikes were free for a recognized bike club; Ask your travel agent about it. Return airfare Vancouver - Phoenix is about \$475 Canadian.

The support vehicle driver will be paying the same share of the costs as all the other **Participants**: Bernice Gregory, Barbara Hetzer, Mary White, John Peck, Leila Montgomery, Jack Sheppard, Sandra McLeod, Betty McHugh, Joan Engman, Barbara Forsyth, Ann Howe, Margaret Hunter, John Hickman, Al Hollinger, Dora Ellis, Dan Baris, Barbara Faulkner, William Hook, Katryn Jeronimus, Jenny Cookson, Keith Davey, Barbara Weins, Ron Graham. **Wait List:** Lesley Bohm

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male Female

Address: _____ Postal Code: _____
Street City Province

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

Pacific Coast Tour - Border to Border - 2000.

(in progress)

Sept. 12 - Oct. 26, 2000

Barton Howes 250-378-0927

Max. Participants: 24

Cost \$ 1440 Deposit \$40 Remainder: \$ 1400 by Aug. 1st.

Wagon Master: Bill Augusteijn

Comox Valley Hub & Spoke

New Tour.

Jun. 5 - 8

Gladys Schmidt, Dora Ellis &

Registration Fee \$ 10

Sara Kirby

WEEKLY RIDES

VANCOUVER & VICINITY

Sundays:

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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

Victoria.

Sundays - 9 am - Big Apple Bagel at Saanich Plaza.

Wednesdays -9 am - **The New Blenkinsop Lake Trestle** or 10 am at McDonald's on Pat Bay Highway.

Contact: Sonya Bardati 383-0091 or Rolf Petersen 384-6804

Nanosee/Parksville.

Thursdays - 10 am at Nanosee Place, 2925 Northwest Bay Rd.

Contact Diana/ Al Lifton 250-468-5696

OTTAWA

Thursdays - Contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Easy Riders. These rides are on Tuesdays and Thursdays, Apr. 15th to Oct 15th. If travelling through Calgary contact Joan Engman 403-288-7910

KAMLOOPS RIDES

Saturdays - Starting 6.15 am from The Riverside Park Tennis Court Parking lot.

Contact Peter Baron 250-372-8392

BC Cycling Coalition Information.

Among the projects being worked on by BCCC are two of especial interest to our members:

Illuminated warnings at tunnel entrances when cyclists are riding through, and Educational material for cyclists and motorists alike, to be delivered with every licence renewal form.

CCCTS WAIVER

I/we, _____

understand that participation in a CCCTS bicycle event involves risk of Injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

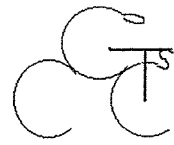
I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): _____

Date: _____

Newsbrief



December 2000 Volume 17. Number 11.

The Cross Canada Cycle Tour Society



President's Report.

And so your club winds up another year of successful touring; 13 in all (one baker's dozen) and thanks go out to all those dedicated volunteers who made it all possible. To mention names is at times a fallacy; Invariable there are some who are left out or forgotten. Tour leaders are the heart and soul of our club and these are the people who through their dedication and unselfish attitude and sometimes with very little thanks make this club possible. Thank you one and all !

The Annual Club Banquet and Dance was held in Vancouver Dec. 6th followed the day after by the Annual General Meeting. In attendance was approximately 75 members. A lively discussion followed on the 2 motions presented (as per November Newsbrief page 3). Both Motion #1 and Motion #2 were defeated by a majority. (A letter from an Ottawa member was read, expressing his concerns in regards to the two motions). The 15 members standing for Directors were elected by acclamation. We are happy to welcome the following new faces to the executive: Roberto Bardati, Art Borron, Betty Darvell-Jones and Shirley Fisher. The following Directors were re-elected for another year: Dan McGuire, Bruce McLean, Jim Jeffrey, John Peck, Rolf Petersen, Ed Weinstein, Sally Svensson, Barton Howes, Sonia Bardati and last but not least our past President, Mary Eickhoff will stay on to keep me in line. The duties of the new executive can be seen on page 2. Bruce McLean won the draw for a free

membership as a reward for paying his dues in advance. The meeting was followed by a delicious buffet style lunch followed by a social get-together.

Congratulations to the newly elected and to the departing Directors a heartfelt thanks for a job well done in the years past, may your successors do as well.

Several new tours were introduced: The Danube Bike Tour by Max Bissegger and another fully loaded camping tour of Vancouver Island's beautiful and rugged West Coast by Diana Lifton.

The up and coming year looks very promising and the trend seems to be to-wards Hub & Spoke Tours. Your tour Manager Dan McGuire is working hard to tie several of these together to make it worth while for people travelling a fair distance to attend. A good example is the Victoria to Comox tour in conjunction with the Comox Valley Hub & Spoke and there will be others in the interior along the same lines.

The key to a successful club is participation and contribution on the part of all members and I hope we will see plenty of both in the year 2001.

In conclusion I wish you all a really Merry Christmas and Happy Cycling in the New Year.

Rolf Petersen.



NEWSBRIEF

Published monthly by The Cross Canada Cycle Tour Society, a non - profit organization for retired people and others who enjoy recreational cycling.

Items for the NEWSBRIEF must be received by the 5th of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor.

Submit to Office or Editors E-mail: rolf.p@home.com

Membership fees: Single \$ 25; Couples \$ 35.

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

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CCCTS CALENDAR 2001

Note: Directors Meeting held 1st Thursday every month.

JANUARY

25th to Feb. 8th Hawaii tour

FEBRUARY

MARCH

APRIL

MAY

7th Victoria Picnic

7th to 10th Victoria Hub & Spoke

15th to 25th Columbia river tour

JUNE

1st to 4th Victoria to Comox tour

5th to 8th Comox Valley H & S

JULY

25th to Aug 1st

Vancouver Island's West Coast

AUGUST

SEPTEMBER

7th to 29th Danube Bike Trip

OCTOBER

NOVEMBER

DECEMBER

New CCCTS Members

Hinman Katherine

965 8th Street, Florence, OR, USA 97439

Westarp George & Nicki

RR1 Site1 C9, Gabriola, BC V0R 1X0

250-247-8868

Bouvet Cindy

3539 W. 40 Ave., Vancouver, BC V6N 3B7

604-264-1407

DiBene Joseph

87 Maple Creek, Ln., Sequim, WA, USA 98382

360-681-5331

Ottawa News.

This winds up our cycling season for this year.

Potluck-Bobbie Redmond's Party Room

With our cycling season ended until next spring, it was time for our members to get-together (35 in total) for a fabulous potluck and some socializing. Bobbie Redmond graciously offered the use of the party room in her apartment building. Gerry Sutherland thanked Bobbie for making the party room available to the members. He recognized and congratulated all the members who participated in the various tours - Cross Canada 2000 - "Sea to Sea", Pacific Coast - "Border to Border", Victoria Hub and Spoke and Hawaii. He thanked everyone for their participation in the cycling group and informed the members that Jenny Cookson and Bill Russell will work on the cycling schedule for next year.

Garfield Clack informed us of Marjorie Murphy's cycling accident in Kingston and all our members wish her a speedy recovery.

We understand Betty Darvell is now settled in Vancouver and cycling with the group in Ladner. We send her our best wishes.

Cycling has ended but with "the White stuff" expected in a month or so, some of the members are looking forward to donning their skis and cross country skiing in The Gatineau's in Quebec.

Adieu everyone until next year!

Martha Sabean

Comments and /or questions I received when I was home again: That's fantastic! You really did not cycle that far, now did you? What was the worst thing that happened? What was the nicest thing that happened?

Here are a few thoughts after laundry, plant care, shopping, a bag of mail, a new zipper for my tent, and phone calls from my sons and I felt that home life was on again. Somehow I missed cleaning my bike; I left it out in the rain for starters, manana! First it rained, then I had no right glove, I got busy! I had just de-dusted my car and thought I had it all together, but then the phone rang. You know how it goes!

Yes, we experienced incredible views and sounds of the ocean, the surf, hues from turquoise to blue to grey and black. One morning in the dark (we always got going in the dark), the moon cast a silvery road right to our feet. We watched dolphins swimming and seals goofing around and elephant sealions sucking sand up their trunks spraying themselves and others: it was hilarious to watch. Two sea lions played in the water. I kick you and you whack me! Non animal players in the surf were the surfers.

State Parks by the ocean were our daily home. We stuck pegs right into sand and once not at all, as we were on cement with just a coating of sand; but we were surrounded by palm trees. Laundry dried on lines and bushes, got pinned to panniers or got saved for that special day that provided a laundromat. We cruised a thrift store; 4 for \$1, can you believe it? The point was; the stuff was clean! And we bought a mini skirt of just the right stretch to cover holes in cycle shorts.

Always we ate lots and very well, made lists for more shopping, washed dishes after yet another feast, often by truck light: downright romantic it was. We had meetings after dinner to help us comprehend all those R and L turns. Bewildering on paper they might be, but the next day we all trickled in with just one question: "Where can I put my tent?"

The weather in Washington and Oregon was great and we all knew California would be all suntan lotion and

ice-cream. Instead we got fog, cold and clammy. We saw pink fog racing in from ocean, packed wet tents, shivered despite warm-up exercises, but then came those glorious bike paths along the ocean in full sun. Los Angeles!

No problem - 38 km along the beach in two directions, with a walking path beside it and sand blowers to keep the pavement in sight. Volleyball nets, garbage cans, picnic tables and benches, restrooms, food vendors and lots of people who enjoyed it all!

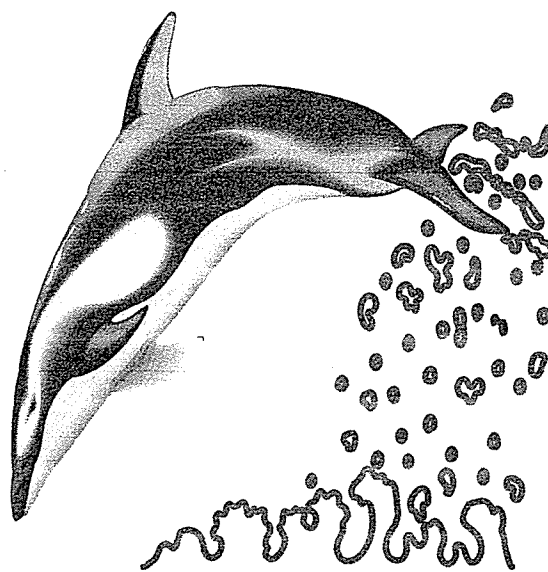
Daily bags got heaved in and out of the truck; bags that got heavier with beach and store souvenirs; one special item surfaced, a blood pressure cuff. Question: " What else might emerge one day?"

Eventual answer: "A hair dryer!"

Often the roads wound up in long loops only to serpentine down again. A short day could be very hard and a long day, 114 km for me, was actually the nicest. The only rainy day in 43 days, and it was only a slight and warm drizzle on and off, I cycled along the ocean and then through miles and miles of Santa Cruz and out the other end. You got it, the campground was totally somewhere else. Making it all by myself felt so very good!

Yet my overall feeling is gratefulness for kindness along the way. I got rides when I felt low, I got water when I was out, I got shells someone had gathered. I got my handlebar straightened after a little fall, I got my flat fixed, I was given a pair of gloves when I had lost one of mine. I even got a San Diego T-shirt and a cinnamon bun as dessert on my last night and another one and four big bananas for the Amtrack ride back, plus a friend waited 2 ½ h to pick me up and that in the middle of the night. You, my tour buddies, especially our ever resourceful and always kind tour leaders, are truly wonderful people.

So, when do we leave our comfort zone of flicking switches and pushing buttons, sleeping (all night!) in a bed with a bathroom close by, freezer to micro to table meals within 10 min., and head out again?



CHECKLIST FOR SELF-CONTAINED BICYCLE TOURING

George Setterfield

Note: Need for individual items listed will vary with length of trip, remoteness of terrain, expected weather, number on trip, personal preferences, etc. The list is based on road trips of 1-4 weeks in temperate latitudes during spring through fall.

Bicycle Equipment

1. Bicycle. Should be in good condition with 3 chain rings and 5-9 sprockets. Fenders recommended.
2. Bag carriers (racks). For camping trips front and rear carriers are usually needed.
3. Bags. (front and rear panniers, handlebar bag, saddle bag, rear rack-top bag, etc.)
4. Waterproof pannier covers.
5. Water bottles and cages or 'Camel-Back' pack.
6. Computer with good batteries.
7. Cable lock.
8. Pump (Presta or Schrader fitting; many are interchangeable).¹
9. Lights (see camping gear below). Red LED flasher for rear.
10. Spare tube(s) (Presta or Schrader), patch kit and tire boot.¹
11. Spare tire.^{1 2}
12. Rag and hand cleaner.
13. Waterproof saddle cover (fitted, or at least a plastic bag).
14. Spare spokes.^{1 2} Check with your bike shop for precise length.
15. Spare brake and derailleur cables (they are different).^{1 2}
16. Chain lubricant.
17. Tools
 - Two tire irons
 - Metric Allen keys¹
 - Small screw drivers, slot and Philips .
 - Small crescent wrench or 7-11 mm auto ignition wrenches.²
 - Small needle nose Vice Grips or pliers.
 - Chain tool and extra links¹ .
 - Spoke wrench.¹
 - Freewheel or sprocket remover .^{1 2} (Small devices for roadside use).
 - Crank remover.^{1 2}
 - 8" Channel-lock pliers².
 - Spare nuts, bolts, wire, electrical an duct tape, etc.²

¹These items should be chosen to fit specific equipment on individual bikes on the trip.

²One set of these items should be enough for a small group.

Camping Gear

1. Tent with fly, poles and pegs. (Use 6-8" spikes as pegs.)
2. Ground sheet to protect tent floor .
3. Sleeping bag in stuff sac, preferably with compression straps.
4. Thermarest mattress .
5. Pillow (A luxury!).
6. Pee bottle .
7. Stove and windscreen. (Many available. Should simmer well).
8. Extra fuel.
9. Pots and pans (nesting).
10. Utensils (cups, bowls, plates, forks, spoons, etc.) and dish-washing gear (detergent, pot scrubber, towel)
11. Water bag(s). (Nylon/polyethylene).
12. Water filter or purification tablets (almost never used).
13. Swiss army knife with tools such as can and bottle openers, screw drivers, corkscrew, awl, and two sharp blades.
14. Flashlight. (Should double as a front bicycle lamp. I prefer a headlamp).

15. 50-100ft light nylon parachute cord. (A few clothes' pegs may also be useful).
16. Matches or butane lighter.
17. Small plastic sheet or pad (for sitting in wet places)
18. Polyethylene shelter. (10-12 ft² sheet with attached cords can be a godsend).

Clothing (should be in plastic bags inside panniers)

1. Cycling shorts (chamois-lined)-2
2. Cycling tights (light and heavy)-2
3. Cycling jerseys (long and short sleeved)-2 or more
4. Fleece vest
5. Wind shell jacket (this should not be rain proof, but must breathe well)
6. Rain gear (Gore-Tex jacket and pants, waterproof shoe covers. Don't skimp)
7. Undershirts (polypro or polyester)
8. Socks-3 or more
9. Evening wear (shorts, light pants, T-shirt, warm fleece jacket, etc.)
10. Hats (for sun, rain, sleeping, under helmet in cold)
11. Bathing suit
12. Towel and face cloth
13. Handkerchiefs
14. Shoes-2pr (cycling and evening)
15. Gloves-2pr (warm for evenings and morning, fingerless during day. In bad weather Gore-Tex overmitts may be useful)
16. Helmet (with cover and ear muffs)
17. Glasses
18. Sunglasses and extra lens

Note: This is a very personal category. These are simply my choices. Women, in particular may prefer other items.

Miscellaneous Gear

1. Maps and other route information (weatherproof case).
2. Transportation tickets.
3. Supplementary health insurance.
4. Money, credit cards, ID, passport, wallet, etc.
5. Personal toilet kit (soap, medications, vitamins, etc.).
6. First aid kit (include band-Aids, mild painkillers, tensor bandages, etc.).
7. Toilet paper.
8. Sun screen.
9. Insect repellent.
10. Camera and film.
11. Reading glasses.
12. Book(s).
13. Writing material.
14. Compass (almost never used).
15. Weather radio (good thing to ruin a trip).

Food

Even with food available along the way I find it useful for the group to carry staples such as tea, instant coffee, bread, breakfast cereal, juice mixes, powdered milk, peanut butter, etc., i.e. things which can't be finished in one meal. In some areas, eg. the Ice field Parkway, food is not obtainable for days at a time and everything must be carried; backpacking techniques then apply. Of course in populated areas it's often possible to rely on restaurants

HAPPY TOURING

This cycle trip will be one of the greatest accomplishments of your life, and your friends and family will be very proud of you. This accomplishment may now become your claim to fame. You are a celebrity.

Every part of the country had its appeal. Travelling through the majestic Rockies was truly impressive although by the end of 14 days they begin to make one feel very small. After the mountains, the wide-open prairies gave one a feeling of freedom. The old saying that when travelling through Saskatchewan one can see as far as tomorrow may be true but you can see something from horizon to horizon. Ontario, which takes almost forever to cross, presents beautiful scenery but also many kilometres travelling in a tunnel of trees which I found to be very monotonous at times. Our route through Quebec was mainly in populated rural areas with many homes, farms and flower gardens to admire. The Maritimes offered a great variety of terrain and scenery and sights along the coasts. The most scenic part of the trip was our travels in Nova Scotia along the Cabot Trail, the Bras d'Or Lake and the coastal route to Halifax even if this was the period when we experienced the most rain during the day. Travelling on a bicycle is a most enjoyable way to see the country. Not only can you see it but you can also hear and smell as you go along. Senses with little use when travelling by car, train or airplane.

The route was challenging at times but not as difficult as I had anticipated. Keeping the daily distances at approximately 100 km per day with a rest day every 5 to 7 days should allow any senior in reasonable condition to manage such a trip.

The trip had been fairly well planned. Some problems with less than adequate campsites which continue to be selected although in a few cases there were no alternatives. With the changing vehicle traffic patterns and increase in vehicular traffic, more care should be taken in route selection in the future. Planners should take advantage of local knowledge of members of the CCCTS and local clubs even if they are not participating in the trip.

On the technical side it is an individual's choice on what to bring and what equipment to use. Understandably, the prime piece of equipment is your bicycle. We had the complete range from mountain bikes with full suspension to hybrids to road bikes including a few Marinoni's and made to measure Bertrand's and even one Bike Friday. The only recommendation I can make is to use one that you are familiar with, is in good mechanical condition and with the seat height and position as well as the handle bar height and position adjusted by a professional. The only problems I encountered over 8,500 Kms were 10 flats. The proponents of mountain bikes and hybrids felt that the fat tires would prevent punctures - they had as many as us riding on skinny tires. In my case, I threw out two tires. Both were partially used when I started the trip. I began on 25 mm tires and changed to Armadillo technology 26 mm in Wisconsin. I rode 5,000 km on these with only two punctures in P.E.I. - pieces of metal. One cannot skimp on clothing for a trip such as this. Travelling from

the end of May to the end of August, all types of temperatures and conditions can be encountered. One quickly learns not to thrust the weather forecasts and to carry, on a daily basis, clothing for all types of conditions. After being caught on the Coquihalla

highway with light rain gear (it was warm and sunny when we left Hope) where we encountered a thunderstorm with hail and wet snow followed by a few hours of near freezing rain, I began to carry all my equipment in my saddlebag. Makes the bag heavy but definitely adds a feeling of comfort when you can dig in to find the proper clothing for the present conditions. Similarly a good waterproof roomy tent, thick air mattress, proper sleeping bag with an easy to wash

liner, and a good groundsheet are a must. Sleeping in a rain proof tent for almost 100 nights makes you realize the importance of good equipment. Older folks like their comfort. With all this camping one can visualize the cosy evenings by a campfire enjoying conversation and a sing along. We had two campfires on the whole trip. One in the prairies lit by one of our members and one in New Brunswick provided by the campsite operators. Almost everyone was in bed before sundown and up at first light - even in the dark at the end of August. Breakfast was normally ready at 6:30. After cleanup and loading the truck we would be ready to start our morning stretching exercises by 8 a.m.

Three months of group living sometimes under adverse conditions does make for interesting moments. Our group worked well together although as in any other group endeavour, some carried more weight than others. The most interesting aspect of the group dynamics was the cooking teams. These were selected by draw every 8 or 9 days resulting in different combinations of skills and interest. We enjoyed a good variety of excellent meals.

The question most often asked since my return home is "Would you do it again?" We had two women and one man on their second crossing of the country with the CCCTS indicating that some do repeat these trips. For me, this trip was the realization of a long time dream. How often must one repeat the same dream? Is there risk of it becoming a nightmare if repeated too often? Three months is a long time to be away from home, not only for yourself but for the loved ones left behind. I admire the four couples (Absher's, Hofmann's, Kennedey's and Reid's) who were able to do this trip together, that is the real way to participate in such an endeavour. I am glad I finally had the opportunity to realize this dream and could probably be talked into a partial repeat if the route terminates in St Johns. But to do so, I would prefer to join the group when they go through Ottawa.

Thanks to my fellow riders and to all who provided support during this trip and in particular those who offered me a soft bed and home cooked meals in their homes as I went through Calgary, Winnipeg, St Eugene and Sydney.

Having shoveled my sidewalk for the first time this winter it is time to start dreaming about the next cycling trip.



This cycle trip will be one of the greatest accomplishments of your life

First Ride 2001

Get in on the first ride of the first century of the second millennium. Jan 1, 2001. Start out right, on the seat of your bike, and log some clicks from the border to Fairhaven!

We leave at 9:00 a.m. sharp from the Peace Arch border crossing, in the open parking area across from the Canada Customs buildings (don't enter the duty-free area). Plan to arrive by 8:45 a.m. to allow for perchance a pit stop, nose-wipe, whatever. Be organized for the 9 a.m. sharp spin-off. The scenic harbour drive in southwest Bellingham will lead us to Fairhaven, location of the Alaska Ferry terminal.

Last year the group divided at Birch Bay, with some doing the 'century' and others making the Ferndale loop. Whatever your appetites, let's put in the order for a good cycling day and hope the weatherman delivers.

Contact Mary Eickhoff for further details; 604 535 2513

Remembering Josephine Hees

The Victoria cycling community - and Victoria as a whole lost a wonderful individual on October 11, 2000 with the untimely death of Josephine Hees.

Josephine was a long time member of GVCC and could always be counted on to lend a hand as a volunteer (as long as you could guarantee that the job would be active and moving- Josephine hated standing around being bored). She was also an incredible athlete, earning a silver medal in the Island Race Series for women 60-64 this year while undergoing chemotherapy that would have knocked any other human straight into bed for days on end. Finally Josephine volunteered for almost everyone - she was a constant fixture at Monday Movie (at Eric Martin Pavilion), Sendial (working at two Thrifty stores) and also gave her time to Folk Fest, Symphony Splash, Bike to Work Week and the Summer Games.

She cycled across Canada in 1990 with the Cross Canada Tour Society and rode regularly on their Wednesday rides up until a few months before her death. Josephine loved to cycle and participated in triathlons, duathlons, cycling races at the master's level and ran-donneurs.

She will be missed by her many friends.

By her daughter Susan Martin.

The Ladner Birthday Dinner.

By Marten McCready.

The Ladner group holds a dinner at Ricky's in Ladner the first Tuesday of every month to recognize any member who has a birthday that month..

This month there was five birthdays. It seems November is a favourite month to be bom. So thirty-four members came out to honour Eva Folk, Dorothy Kennedy, Noreen Timms, Max Bissegger, and Andre Kaufmann. Tributes were paid to these very popular members for their valued contributions over the years to the club: Andre for his help in making the tarp for the shelter and looking after the club jerseys, Max for his tour leadership, Dorothy for her years of dedication in looking after these club dinners, Eva for her years on the social committee and to Noreen who had the good fortune of having her birthday that evening and having such a big crowd at her party. It is because of people such as these that our club has grown so successfully.

Missing from the dinner was our leader, Al Hollinger, who was away on tour. He never misses a dinner and promised to telephone during the dinner, but I am afraid the satellite may have been overloaded or his call could not have been put through. I know it was not for lack of trying. However, he was with us in spirit and we know he was sending his best wishes to the birthday boys and girls.

TRAVEL NOTES

Times Colonist

Using more than \$ 100 million from its National Lottery funds, Britain is betting that a new National Cycle Network will attract tourists and make travel safer for local bicyclists, too.

The first phase of the network, which will ultimately crisscross Britain with bicycle routes stretching from Dover in southeast England to Inverness in northern Scotland, opened in June.

A more-than-5,600-kilometre portion is complete; by 2005, the network is slated to cover 16,000 kilometers.

About half of the routes are off-road, using railway rights of way and other surfaces. The rest are on lightly traveled roads. Among the parts of the network that are already open are a 463-kilometer north-to-south route in Wales; 684 kilometers from Inverness to Carlisle in northern England; and 225 kilometers linking the Irish Sea to the North Sea across the Pennine Hills.

Sculptures and other art are scattered along the paths and incorporated into tunnels and other structures, prompting some to call the network Britain's biggest public art venue.

Maps of the new network and other information can be obtained from the National Cycle Network, telephone 011- 44-117-929-0888, Internet <http://www.sustrans.org.uk>.

The British Tourist Authority also offers a free guide titled *Britain for Cyclists*; Call 1-888-VISIT UK (847-4885).

CCCTS Tours

Page 7.

Klein, Albert Hollinger, Dora Ellis, Diana Keith, Jacquie Hunt, Bob Douglas, Dan Kennedy, Catherine Lynch, Robert Helms, Ray Wilkinson, Kathleen Wilkinson, Anne-Marie Labourette, Fritz Niebisch, Jim Burnett, George Brandsma, Mary Brandsma, John Peck, Ken Kraft, Lee Kraft

Our Tours are designed to fit the needs of both skilled and Novice cyclists; Researched, organized and led by experienced and committed volunteers who enable us to provide tour opportunities at cost. To participate you must :

- be a member, sign a waiver and agree to the financial rules.
- be in proper physical condition to undertake the tour.
- have your bicycle properly maintained.
- wear an approved helmet when cycling.

To register for a tour - phone, fax, write or E-mail to the CCCTS office and send a cheque for the deposit. All cheques, whether for tours or membership, should include a note specifying, "to be deposited for **name of tour or names for membership**". Tour deposits may not be refunded if you are accepted as a participant on the tour. Costs may include wagon-master support.

For information on specific tours contact the tour co-ordinator.

If you are considering organizing a tour and would like information on procedures, please ask the CCCTS office for TOUR COORDINATORS INFORMATION Guidelines.

Hawaii 2001

Date: Jan. 25th - Feb. 8th.

Chris Siggers 604 291 1018

csiggers@telus.net

Max. Participants 24

Fritz Niebisch 604 588 2408

Cost: Approximately \$1600 Cdn. (incl. Accommodation, airfare and support vehicle but excl. meals). Deposit \$100 with application, balance of airfare (\$615) due 5th December, Balance of tour cost \$885 due 1st January. As of 31 October, 20 participants have registered for this tour, so there are still a few spaces available. See the October newsletter for more information. The only change from the 2000 tour will be swapping a rest day from Kona to Honokaa to facilitate a possible hike into the Waipio Valley, etc. A get-acquainted group evening meal outing is also being considered. Details to be forwarded to participants shortly. Your comments are always welcome. **Participants:** Chris Siggers, Johannes

Victoria Hub & Spoke.

May 7-10

Itinerary to follow

Roberto Bardati 250-389-0091

Victoria to Comox.

Jun. 1-4

Hans Klein 250-477-1493

A self-supported pay as you go Camping tour taking you Up-Island on the scenic back roads; over nighting at Crofton, Nanaimo, Parksville and joining the Comox Valley Hub & Spoke tour.

Participants: Johannes Klein, Dave Darts, Vickie Darts

Comox Valley Hub & Spoke.

Jun. 5 - 8

Gladys Schmidt 250-338-8955

Dora Ellis 250-338-9751

Sara Kirkby 250-598-5405

Registration Fee \$ 10

Style: Tent, RV or Motel.

Tour: The Comox Valley on beautiful Vancouver Island, The Islands, The Trails - Seafood Dinner and Lunch by the Harbour.

Itinerary to follow in later issue.

Participants: Gladys Schmidt, Dora Ellis, Margaret Fyfe, Wendell Green, Theresa Green, Wayne Waardenburg, George Brandsma, Mary Brandsma, Adrian Thompson, Dan McGuire, Sylvia Mather, Diana Lifton, Bryan Riggs, Edward Weinstein, Jackie Weinstein, Dave Darts, Vickie Darts, Max Bissegger, Frances Bissegger, Christina Radnai

Columbia River & Dam Tour

New Tour.

Date: May 15-25 Tentative)

Dan Barris 509-865-2315

Max. Participants 30

Ian Polley

Cost Estimate \$ 500 Cdn. Deposit \$30

A repeat of a ride made several years ago is being planned with vehicle supported camping plus one night in motel.

Circle route starting at Oroville WA, via Omak, Grand Coulee Dam and other Columbia River dams and a one day boat ride on Lake Chelan to Stehekin. There will be more info in future Newsbriefs. Contact Dan Baris danbaris@earthlink.net

Participants: Daniel Baris, Dan McGuire, Bryan Riggs, Glen Smith, Jan Johnson

CCCTS MEMBERSHIP APPLICATION.

Date: _____
Year / Month / Day

PLEASE PRINT

Membership Fee: Single \$25
Family \$35

Name(s): _____ Male ☐ Female ☐

Address: _____
Street City Province Postal Code: _____

Phone: _____ Fax: _____ E-mail _____ Birth Date(s): _____
Year / Month / Day

Trade / Career / Profession (For sources of special skills, planning trips or organizing volunteer efforts): _____

Bicycling Experience: _____

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby, BC. V5J 4M5.

Vancouver Island's West Coast.**New Tour.**Date: July 25th - August 1st

Diana Lifton (250) 468-5696

Max. Participants 20

Deposit required \$ 35 (non refundable unless replacement found)

Fully loaded tour of 30 to 50 km per day.

Fully loaded camping tour (no motor vehicles, no B&Bs or motels) is proposed starting in Nanaimo. First night and planning session at Rath Trevor Provincial Park, Parksville (35km). Bike along Highway 4A to Port Alberni (Dry Creek Campsite) (50 km). Lady Rose ferry to Ucluelet, bike to Bella Pacifica Campground (3 km south of Tofino) (38km). Three nights on ocean front —white sandy beaches. Return to Ucluelet (38km). Lady Rose to Port Alberni, bike to Rath Trevor Park in Parksville (50 km), bike to ferry (Departure Bay 35 km —Duke Point 45 km)

Deposit required for reservations on Lady Rose (\$15), Bella Pacifica Campground (\$20). Each person responsible for their own meals. Restaurants at Botanical Gardens (15 min. walk) and Tofino (3km).

Dates have been planned to take advantage of the Monday to Thursday free ride for Seniors on B.C. ferries; \$3 bicycle charge.

Phone (250) 468-5696, Fax (250) 468-5691 or Email lifton@home.com for information and copy of the itinerary.

Danube Bike Trip.**New Tour.**Date: September 7th - 29th

Max Bissegger 604-536-3202

Max. Participants 19

Cost Estimate \$ 1800

Non refundable deposit \$ 100 with application

\$1000 required by April 1st (for B&B and hostel reservations)Balance of \$700 paid by July 31st

This will pay for B&B, maps and a support vehicle.

All other costs (Airfare, Train transport, dinners and other expenses) are the responsibility of the individual tour participant.

The tour will start tentatively in Donaueschingen Sept 29th and end in Budapest Sept. 29th

For more info. Contact: Max Bissegger 604-536-3202, Dan McGuire 604-942-3235 or Fritz Niebisch 604-588-2408

Please register at CCCTS office with deposit.

WEEKLY RIDES**VANCOUVER & VICINITY****Sundays:**

Vancouver - Meet 10 am at the Southeast corner of Oakridge Shopping Centre (45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2nd Sunday of each month.

Contact Bob Douglas 435-3893

Tuesdays/Thursdays:

Ladner - Meet at Ladner Community Centre at 10 a.m. The second Tuesday of each month is Dinner Night

Contact Al Hollinger 946-1347

Wednesdays:

West Vancouver - Meet at 9.00 am at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

For info. Contact West Vancouver Seniors' 925-7280

(Courtesy only - not a CCCTS Ride)

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**Victoria.**

Sundays - 9 am at the Big Apple Bagel at the Saanich Plaza

Wednesdays - 9 am at **The New Blenkinsop Trestle** or

10 am at McDonald's, Pat Bay Highway 17.

Contact: Roberto Bardati 389-0091

Nanoose/Parksville.

Thursdays - 10 am at Nanoose Place, 2925 Northwest Bay Road

Contact: Diana/Al Lifton 250-468-5696

Comox Valley.

Thursdays - 10 am at Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250) 338-8955 or Dora Ellis 338-9751

OTTAWA

Thursdays - For details contact Gerry Sutherland 613-828-9502

CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15th. If traveling through Calgary and interested in cycling with this group

Contact Joan Engman 403-288-7910

KAMLOOPS RIDES (No rides to Spring 2001)

Contact Peter Baron, 250-372-8392

CCCTS WAIVER

I/we,

understand that participation in a CCCTS bicycle event involves risk of Injury to my /our person(s), health and damage to property. These risks are inherent in cycling.

I/we accept these risks and agree not to hold responsible or sue the organizers and volunteers and their agents, designates or employees for liability for any death, loss, or injury to my/our person(s), health or property however caused including their negligence.

I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s):

Date: