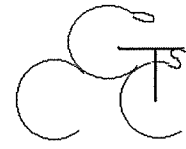


# Newsbrief.



The Cross Canada Cycle Tour Society

January 2002 Volume 19. Number 01

## President's report.

**H**APPY NEW YEAR to everyone and wishes for a great cycling year.

Last year was hard to beat with fully subscribed tours and incredibly large Hub and Spokes. We are off to a good start in 2002 with a fully subscribed Hawaii tour, a Rockies trip with Sally Svensson that is almost double booked (anyone want to lead a second contingent?), and a PEI tour with the Bardati's and a full complement of 41 with a few waiting in the wings. Alberta-Smokey River with Ted Stubbs has just been opened and don't be surprised if it fills up quickly. The Hub and Spokes are yet to come.

We are starting the year with a new president complemented by a very experienced group of directors. We have our share of ex and past presidents and many whom, you will note are repeaters in their roles: Secretary Sonya Bardati, Treasurer Bruce McLean, Tours Manager Dan McGuire, Office Manager Ed Weinstein, Newsbrief Editor Rolf Petersen, Island Rep. Roberto Bardati, Equipment Manager Jim Jeffrey, Web-Master Art Borron. New this time around are Carl Rorison replacing long term Membership Secretary John Peck and Shirley Fisher as Events Manager, .New also is Ness McCulley who has had lots of related experience in other clubs.

Our web site is being upgraded on a regular basis by Web-Master Art Borron. You might want to check it out a [www.ven.bc.ca/cccts/](http://www.ven.bc.ca/cccts/)

The following item appeared in my E Mail from an unknown source.

"Do you know what would have happened if it had been three wise women instead of three wise men?"

"They would have asked for directions, arrived on time, helped deliver the baby, cleaned the stable, made a casserole, brought practical gifts and..... there would have been Peace on Earth."

*David Clark.*



## Island News.....

Do we know how to party !

The Victoria Christmas Dinner Show at Princess Mary Restaurant was an outstanding success.

Well attended by 84 members from near and far (Vancouver, Blaine, Washington and as far north on the Island as Comox and Courtenay and I almost forgot one guest from Prince George) Word does get around!

The Cocktail hour was followed by a fabulous Buffet and cabaret style entertainment by the duo, Eric McQuillan, Mike Edwards also known as the Wig & Thistle from the Blethering Place in Oak Bay. They kept us entertained for two hours with sing-alongs, jokes and finished up with everyone snake dancing through the aisles. Many thanks to Jean McDonald (Victoria Social Convener) for making this a truly great event.

Thanks to an active phone campaign of Northern Island members, we had 24 people turn out for our Parksville New Years day ride to Englishman River falls and back. In spite of the iffy weather it was nice to see members from Nanaimo, Courtenay and Victoria take part in the ride followed by a late luncheon. It was especially nice to see Sabine Hansell, who has been undergoing treatment for cancer, looking so well and with a big smile as usual. Here is to a speedy recovery.

Happy 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors Fax: 250-752-3766 or E-mail: [rolf.p@shaw.ca](mailto:rolf.p@shaw.ca)

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

For Further information Contact:  
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## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

<b>January</b>		<b>July</b> 21 <sup>st</sup> Kamloops Rockies starts
<b>February</b>	7 <sup>th</sup> to 21 <sup>st</sup> Hawaii New Zealand ?	<b>August</b> 6 <sup>th</sup> Rockies tour Complete 15 <sup>th</sup> to 29 <sup>th</sup> P.E.I. Tour
<b>March</b>		<b>September</b>
<b>April</b>		<b>October</b>
<b>May</b>	6 <sup>th</sup> Victoria Picnic 6 <sup>th</sup> to 9 <sup>th</sup> Victoria Hub & S.	<b>November</b>
<b>June</b>	2 <sup>nd</sup> to 18 <sup>th</sup> Alberta-Smokey River	<b>December</b> 6 <sup>th</sup> AGM

# New Members

Stewart Rob & Lynne 604-948-9459  
 5201 10A Ave., Delta, BC V4M 1Y3.

## THE LADNER GROUP'S CHRISTMAS CELEBRATION

by Marten McCready.

On December 18th the Ladner group held its annual Christmas party at the Ladner Kinsmen's Centre, a warm, cozy hall with a roaring fire place and a Christmas tree.

Thirty-six of the regular members showed up for a lunch of lasagna, chili, macaroni, cold cuts, cakes and cookies all supplied by our generous leader Al Hollinger. Wrapped presents were deposited under the tree and Al acted again as our Santa and distributed these presents to all the good cyclists. John Drinnan showed slides of his bike tour to Portugal and Eva Folk and Alyce McKay led the group in singing Christmas Carols.

It was a great way to enjoy the Christmas season with so many friendly biking buddies

## QUIET REFINED GENTLEMAN FROM PENDER ISLAND SEEKS TRAVELLING COMPANIONS.

"The Trans Canada Trail-the British Columbia Route" has just been published by Mussio Ventures Ltd. and I am going to give it a try in June.

So, if you want to get off the asphalt for awhile, check out the guide and give me a call at 1-250-629-6599 or E-Mail me at [bettyb-b@direct.ca](mailto:bettyb-b@direct.ca).

Tom Smith  
 4711 Buccaneers Road, Pender Island, B.C. VON2M2

## Letters

Some of the members of the CCCTS might be interested in a correspondence I had recently with the engineer responsible for maintenance of roads and bridges for Translink. If you have opinions on the matter a letter or e-mail to Translink might have some effect:

From: John Cuthbertson [SMTP:jcuthber@sfu.ca]

To: custrel@translink.bc.ca

Subject: Condition of the West Ham Bridge

I notice that there has been a serious solo accident involving a cyclist on the West Ham bridge and as someone who has often biked to the Reifel Sanctuary and had to cross the bridge, I have to say that I am surprised only that there have not been more accidents. The wooden boards which comprise the deck run parallel to bridge structure and provide poor traction at best, even when the deck is dry. There are gaps between the boards which can destabilize the most experienced cyclist, especially those whose bikes are equipped with narrow tires, such as the racing cyclists who use the Island for training, but also those of us who have touring road bikes, like mine. A solution need not be expensive and should not be beyond the ingenuity of the traffic engineer responsible. For example, a 60 cm rough asphalt strip glued down along either side of the deck and marked with the bicycle logo would do the trick. Would you please do something to correct this hazardous situation, before someone else is injured?

From: Emil\_Barth@translink.bc.ca

To: jcuthber@sfu.ca

Cc: Bob\_Hodges@translink.bc.ca

Subject: Westham Island Bridge

Date: Fri, 28 Dec 2001 11:02:20 -0800

Dear Mr. Cuthbertson:

As you know, the Westham Island Bridge is a rural structure where vehicle traffic shares the roadway with both cyclists and pedestrians. The roadway also narrows considerably near the center of the bridge where cyclists and vehicle traffic must alternate on a narrow single lane. In addition, the deck surface at the bridge is made up of timber boards that can have inherent imperfections and may be slippery when wet. As a result, the deck conditions may not be conducive to safe cycling. For these various reasons, warning signs have been placed at either end of the bridge to notify cyclists to dismount when crossing the structure.

Furthermore, a large percentage of the traffic on this structure is trucks hauling produce (principally potatoes) to and from the island. Under these conditions a "rough asphalt strip" glued to the deck as you suggested would not last very long.

We share your concern for the safety of cyclists using the bridge. Considering the nature of the bridge and the other factors outlined above, we feel that the safest approach is to require cyclists to dismount when crossing the structure. However, we will be reviewing the rehabilitation needs for this bridge next year and at that time we will look at possible improvements that could be made to accommodate cyclists.

If you have any questions about this please call me at 604-453-4663. Thank you for your understanding and co-operation.

Emil Barth, P.Eng. Manager, Roads and Bridges TransLink

## **TOOLS OF THE TRADE.**

### **A LOOK ON THE (B)RIGHT SIDE !**

THANKS for all the attention I got from - - MY BIKING FAMILY !

My other family and friends also made me feel very special, but also made some remarks you may enjoy - - e.g.

1. Grandson Jared (4) came to see me in hospital and said "After all this we are going for a ride ?"
2. Son Marvin (30) also visited that day and asked;"Mom, are you SURE they WANT your organs and other BODY PARTS?"
3. Entering the pub an hour before the B.P. dinner together with my English cycling buddy, I was greeted with; " There comes the English Patient!"
4. When I arrived home from hospital, my (worried!) husband stated -- "once more and ..... !" But you said that before !
5. Since I can still walk I dropped in on a friend who thought I looked hungry, so she fed me a mashed banana and brownies soaked in hot tea. Too bad I had to spit out the nuts and chips
6. Another nice friend came to my home with a big pot of hot soup just when I was really ready for it ! Thanks.

I am really on the mend, folks, coping quite well with my wired jaw and broken finger. Was told the hardware has to stay in forever though. It will be interesting to get the reaction when we go through Airport Security.

Due to taking steroid medication, you may not recognize me when we next meet I am told I look my age (64) on one side and 24 on the other side ! So - just look on the (b) right side ! All of you, M E R R Y CHRISTMAS! See you in the New Year.

*Katryn.*

(Katryn is the cyclist mentioned in the letter on the left. We all hope she recover soon).

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Dear Rolf,

We made it to the annual banquet & dance. It was a fun evening and I want to thank Sally, Betty & Carl for a job well done.

I would also like to take this opportunity to thank you and everyone who has worked so hard to make this club a success A Merry Christmas and all the best in 02.

Jack & Leila.

## 2001 Banquet and AGM.

By Mary Eickhoff.

Sally Svensson managed a perfect landing from her perch 'out on a limb' with the new location and caterer for the 2001 Annual Banquet and Dance, and simultaneously performed her swan song... quite a feat, even for our Sally! Sally would like to thank those who phoned and sent 'Thank You' cards to express a positive response to this year's venue.

The event was held at a more central location, the United Scottish Cultural Hall, on SW Marine Drive in Vancouver. A phone poll yielded 106 who planned to attend, whereas 90 arrived; Still an approx. 26% increase from last year. Many commented they liked the cosier ambience of the facility with round tables in a horseshoe shape. The caterer, Jakob Hauser worked out well. His very reasonable fee, plus the costs of hall rental, and music was covered by the admission fee of 90 guests. Originally 110 people had been projected, so there was enough food on hand for 120 in case more came; however, in the end, our 90 cyclists consumed all the dessert for 120 people(!) at no extra cost.

Music by Stan Lewis provided a fun variety. The Bardati's, Doc Watson, Dennis Parsons, Bill Hook & Barbara Faulkner came from the Island; Faye & Barton from Merritt, and new member Diane Brady from Harrison Mills. Door prizes were won by Sonie Kennedy, Ness McCulley, Dan McGuire, Al Hollinger & Neil Dobson (chocolates, wine, movie passes, Xmas cake). Betty Darvell-Jones applied her florist skills to creating cedar and holly centre pieces for each table. Carl Rorison manned the very busy bar all evening. Bruce McLean & Nan collected at the door, supervised name tags, and sold bar tickets. At Sally's request the Hall put up a Christmas tree especially for us.

The AGM record turnout was close to 100 members. Year 2000-01 directors gave reports on their activities. A preview of 2002 tours by Dan McGuire introduced: PEI, Hawaii, Kamloops Rockies Loop, Merritt H&S, Victoria H&S. Douglas White won the years' free CCCTS membership as one of those who sent in annual dues early, drawn by Mary Whyte. All fifteen directors proposed by the nominating committee were elected. Ness McCulley and Carl Rorison were elected as new Directors for 2001-02. Meanwhile, Joan Rumsey, Eva Folk, Alyce Mackay, Betty DJ, Kim Vogt, Ness McCulley, Carl Rorison, Mary Whyte, Yvonne van Woudenberg,

and Sally Svensson, all worked hard in the kitchen setting up the ample luncheon. Dan McGuire set up a slide show of the Mexico, N.Okanagan, and Danube tours and others stayed to share their albums while the director's meeting was in progress. A good time was had by all!

## NEW YEARS' RIDE.....



Eleven sleepy souls crawled out of their sacks on January 1, 2002, to meet at the Peace Arch border crossing, greeted by a red sunrise and wind, foretelling later climactic conditions.

We cleared customs by 9:15 after making individual declarations of citizenship and were passed in the care of U.S. citizen, Ken LeVine, who assured our interrogator of our good conduct. We enjoyed strong tailwinds westward along Birch Bay, then turned into it around Cherry Point. Our rendezvous with Sharon Lindsay's group from Bellingham at around 11, was brief but produced an enthusiastic exchange of New Year's best wishes.

Drops of aqua were felt approaching Bellingham and resulted in our destination becoming Bellingham rather than Fairhaven as we regrouped to consider possible lunch options. Ken and Holly went in search of bagels, while the rest of us resorted to a smoky tavern on the waterfront. It wasn't raining inside, however, and after refueling, we all returned in light rain, by various routes, at various times.

My odometer read 92.1. I've just had email from Holly report 2 flats enroute and a return time of 5:45. Thanks for coming out everybody, and let's hope for sunshine and no deflations for 2003!

## Celebrating Robert Burns.

25 January

### Tae A Fert *(One of Burns' lesser-known poems).*

Oh what a sleekit horrible beastie  
Lurks in yer belly efter a feastie  
Just as ye sit doom among yer kin  
There sterts to stir an enormous wind.

The neeps and tatties and mushy peas  
Stert working like a gentle breeze  
But soon the puddin wi the saucie face  
Will have ye blawin' all ower the place.

Nae matter whit the hell ye dae  
A'bodys gonnae have to pay  
Even if ye try to stifle,  
It's like a bullet oot a rifle

Hawd yer bum tight tae the chair  
Tae try and stop the leakin air  
Sheft yersel frae cheek to cheek  
Prae tae God it doesnae reek.

But aw yer efforts go assunder  
Oot it comes like a clap a thunder  
Ricochet aroom the room  
Michty me, a sonic boom!

God almighty it fairly reeks;  
Hope I huvnae shit ma breeks  
Tae the bog I better scurry  
Aw whit the hell, its no ma worry.

A'body room aboot me choking,  
Wan or two are nearly bokin  
I'll feel better for a while  
Cannae help but raise a smile.

Wis him! I shout with accusing glower,  
Alas too late, he's just keeled ower  
Ye dirty bugger they shout and stare  
I dinnae feel welcome ony mair.

Where ere ye go let yer wind gang free  
Sounds like just the job fur me  
Whet a fuss at Rabbie's perty  
Ower the sake o ane wee ferty.

(The Scottish celebrate Robert Burns birthday on Jan. 25<sup>th</sup>. with a feast of haggis and neeps. This little poem should bring tears to the eyes of many club members of Scottish descent).

## Bike Route links seven European Countries. *(From Times Colonist)*

A long distance bicycle route linking seven European countries have recently been completed.

The 6600-kilometer North Sea Cycle Route passes through Sweden, Norway, Denmark, Germany, The Netherlands, England and Scotland using ferry crossings.

One such passage takes cyclists from the Hook in the Netherlands to the port of Harwich, England, where they can join Britain's 10.000 kilometer National Cycle Network and proceed up the eastern coast into Scotland, eventually reaching the northern tip of the Shetland Islands.

The project is a collaboration among the European Union and more than 60 local authorities.

Places of interest on or near the route include the Swedish tourist resort of Varberg; the farms, fjords and fishing hamlets of West Jutland; the city of Delft in the Netherlands and the cathedral city of Lincoln in England.

A free map of the route as well as Web addresses useful for finding accommodations and acquiring more detailed maps are available from Sustrans, which is a non-profit organization that coordinates projects that encourage walking and cycling. Go to [www.sustrans.org.uk](http://www.sustrans.org.uk)

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## How to Save Your Own Life During A Heart Attack

What you do during the early moments of a heart attack can mean the difference between life and death.

If you're having a heart attack and there's no one around to perform CPR on you, do the following:

Immediately take a deep breath and cough twice, as hard as you can. Wait a Couple of seconds, take another deep breath, and again cough twice. This will contract your diaphragm, compressing the heart and causing it to pump. It's a simple form of self-CPR.

Keep repeating the process until your heart begins to beat normally (or until help arrives). Once your heart has stabilized, chew and swallow one aspirin. Then take two cayenne pepper capsules or a tablespoon of Tabasco sauce. The aspirin will thin your blood and prevent platelets from sticking... while the Tabasco or cayenne will dilate your blood vessels so that blood can flow freely. This simple technique can dramatically increase your chances of survival. Please share it with your friends and loved ones. It can save their lives!

# 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 tours** - phone, fax, write or E-mail 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 the 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 coordinator.

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

## Hawaii Tour 2002.

February 7<sup>th</sup> to 21<sup>st</sup>

Jim & Shirley Mae Jeffrey

(604) 943 - 0924 (Vancouver)

(250) 767 - 2242 (Peachland)

Deposit with application: \$100

**Balance of \$ 1200 due by January 10<sup>th</sup>**

**Room for one more woman.**

Itinerary in December Newsbrief.

**Participants:** Jim & Shirley Mae Jeffrey, Andree Milaire, Mary Edwards, Corry Coster, Judy Jackson, James & Geraldine Reid, Romeo Quinter, Candice Havlin, Frank & Alice Campbell, Glen & Jean Smith, Sharon Warren, Marshall Campbell, Eleanor Wolverton, John Cuthbertson, Carl Rorison, Anna Marcus, Ken & Annette Meleskie, Pablo Bleiker, Jeff Massey, Jim Burnett

## VICTORIA HUB & SPOKE 2002

May 6<sup>th</sup> to 9<sup>th</sup>

Roberto Bardati 250 389 0091 dockst@shaw.ca

Monday, May 6:

Victoria riders will meet the Ferry leaving Tsawwassen at 9.00 a.m. arriving at Swartz Bay 10.35 a.m. Cyclists will ride to the Annual Victoria Spring Picnic at Centennial Park in Saanichton. After the

picnic, for those cyclists who have made previous arrangements for accommodation will be escorted. All tours will start from "BIG AL'S BAGELS" in the Saanich Plaza, at 9.00 a.m. unless otherwise noted.

### Monday May 6:

10.35 a.m. Swartz Bay Ferry terminal to Centennial Park, picnic lunch, cycle to accommodations.

### Tuesday May 7:

Tour #1: Shawnigan Lake tour:

Cycle to Mill Bay Ferry then counter-clockwise tour of lake, lunch in a restaurant, return to Mill Bay Ferry, 90km.

Tour #2: Metchosin:

A scenic ride on the Galloping Goose, lunch at a cafe, 45km.

Tour #3: The Highlands:

Scenic ride, hilly, past Francis King Park, bring lunch. 40km

### Wednesday May 8:

Tour #1: Galloping Goose towards Sooke:

A ride along the scenic Galloping Goose trail, past Matheson Lake, Roche Cove to Sooke, Lunch at Pub, 85 km.

Tour #2: City tour no. 1:

Scenic tour of city of Victoria and points of interest, lunch at a café, 65km

Tour #3: City tour no. 2:

Easy ride through the city of Victoria, lunch at café, 60km

### Wednesday night Social

All you can eat buffet at Uncle Willy's, Saanich Plaza, 6.30pm

### Thursday May 9:

Tour #1: Ride to Swartz Bay ferry terminal : (Scenic)

via Interurban, West Saanich, Oldfield Rd etc, Lunch at restaurant, then to ferry, 45 km

Tour #2: Ride to Swartz Bay ferry terminal: (direct)

via Galloping Goose and Lochside, lunch at restaurant, then to ferry, 35 km

## ALBERTA -SMOKEY RIVER

New Tour

Jun 2<sup>nd</sup> to 18<sup>th</sup>

Ted Stubbs 604-321-2784

Maximum Participants: 30

Cost Estimate \$ 500 Deposit \$ 10

A camping style with support truck and cooking teams

ROUTE: Start at Hinton (or possibly Edson); North to Whitecourt, Swan Hills, Lesser Slave Lake, High Prairie, Valleyview, Grand Prairie, Grande Cache, Hwy #16; Return to Starting point.

Total Distance 1000 km.

## KAMLOOPS ROCKIES LOOP.

July 21<sup>st</sup>-Aug. 6<sup>th</sup>

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

Maximum participants: 24

Deposit: \$50 registration fee

March 1: \$150 for reservations Balance of \$450 by May 1st

This will be a camping tour with a support vehicle to carry club & personal equipment. Participants will each take turns on a cooking team about once a week. To ease loading of truck, we suggest a limit of two bags per person (ie. Tenting equipment & clothes) with a maximum weight of 40 lbs. each. Plastic tubs OK.

Itinerary as follows:

July 21	arrive Silver Sage campground-Kamloops	
22	Barriere	70 Km
23	Clearwater	62 Km
24	Blue River	100 Km (last 20 Km downhill)
25	Valemount	90 Km
26	Mt. Robson Park	45 Km
27	Jasper	75 Km
28	"	(day off)
29	Icefields Chalet*	103 Km (Sunwapta Pass)
July 30	Mosquito Creek Hostel*	104 Km (Bow Pass)
31	Kicking Horse campsite	40 Km
Aug 1	Golden	60 Km
2	Roger's Pass Best Western*	80 Km
3	Revelstoke	69 Km
4	Sicamous	72 Km
5	Chase	83 Km
6	Kamloops	56 Km

Total distance approx. 1110 Km. Average 74 Km/day over 15 cycling days. \*Note: Two nights are in a hotel, one in a hostel after the more strenuous mountain passes. P.S. Don't forget your bathing suit!

PARTICIPANTS (24): Sally Svensson, DanMcGuire, June Gallagher, Margaret Fyfe, Roy Goodchild, Helen Goodchild, Dora Ellis, Bill Hook, Barbara Faulkner, Sandy Kirk, GlendaKirk, Nancy Heaney, Bryan Riggs, Wendy Pearson, Douglas White, David Brown, Virginia Brown, Hans Klein, Michael Goldberg, Adrian Thomson, Bob Miller, Shirley Fisher, Dan Eaton;

WAITING(16): Ken Smith, Jan Johnson, Chris Siggers, Jean MacDonald, Anna Markus, Carl Rorison, Jean Horrocks, Joan Enman, Corry Koster, Faye Wilson, Barton Howes, Leila Montgomery, Jack Sheppard, Frank Ward, Sonia Ward, Allan Buium, Judy Jackson, Beverly Wagner

## PRINCE EDWARD ISLAND TOUR (Tip to Tip)

Dates: Approx. Aug 15 to Aug 30, 2002

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Maximum 40

Cost: \$350.00 per person, not including airfare.

Deposit: \$100. (\$20 Non-refundable), Balance \$250 due April 15, 2002.

Complete Tour Itinerary in November Newsbrief. This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8

camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner.

Participants will provide their own meals, Provincial & Nat parks have cooking shelters.

This trip was planned to encourage our members from the east to participate in a Canadian tour that is closer to their home base.

**Participants:** Roberto Bardati, Sonya Bardati, Jim Bearsto, Fern Bearsto, Janet Cameron, Keith Clothier, Jenny Cookson, Jean Covell, Dave Darts, Vickie Darts, Mary Edwards, Penny Estabrooks, June Gallagher, Valerie Gillespie, Dorothy Glover, Les Hudgins, Julie Irwin, Theresia Keet, Myron Kowalyk, Ellen Kowalyk, Ken Kraft, Lee Kraft, Marthe Lambert, Dan McGuire, André Milaire, Ann Miller, Marilyn Murphy, Roger Parker, Myrna Pollard, Brian Pollard, Bobbie Redmond, Gerri Salamatian, Gene Salamatian, Tamas Sandor, Wendy Sandor, Berta Sen, Shirley Sloan, Edward Weinstein, Jackie Weinstein, Rob Stewart, Lynne Stewart

## TRANSAMERICA BICYCLE TRAIL New Tour.

Astoria, Oregon to Yorktown, Virginia

Dates: 2003 -- about May 29 to Aug 22 -- 86 days

Judy Jackson 604-985-7041 e-mail jjackson@telus.net

Maximum Participants: 24

Cost Estimate \$4300;

Deposit \$150 with application, may be non-refundable after 1 Jan. 03; remainder by 15 Mar 03

We would appreciate expressions of interest, or registrations.

The tour will include a support vehicle, mostly camping accommodation, and most meals (with cooking teams).

Distance about 4500 mi (7200 km).

This will follow the original, 1976, Bikecentennial (now Adventure cycling) route as closely as possible. Their blurb says: it's "The route that made cross-country cycling famous. (Outside magazine calls the TransAm the "ultimate bicycle tour"). Ride through the history of the nation: Colonial Virginia, plantations, Civil War battlefields, Lincoln's birthplace, and along the Oregon Trail." (Ours would be in the reverse order). The shortest day's ride is about 26 mi (41 km) and the longest about 92 mi (147 km), average about 54 mi (86 km) per day. One should be physically capable as this route has mountain passes in the west and steep, roller-coaster rides in the Appalachian area of the east, but it should be one of the rides of a lifetime.

Included is a set of Adventure cycling maps for each of the 12 sections of the route. These are waterproof and sized to fit in a handlebar bag window or jersey pocket, and show service symbols (camping, hostels, motels, groceries, restaurants, post offices & bike shops), turn by turn directions and detail maps of tricky sections, distances in miles & kms, elevation profiles in the high country, local history, geology, weather chart for average rain & temps, riding conditions, road surfaces, traffic volumes & areas of caution... information not available on typical road maps. Costs do not include transportation to Astoria or back from Yorktown/Williamsburg area. More details as the time gets nearer ..... and if enough interest shown.

## WEEKLY RIDES

### VANCOUVER & VICINITY

#### **Sundays:**

**Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435-3893

#### **Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

#### **Wednesdays:**

**West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> 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 for meeting place, time and destination.

### VANCOUVER ISLAND

#### **Victoria.**

**Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or

10:00 a.m. at McDonald's, Pat Bay Highway 17

Contact: Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

#### **Nanosee/Parksville.**

**Thursdays** - 10:00 a.m. at Nanosee Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

#### **Comox Valley.**

**Thursdays** 10:00 a.m. Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

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### CALGARY

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

### OTTAWA

**Thursdays** -Contact; contact Gerry Sutherland 613-828-9502

### KAMLOOPS RIDES

Contact Peter Baron 250 372 8392

## **My Comments to the Danube Cycle Tour.**

First of all Frances and are very sorry we could not take part in the Tour.

With the help of Dan McGuire and Carl Rorison I learned to use the Computer somewhat better, and between us we accomplished an extensive research for the Hotel selection.

I hear the accommodation was mostly OK to very good. Only one Hotel was not very satisfactory. The distances were all moderate; the weather was mostly lousy, especially at the beginning. The tour also did convert the doubting cyclists that the Danube does flow downhill. The riding was apparently reasonable easy, level and pleasant.

At the very beginning we had one cyclist, who I believe was never in Germany, was tired over anxious and exited. He ended up for one night in the Hospital. But after a day or so George became comfortable with the group and cycled the rest of the tour. I made a phone call to his daughter in Steveston, a few days ago and she told me her dad picked up food poisoning in the Airplane, and he is OK now.

In the first town in Hungary Barbara Hetzer was attacked and bitten by a dog. Apparently the news spread like wildfire in the small town. By the time she arrived at the Doctors office he was ready to come to help Barbara. She rode a few days in the van to recuperate. However she did make the grand entrance in to Budapest on her bike.

As far as I know all the tour members are back in Canada and accounted for.

At the beginning with the preparations for the tour, some people doubted my budget and the cost of providing B&B and also a support vehicle for \$ 1800. Well I am pleased to tell you, we don't need any more money. As a matter of fact we have some left over. But first the club will have an audit on our financial activities of the Danube Cycle Tour, and if everything works out as we hope, then we are able to include a refund in the January issue of the Newsbrief for the participants of the Danube Bike Trip.

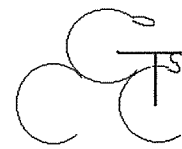
I also have made a file record of the tour. It will be deposited at CCCTS office.

Tour coordinator

Max Bissegger



# Newsbrief.



The Cross Canada Cycle Tour Society

February 2002 Volume 19. Issue # 2

## President's report.

*David Clark.*

This newsletter will bring you up to date news of your Society's activities for this year. These include the regular social events, two PEI tours, two Rockies tours, the very popular Victoria and Merritt Hub and Spoke events and last but not least Ted Stubbs new jaunt called Alberta-Smokey River. The Trans America tour for 2003 is already filling and is likely to be a winner with the long distance crowd.

Our February directors meeting was significantly short of some pretty key people like Jim Jeffery and Carl Rorison who were attracted by the more beautiful venue of Hawaii, Mary Eickhoff who was off skiing and Barton Howes. Nevertheless we got through a lot of business, some of it routine and some vital. Included in the routine was the requirement to find a new Carrier for our Liability Insurance. As of March 12 we will run out of coverage with our Company (Zurich) who have cancelled their Group Plan with Cross Canada Trail Foundation. It turns out that their loss experience with the group was terrible due to Snowmobile type claims. It doesn't help that we neither Snowmobile or use the Trails. We have to find another source of coverage, which may be difficult because of the huge losses incurred by most companies and their re-insurers with the World Trade Centre catastrophe.

Your society is strong financially and in my opinion is running a good complement of trips which are after all our reason for being. While we don't need cash contributions we would welcome direction and assistance from those who are willing to put forward their ideas as to trips we might undertake and provide some leadership in getting them under way.

Editorial: Being the Editor of the Newsbrief of the Newsbrief is not always an easy task. Being the bearer of good as well as bad news, and drawing the line on what, and what not to print. This time we have the passing of a long time member (Freda Scolah) and a testimonial from a survivor (Ken Grieve). I have been in contact with Bill Augusteijn, a long time member from Ontario and participant in many tours, who is currently undergoing treatment for lung cancer. He would appreciate hearing from his friends via E-mail >augusteijn@globalserve.net<

*Rolf Petersen.*

## HANDS ON BICYCLE MAINTENANCE COURSE

FOR CCCTS MEMBERS ONLY

Given by a qualified bike mechanic.

**PLACE:** Rider's Cycle, 1092 Cloverdale, Victoria

**TIME:** 7.00 pm to 9.00 pm

**DATES:** Tuesday, March 5, 12, 19

**COST:** \$5.00 per person per night

\*\*\*\*\* COME WITH A CLEAN BIKE\*\*\*\*\*

1<sup>st</sup> course, March 5, 2002 BASIC  
Tires, tube changing, fix punctures and lubrication

2<sup>nd</sup> course, March 12, 2002 INTERMEDIATE  
Brakes, chains, derailleurs, cables

3<sup>rd</sup> course, March 19, 2002 ADVANCED  
Spoke replacement, wheel truing, changing free wheel, gear ratios

\*\*\*\*\*LIMITED REGISTRATION\*\*\*\*\*

**To register contact: Roberto Bardati at 389-0091 or email: dockst@shaw.ca**

## July 2003      Expression of Interest requested

### KLONDIKE BIKE AND HIKE

Camping style with support truck and cooking teams.

ROUTE: START: WHITEHORSE

Cycle to Haines Junction, south to Haines(Alaska), Ferry to Skagway;

Hike Chilkoot Trail (3-4 days) to Bennett Lake, Train back to Skagway; or, Hike tracks to White Pass;

Cycle to Carcross, Whitehorse.

Contact Ted Stubbs at 604-321-2784, or the CCCTS Office

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors Fax: 250-752-3766 or E-mail: [rolf.p@shaw.ca](mailto:rolf.p@shaw.ca)

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](mailto:cccts@vcn.bc.ca)  
 WEB-Site: [www.vcn.bc.ca/cccts/](http://www.vcn.bc.ca/cccts/)

## DIRECTORS.

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Equipment.....	Barton Howes
250 378 0927	<a href="mailto:Bartonfaye@aol.com">Bartonfaye@aol.com</a>

## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

<b>February</b> 7 <sup>th</sup> to 21 <sup>st</sup> Hawaii New Zealand ?	<b>August</b> 6 <sup>th</sup> Rockies #1 Complete 8 <sup>th</sup> to 24 <sup>th</sup> Rocky #2 15 <sup>th</sup> to 29 <sup>th</sup> P.E.I. Tour 1 & 2
<b>March</b>	<b>September</b>
<b>April</b> 17 <sup>th</sup> Vancouver Spring Social & Directors meeting.	
<b>May</b> 6 <sup>th</sup> Victoria Picnic 6 <sup>th</sup> to 9 <sup>th</sup> Victoria Hub & S.	<b>October</b>
<b>June</b> 2 <sup>nd</sup> to 18 <sup>th</sup> Alberta-Smokey River	<b>November</b>
<b>July</b> 8 -12 Brentwood- Gabriola C. 21 <sup>st</sup> Kamloops Rockies #1	<b>December</b> 4 <sup>th</sup> Annual Banquet 5 <sup>th</sup> AGM

## New Members ☺

Aitken, Janet Lever & George	1125 163 St., Surrey BC V4A 8B7 604-453-4500
Atherfold, David	#405 894 Vernon Ave., Victoria BC V8X 2W6 250-389-1507
Birks Chris	204-606 14th Street, West Vancouver, BC V7T 2R3 604-921-6400
Bridge Harold James	22-3046 Coast Meridian Rd., Port Coquitlam, BC V3B 5B6 604-941-3448
Cameron, Barbara-Ann	15A Lathbury Road, Oxford, UK OX2 7AT 44-1865-516-776
Griffiths, Mark & Livvy	938 Handsworth Rd., North Van. BC V7R 2A3 604-987-0805
Hendricks, Elizabeth & Paul	584 Johnstone Rd., Par ks ville BC V9P 2A5 250-752-5753
Robinson, Wayne & Christine	RR1 - 283 Owen Rd Gibsons BC V0N1V1 604-886-2738
Stefaniak, Hank & Cheryl	1815 Barrett Dr. Sidney, BC V8L 5A3 250-655-3744

## Our Club logo.

At the directors meeting it was decided to use The CCCTS logo on caps, T-shirts, sweatshirts, jackets etc. We have a location where we can have the embroidery done and will have a few more locations in the future. First Choice Sportswear & Embroidery  
 19892 Willowbrook Dr.  
 Langley B.C. V2Y-1K9.  
 Phone 604-541-1111 or 604-532-9110  
 They have caps and T-shirts available in different colors. The black cap with our logo I saw looked very nice and would cost \$ 10. To embroider the crest itself minus the flag would be \$ 5  
 For more information; contact me , Theresa Keet by Email at [theresia.keet@shaw.ca](mailto:theresia.keet@shaw.ca). or phone 604-596-1953.

## " Friends in Need are Friends Indeed! "

By Ken Grieve.

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Like other members, I live alone, my nieces and nephews all east of the Rockies. Relatives in the Vancouver area, elderly and, if anything, more decrepit than am I. In October, 2000, went on the urgent waiting list at the Vancouver General Hospital cardiac surgery unit for replacement of the heart's aortic valve, technically, "stenosis of the aortic valve [narrowed, and calcified, less than a centimetre diameter, opening]". Never had a coronary, or serious angina... Symptoms: Extreme breathlessness, and a feeling I was about to collapse, after cycling hills I could do earlier without too much trouble; no more reserves and, relaxed at home, unpredictable attacks of rapid pulse, and heart irregularities for a number of years. Our generation of males has been warned ad nauseam of the danger of plugged coronary arteries, but little ever written about unexpected valve problems. These breathless episodes, convinced me there was something other than "just" coronary arteries! Was it "just" old age, or something that could be "fixed". In the late 1980's a Vancouver heart specialist took me off a treadmill after a couple of minutes, noting a heart irregularity on his screen. He was the first to notice something wrong, though I cycled another 10 years without any great problems. Less than 3 years ago, my G.P. did an annual checkup, and declared, "there is nothing wrong with you except high blood pressure"! In my preliminary session at the hospital, an anaesthesiologist said, he believed that nearly everyone, if he/she lived long enough, would develop "stenosis of the aortic valve"...something for you to look forward to!

I would like to thank, most gratefully, those grand CCCTS members who gave of their time and resources, freely, to help me during my illness. First, Katryn Jeronimus, retired RN, who took me into her home after I had an angiogram which confirmed the diagnosis, fall of 2000. About two days before the angiogram, I was told, suddenly, I would not be released [a one-day out-patient procedure] at 5 or 6 p.m., unless there was someone "at home" who could watch over me because of the danger of being "a bleeder" [seems that 20% are !]. The procedure requires entering a major blood vessel at the groin with a "catheter". You should know this in case you ever have an angiogram: that you must have someone around overnight to see that you don't bleed to death! Thought I arranged for someone, but that fell through, so in desperation late on the day before, I called Katryn, and she suggested that I come to her place. She [and husband, Carl] put me up in a lovely bedroom, queen-sized mattress, where I slept "like a baby", woke at 8 a. m., no problem with bleeding, and was given a great breakfast to start the day, and to top it off, Katryn drove me 50 Km back to North Surrey, so I didn't have to pay \$40 for a taxi, or take the bus. I was treated royally! I must thank

Bob Douglas who agreed, without hesitation, to pick me up at the hospital, and drove me 40 Km. to the Jeronimus home.

I was in the cardiac recovery ward for eight days [sole hospitalization in 80 years!] Felt I should stay another day or two, but the unit cardiologist decided I was fit to go home ... so, out I went, and once I got home, very pleased to get away ... for instance, a patient across the hall was coughing continually, who, I was informed, had a double lung transplant and, especially as the nurses constantly clamped blood pressure cuffs on my arms, and relentlessly stuck needles into me to take blood samples! I have visited ill relatives or friends in hospital, and like you, perhaps, wondered if I was only annoying the patient. But, believe me, I felt an enormous "lift" when Shirley Fisher [and friend, Suen] came into my room, with a beautiful carnation bouquet [the only folks who visited, granted I was just there a week]. A niece, Cathie, in Medicine Hat, sent a gorgeous basket of flowers. So, unless I realize that a patient has regiments of visitors, in future I will not hesitate to visit, if able.

To top that, Shirley "volunteered!" to pick me up [several days later] and drive me home 40 Km. through heavy traffic! Upon discharge, even went up 9 or 10 floors to get me, pushing me down to the loading ramp in a wheelchair, where her friend, Suen, waited in Shirley's van, and upon arrival home, made sure I was okay, even tying a tightly folded sheet to a nearby dresser leg by my bed, which I needed initially to pull myself upright [because of the healing chest incision].

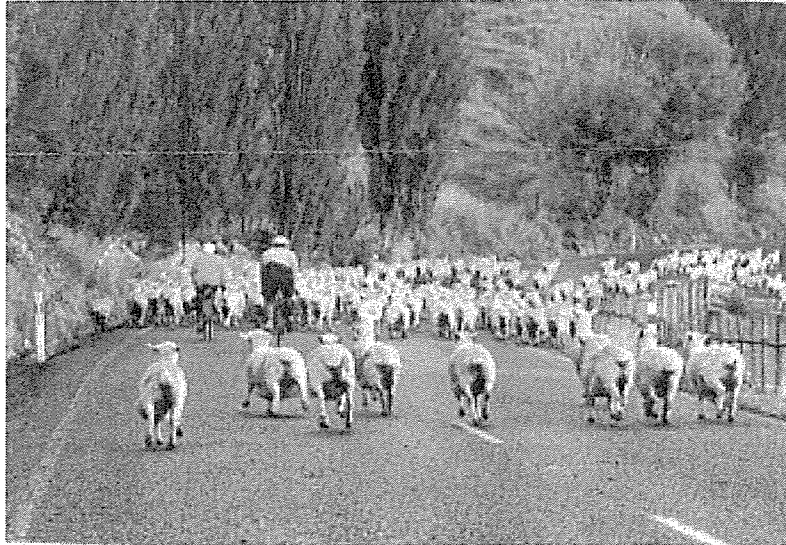
I had to wait almost a weary year [late October 2000 to September 12, 2001] to have the open heart operation . This was most difficult, because I could no longer cycle, or even walk any distance, [I had used exercise to control my weight] . As a surgeon said, "your heart is becoming muscle bound", so little point in making the left Ventricle more muscular! Fortunately, because little effort required with power steering and automatic shift, I could drive during the entire waiting period, and with a little help from nitroglycerine, I was able to shop, and do quite a bit of yard work, and housekeeping. Because I was "stabilized", though on the "urgent" list, "emergency" cases took precedence, have heard a number of heart attack victims say that they received immediate and excellent treatment when hospitalized, usually involving coronary bypass surgery ... so, I have told people that maybe it is better to have a coronary since you get prompt treatment [except you may die, or have serious heart muscle damage!]. Once I received my operation, I also got excellent care. The operation itself was a "breeze ", you are wheeled into the operating room, under bright lights, with medical staff all about; the anaesthesiologist

Friends continued page 5

We have been in Christchurch 4 days, the weather was warm and sunny and we rode the 11 km past gardens packed with roses and dahlias after sweating putting our Push-bikes together, the next days were squally. We did ride to Sumner Beach against a headwind, then back against a headwind.

Today is cloudless and we are doing the town. Josie is playing the Pokies (slot machines) while I do this. Have just had a half dozen oysters on the half shell with a large pint of Guinness for \$ 12. If you would like to compare prices, this equivalent to \$8 Can. But realize that one would still have to pay the GST and then the tip on top.

While enjoying, watched the buses go by with hooks in front to hold baby carriages instead of bicycles. Bicycle lanes are dot dash affairs but an effort is being made to improve and encourage cycling. The phenomena is catching on around the world, it seems.



We're having adventures; Josie shared a seat on the plane with some Kivis returning home and at the airport we were all invited to Roland and Barbie's farm on the insistence of their daughter. From Timaru we rode out into the country with but a few incidents to finally arrive at their house on the side of a hill overlooking a large field below. What a surprise! We were given a very warm welcome by both these lovely people and some of their animals as well. Ducklings came up to our feet while mother stood a little way back, the dog growled for a little while then changed his mind and became very friendly. Wandering elsewhere were Peacocks with feathers fanned, a black swan, two guinea fowl and some ordinary chickens. These people like cycling so we were off to see Roland's brother; five of us and Roland, Barbie and their two grandchildren all on bicycles with dogs following. After a sumptuous meal we walked to another paddock where Barbie fed a motherless Baby goat with a bottle of milk while two Alpacas jostled for attention and a donkey and Shetland pony looked on, waiting for some too.

Other things have happened. Yesterday we should have ridden out of Murchison but Belinda at the tourist bureau warned us of 10 km of road construction and insisted that we let her brother transport us past it. A description of this brother is in order. A big man with a beard which would make any Santa Claus envious and when I shook hands I couldn't curl even the ends of my fingers. And the Vehicle? It was a motor home but taller than most and with space in the back for three horses! Our

bikes went in that space and we sat in comfort until he dropped us off at Tapawera to enjoy a beautiful cruise down the riverside to Motueka. Feel ashamed, though, to report that Dora said her legs just wanted to go and even refusing to put her bags on board, she took off at 8 a.m. and arrived just before 4 pm., a distance of 138 km. Remember the stretch, Sara? You got a lift through the Muddy.

It rained the other night in Nelson and the wind blew, the blossoms were blown off the Jacaranda trees and carpeted the street the beautiful blue that I remember on Pietermaritz street. Today we are in Picton after what I consider the most scenic ride in N.Z. We talked of the creme de la creme last night and laughed, remembering that Dora took the wrong fork 2 years ago and ended in Blenheim instead.

Today three others did precisely the same and Dora wasn't one of them. Ferry tomorrow at 5 am to Wellington for a few days. On our way to Westport by

bus the clutch gave out just beyond Whataroa, a small village before the hill to Hari Hari. A truck towed us back and deposited us at the local pub where we downed a few copious ones and had tea (dinner) Jack and Leila ordered a mixed grill which was served with the raw chops, sausage steak and pork cooking on a lava rock that was heated to 400 degrees. Today Jack was highly critical of his mixed grill served in the conventional way at the local greasy spoon. We're being spoiled. The Hawaiian group left yesterday and we completed our tour of the South Island today the 7<sup>th</sup>. Hope they enjoy the weather we have had.

For the real tool to use in designing a bicycle tour of either North or South Island one should go to Nigel Rushton's "Pedallers Paradise" He has dug into every nook and cranny for information that is important to cyclists, leaving out anything that can be found anytime in tourist brochures, which results in a thin light booklet (something we must appreciate too).

I have now discovered that these can be bought at Mountain Equipment. If, you would like an autographed copy I will pick it up when we pass Lake Tekapo. Also, for those who would like to know more about hostels, click on to <[backpack.co.nz](http://backpack.co.nz)> *Toodleoo for now .*

## Tragic Accident.

*Yvonne Miller*

Readers will be aghast to learn that founding member Freda Scorah was killed in mid January, near Twizel in the South Island of New Zealand, while riding her bicycle. It appears that she was making a U-turn and collided with a motor cyclist. Reports indicate that it was a terribly unfortunate accident. Dennis Scorah watched helplessly. The motor cyclist was taken to hospital.

Freda and Dennis were on many tours, beginning with the Cross Canada in 1983, and Australia plus New Zealand in 1984.

I cycled with Freda and Dennis quite often in Kelowna, and got to know them. She was one of a kind. I saw her as a tower of information and experience, and she said it the way it was.

She and Dennis cycled everywhere even in the winter, sometimes. Did their shopping using bikes. I don't even know if they have a car. It is bad enough to hear of any cyclist getting killed, but much worse when it is a special friend. I will miss her. I only hope that I will see Dennis's face light up again when he smiles, as I am used to.

.....

Freda was a pleasant easy-going lady who did not sweat the small stuff. It was a pleasure to be on a cycle tour with her. She would take everything in stride, whatever the circumstance, and was not one to complain. She had a sense of humour and it was lighthearted and fun to be in her company. I enjoyed her stories of raising her family, and stories of the first Cross-Canada cycle tour in the early 80's, of which she and Dennis were a part. Freda was part of our small Wednesday cycle group in Kelowna, and we will miss her.

*Donna Nicholas*

*Continued from page 3*

approaches, you black out, and either you don't wake up, or wake up several hours later, as I did, and find yourself in a hospital bed! I must give Eva Folk my heartfelt thanks for her constant sympathy and support during the whole trying year.

I have received far more by being a member of the Cross Canada Society than I ever contributed, or could contribute. I have tried to give an idea of the unstinted help I received from generous fellow members in a time of difficulty I found the CCCTS is more than just a "cycling club."

I have always admired those members who Volunteer to organize and lead tours. Some who have led tours I have done, come to mind: Norm Kjelson; the late Ron France (and helpers on the 1989 Kootenay-Loop Tour, Marten McCready, Leo Comeau, Bob Douglas, among others); John Peck [Hawaii]; Bernice Gregory [Arizona]; John Philip; Diana Lifton [and Al]; Barton Howes; Dennis Parsons [Gabriola]; Bob Douglas [San Juan]; Ted and Pat Stubbs; Chuck and Lynne Dick etc. I can't wait to get back cycling, and hope, at least, to do the Victoria Hub & Spoke this spring!

## THE RIDE LEADER WORKSHOP

Page 5

Saturday April 27th, 9:30 AM to 2 PM

Century House, 620 8th Street, New Westminster

We invite you to attend the Ride Leader Workshop and develop your skills as a Bicycling Ride Leader.

Join us at 9:30 A.M. for Coffee, Tea and goodies provided by Vancouver Area Cycling Coalition volunteers. Remember to bring your bike and helmet. There's lots of free parking for those arriving by car.

The morning session will be indoors from 10:00 AM until Noon. After lunch we'll go outdoors to practice new knowledge and skills. We've assembled some volunteer cyclists and experts to help you practice leading a group or answer your individual questions. We'll wrap up around 2:00 PM and make sure we have time to address individual concerns.

A 24 page Ride Leader Handbook is included with the workshop and a Certificate of Participation will be presented to you upon completion. We will need your name in advance to prepare the certificates.

Also see [www.vacc.bc.ca/leader.html](http://www.vacc.bc.ca/leader.html)

The Bicycle Ride Leader Workshop is FREE But you must pre-register. Pre-register by calling 604 519-1442 or email [bruce@gonecycling.com](mailto:bruce@gonecycling.com)

### For Sale.

1998 Cannondale R500 Road bike  
52 cm frame, 21 speed, Computer, Kevlar tires  
Excellent Cond ask. \$ 650

For further information contact:  
Sabine Hansel, Nanoose Bay Phone 250-468-2374,  
E-mail [s\\_hansel@islandnet.com](mailto:s_hansel@islandnet.com)

## Ladner Birthday.

*Alyce McKay*

Never let it be said the Ladner riders are not a hardy bunch. The weather being less than favourable, 4 people arrived Tuesday am. I went home and two went riding off into the rain. At noon the rain let up and three more cyclists did the afternoon run. At our birthday dinner we were delighted with 27 members happy to be together. We celebrated Josie Curtis's birthday. It was wonderful to see Francis Bisseger out and Al without his wheelchair. Martin McCready paid tribute to his courage and inspiration to us all.

# 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 tours** - phone, fax 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 the 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 coordinator.

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 2001

May 6<sup>th</sup> to 9<sup>th</sup>

Roberto Bardati 250 389 0091 dockst@shaw.ca

Monday, May 6: Victoria riders will meet the Ferry leaving Tsawwassen at 9.00 a.m. arriving at Swartz Bay 10.35 a.m. Cyclists will ride to the Annual Victoria Spring Picnic at Centennial Park in Saanichton. After the picnic, for those cyclists who have made previous arrangements for accommodation will be escorted. All tours will start from "BIG AL'S BAGELS" in the Saanich Plaza, at 9.00 a.m. unless otherwise noted.

### Note: Changes in Itinerary.

**Monday May 6:** 10.35 a.m. Swartz Bay Ferry terminal to Centennial Park, picnic lunch, cost associated, cycle to accommodations

### Tuesday May 7:

Tour #1. Salt Spring Island loop - leader: Dennis Flewelling  
Cycle to Mill Bay Ferry, Crofton, ferry to Salt Spring at Vesuvius, cycle to Ganges then to Fulford Harbour, take ferry to Swartz Bay and cycle back to Victoria, approx 120 km **Note: this tour leaves at 7 a.m. to take the 8.30 Mill Bay ferry.**

Tour #2. Metchosin - leader: Dennis Parsons  
Scenic ride on the Galloping Goose, lunch at café, 45 km.

Tour #3. City Scenic tour - leader: Bill Hook  
Scenic tour of city of Victoria and points of interest, lunch café, 65 km

### Wednesday May 8:

Tour #1. Sooke Regional Park - leader: Sonya Bardati

Ride along the scenic Galloping Goose trail, past Matheson Lake, Roche Cove to Gillespie Rd to Park. Bring lunch, picnic in park 85 km.

Tour #2. City Scenic tour - leader: Bill Hook

Scenic tour; city of Victoria and points of interest, lunch at café, 65 km

Tour #3. Winery tour - leader: Art Borron

Ride through the Saanich Peninsula to the Chalet Winery, visit the winery for a taste, lunch at café, 65 km

**Wednesday night Social** All you can eat buffet at Uncle Willy's, Saanich Plaza, 6.30 pm, cost associated

### Thursday May 9:

Tour #1. Ride to Swartz Bay ferry (Scenic) leader: Hans Klein

Interurban, West Saanich, Oldfield Rd etc, Lunch at restaurant, then to ferry, 45 km

Tour #2. Ride to Swartz Bay ferry leader: Horst Hees Galloping Goose and Lochside, lunch at restaurant, then to ferry, 35 km

Participants: Roberto Bardati, Margaret Hunter, John Hickman, Adrian Thomson, Sharon Warren, Ron Pickerill, Janice Pickerill, Ness McCulley, Wendy Pearson, Patricia Kongshavn, Dan McGuire, June Gallagher.

## ALBERTA - SMOKEY RIVER

June 2<sup>nd</sup> to 18<sup>th</sup>

Ted Stubbs 604-321-2784

Maximum Participants: 30

Cost Estimate \$ 500 Deposit \$ 10

A camping style with support truck and cooking teams

ROUTE: Start at Hinton (or possibly Edson); North to Whitecourt, Swan Hills, Lesser Slave Lake, High Prairie, Valleyview, Grand Prairie, Grande Cache, Hwy #16; Return to Starting point. Distance 1000 km.

Participants: Ted Stubbs, Pat Stubbs, Mary Eickhoff, Shirley Fisher, Sylvia Mather, Ernie Schmidt, Jim Burnett, Paul Westmattelman, Uta Schuler, Palle Pedersen, David Clark, Truus Clark, Jo Hamilton, Peter denBoer, Dan Eaton, John Peck, Ann Miller, Ron Pickerill, Janice Pickerill, Ray Bremner, Wendy Pearson, Ness McCulley, Allan Buium, Rolf Petersen, Dan McGuire, Ann Cameron

### Brentwood Bay - Gabriola Circuit

July 8<sup>th</sup> to 11/ 12<sup>th</sup>.

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-contained tour. Pay as you go except for first night's tenting fee.

**Monday July 8** Take Ferry (11 am) from Brentwood Bay to Mill Bay, Crofton (Osborne Bay Campground). Distance 40 km

**Tuesday July 9** Through Chemainus (10km) via Crofton road and Chemainus road to Ladysmith (21 km). Through Ladysmith to lunch at the Crow and Gate. Follow #1 Highway to Maki road (47 km) Right on Maki to Living Forest Campground. Distance from Osborne Bay to Living Forest Campground- 48 k

Page 6.

**Wednesday July 10** Take ferry (9:35am) to Gabriola Island Do South road - North road circuit of island. Approximately 28 km. Can have lunch at the Bitter End pub - near south west end of island. Return to Living Forest Campground.

**Thursday July 11** Home via Duke Point ferry - 12 km then Tsawwassen ferry or Osborne Bay, Mill Bay ferry or Duncan, Mill Bay ferry.

**Friday July 12** (if desired break homebound trip into two days.

**KAMLOOPS ROCKIES LOOP.**

**In response to the number of registrants, the Directors have approved a Loop #2 to be led by David Brown.**

LOOP # 1 July 21<sup>st</sup> to Aug. 6<sup>th</sup>

Sally Svensson 604-987-3449 sallynv@infoserve.net Dan McGuire 604-942-3235 danmcg@smarrt.com

LOOP #2 Aug. 8<sup>th</sup> to Aug. 24<sup>th</sup>

David Brown 360-678-0898 dfbrown@whidbey.net

Deposit: \$50.00 March 1 \$150.00 May 1 Balance \$450.00

This is a cycle, camping tour supported by a vehicle to carry equipment & personal belongings. The cooking will be done by teams on rotation.

Day 0 arrive Silver Sage campground, distance (km)

	Kamloops.	
1	Barriere	70
2	Clearwater	62
3	Blue River	100
4	Valemount	90
5	Mt. Robson Park	45
6	Jasper	75
7	DAY OFF (Jasper) (optional)	
8	Icefields Chalet	103
9	Mosquito Creek Hostel	104
10	Kicking Horse Campsite	40
11	Golden	60
12	Roger's Pass Best Western	80
13	Revelstoke	69

14	Sicamous	72	Page 7.
15	Sorrento	61	
16	Kamloops	80	

Participants: Loop #1 (24) **Sally Svensson**, Dan McGuire, June Gallagher, Margaret Fyfe, Roy & Helen Goodchild, Bill Hook, Barbara Faulkner, Sandy & Glenda Kirk, Nancy Heaney, Bryan Riggs, Wendy Pearson, Douglas White, David & Virginia Brown, Hans Klein, Michael Goldberg, Adrian Thonson, Bob Miller, Shirley Fisher, Anna Markus, Carl Rorison, Judy Jackson.

Loop #2 (24) **David Brown**, Dora Ellis, Dan Eaton, Ken Smith, Jan Johnson, Chris Siggurs, Jean MacDonald, Jean Horrocks, Joan Enman, Faye Wilson, Barton Howes, Leila Montgomery, Jack Sheppard, Frank & Sonia Ward, Allan Buium, Beverly Wagner, Bob & Bernie Kay, Rose Tanchuk, Mary Yaremovich, Christina Radnai, Jim & Shirley Mae Jeffrey.

Wait List: (5) Jim Burnett, Helen Enns, Mark Griffiths, Sharon Warren, Livvy Griffiths

**PRINCE EDWARD ISLAND TOUR (Tip to Tip)**

Tour 1..... Aug 14<sup>th</sup> - 29<sup>th</sup>

Tour 2..... Aug 15<sup>th</sup> - 29<sup>th</sup>

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Max 28 per tour.

Cost: \$350.00 per person, not including airfare.

Deposit: \$100. (\$20 Non-refundable), Balance \$250 due April 15.

Complete Tour Itinerary in November Newsbrief.

This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8 camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner. Participants will provide their own meals, Provincial & Nat parks have cooking shelters.

Tour 1- Aug 14-29, 2002 **Co-ordinator: Roberto Bardati**

(26) Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Tamas Sandor, Wendy Sandor, Dave Darts, Vickie Darts, Marilyn Murphy, Jenny Cookson, Myron Kowalyk, Ellen Kowalyk, Les Hudgins, André Milaire, Mary Jane Edwards, Bobbie Redmond, Valerie Gillespie, Shirley Sloan, Penny Estabrooks, Lynne Stewart, Rob Stewart, Lee Kraft, Ken Kraft, Marthe Lambert, Kim Vogt, Ann Cameron.

*Continued Page 8*

**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): \_\_\_\_\_

How did you find out about our club, from a member , Website , other \_\_\_\_\_

Bicycling Experience: \_\_\_\_\_

Return completed application and waiver with your cheque for dues to CCCTS. 6943 Antrim Ave..Burnaby.. BC. V5J 4M5.

Tour 2- Aug 15-29, 2002 Co-ordinator: Gene Salmation  
(24) Gene Salamatian, Gerri Salamatian, Berta Sen, Edward Weinstein, Jackie Weinstein, Jim Bearsto, Fern Bearsto, Dorothy Glover, Theresia Keet, Jean Covell, Janet Cameron, Ann Miller, Myrna Pollard, Brian Pollard, Julie Irwin, Roger Parker, Morley Hornung, Corry Koster, Diane Horsnell, Russ Horsnell, Marilyn Kan, George Brandsma, Mary Brandsma, Wally Hnatiuk.

**NICOLA VALLEY HUB & SPOKE.** August 27th - 31st  
Barton Howes - 250-378-0927 Bartonfaye@aol.com

Tour fee: \$10.00 to cover new transportation costs.  
Camping at Claybanks RV Park. Contact Barton after April 15th for further information.

**TRANSAMERICA BICYCLE TRAIL**

Astoria, Oregon to Yorktown, Virginia

Dates: May 29<sup>th</sup> to Aug 25<sup>th</sup> 2003 -- 89 days

Judy Jackson 604-985-7041 - jjackson@telus.net

Maximum Participants: 24

Cost Estimate \$4300; Deposit \$150 with application, may be non-refundable after 1 Jan. 03; remainder by 15 Mar 03 (Costs do not include transportation to Astoria or back from Yorktown/Williamsburg area)

The tour will include a support vehicle, mostly camping accommodation, and most meals (with cooking teams).

Distance about 4500 mi (7200 km). This will follow the original, 1976, Bikecentennial (now Adventure cycling) route as closely as possible. Their blurb says: "The route that made cross-country cycling famous. (Outside magazine calls the TransAm the "ultimate bicycle tour"). More details as the time gets nearer and if there is enough interest shown. For more info. see January Issue of Newsbrief.

Participants: Judy Jackson, Marthe Lambert, Shirley Fisher, James Reid, Geraldine Reid, Dora Ellis, Sally Svensson, Wendy Pearson.

**WEEKLY RIDES**

**VANCOUVER & VICINITY**

**Sundays:**

**Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge

Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435-3893

**Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays:**

**West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week.

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 for meeting place, time and destination.

**VANCOUVER ISLAND**

**Victoria.**

**Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or

10:00 a.m. at McDonald's, Pat Bay Highway 17

Contact: Roberto Bardati 389-0091

**Nanosee/Parksville.**

**Thursdays** - 10:00 a.m. at Nanosee Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**Comox Valley: Thursdays** 10:00 a.m. Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

**CALGARY** With the Elbow Valley Cycle Club Easy Riders. These

rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

**OTTAWA: Thursdays** - Contact Jenny Cookson 613-828-5789,

or Bill Russell 613-224-2537

**KAMLOOPS RIDES** 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.



March 2002 Volume 19. Issue # 3

The Cross Canada Cycle Tour Society

## President's report.

*David Clark*

David is not available to do his monthly report and in lieu of this I will be filling in.

Not a month goes by when an accident does not happen in our pursuit of cycling and recreational fitness; Be it touring or just going to the grocery store shopping.

A couple of months ago a member was killed under very tragic circumstances, last month my own Wife Sally was hit by a car (through no fault of her own) while returning from shopping; spent 12 days in the hospital and is still recovering from the shock and trauma.

Sally sends her thanks to everyone for all the cards and wishes for her recovery.

How can you guard yourself against what appears to be a mental block on the part of many drivers, many of them thinking (when they do) of you on a bicycle, as a nuisance on the road with no right to be there ?

Make yourself visible by wearing bright clothing, flashing rear lights and at dusk have good headlight. Above all obey the laws: Don't pass a car on the inside when traffic is slow or stopped at a stop sign or light. Many of our own club members are in the habit of riding double (side by side) which is illegal in the Province of B.C. where most of our members reside. It doesn't pay to aggravate a one-ton monster going down the road. Use a rear view mirror to eyeball the traffic behind, but don't rely on it when you go to change direction; Eyeballing over the shoulder is still the best (if you can still turn your neck that far).

No matter how careful you are you can't cover all eventualities.

If in doubt take one of the Safe Cycling Courses available in many communities, your club will pay for part of these courses.

Safe Cycling to all.

*Rolf Petersen, Editor*

## SPRING SOCIAL

Mark your calendar for Wednesday, April 17<sup>th</sup>  
TIME: 11 A.M. to 1 P.M.  
PLACE: South Delta Recreation Centre  
1720 - 56th St. Tsawwassen

A donation of \$3.00 for refreshments please.  
Questions? Call your Events Manager  
Shirley Fisher 604-255-0087

## Al's Ladner to Lighthouse Loops

Thursday, April 18, 2002  
100K loop starts at 9:30 am; all others at 10 am  
Mary Eickhoff 604 535 2513 <eickhoff@vcn.bc.ca>

Let's loop the loops for the third annual event, the day after the Spring Social.

No charge, pre-registration not required, but if you'd like to call the office 604 433 7710 and let us know what distance you'd like to do, that would help in the planning.

Distances are 35 K, 55 K, 75 K and 100 K, all leaving from Ladner Community Centre parking lot, passing through the picnic area at Lighthouse Park, Point Roberts (USA), and returning to Ladner Community Centre, but by different routes.

Be sure to have photo ID plus proof of citizenship, i.e., birth certificate, or passport for the customs office at the border crossing.

Plan now to attend the Spring Social on Wed Apr. 17 and 'loop a loop' the next day. Please call if you'd like to host out-of-town members, or if you're an out-of-towner and would like a night's "home-from-home."

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors Fax: 250-752-3766 or E-mail: [rolf.p@shaw.ca](mailto:rolf.p@shaw.ca)

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](mailto:cccts@vcn.bc.ca)  
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250 378 0927 [Bartonfave@aol.com](mailto:Bartonfave@aol.com)

## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

**March** Directors Meet (cancelled)

**April**  
17<sup>th</sup> Vancouver Spring Social

**August** Directors Meet (cancelled)  
6<sup>th</sup> Rockies #1 Complete  
8<sup>th</sup>- 24<sup>th</sup> Rocky #2  
15<sup>th</sup>- 29<sup>th</sup> P.E.I. Tour 1 & 2

**May** 6<sup>th</sup> Victoria Picnic  
Directors Meet.  
6<sup>th</sup> to 9<sup>th</sup> Victoria Hub & S.

**September**

**October**

**June** Directors Meet (cancelled)  
2<sup>nd</sup> to 18<sup>th</sup> Alberta-Smokey  
River

**November**

**July** 8 -12 Brentwood- Gabriola C.  
21<sup>st</sup> Kamloops Rockies #1

**December** 4<sup>th</sup> Annual Banquet  
5<sup>th</sup> AGM

## Victoria Picnic.

Mark your calendar for Monday, May 6<sup>th</sup>

PLACE: Centennial Park  
Wallace Drive, Central Saanich

TIME: Noon

There will be a charge of \$5.00 for the picnic lunch  
Victoria riders will meet the ferry leaving Tsawwassen at  
9:00 am arriving at Swartz Bay 10:35 am

Questions? See February Newsbrief or  
Call Jean MacDonald 250 383 8645

Hi Rolf,

Jeff Massie here, from Nanaimo. I would like to place an ad in the next edition of the Newsbrief. I don't know if you heard or not but my bike was stolen in Vancouver the night before we were to leave on the Hawaii trip. My car was broken into and the bike, nicely boxed including clothing, panniers, etc. was removed from it. Needless to say there was a lot of scurrying around to replace everything. As I was in Vancouver, I contacted Jim and he put me on to Al Hollinger in Ladner who had a bike that he was selling for somebody, it is not a bad machine but is a little large for me. Consequently on our return from Hawaii, I left the bike at Al's and asked him to sell it for me.

Incidentally, other than the theft, it was an excellent trip with a very good group.

**For Sale:** Schwinn Crosscut touring bike, 21 Speed, medium size, good condition. This bike just returned from the Hawaii tour and performed well. Located in Ladner. Price \$ 300  
Contact Al Hollinger, (604) 946-1347, or Jefferson Massie, (250) 753-3026.

The Jeffrey run Hawaiian tour was another great success.



By Feb 7<sup>th</sup> in the PM all had arrived and been collected from the Kona Airport we had a group dinner and a meeting. The next day we stayed in Kailua for exploring and nosing around. We were all issued with personalized maps a la John Peck.

On the Morning of Feb 9<sup>th</sup> we struck out south, for Capt. Cook and stayed at the Manago Motel. That PM and next day we did the Capt Cook Monument hike and a ride around the fore shore below the village of Capt Cook. Lots of vertical here. The Hotel we stayed at was started near the turn of the century by the Japanese Grandparents of the present Manager. Dwight Manago's father 83 entertained for over an hour telling us the history of the hotel, his family and the area.

Feb 11<sup>th</sup> we left for Naalehu 76 km. Some did a detour to South Point to make it a 103 km ride.... Shirakawa Motel, no great shakes, but loads of free fruit, papayas, avocados, oranges and grapefruit. Plus free ice for the beer box.

Feb 12<sup>th</sup> was the assault on the Volcano. I was dreading this ride after hearing all the horror stories. Jean and I were slow but we got there and checked into the nicest B&B I have ever visited "The My Island B&B." Most people here were quite pleased with their accommodation. The food and also the breakfasts were spectacular. The next day we explored the Volcano. I followed Pablo and at the gate finessed a free entrance. Pablo was a great guide. He has done this

ride so many times, he says he could ride it backwards.

Feb 14<sup>th</sup> the decent to Hilo came with much anticipation. It was to be 43 kms with out a peddle stroke and 4800 foot decent on good highway with great shoulder. When we awoke there should have been fog horns blowing because the clouds were at the level of the tree tops. We were away early and doing an enormous speed and within 10 km ran into a deluge which lasted all the way to Hilo. It was a warm rain as we approached Hilo. We went straight in and did not do the southern Loop to Paho. We spent the PM cleaning up and trying to get things dry. The next day every one did their thing and we retraced our way back towards the Volcano and did the southern loop to Paho. It is supposed to be the prettiest ride in Hawaii.

Feb. 16<sup>th</sup> Hilo to Honokaa was a tough ride with lots of vertical particularly if you did the old scenic route. A beauty of a ride with ocean vistas to your right at all times. Lots of jungle terrain several large canyons to cross. Luckily we had a howling tail wind which gave us a great assist. Honokaa Club Motel was nice but has seen better times. The proprietor, Kathy was very friendly and helpful making it worthwhile. The Next day we cycled out to the Waipio Look out and the tougher participants hiked into the valley , waded the streams and surf.

Feb. 18<sup>th</sup> Cycled to Waimea. A very pretty ride with over 2500 feet up vertical. We stayed one night in the Kamuela Inn. A very nice place.

Feb. 19<sup>th</sup> Waimea to Hawi over the Kohala Mountain Road. A tough climb rewarded with a great down hill run that went all the way to Hawi. Some went out to the Polou Valley Look out. Some climbed down into the valley . Some members met at the King Kamehama Statue and Center for lunch. Back to the Kohala Village Inn and out for a great schnitzel at a German café scouted out by Pablo and highly recommended.

Feb 20<sup>th</sup> Hawi to Kailua Kona. It poured during the night but let up in the early morning. We got an early start and had a make do breakfast and hot coffee. The road goes down and west for some kilometers and then gradually turns south The wind was at our back after turning south and we made good time under overcast skies and cool conditions. The sight of the 2 volcanoes was spectacular as both Mono Kea and Mona Loa had a covering of snow from about the 7000-ft level to their peaks at 13000 ft. The tail winds continued down Highway 19 until the Kona Airport. They then did a 180 degree turn and we had a light head wind going down into Kailua.

That was the end of a most successful tour all made possible by the affable, able and accommodating Jeffries ,Shirley Mae and Jim. Many thanks to them for giving so much of their time and effort in order to make the trip possible.

## **Raise Dat Stem !** (Rivendell Reader) by Bob Gordon

A flat back is one of the hallmarks of an experienced cyclist, particularly a racer, and over the years I have seen the prevailing attitudes towards rider positioning devolve to the point where if you don't cycle with your back parallel to the ground, you are cast off as a beginner.

But like many other concepts recreational riders adopt, the low back originated in the professional ranks after extensive research in aerodynamics proved this would help the fast go faster. Competitive athletes routinely sacrifice both their short and long term health for the express purpose of winning, but you may have a different agenda.

Lower back disc problems peak the ages of 30 and 50. There are many causes, but if your back pain is exacerbated by riding, it's a good bet the cause is bouncing around on your bike while your lower spine is extensively flexed (loss of lower back arch). A low, forward torso causes the inner portion of the disc (the nucleus pulposus) to press back against the outer restraining fibers (the annulus fibrosus). This pressure eventually causes the disc to bulge or herniate. The nearby nerves get squeezed, and the next thing you know, someone like me is telling you have sciatica.

Cycling mitigates some of the problems of a habitually flexed lumbar spine because of the "bridge effect" that's created by resting some of your weight on your hands. But the lumbar region and its soft tissues are still at risk just by being continuously hyper flexed, and if you sit all day at your job, the danger is compounded.

On the flip side, cycling entirely upright does not solve the problem either. True, the inter-vertebral discs and spinal ligaments are in a more neutral position and absorb shock better, but the load is now transmitted axially, which is fatiguing and jarring. Also, in a bolt-upright position you can't use your gluteus or hamstrings to great advantage, which means your thighs (quadriceps) get overworked, you lose a lot of power, the unused hamstrings and gluteal muscles go flabby, and you catch all that wind. It's hard to be happy about all that, racer or no.

There is, a position that allows good performance while minimizing risk of lower back injury. I like a stem height and length that put your back about 50 degrees from horizontal, while your arms and legs bend slightly at the elbows. To achieve this, you'll probably have to raise your bars, and assuming you want to keep the same bar style (as opposed to riding with stingray bars or something), that usually means getting another stem, one with a taller quill or a steep rise to it. If you hit the sweet spot, a photo of you from the side will reveal a nice pyramid composed of top tube, torso and arms.

Bob Gordon is an orthopedic physical therapist and exercise physiologist who practices in New England, and catches a bit of wind on his chest when he rides.

## **Ottawa Ski report 2002**

Renaud Prefontaine

The following showed up for our Thursday outing: Penny E, Jenny C, Lise B, Garfield C, Ken H, Mike D, Ian M and yours truly. Apparently two late arrivals proceeded to Western (Martha and Gary).

Weather was great with a temperature around -1. Trails which had not been groomed were slightly icy and fast. The parkway and most of ridge road had been groomed during the night and were in great condition. Did not have to use klister on those much to Penny's delight.

Ian had a slight mishap on his way down the hill to Keogan Lodge and decided to make that his final destination. Others went to Champlain Lookout (2) and the others along number one trail past intersection to Western. Lunch was at Huron lodge with an easy downhill on fast trails back to Camp Fortune.

Feb. 7<sup>th</sup> For those who could not join us, you missed a great day. Temperature was approximately -5 C when we set out at 10:20 and was at +1 when we returned to P16 at 1 pm. Trails had been groomed two days ago at the most. Sun was shining. Only comment was that the trails were too easy. Four CCCTS members: Garfield Clack, Mike Daniels, Lise Brooks & Renaud Préfontaine. Lise had brought two friends with her.

Will look at ski conditions before advising of the start point for next week. I will be doing the trail from O'Brian (P11) to Herridge return on Sunday. If the conditions are good this will probably be my recommended trail for next week. 20 km round trip with at least 5 kms each way on a blue trail. Please let me know the level of interest for this outing or if you prefer a shorter and easier route.

Memories of the Danube tour.

Ron & Janice Pickerill

Dan Baris, (a few days after celebrating his 78th birthday) on watching the well built barmaid in the beer tent in the town square commenting - "Oh to be 60 again. (Ed. Note: See Pedaling below)

The sweet faced German cyclist who wished me "gute fahrt" after we both sheltered from the rain in a bus shelter.

The miles and miles of purple autumn crocus that dotted the sides of our route through Slovakia and Hungary.

## **Viagra !**

### **Pedaling good for sex life.**

(The Vancouver Sun)

WASHINGTON - Riding a bike may substitute for Viagra in some men with weak heart muscles, a study suggests. The men in the study rode at a moderate intensity in a supervised program three times a week for eight weeks. All reported improvements in their sex lives. "It's a simple exercise you can use to improve your sexual function," said Dr. Romualdo BelardineW, director of the Lancisi Heart Institute in Ancona, Italy. Aerobic exercise may be especially valuable for men on certain heart medications who can't take the erectile dysfunction drug because the combination of medications could be fatal, Belardinelli said.

## We nearly met our Waterloo in Wellington (and) NewZ from Aus.

In Picton we had trouble in finding accommodation because the ferry had to remain in port due to 4 meter waves in the strait and the town was packed with the stranded.

We would be catching this ferry at 5:30 next morning and would you know it, my female companions were a twittering at 3:30 in preparation for a trip of 200 meters (might get a flat, you know).

And then the ship arrived at 8:00 !!

It was while crossing that we were informed that there was no accommodation in Wellington and Leila set about frantically phoning Hostels with no luck. She and Jack were to stay at a friend's, but we three waifs were in desperate shape. The place was packed because everybody wanted to watch the Sevens; A series of rugby games (South Africa won; Canada didn't)

Leila's friend was most efficient and in no time found us a place ... in a hospital. The girls slept on an air mattress he managed to rustle up from somewhere and I slept on stretcher, complete with rail to prevent falling off.

When we set off again, we decided to leave the train at Hamilton (to continue to Auckland would mean arriving in the dark.)

We rode from Hamilton through unexplored waters, so to speak, heading for a place called Miranda. The ride was very pleasant but began to appear a little further than expected and we were now on a very busy highway. Stopping at a café we had the owner tell us of a way off it and a beautifully flat road it was, although it now was drizzling. We had covered 92 km when we reached Ngatea.

We did one more day of cycling before taking a shuttle into Auckland. I haven't mentioned that some of us took a trip to Paihia and while enjoying happy hour at Mayfair Lodge two familiar faces appeared in the doorway. It was Gwen and Brian, the previous owners of Skyway Lodge near Auckland.

We had a very pleasant reunion and when we stayed at Skyway prior to leaving N.Z. we had dinner with them at the Indian Restaurant. We rode in the dark this time to be at the airport at 4:30 and we were on our way to Brisbane, Australia.



Arriving in some real Heat, phew, we set about finding a destination. A security guard interrupted to tell us to stay away from the Gold Coast (all plastic) and instead go to Bribie Island. And here we are, after a train ride where we kept our bicycles with us like trusty burros, and then mounted them and rode 20 k's to Bongaree Motor Camp.

I do a good ride early in the morning and then lie around like a wilted lettuce

Be home soon to start preparing my garden for the summer.  
PS He has arrived

## THE PERKS OF BEING OVER 60

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run into a burning building.
4. People call at 9 PM and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4 P.M.
9. You can live without sex but not without glasses.
10. You enjoy hearing about other peoples operations.
11. You get into heated arguments about pension plans.
12. You have a party and the neighbors don't even realize it.
13. You no longer think of speed limits as a challenge.
14. You quit trying to hold your stomach in, no matter who walks in the room.
15. You sing along with elevator music.
16. Your eyes won't get much worse.
17. Your investment in health insurance is finally beginning to pay off.
18. Your joints are more accurate meteorologists than the national weather service.
19. Your secrets are safe with your friends because they can't remember them either.
20. Your supply of brain cells is finally down to manageable size.
21. You can't remember who sent you this list.

### Spare Change !

The euro has just become the new currency for all financial transactions in Austria, Belgium, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, the Netherlands, Portugal and Spain. But don't panic: There will be a transition period to convert to euro for people still holding currencies affected by this change.



All financial transactions in the 12 participating countries are affected. As of today, these countries have withdrawn their national currencies and banks will only distribute coins, bills, cheques and traveller's cheques in the new euro currency. People can still use both the euro and the old currencies throughout many of these European Union countries until Feb. 28. Canadians can find out more about how to get ready for the euro by visiting the Canadian Bankers Association (CBA) web site at [www.cba.ca](http://www.cba.ca), or inquiring at their bank branch.

The two surest and easiest ways to help your bike work well is to maintain proper tire pressure and to lubricate your chain frequently. Rotate your tires. The rear tire wears more than twice as fast as the front, so switch them every 1000 miles to get maximum life. To clean mildew from inside of water bottles, fill them half full with warm water. Add one tablespoon of baking soda and one tablespoon of uncooked rice. Close the cap and shake for one minute. The chemical action of baking soda freshens the bottle, the abrasive action of the rice removes the scum.

Pilfered from the "Boca Raton Bicycle Times"

# 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 tours** - phone, fax 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 the 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 coordinator.

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

## Tours Completed 2002.

Hawaii Tour 2002.

## **VICTORIA HUB & SPOKE 2002**

May 6<sup>th</sup> to 9<sup>th</sup>

Roberto Bardati 250 389 0091 dockst@shaw.ca  
Monday, May 6: Victoria riders will meet the Ferry leaving Tsawwassen at 9.00 a.m. arriving at Swartz Bay 10.35 a.m. Cyclists will ride to the Annual Victoria Spring Picnic at Centennial Park in Saanichton. After the picnic, for those cyclists who have made previous arrangements for accommodation will be escorted. All tours will start from "BIG AL'S BAGELS" in the Saanich Plaza, at 9.00 a.m. unless otherwise noted.

### **Note: For complete Itinerary see February Newsbrief.**

Participants: Roberto Bardati Margaret Hunter, John Hickman, Adrian Thomson, Sharon Warren, Ron Pickerill, Janice Pickerill, Ness McCulley, Wendy Pearson, Patricia Kongshavn, Dan McGuire, June Gallagher, Kim Vogt, Sylvia Mather, David Clark, Truus Clark, Edward Weinstein, Jackie Weinstein, Sonya Bardati, Carl Rorison

## **ALBERTA -SMOKEY RIVER**

June 2<sup>nd</sup> to 18<sup>th</sup>

Ted Stubbs 604-321-2784

Maximum Participants: 30

Cost Estimate: \$500 Deposit: \$ 10 Balance: \$490 May 1<sup>st</sup>

A camping style with support truck and cooking teams

**ROUTE:** Start at Hinton (or possibly Edson); North to Whitecourt, Swan Hills, Lesser Slave Lake, High Prairie, Valleyview, Grand Prairie, Grande Cache, Hwy #16; Return to Starting Point. Total Distance 1000 km.

Participants: Ted Stubbs, Pat Stubbs, Mary Eickhoff, Shirley Fisher, Sylvia Mather, Ernie Schmidt, Jim Burnett, Paul Westmattelman, Uta Schuler, Palle Pedersen, David Clark, Truus Clark, Jo Anne Hamilton, Peter denBoer, Dan Eaton, John Peck, Ann Miller, Ron Pickerill, Janice Pickerill, Ray Bremner, Wendy Pearson, Ness McCulley, Allan Buium, Rolf Petersen, Dan McGuire, Ann Cameron, Joan Enman, Catherine Lynch, Sherry Buium, Keith Clothier

Wait: Art Bomke, Carol Bomke, Glen Smith

## **Brentwood Bay - Gabriola Circuit**

July 8<sup>th</sup> to 11/ 12<sup>th</sup>.

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-contained tour. Pay as you go except for first night's tenting fee.

For Itinerary see February Newsbrief.

## **KAMLOOPS ROCKIES LOOP.**

LOOP # 1 July 21<sup>st</sup> to Aug. 6<sup>th</sup>

Sally Svensson 604-987-3449 sallynv@infoserve.net

Dan McGuire 604-942-3235 danmcg@smarrt.com

LOOP #2 Aug. 8<sup>th</sup> to Aug. 24<sup>th</sup>

David Brown 360-678-0898 dfbrown@whidbey.net

Deposit: \$50.00 March 1 \$150.00 May 1 Balance \$450.00

This is a cycle, camping tour supported by a vehicle to carry equipment & personal belongings. The cooking will be done by teams on rotation. For Itinerary see February Newsbrief.

Participants: Loop #1 (24) **Sally Svensson**, Dan McGuire, June Gallagher, Margaret Fyfe, Roy & Helen Goodchild, Bill Hook, Barbara Faulkner, Sandy & Glenda Kirk, Nancy Heaney, Bryan Riggs, Wendy Pearson, Douglas White, David & Virginia Brown, Hans Klein, Michael Goldberg, Adrian Thomson, Bob Miller, Jan Johnson, Anna Markus, Carl Rorison, Judy Jackson.

Loop #2 (24) **David Brown**, Dora Ellis, Dan Eaton, Ken Smith, Shirley Fisher, Chris Siggurs, Jean MacDonald, Jean Horrocks, Joan Enman, Faye Wilson, Barton Howes, Leila Montgomery, Jack Sheppard, Frank & Sonia Ward, Allan Buium, Beverly Wagner, Bob & Bernie Kay, Rose Tanchuk, Mary Yaremovich, Christina Radnai, Jim & Shirley Mae Jeffrey.

Wait List: (5) Jim Burnett, Helen Enns, Mark Griffiths, Sharon Warren, Livvy Griffiths

## PRINCE EDWARD ISLAND TOUR (Tip to Tip)

Tour 1..... Aug 14<sup>th</sup> - 29<sup>th</sup>

Tour 2.....Aug 15<sup>th</sup> - 29<sup>th</sup>

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Max 28 per tour.

Cost: \$350.00 per person, not including airfare.

Deposit: \$100. (\$20 Non-refundable), Balance \$250 April 15<sup>th</sup>

Complete Tour Itinerary in November Newsbrief.

This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8 camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner. Participants will provide their own meals, Provincial & Nat parks have cooking shelters.

**Notice:** As you know, we will have a Panel truck, 3/4 ton, to transport our camping gear so we can cycle light. You might have also noticed that we do not have a permanent driver for the groups. I have decided to drive the truck for group #1, but if anyone feels they would like to take over some days, I would appreciate it, just E-mail me. However, we do not have any drivers for group #2 and will need 13 drivers (for thirteen days). In order to reach a fair an equitable situation for all, 13 names will be drawn from group #2. Once, the draw is done, member-drivers will be informed.

Thank you for your understanding.

Tour 1- Aug 14-29, 2002 **Co-ordinator: Roberto Bardati**

(26) Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Tamas Sandor, Wendy Sandor, Dave Darts, Vickie Darts, Marilyn Murphy, Jenny Cookson, Myron Kowalyk, Ellen Kowalyk, Les Hudgins, André Milaire, Mary Jane Edwards, Bobbie Redmond, Valerie Gillespie, Shirley Sloan, Penny Estabrooks, Lynne Stewart, Rob Stewart, Lee Kraft, Ken Kraft, Marthe Lambert, Kim Vogt, Ann Cameron.

Tour 2- Aug 15-29, 2002 **Co-ordinator: Gene Salmation**

(24) Gene Salmatian, Gerri Salmatian, Berta Sen, Edward Weinstein, Jackie Weinstein, Jim Beairsto, Fern Beairsto, Theresia Keet, Janet Cameron, Ann Miller, Myrna Pollard, Brian Pollard, Julie Irwin, Roger Parker, Morley Hornung, Corry Koster, Diane Horsnell, Russ Horsnell, Marilyn Kan, George Brandsma, Mary Brandsma, Wally Hnatiuk, Lauren & Ray Wright Wait list: Steve Ferris

## NICOLA VALLEY HUB & SPOKE.

August 27<sup>th</sup> - 31<sup>st</sup>

Barton Howes 250-378-0927 Bartonfaye@aol.com

Tour fee: \$10.00 to cover new transportation costs.

Camping at Claybanks RV Park. Contact Barton after April 15<sup>th</sup> for further information.

Participants: Barton Howes, Bill Hannan, Audrey Hannan, George Setterfield

## TRANSAMERICA BICYCLE TRAIL Year 2003

Astoria, Oregon to Yorktown, Virginia

May 29<sup>th</sup> to Aug 25<sup>th</sup> 2003 -- 89 days

Judy Jackson 604-985-7041 - jjackson@telus.net

Maximum Participants: 24

Cost Estimate \$4300;

Deposit \$150 with application, may be non-refundable after 1 Jan. 03; remainder by 15 Mar 03

(Costs do not include transportation to Astoria or back from Yorktown/Williamsburg area)

We would appreciate expressions of interest, or registrations.

The tour will include a support vehicle, mostly camping accommodation, and most meals (with cooking teams).

Distance about 4500 mi (7200 km).

This will follow the original, 1976, Bikecentennial (now Adventure cycling) route as closely as possible. Their blurb says:"The route that made cross-country cycling famous.(Outside magazine calls the TransAm the "ultimate bicycle tour").

More details as the time gets nearer ..... and if there is enough interest shown. For more info. see January Issue of Newsbrief.

Participants: Judy Jackson, Marthe Lambert, Shirley Fisher, James Reid, Geraldine Reid, Dora Ellis, Sally Svensson, Wendy Pearson, Martine Donahue, Jean Horrocks, Roy Goodchild, Helen Goodchild, Jenny Cookson, Michael Goldberg

## 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): \_\_\_\_\_

How did you find out about our club, from a member , Website , other \_\_\_\_\_  
Bicycling Experience: \_\_\_\_\_

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

**WEEKLY RIDES**

**VANCOUVER & VICINITY**

**Sundays:**

**Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435-3893

**Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays:**

**West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week.

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 for meeting place, time and destination.

**VANCOUVER ISLAND**

**Victoria.**

**Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17

Contact:Roberto Bardati 389-0091

**Nanoose/Parksville.**

**Thursdays** - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**Comox Valley.**

**Thursdays** 10:00 a.m. Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

**CALGARY**

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

**OTTAWA**

**Thursdays** -Contact: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

**KAMLOOPS RIDES** Contact Peter Baron 250 372 8392

**For Sale.**  
**Bike Friday Family Tandem.**

This Tandem comes apart in the middle for easy storing, or taking along. It fits into two Samsonite cases (not supplied) for shipping.

Fully equipped for touring with a Sachs 3 x 7 gearing and Shimano rapid fire shifters. Rear rack, bottle cages(4), Newk drop handlebars, rear drag brake and V-style brakes front and rear. Computer.

New Price \$ 1551.00 US

Will sell for \$1500 Can.

Please contact: Rolf Petersen 250 752 3766  
Email: rolf.p@shaw.ca

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**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.

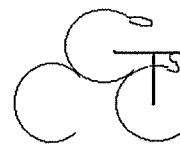
I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): \_\_\_\_\_

Date: \_\_\_\_\_



# Newsbrief.



April 2002 Volume 19. Issue # 4

## The Cross Canada Cycle Tour Society

### President's report.

David Clark

**P** Good news for those who will attend the big picnic in Victoria on May 6. The "Piece de resistance" is in fact three separate "Pieces". Bill Hook, the culinary marvel, for those who enjoy good solid fare, will provide three varieties of chili. Chili with meat (on the hot side), chili with meat and vegetables (moderate) and a vegetarian chili. All can be had with or without rice. All comes with Bill's best wishes and good nature.



On to more serious but perhaps less important things. September 11 made a mess of the Insurance industry and we had difficulty in renewing our Liability Insurance. We went to four shops that specialize in sports oriented organizations. We were turned down by one, offered inadequate cover by the "Trails" broker, have had an inconclusive results with an Toronto broker who again specializes in Sports activities and finally were able to put together a superior product with SBC Insurance in Vancouver. Nice to have the cover. I hope we don't have the incident that would force us to make use of it.

Again on a serious note we have over the last month been agonizing over the issue of "Waivers". We have been using one for each tour and members have been signing them on the renewal of their memberships. While this has been standard practice for all the outdoor clubs that we know about, we will be reviewing the twin issues of the wording of the waiver and the necessity of signing one to continue as an active member of the society.

If you wish to join the PEI tour, you are in luck since we had a few cancellations. There are openings for three places in each group (total 6), which could be made up with a couple and a female for each group. Join us, we should have a great time.

Spring is here and summer soon will be. Hope to see you on your bikes in the months ahead

### Victoria Picnic.

Mark your calendar for Monday, May 6<sup>th</sup>

PLACE: Centennial Park.

Wallace Drive, Central Saanich

TIME: Noon

There will be a charge of \$5.00 for the picnic lunch  
Victoria riders will meet the ferry leaving Tsawwassen at 9:00 am arriving at Swartz Bay 10:35 am

Come join the fun and stay for the Victoria Hub & Spoke.  
Your Hostess: Jean MacDonald 250 383 8645  
PS Club Jerseys will be available.

### CROSS-CANADA CYCLE ?

As the name implies, this cycling club has organized bicycle tours across Canada. The first was in 1983, then in 1986, 1990, 1993, 1996, and the latest in 2000.

So, should we try organizing a cross-Canada tour for 2004? There is already a cross-continental ride being planned for 2003, the TransAmerica tour by Judy Jackson.

If you would like to cycle across Canada we'd like your expressions of interest and preferences. Would you please drop a note to the office, or send a message to Dan McGuire by e-mail at danmcg@smartt.com or phone 604-942-3235. We'd appreciate info including: who would be interest in participating, what year, the type of tour (club standard camping or otherwise), the possible route, and the approximate date of departure - a typical camping tour takes about 100 days.

An early response would be appreciated !

### SPRING SOCIAL

Mark your calendar for Wednesday, April 17<sup>th</sup>

TIME: 11 A.M. to 1 P.M.

PLACE: South Delta Recreation Centre  
1720 - 56th St. Tsawwassen

A donation of \$3.00 for refreshments please.  
Questions? Call your Events Manager  
Shirley Fisher 604-255-0087

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors or E-mail: rolfpn@netscape.net

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](mailto:cccts@vcn.bc.ca)  
WEB-Site: [www.vcn.bc.ca/cccts/](http://www.vcn.bc.ca/cccts/)

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250 378 0927 [Bartonfave@aol.com](mailto:Bartonfave@aol.com)

## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

<b>April</b>	17 <sup>th</sup> Vancouver Spring Social 18 <sup>th</sup> L to L Loops	<b>August Directors Meet (cancelled)</b> 6 <sup>th</sup> Rockies #1 Complete 8 <sup>th</sup> - 24 <sup>th</sup> Rocky #2 15 <sup>th</sup> - 29 <sup>th</sup> P.E.I. Tour 1 & 2 27 <sup>th</sup> to 31 <sup>st</sup> Nicola H&S
<b>May</b>	6 <sup>th</sup> Victoria Picnic Directors Meet. 6 <sup>th</sup> to 9 <sup>th</sup> Victoria Hub & S.	<b>September</b>
<b>June Directors Meet (cancelled)</b> 2 <sup>nd</sup> to 18 <sup>th</sup> Alberta-Smokey River		<b>October</b>
<b>July 8 -12 Brentwood- Gabriola C.</b> 21 <sup>st</sup> Kamloops Rockies #1		<b>November</b>
		<b>December 4<sup>th</sup> Annual Banquet</b> 5 <sup>th</sup> AGM

# New Members.

Lever, Janet (see Aitken)  
Aitken, Janet Lever & George 604-453-4500  
1125 163 Street, Surrey, BC V4A 8B7  
Birks, Chris 604-921-6400  
204-606 14th Street, West Vancouver, BC V7T 2R3  
Bomke, Art & Carol 604-874-2479  
4453 James Street, Vancouver, BC V5V 3H9  
Bridge Harold James 604-941-3448  
22-3046 Coast Meridian Rd., Port Coquitlam, BC V3B 5B6  
Gosselin, Ginette 418-626-5582  
3853 Des Thuyas, Charlesbourg, QC G1G 6H6  
Ehret Roger 253-851-6957 (see Nelson-Ehret)  
Nelson, Ehret Roger Ehret & Marilyn 253-851-6957  
3664 Edwards Drive, Gig Harbor, WA, USA 98335  
Stefaniak, Hank & Cheryl 250-655-3744  
1815 Barrett Dr., Sidney, BC V8L 5A3  
Verbong, Jean 604-298-5033  
103-3550 Adanac, Vancouver, BC V5K 4Y6  
Young, Colin 604-222-9274  
104-2033 Beach Ave., Vancouver, BC V6G 1Z3  
Ketchen, Laird & Margaret 250-598-1328  
4524 Rithetwood Dr., Victoria, BC V8X 4J6  
McIntosh, Shelagh 604-855-4672  
32666 Bevan Ave., Abbotsford BC V2T 1G6  
Parsons, Geraldine 403-295-7157  
PO Box 63023 RPO West Hillhurst, Calgary AB T2N 4S5

It gets easier .... somewhat. A custom-made, second hand Bianchi, tooled by Hank Wouters in his Nanaimo shop, made a big difference. It seems lighter, better geared and the thin tires make little drag on the road. I had no trouble keeping up this time (Arizona was my first touring experience).

winding road to the beach, then followed a low road to the Historical Park, where we heard the history of the refuge - a place where those fleeing reprisal for their sins were assured of safety, absolved and allowed to go free again in safety. We paid for the lovely ride down. A long, winding zig-zag back up, past the



"painted church", back to Hwy. 11 and over a summit of 460 m. back to our hotel, a historic relic itself.

The ride to Naalehu (76 k.) was cool with rainy patches. Some did an extra run down to Kalae, the southernmost point in the U.S. At the Shirikawa Motel we shared our beds with tiny ants but they didn't take up much room. Ken Meleskie went foraging at happy hour and kept coming back with some new treat: oranges, macadamia, papaya, avocado. We had to restrain him from shinnying up a banana tree. Anette will never go hungry. Jeff Massie jockeyed us to a restaurant for dinner, which Pablo had set up for us earlier. We were all served fresh fish for \$7 - a great bargain.

It was a long ride from Naalehu to Volcanoes Natl.

At our meeting on arrival, Jim Jeffrey, our genial leader, announced that the Hawaii tour was a holiday with a little cycling thrown in. Typical Jeffrey humour. We officially cycled just over 400 k. Adding to that, side trips on regular cycling days and "days off"...the distance would be considerably more and vary according to individual initiative.

A rest day in Kona gave us a chance to assemble and check our bikes (after their trauma of being treated like baggage by Air Canada), to shop, relax, and get the feeling of island time. Our first ride to Captain Cook was only 20 k so a hike was on the afternoon agenda. From 400 m. down to sea level through a lava run. We swam and snorkeled in front of the Capt. Cook monument, with or without swimsuits (no, not skinny). Sunday, day 4, was a typical "rest day. We cycled from our hotel, down a

Park, rising 1000 m. over 62 k.

Some hardy souls tacked on a side trip to black Sands Beach. Our accommodation at My Island B & B was superb. Our host, Gordon Morse, was born and raised on the islands and proved an excellent resource for local history and tourist information. The food here was also the best! Our rest day found us scattered around the park: a before breakfast cycle and hike to check out the steam vents, proof the sleeping giant still has a severe case of indigestion. After breakfast we cycled the crater rim, stopping for a movie explaining the volcanic formation of the Islands, a visit to a museum of volcano history. Some walked the caldera (volcano floor), followed Devastation Trail (a desert of fine-grained lava), and explored Thurston Lava Tunnel, an underground tube formed by molten lava after it cools. Some of us got soaked on the way "home" but we had lovely big shared cottages with kitchen facilities and TV to catch some Olympic coverage. *Continued p.4*

*Hawaii continued.*

From Volcanoes to Hilo was 43 k., mostly downhill, the ride literally dampened by continual downpour. We are now on the "weather" side of the island. In spite of rain, some took side trips to see orchid gardens and a macadamia factory. Those of us who forged ahead ended up sitting around for 3 or 4 hours waiting for a room and trying to dry out. Up to this point in the trip, we had some scrapes and bruises. Mary Jane suffered a particularly angry looking rake across her lower leg from her bike clips. Today Corry got a nasty dog bite from a Malemute brute in the garden of the B&B. A neighbors dog roaming free. After treating the wound, Corry rode the 43 k. to Hilo. A brave soul. Dr. Glen reassured her but then queried whether someone thought of getting a shot for the dog. A little humour helps at such times. Folks scattered on the rest day in Hilo. Sharon, Pablo, and I cycled up to Rainbow Falls and the Boiling Pots. We met the Reids' doing the same tour. Sharon and I cycled the waterfront road in the afternoon. Again we met the Reids' when they stopped for a swim.

The scenic route between Hilo and Honoka'a was a lovely up and down ride. Some of us took a side trip to spectacular Akaka Falls - 31/2 m. uphill. Part way up I asked a local how far it was to the falls. He said it was about a mile and a half. Farther up the road I asked again and was told it was 3 miles. The harder we pedaled, the farther away it got! Anyway, it was worth it!

The Waipio Valley scenic tour was planned for the rest day. A 14k. ride to the lookout, then a hike down to Waipio Bay or up the valley to view some falls. I opted for a 1 1/2 hr. hike up the old Mamalahoa Hwy. and a tuna sandwich and malasada (Portugese donut) at Tex drive-in on the way back. Everyone en'oyed their day. From Honoka'a to Waimea, the route choice was Hwy 19 or the Mamalahoa Hwy. The Mamalahoa was slightly longer but more scenic and less traffic.

The ride from Waimea to Hawi, I think, was everyone's favorite. The hill up from Waimea seemed to go on forever but the run down Kohala Mtn. Road was well worth it. The longest continuous downhill ride of the entire trip. A blast! I hear Sharon whooped all the way down. I think everyone did the ride out to the Polou Valley lookout after stopping, too early, at the Kohala Village Inn. Some even hiked down - a long way down - to the beach from the lookout. This part of the island is very pretty: green rolling hills, roadside flowers in abundance. It is ranch country (Pianolo and Parker ranches).

Our long last ride saw the countryside change from green pasture to reddish-black lava on both sides of the road. All along the

highway, people have left their signs in white rocks against the lava: Peter loves Laura, John and Shannon, etc. Some people who know how to have a good time (like Ken and Anette) stopped at the Hyatt Regency/Sheraton Royal complex for a Latte and a rest. A short detour and the only haven on that long ride.

We had a long wait for rooms back at Uncle Billy's in Kona but people were busy packing bikes and doing last minute shopping. We had a nice last dinner together and paid honour to Jim and Shirley Mae for the wonderful trip they organized for us. In recognition of our fellowship, Corry, Sharon, Judy, and I did brief profiles to see if the group could recognize a who's who.

### **Who's Who - Hawaii 2000**

1. major international diplomat and restaurant research specialist
2. solo flier who is never late for breakfast or dinner
3. a vivacious lady whose main objective is to keep him contained
4. tall and quiet, she carries on stoically
5. attends to her diet carefully, always up early and ready to go
6. some problems with a substitute bike didn't stop this Yankee
7. boyishly good-natured, outgoing, he never quits
- S. as mother ne'ne', she went back and forth making sure her chicks were safe
9. our quiet and competent bike guru
10. ask how she ended up on this trip; a remarkable rendezvous!
11. with a brogue and a new bike, he'll be sure to get there
12. always on the go, into the ocean in shorts and bra, hiking where a bike won't go
13. doesn't waste words, he must have learned it in the force
14. thousands of miles by bicycle, motorbike, on foot around the world, makes every day count
15. grease on her shirt Is no big deal; she passes the tools when things go wrong
16. you'll hear her whooping down the hill, cycling adventure her new-found thrill
17. she got her man and always keeps apace
18. missing low gears is no handicap; finishes the day with a huge appetite
19. a giggle and joke is regular fare but show her a hill and she'll always be there
20. a connoisseur of fine foods and wine ... acquired in the French Foreign Legion?
21. she is tiny but, oh, so hardy
22. the joker with the straight face
23. a jolly follow with a special grin, always eager to help
24. he rides high, especially on Friday
25. an elegant lady, she smiles at each turn and keeps her man from getting a burn
26. a busy lady who takes her time getting started but doesn't miss a thing .

## Al's Ladner to Lighthouse Loops Century

Thursday, April 18, 2002,  
Ladner Community Centre parking lot, Arthur Dr & 47th Ave, Ladner  
100k loop starts at 9:30 am; all others at 10 am

Besides having fun and getting fit for 2002 tours, you have a chance to win one of four prizes. The object is to cycle your loop at a relaxed pace that you think would get you to the finish at the closest time to a pre-calculated average speed. All loops pass through the International Boundary at Point Roberts... BE SURE YOU HAVE PHOTO I.D. + BIRTH CERTIFICATE OR OTHER PROOF OF CITIZENSHIP.

1. Get ready to ride
2. Go to the registration table to get a guide/waiver for the loop distance you want to do (35/55/75 or 100); Your route guide colour will represent the distance you want to cycle, (i.e., 35k/Passionate Pink; 55k/Yes! Yellow; 70k/Obscene Orange, 100k/GO-FOR-IT GREEN)
3. The registration volunteer will separate your waiver from the route guide (which you keep)
4. Get a length of flagging tape the same colour as your route guide and tie it on your helmet, bike, or wherever you please;
5. Complete your waiver, hand it in, and have your start time recorded on your guide
6. FOLLOW THE DIRECTIONS ON YOUR GUIDE, being sure not to follow cyclists who may be doing a different loop. CHECK OUT your TURNS before you start!
7. When you arrive at Lighthouse Park, go directly to a volunteer who will mark your time on your route guide and enjoy some relaxation and refreshment. Then head back to the start/finish table and have your final time recorded.

Energy snacks, fruit, and beverages at Lighthouse Park are compliments of Al Hollinger again this year... if you need EXTRA fuel please bring it along. Thanks in advance to our priceless volunteers; three of them are doing a 3-peat on the job - Val Brereton, Marten McCready, and Joan Rumsey. Give them, and Al, a big smile and thanks! IT'S A RAIN OR SHINE EVENT.

## BICYCLE MAINTENANCE !

Do any of you feel a bit inadequate, frustrated, and maybe worried when things go wrong with your bike? Well for those in the Greater Vancouver Area we are planning a bike maintenance instruction session for Saturday, April 27<sup>th</sup>, at 10:00. It will last about 3 hours, or maybe a bit more, depending on what people want to learn about.

The renowned bicycle instructor Peter Pazdera will teach you all about: safety checks, tires, derailleurs, brakes, chains, wheels, bearings and all that stuff. He'll have you work on your bike and teach you the knack of bike maintenance.

It will cost about \$30 each for a three hour session. The location is in Burnaby near Broadway and Sperling. If you are interested in this session please contact Dan McGuire by e-mail at danmcg@smarrt.com or phone 604-942-3235

## Cycling Think Tank.

Saturday April 27<sup>th</sup>

10 a.m. to 1 p.m.

88 Lekwammen Drive, Esquimalt (Barbara & Sonja's Rec. hall)

Round table discussion on equipping your bicycle and yourself

Facilitator: George Setterfield

Topics to be discussed will be:

Running gear

Essential accessories

Optional accessories

Clothing

Camping gear - supported/unsupported tours

Miscellaneous

All members are welcome to share their ideas and comments.

Refreshments will be served

For courtesy, please let me know if you are coming by

e-mail: <mailto:dockst@shaw.ca> or 250-389-0091

Roberto Bardati

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## FOR SALE & WANT ADDS

**Bike Friday Owners** - Gene from Riders Cycle in Victoria have a supply of Continental Top Touring (20X13/8) tires that fits Bike Friday. All club members gets a 15% discount.

If interested phone Gene Salamatian (a club member) at 250 477 1412 and he will bring them to the Victoria Picnic.

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**Wanted:** Used copy that they no longer need , either to give away or to sell of **The Lonely Planet -Spain**. If so please phone either Barbara Hetzer on the Island 250-995-8430 or Mary Whyte 604 926 9667

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## For Sale

Fiori Touring Bike - 19 1/2 " Frame. Tange double butted tubing, low gears, flat handlebars, rear carrier. Excellent condition. Good value at \$200

Kona Lava Dome Mountain bike - 16 1/2 frame. Fenders & rear carrier. Excellent condition. \$ 75

Please phone Anne- Marie Labourdette at 604 - 464 - 1169

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Myata "Gran Tour" Touring Bike.

25" Cro/Mo frame, custom rack, fenders, 24 T Granny etc.

Excellent Condition. Price \$ 450

Keith Clothier Phone 250 247 8914

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Seeking any or all of the following: Front and rear **panniers**, handlebar (preferably with mapholder) and rackpack bags in reasonably good condition. Contact Glenda at 250 658 1260 or gkirk@lfp.foto.chem.uvic.ca

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# 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 tours** - phone, fax 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 the 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 coordinator.

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

## Tours Completed 2002.

Hawaii Tour 2002.

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## **VICTORIA HUB & SPOKE 2002** May 6<sup>th</sup> to 9<sup>th</sup>

Roberto Bardati 250 389 0091 dockst@shaw.ca

Monday, May 6: Victoria riders will meet the Ferry leaving Tsawwassen at 9.00 a.m. arriving at Swartz Bay 10.35 a.m. Cyclists will ride to the Annual Victoria Spring Picnic at Centennial Park in Saanichton. After the picnic, for those cyclists who have made previous arrangements for accommodation will be escorted. All tours will start from "BIG AL'S BAGELS" in the Saanich Plaza, at 9.00 a.m. unless otherwise noted.

### **Note: For complete Itinerary see February Newsbrief.**

Participants: Roberto Bardati, Margaret Hunter, John Hickman, Adrian Thomson, Sharon Warren, Ron Pickerill, Janice Pickerill, Ness McCulley, Wendy Pearson, Patricia Kongshavn, Dan McGuire, June Gallagher, Kim Vogt, Sylvia Mather, David Clark, Truus Clark, Edward Weinstein, Jackie Weinstein, Bob Miller, Sonya Bardati, Carl Rorison, Mary Eickhoff, Jack Sheppard, Leila Montgomery, Jean Horrocks, Katryn Jeronimus, Shirley Fisher, James Spears, Jane Purdie, Arno Seidemann, Bob Douglas, Peter denBoer, Jo Hamilton, Irja Svensson, Dora Ellis, Charlotte Galik

## **ALBERTA -SMOKEY RIVER**

June 2<sup>nd</sup> to 18<sup>th</sup>

Ted Stubbs 604-321-2784

Maximum Participants: 30

Cost Estimate: \$500 Deposit: \$10 Balance: \$490 May 1<sup>st</sup>

A camping style with support truck and cooking teams

ROUTE: Start at Hinton (or possibly Edson); North to Whitecourt, Swan Hills, Lesser Slave Lake, High Prairie, Valleyview, Grand Prairie, Grande Cache, Hwy #16; Return to Starting Point. Distance 1000 km.

Participants:

Ted Stubbs, Pat Stubbs, Mary Eickhoff, Shirley Fisher, Sylvia Mather, Ernie Schmidt, Jim Burnett, Paul Westmattelman, Uta Schuler, Palle Pedersen, David Clark, Truus Clark, Jo Hamilton, Peter denBoer, Dan Eaton, John Peck, Ann Miller, Ron Pickerill, Janice Pickerill, Ray Bremner, Wendy Pearson, Ness McCulley, Allan Buium, Rolf Petersen, Dan McGuire, Ann Cameron, Joan Enman, Catherine Lynch, Sherry Buium, Keith Clothier

Wait: Art Bomke, Carol Bomke, Glen Smith, James Ladd, Bruce Ross, Josie Zewiec, Sharon Warren, Corry Koster

## **Brentwood Bay - Gabriola Circuit**

July 8<sup>th</sup> to 11/12<sup>th</sup>.

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-contained tour. Pay as you go except for first night's tenting fee.

For Itinerary see February Newsbrief.

Participants: Art Borron, Jan Grove, Carl Rorison

## **KAMLOOPS ROCKIES LOOP.**

LOOP # 1 July 21<sup>st</sup> to Aug. 6<sup>th</sup>

Sally Svensson 604-987-3449 sallynv@infoserve.net

Dan McGuire 604-942-3235 danmcg@smarrt.com

LOOP #2 Aug. 8<sup>th</sup> to Aug. 24<sup>th</sup>

David Brown 360-678-0898 dfbrown@whidbey.net

Deposit: \$50.00 March 1 \$150.00 May 1 Balance \$450.00

This is a cycle, camping tour supported by a vehicle to carry equipment & personal belongings. The cooking will be done by teams on rotation. For Itinerary see February Newsbrief.

Participants, Loop #1. (24) Sally Svensson, Dan McGuire, Roy Goodchild, Helen Goodchild, Bill Hook, Barbara Faulkner, Sandy Kirk, Glenda Kirk, Nancy Heaney, Bryan Riggs, Wendy Pearson, Douglas White, David Brown, Virginia Brown, Hans Klein, Adrian Thomson, Bob Miller, Jan Johnson, Anna Markus, Carl Rorison, Judy Jackson, Ann Cameron, Allan Buium, Michael Goldberg

Participants, Loop #2. (24) David Brown, Dora Ellis, Dan Eaton, Ken Smith, Shirley Fisher, Chris Siggers, Jean MacDonald, Jean Horrocks, Joan Enman, Faye Wilson, Barton Howes, Frank Ward, Sonia Ward, Beverly Wagner, Bob Kay, Bernie Kay, Christina Radnai, Jim Jeffrey, Shirley Jeffrey, Jim Burnett, Helen Enns, Mark Griffiths, Sharon Warren, Livvy Griffiths

Wait: (3) Dennis Howard, Marg Howard, Gerry Parsons

**PRINCE EDWARD ISLAND TOUR (Tip to Tip)**

Note: Due to cancellations there are now room for a few more participants.

Tour 1..... Aug 14<sup>th</sup> - 29<sup>th</sup>  
Tour 2.....Aug 15<sup>th</sup> - 29<sup>th</sup>

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Max 28 per tour.

Cost: \$350.00 per person, not including airfare.

Deposit: \$100. (\$20 Non-refundable), Balance \$250 April 15<sup>th</sup>

Complete Tour Itinerary in November Newsbrief.

This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8 camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner. Participants will provide their own meals, Provincial & Nat parks have cooking shelters.

**Notice:** As you know, we will have a Panel truck, 3/4 ton, to transport our camping gear so we can cycle light. You might have also noticed that we do not have a permanent driver for the groups. I have decided to drive the truck for group #1, but if anyone feels they would like to take over some days, I would appreciate it, just E-mail me. However, we do not have any drivers for group #2 and will need 13 drivers (for thirteen days). In order to reach a fair an equitable situation for all, 13 names will be drawn from group #2. Once, the draw is done, member-drivers will be informed.

Thank you for your understanding.

Tour 1- Aug 14-29, 2002 **Co-ordinator: Roberto Bardati**  
(25)Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Dorothy Glover, Marilyn Murphy, Jenny Cookson, Jean Covell, Myron Kowalyk, Ellen Kowalyk, Les Hudgins, André Milaire, Mary Jane Edwards, Bobbie Redmond, Penny Estabrooks, Marthe Lambert, Kim Vogt, Wally Hnatiuk, Ann Cameron, Ginette Gosselin, Sally Svensson, Marg Howard, Dennis Howard, Inge Gullon, Rejéanne Girard

Tour 2- Aug 15-29, 2002 **Co-ordinator: Gene Salmation**  
(23)Gene Salmatian, Gerri Salmatian, Berta Sen, Edward Weinstein, Jackie Weinstein, Jim Beairsto, Fern Beairsto, Dave Darts, Vickie Darts, Theresia Keet, Valerie Gillespie, Shirley Sloan, Lynne Stewart, Rob Stewart, Morley Hornung, Corry Koster, Diane Horsnell, Russ Horsnell, George Brandsma, Mary Brandsma, Ray Wright, Laureen Wright, Steve Ferris

**NICOLA VALLEY HUB & SPOKE.**

August 27th -

31st  
Barton Howes 250-378-0927 Bartonfaye@aol.com  
Tour fee: \$10.00 to cover new transportation costs.

Camping at Claybanks RV Park. Contact Barton after April 15th for further information.

Participants: Barton Howes, Bill Hannan, Audrey Hannan, George Setterfield, Jack Sheppard, Leila Montgomery, Elly Brok, Shirley Fisher, Carl Rorison, Katryn Jeronimus, Jean Horrocks, Dan Eaton

**TRANSAMERICA BICYCLE TRAIL Year 2003**

Astoria, Oregon to Yorktown, Virginia

May 29<sup>th</sup> to Aug 25<sup>th</sup> 2003 -- 89 days

Judy Jackson 604-985-7041 - jjackson@telus.net

Maximum Participants: 24

Cost Estimate \$4300;

Deposit \$150 with application, may be non-refundable after 1 Jan. 03; remainder by 15 Mar 03

(Costs do not include transportation to Astoria or back from Yorktown/Williamsburg area)

We would appreciate expressions of interest, or registrations.

The tour will include a support vehicle, mostly camping accommodation, and most meals (with cooking teams).

Distance about 4500 mi (7200 km).

This will follow the original, 1976, Bikecentennial (now Adventure cycling) route as closely as possible. Their blurb says: "The route that made cross-country cycling famous. (Outside magazine calls the TransAm the "ultimate bicycle tour")."

More details as the time gets nearer ..... itinerary sent on request  
For more info. see January Issue of Newsbrief.

Participants: Judy Jackson, Marthe Lambert, Shirley Fisher, James Reid, Geraldine Reid, Dora Ellis, Sally Svensson, Wendy Pearson, Martine Donahue, Jean Horrocks, Roy Goodchild, Helen Goodchild, Jenny Cookson, Michael Goldberg, Brian Altenkirk

**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): \_\_\_\_\_

How did you find out about our club, from a member , Website , other \_\_\_\_\_

Bicycling Experience: \_\_\_\_\_

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

**WEEKLY RIDES**

**VANCOUVER & VICINITY**

**Sundays:**

**Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435-3893

**Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays:**

**West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week.

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 for meeting place, time and destination.

**VANCOUVER ISLAND**

**Victoria.**

**Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or  
10:00 a.m. at McDonald's, Pat Bay Highway 17  
Contact:Roberto Bardati 250-389-0091

Hans Klein 250-477-1493

**Nanosee/Parksville.**

**Thursdays** - 10:00 a.m. at Nanosee Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**Comox Valley.**

**Thursdays** 10:00 a.m. Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

**CALGARY**

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

**OTTAWA**

**Thursdays** -Contact: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

**KAMLOOPS RIDES** Contact Peter Baron 250 372 8392

**For Sale**

Schwinn "Voyageur" Professional touring bike  
21" grey cro-moly frame

Excellent condition (single owner), 5 years old.

Front and rear fenders.

3 water bottle cages.

21 speed bar end shifters

Computer and seat bag included.

Gel seat, pedals w. straps, front and rear rack.

Spare rim, stem, tubes and tires.

Price \$500

Call Leo at 604-541-9198 (Email >leovelo@shaw.ca<

**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.

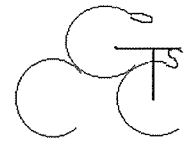
I/we have had the opportunity to read this waiver carefully and understand that by signing it, I/we may lose my/our right to sue.

Signature(s): \_\_\_\_\_

Date: \_\_\_\_\_



# Newsbrief.



May/June 2002 Volume 19. Issue # 5

The Cross Canada Cycle Tour Society

## President's report.

David Clark

Great trips, great parties, and great long term relationships. How can we improve upon what is already so good???



First on my list would be to engineer the weather so that it would be close to perfect for every trip and social event. With the greatest of regret I recognize that it may be beyond our capability. Even if we were successful it might seem too hot, too cold, too dry or too wet for some. Anyway, the whole idea no matter what the weather, looks valuable because most of us seem to accept with grace what we get.

While it was a bit chilly wasn't that great chilly that Bill and Barbara created in Victoria! Many thanks to the many that made the Victoria Hub and Spoke a reality and special thanks to the Victoria social convener, Jean McDonald. A record turn out of 132 members attended.

Education is never ending and often valuable. Elsewhere in this news letter you will find reference to Can-Bike safety courses put on by Langara College in Vancouver. If you have a strong interest in taking one and sharing of your knowledge with our members please call me or Mary Eickhoff.

Our condolences go out to Lorraine on the passing of her husband, Brian Lamb of Victoria, after a long bout with cancer. Brian was a member of the CCCTS for many years and will be missed by his friends. †

## ANNUAL PICNIC & SWAP MEET.

Thursday, Aug. 8<sup>th</sup> 12 noon

Deas Island Regional Park.

(Located on River Road, 25 km East of Hwy 99 in Delta).

The Picnic area is past the Heritage house.

Lunch at noon

Cost \$ 5.00

Contact Shirley Fisher at (604) 255 0087

Sally Petersen wishes to thank her friends in the cycling community for the many cards, well wishes and visits during her three week stay in The Victoria General Hospital as a result of a previous cycling accident. At this time she is on the mend but still in the hospital.

Congratulations go out to Doc Watson on his 80<sup>th</sup> Birthday, celebrated in great style by the Victoria crowd at their monthly Birthday Luncheon at The Waddling Dog in Victoria last month.

Congratulations to Brian Curtis also of Victoria, who celebrates his 90<sup>th</sup> Birthday in June.

**For sale:** Velo Sport "Everest" 24" frame touring bike, 27" wheels. Chrome-moly frame. Aluminum fenders with built in front and rear lights run by a rear-wheel generator. Rear pannier rack and water-bottle cage, extra spokes mounted on frame, spare tire, pedal clips. About ten years old, in excellent condition, selling as it is too big for me, asking \$280.

Telephone Sandy Kirk in Victoria at 250-658-1260 or E-mail to >SandyKirk@lfp.foto.chem.uvic.ca<

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors E-mail: [rolf@pacificcoast.net](mailto:rolf@pacificcoast.net)

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](mailto:cccts@vcn.bc.ca)

WEB-Site: [www.vcn.bc.ca/cccts/](http://www.vcn.bc.ca/cccts/)

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604 980 7344 [Ness.mcculley@3web.net](mailto:Ness.mcculley@3web.net)

Membership.....John Peck  
604 538 0195 [peck@cs.ubc.ca](mailto:peck@cs.ubc.ca)

Equipment.....Barton Howes  
250 378 0927 [Bartonfaye@aol.com](mailto:Bartonfaye@aol.com)

## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

**May** 6<sup>th</sup> Victoria Picnic  
Directors Meet.  
6<sup>th</sup> to 9<sup>th</sup> Victoria Hub & S.  
8<sup>th</sup>- 24<sup>th</sup> Rocky #2  
15<sup>th</sup>- 29<sup>th</sup> P.E.I. Tour 1 & 2  
27<sup>th</sup> to 31<sup>st</sup> Nicola H&S

**June** Directors Meet (cancelled)  
2<sup>nd</sup> to 18<sup>th</sup> Alberta-Smokey  
River  
**September**

**July** 8 -12 Brentwood- Gabriola C.  
21<sup>st</sup> Kamloops Rockies #1  
**October**

**August** Directors Meet (cancelled)  
6<sup>th</sup> Rockies #1 Complete  
8<sup>th</sup> Annual Picnic  
**November**  
**December** 3<sup>rd</sup> Annual Banquet  
4<sup>th</sup> AGM

## New Members.

Bates, Len & Ursula 250-655-5008  
Box 2085, Sidney, BC V8L 3S3.

Blair, Barry 613-830-8396  
1713 Autumn Ridge Dr., Orleans, ON K1C 6Y6.

Currie, Bob 604-872-5793  
105 - 518 Moberly Rd., Vancouver, BC V5Z 4G3.

Robertson, George & Barbara 613-728-7817  
188 Hinton Ave., Ottawa, ON K1Y 1A3.

Rogers, Ken & Diana 250-477-1439  
1820 Dunnett Cres., Victoria, BC. V8N 2P5.

### A plea for its return!

At the April 17th social and tour descriptions, Judy left her set of 12 map sections for the TransAm route on the front table to be LOOKED at by any who might be interested. They were NOT for the taking. Unfortunately, section 2 went missing.

Would anyone who may have inadvertently taken it away, please check and have it returned. Judy needs the full set to refer to as she prepares for the '03 tour. Complete sets will be purchased for those who will be on the tour.

Thank you, Judy Jackson 604 985 7041 >[jjackson@telus.net](mailto:jjackson@telus.net)<

**Ride Offered for Kamloops Rockies Tour #2:** Need to get your bike to Kamloops and back? Want to car pool with friends or take the bus? I live in south Burnaby and can take four or five bikes to Kamloops in my truck (and one passenger). If interested, phone Ken Smith at

438-8732

# Riding to Work !

David Hepburn.

A recent promotion to get our city to bicycle to work for a week sent me scurrying to the little cycle shop of horrors in search of "something for the outta shape, Advil pumpin, born again cyclist?", as the sales creature put it.

An hour later, and with enough new frequent flyer points on my VISA to fly my entire family first class around the world three times, I emerged with a real skookum 21 speed "hybrid" bike for my wife, the Zipper Ripper (the bike, not the wife). Explained to me in terms I preferred not to visualize, the hybrid was the love child of a passionate affair between a squat mountain bike and a sleek 21-speed racing model with two large luscious wheels.

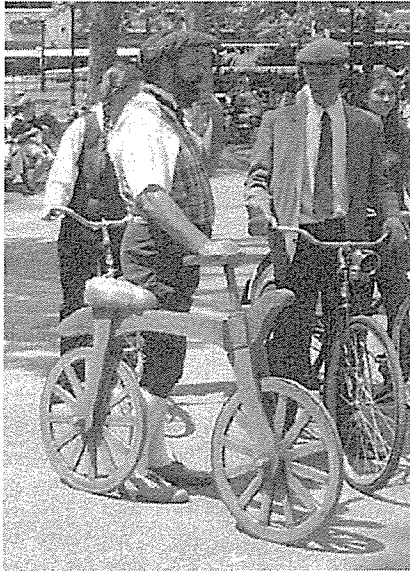
Three months later, on my birthday, my wife responded with a similar insult and a hybrid for me, an exact 'his' version of the Zipper Ripper ('his' meaning it has an evil bar to be straddled in the middle). I learned later that the bikes were third cousins one spoke removed.

At the office, Judy the Nurse, encouraged me to ride to work as it was such a reverent, metaphysical time for her. So challenged, on the first nice day of summer I jumped out of bed and actually thought about riding the bike the 25 Kilometers to work. By mid-summer I had cleaned the bike and as the season came to a close I finally mounted the beast. Next day I rode it. By the time I figured out my official CSFH (chin strap from Hades) helmet, I was already two hours late for work. After 38 or so adjustments, I finally hooked the strap to my Adam's apple and with one ear lobe plastered against my forehead and the other flapping maniacally in the breeze I ripped my Zipper down the driveway and was off.

I now realize that I live in the hilliest region of the hilliest town in the hilliest province in the silliest country in the world. I'd rocket down the spine of one slope in three seconds with great glee, only to crawl up the other side for 30 minutes with my rock hammer and pick axe. After several hills, I was a babbling mass of manic depressive protoplasm. I needed Lithium to smooth these hills out. Of course, with so many grades, I was able to try out all the gears - usually going from second to 17th in one shift and yanking the remaining fibres of my hamstring right off the bone. The great safety of the CSFH helmet was a real reassurance. While climbing a hill with my head down, the helmet would fall forward and dangle off my nose. When screaming down the backside of the same hill, my helmet would fling over my bare head and lodge somewhere between my dowager's hump and my tail bone, with the strap all but garroting me whenever I hit the slightest bump. I'm sure our town leaders had in mind some strange notion of getting the voter into shape and did not issue the 'Cycle to Work' week as a competition. This, however, goes against the grain of the XY chromosome, much like lifting

up two toilet seats at once.

The unwritten rules of the road include a well-known proviso that one male shall not pass another without a serious challenge. I was put to such a test soon, as a Nike Swish on wheels zipped by me, instantly inducing the chase reflex. This reflex is not just the domain of Rottweilers and Dobermans, but is also inherent of any self-respecting XY cyclist. Never mind that I was just passed by a 78-speed \$45,000 Mach 3 complete with drivers' side air bag and Mars Pathfinder pedals. Worst of all, the other XY (likely an xy) is wearing Spandex. Most men I associate with don't wear Spandex. Actually they couldn't wear Spandex, it isn't on the chromosome. Instantly, I find myself in hot pursuit of this.... steroid pumped (huff) ... Libyan terrorist ... axe murdering (puff).... spawn of Satan (grunt). As he becomes a dot on the horizon, I reassure myself that if I were his age, with his bike, with his quads, his parents, and his Spandex I'd clean his clock.



But up ahead, around the corner, to my delight is another obviously slower cyclist, also cursing the puff of smoke that cruised by him. Pedaling like mad ... bang! I blow his doors off, ringing my Buzz Lightyear bell victoriously. Even if he is in his late 70's, hey, it feels good and I can't help but peer back at him to gloat (and make sure he isn't gaining on me).

I finally pull into work seven hours late, wipe the bugs off my teeth, smooth my tattered right pant leg that had become intimate with the chain with every gust of wind, and note the three pounds of grease likely stuck permanently under my nails from putting the chain back on. As I eased my keyster gingerly off the seat, however, sudden indescribable panic struck as I discovered to my absolute horror that I had no feeling in my, well ... um ... where Judy wouldn't have the same problem. I was a eunuch! I rushed into the men's room and was reassured that I hadn't derailed all my gears, but it certainly felt like I should undergo some physiotherapy or surgery or vacuum extraction or something. A male co-worker assured me that all sensation would come back from CINN (Cycle Induced Numb Never mind) syndrome. He explained that this is why male cyclists, while riding any distance, can often be seen occasionally going to the standing position with a slight wiggle, whilst clearing their throats in a deep guttural reassurance.

I'm pleased to say that all feeling came back as did my voice, just in time for me to call my wife to come and pick me up.

(The Morning Sun.)

## AL's LADNER TO LIGHTHOUSE LOOPS CENTURY.

By Mary Eickhoff

On the loveliest day of the year to date, fifty-one (yep, 51) cyclists arrived to undertake the Ladner to Lighthouse Loops.

Val greeted and registered the entrants, Shirley did the grocery shopping with cashflow from Al, Marten was ever-ready to enter 'time-in' at Lighthouse, Joan and Dorothy kept the food appetizing, and Al was on hand as 'sweep' of the routes with mechanical support if required. Fortunately there wasn't even a flat tire.

At the end of the day we had four winners, being the cyclists who looped the loop in the time closest to a preset average speed... and the winners are: 35K - Eva Folk (gloves), 55K Sharon Warren (tube), 70K Ray Bremner (tube), 100K John Drinnan (binoculars). I'm sure you'll agree these winners are indeed steady pacers.

Out-of towners included Donna Nicholas of Kelowna, Sharon Warren of Chilliwack, Dora Ellis representing the Comox Valley again this year as well as Debonair Dennis from Victoria, and we have promises, promises from nameless others, for next year.

Thanks to our volunteers, Val Brereton, Shirley Fisher, Marten McCready, Joan Rumsey, Dorothy Kennedy, and everyone who came out to make Al's day by having a good ride, cycling safely and enjoying the routes.

Special acknowledgement to Delta Engineering who are always very supportive of our event by ensuring no road construction on our routes, sweeping the main roads, and offering emergency assistance if required.

I stayed over at Judy's after the Spring Social and left the next day from Ladner, with Martine before 9:30 to do the Loop the Loop from Ladner. Donna and Dora were among those who also came from afar.

Martine knows the route and led me eventually to the border crossing where I had to turn back because I had to catch a ferry to be at a Bridge game I had promised to attend at 7 pm

From the little I saw this is a Must. Such easy riding, except for one sharp short hill and a few lesser ones in Tsawwassen We saw a Bald Eagle perched in a leafless tree and later a snake crossing the warm tarmac.

We crossed that infamous bridge where Katryn ran into a gap in the planks and I had my first chance to see the Reifel Bird Sanctuary What impressed me was, that with the going to- and coming from- you had a chance to greet fellow cyclists and feel part of an expedition Admittedly, I didn't recognize most because of their disguises.....helmets, dark glasses, puffed up wet gear and gloves. but we were all sharing an experience

Both Judy and Martine, who did the 100 km, finished at 4 and 5

pm respectively were ecstatic about the scenery and the route

I want now to do the longest route next year but will skip the visit to the ferry terminal, because I do it to and from when coming from the Island and anyway it is like riding out to the end of a pier and back but with traffic roaring past your left ear.

My sincere thanks to all those who make this event what it is.

Dennis Parsons

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**The Bicycle Maintenance Course at Rider's Cycle in Victoria** is now completed and what a success it was, to the point that the Intermediate course was offered a second time due to popular demand.

Simon, the instructor, was very knowledgeable, an excellent bike mechanic and a natural teacher, even though he was just a young squirt. He made the courses interesting and the participants learned a lot. It was a hands on type of course, so we had to arrive with a clean bike, but we still got our hands dirty.

There were 42 participants in all. Should there be sufficient interest, we will most likely offer these courses again next year.

Roberto Bardati

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Am forwarding something I sent to the executive of BPH. They in turn sent it out to all 290 Hostellers they represent. Just wonder if members might have other suggestions to add?

Six weeks of fine cycling weather down under and now back in my beloved Victoria

Have pruned the roses, turned the compost, mown the lawn and picked some daffodils. Now I would like to offer some feedback whether you like it or not. Realize I had a wonderful time and this is not bitching.

I was impressed where I found the showers in the corner of the bathroom.....so easy to mop up.

You have those half flush toilets which do something towards conserving water(the President of China was fascinated with them).

Could you take the initiative and introduce the ten second shower button? It delivers warm water, but for only 10 seconds at a time, which means that one does not have to stand somewhere else while soaping the body or hair. The part I like is that I don't have to hide outside the curtain while adjusting the temperature. One can always lean on the button if a flood feels needed. And bath mats. Have some that exhort "Dry feet first. Then step on me" Who wants wet, soggy mats?

I love deep wide basins and very bright lights over them so I don't get a wet line across my shorts while I crane to see what I am doing to my face.

It is amusing to find the hot water tap sometimes on the left and sometimes on the right.

Bunk beds should be firm; most annoying when some one is restless above or below. Rungs are so sore. Why not flat steps or better yet, add a ledge to the side of the bottom bunk and lower the distance from the top bunk to the floor. It is not comfortable sitting on a bunk with the side biting in to one's legs.

With the ledge one could sit more comfortably and the top bunker could swing his legs over and step down easily

Travellers don't like to carry soap powder. Why not have it dispensed when one drops a coin to start the washing?

Very specific instructions help when trying to operate one of these machines Maps of the immediate area surrounding your hostel and extending 100 kms will always be appreciated.

Dennis Parsons

## New Zealand.....

We just returned from a wonderful tour of New Zealand Because of Dennis's planning we were able to cycle the most scenic parts of the South & North Islands.

The distances were 50 to 90 km's& the terrain manageable. The overall distance was close to 1000 km's. We traveled by shuttle, train, plane & even a horse trailer over the longer distances.

Because of this we were able to see Milford Sound by plane, hike Abel Tasman National Park. spend 2 days in Piahia where we took a boat ride through the Bay of Islands & saw the dolphins & experienced going through the Hole In the Rock. We hiked through the mangroves to the falls {a 6 hour hike} We spent 2 nights at farms where we were treated to meals prepared for us with the meat & veges from the farms.

We were also able to spend 3 nights with friends in Wellington They took us to a Maori family day celebration And we learned about the Native New Zealanders.

I could go on but would like to say this tour gave us a chance to meet & visit with these friendly hospitable people known as Kiwi's

All this, good weather & a low Kiwi dollar. WOW!!!!

Our last week was spent on Bribie Island in Australlia. playing in the surf.

Thanks Dennis

P.S.

The best wine was the Australian Shiraz @ 5.95 a bottle no tax  
The best beer Victoria Bitter

*Leila Montgomery*

## Club Jersey Orders.

### UNISEX/MEN'S SIZING.

SIZE	WAIST	CHEST
XS	26-28"	34-36"
S	28-30"	36-38"
M	32-33"	38-40"
L	34-35"	40-42"
XL	36-37"	42-45"
XXL	38-40"	45-47"

### WOMEN'S SIZING.

SIZE	WAIST	BUST/CUP	HIP
XS	24-26"	30B-32A	34-36"
S	26-28"	32B-34A	36-38"
M	28-30"	34A-34C	38-40"
L	30-32"	34C-36B	40-42"
XL	32-34"	36C-38B	42-44"
XXL	34-36"	38C-40B	44-46"

In Stock; L, XL, XXL in both Ladies and Mens Styles with only a few short sleeve. Will place a group order for XS, S and M; when an order of we have an 24 or more. Long Sleeve incl. tax - \$65.00 Short Sleeve incl. Tax \$55.00 Please address your order with payment to the office. The following is sizing provided by Sugoi. Be aware that these are sized for racing jerseys and you might want a little extra room. Note: A long sleeve jersey will save you money  
o n s u n s c r e e n .  
ShirleyFisher.  
604-255-0087

## Staying Hydrated

Hiking, biking, kayaking, skiing...whatever form your physical activity should take it is important that you stay hydrated while recreating outdoors. Whether you are hitting the trails or the slopes remember that while traveling in the backcountry, distances between water sources may be significant so be sure to always carry extra water as well as some form of water purification system with you at all times.

While recreating be sure to watch for signs of dehydration. These include:

Thirst, headache, constipation, fatigue/weakness, dizziness, irritability, cramps, depression, weight gain, water retention, skin blemishes, vomiting/nausea, and bladder infections.

In order to ensure that you are properly hydrated consider the following tips:

Make sure to drink water at the start AND end of your day. The body loses water while you sleep so be sure to start your day well hydrated before commencing physical activity. Don't wait until you are thirsty to stop and have a drink. By the time you sense thirst you have likely lost 2 or more cups of your total body water. Make sure that water is conveniently available to ensure that you drink throughout the day, carry a water bottle or a water pak and hose with you at all times.

Make sure to drink water even when it's cold out. Your body loses water through perspiration during physical activity whatever the temperature outside.

Don't replace water with caffeine or alcohol. These liquids are diuretics and will only help you body to lose increased water in the form of urination.

Get fluids from food. You don't have to get all your water from a glass. Supplement your intake be eating more fruits, many of which are 80-95 percent water. It's a sweet and easy way to make sure you're getting enough H2O--and helping your body run smoothly.

Consider including sodium chloride in your rehydration beverage. If your physical activity is going to last more than 4 hours adding salt or drinking specialized sports drinks can stimulate voluntary fluid intake and help you maintain a proper electrolyte balance.

### **Ladner Birthday Dinner.**

Because of the rain and wind and cold spring weather only two people cycled on the regular Tuesday ride in Ladner on April 9 but twenty-six gathered at Ricky's that evening to celebrate with those whose birthdays are in April. Birthday congratulations went to Gerry Brereton, Don Gowing and Marge Murphy. The occasion provided an opportunity for us to keep in touch and dream of sunnier days and the rides that we will do when the weather improves. Not only that but the Black Forest Cake was delicious!

*by Frances Bissegger*

# 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 tours** - phone, fax 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 the 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 coordinator.

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

## Tours Completed 2002.

Hawaii Tour 2002.  
VICTORIA HUB & SPOKE

## **ALBERTA -SMOKEY RIVER**

June 2<sup>nd</sup> to 18<sup>th</sup>  
Ted Stubbs 604-321-2784

Maximum Participants: 30

Cost Estimate: \$500 Deposit: \$ 10 Balance: \$490 May 1<sup>st</sup>

A camping style with support truck and cooking teams

ROUTE: Start at Hinton; North to Whitecourt, Swan Hills, Lesser Slave Lake, High Prairie, Valleyview, Grand Prairie, Grande Cache, Hwy #16; Return to Starting Point. Distance 1000 km.

Participants (27): Ted Stubbs, Pat Stubbs, Mary Eickhoff, Shirley Fisher, Sylvia Mather, Ernie Schmidt, Uta Schuler, Palle Pedersen, David Clark, Truus Clark, Jo Hamilton, Peter denBoer, Dan Eaton, John Peck, Ann Miller, Ron Pickerill, Janice Pickerill, Ray Bremner, Wendy Pearson, Ness McCulley, Allan Buium, Rolf Petersen, Dan McGuire, Catherine Lynch, Glen Smith, James Ladd, Bruce Ross

## **Brentwood Bay - Gabriola Circuit**

July 8<sup>th</sup> to 11/ 12<sup>th</sup>.

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-contained tour. Pay as you go except for first night's tenting fee.

For Itinerary see February Newsbrief.

Participants (4): Art Borron, Brenda Borron, Jan Grove, Carl Rorison

## **KAMLOOPS ROCKIES LOOP.**

LOOP # 1 July 21<sup>st</sup> to Aug. 6<sup>th</sup>

Sally Svensson 604-987-3449 sallynv@infoserve.net

Dan McGuire 604-942-3235 danmcg@smarrt.com

LOOP #2 Aug. 8<sup>th</sup> to Aug. 24<sup>th</sup>

David Brown 360-678-0898 dfbrown@whidbey.net

Deposit: \$50.00 March 1 \$150.00 May 1 Balance \$450.00

This is a cycle, camping tour supported by a vehicle to carry equipment & personal belongings. The cooking will be done by teams on rotation. For Itinerary see February Newsbrief.

Rockies Loop 1

Participants (24): Sally Svensson, Dan McGuire, Roy Goodchild, Helen Goodchild, Bill Hook, Barbara Faulkner, Sandy Kirk, Glenda Kirk, Bryan Riggs, Wendy Pearson, Douglas White, David Brown, Virginia Brown, Hans Klein, Adrian Thomson, Bob Miller, Jan Johnson, Anna Markus, Carl Rorison, Allan Buium, Judy Jackson, Helen Enns, Ann Cameron, Michael Goldberg

Waiting: Ken Rogers, Jean MacDonald

Rockies Loop2

Participants(22): David Brown, Dora Ellis, Dan Eaton, Ken Smith, Shirley Fisher, Chris Siggers, Jean Horrocks, Joan Enman, Faye Wilson, Barton Howes, Frank Ward, Sonia Ward, Beverly Wagner, Bob Kay, Bernie Kay, Christina Radnai, Jim Burnett, Sharon Warren, Gerry Parsons, Jake Tremblay, Walter Griffioen, Marion Griffioen

## **PRINCE EDWARD ISLAND TOUR (Tip to Tip)**

Note: Due to cancellations there are now room for a few more participants.

Tour 1..... Aug 14<sup>th</sup> - 29<sup>th</sup>

Tour 2.....Aug 15<sup>th</sup> - 29<sup>th</sup>

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Max 28 per tour.

Cost: \$350.00 per person, not including airfare.

Deposit: \$100. (\$20 Non-refundable), Balance \$250 April 15<sup>th</sup>

Complete Tour Itinerary in November Newsbrief.

This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8 camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner. Participants will provide their own meals, Provincial & Nat parks have cooking shelters.

**Notice:** As you know, we will have a Panel truck, 3/4 ton, to transport our camping gear so we can cycle light. You might have also noticed that we do not have

(Continued page 7)

a permanent driver for the groups. I have decided to drive the truck for group #1, but if anyone feels they would like to take over some days, I would appreciate it, just E-mail me. However, we do not have any drivers for group #2 and will need 13 drivers (for thirteen days). In order to reach a fair and equitable situation for all, 13 names will be drawn from group #2. Once, the draw is done, member-drivers will be informed.  
Thank you for your understanding.

Tour 1- Aug 14-29, 2002 Co-ordinator: Roberto Bardati  
Participants (24): Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Dorothy Glover, Marilyn Murphy, Jenny Cookson, Jean Covell, Myron Kowalyk, Ellen Kowalyk, Les Hudgins, André Milaire, Mary Jane Edwards, Bobbie Redmond, Penny Estabrooks, Kim Vogt, Wally Hnatiuk, Ann Cameron, Sally Svensson, Marg Howard, Ray Wright, Laureen Wright, Dennis Howard, Inge Gullon.  
Tour 2- Aug 15-29, 2002 Co-ordinator: Gene Salmation  
Participants (21): Gene Salmatian, Gerri Salmatian, Edward Weinstein, Jackie Weinstein, Jim Beirsto, Fern Beirsto, Dave Darts, Vickie Darts, Valerie Gillespie, Shirley Sloan, Lynne Stewart, Rob Stewart, Marthe Lambert, George Brandsma, Mary Brandsma, Ginette Gosselin, Steve Ferris, Rejéanne Girard, James Ladd, Sylvia Mather, Jackie Hunt.

**NICOLA VALLEY HUB & SPOKE.**

August 27th - 31st  
Barton Howes 250-378-0927 Bartonfaye@aol.com  
Tour fee: \$10.00 to cover new transportation costs.

Camping at Claybanks RV Park. Contact Barton after April 15th for further information.  
Participants (14): Barton Howes, Bill Hannan, Audrey Hannan, George Setterfield, Jack Sheppard, Leila Montgomery, Elly Brok, Shirley Fisher, Carl Rorison, Katryn Jeronimus, Jean Horrocks, Dan Eaton, James Wolff, Bryan Riggs.

**TRANSAMERICA BICYCLE TRAIL  
Year 2003**

Astoria, Oregon to Yorktown, Virginia

May 29<sup>th</sup> to Aug 25<sup>th</sup> 2003 -- 89 days  
Judy Jackson 604-985-7041 - jjackson@telus.net  
Maximum Participants: 24  
Cost Estimate \$4300;  
Deposit \$150 with application, may be non-refundable after 1 Jan. 03; remainder by 15 Mar 03  
(Costs do not include transportation to Astoria or back from Yorktown/Williamsburg area)  
We would appreciate expressions of interest, or registrations.

The tour will include a support vehicle, mostly camping accommodation, and most meals (with cooking teams).  
Distance about 4500 mi (7200 km).  
This will follow the original, 1976, Bikecentennial (now Adventure cycling) route as closely as possible. Their blurb says: "The route that made cross-country cycling famous. (Outside magazine calls the TransAm the "ultimate bicycle tour")."

I just discovered a very interesting account of a fellow's '98 cycle of the TransAm from east to west. .. on the web.  
"For those interested in doing or just reading Mark Gardner's account of his cycle across America on the Trans America Trail from east to west in '98, (the reverse of what our '03 route will be), look for it on the web under "Cycling across the United States".

More details as the time gets nearer ..... itinerary sent on request  
For more info. see January Issue of Newsbrief.  
Participants (15): Judy Jackson, Marthe Lambert, Shirley Fisher, James Reid, Geraldine Reid, Dora Ellis, Sally Svensson, Wendy Pearson, Martine Donahue, Jean Horrocks, Jenny Cookson, Michael Goldberg, Brian Altenkirk, Yves Paquette, Madeleine Paquette

**CCCTS MEMBERSHIP APPLICATION.**

Date: \_\_\_\_\_ PLEASE PRINT Membership Fee: Single \$25  
Year / Month / Day 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): \_\_\_\_\_

How did you find out about our club, from a member , Website , other \_\_\_\_\_  
Bicycling Experience: \_\_\_\_\_

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

**WEEKLY RIDES.**

**VANCOUVER & VICINITY**

**Sundays:**

**Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435-3893

**Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays:**

**West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week.

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 for meeting place, time and destination.

**VANCOUVER ISLAND**

**Victoria,**

**Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17

Contact:Roberto Bardati 250-389-0091

Hans Klein 250-477-1493

**Nanoose/Parksville.**

**Thursdays** - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**Comox Valley.**

**Thursdays** 10:00 a.m. Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

**CALGARY.**

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

**OTTAWA.**

**Thursdays** -Contact: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

**KAMLOOPS RIDES** Contact Peter Baron 250 372 8392

**Can-Bike courses.**

There is still space available in both May & June

1) New Westminster:

Wednesday May 22 630-930pm, Saturday May 25 9am-4pm, Wednesday May 29 630-930pm and Saturday June 1 9am-4pm

Location: Century House, 620 8th Street New West

2) Vancouver:

Wednesday June 12 6-9pm, Saturday June 15 9am-4pm,

Wednesday June 19 6-9pm and Saturday June 22 9am-4pm

Location: Langara College 100 49th Avenue Vancouver

The cost is \$160. VACC members receive a \$20 discount.

Full payment is required by April 20th, 2002 (this is because we must pay for the venues in advance).

To Register: Contact Bruce Mol by phone or email:

[bruce@gonecycling.com](mailto:bruce@gonecycling.com) Phone (604) 519-1442

Post: 308 - 1035 Auckland Street, New Westminster, BC V3M 1K9

**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

July 2002 Volume 19. Issue # 6

## President's report.

David Clark

Another month has gone by and WOW adventures to talk about. This is very true for members who were on Ted Stubb's Smoky River tour. One thousand kilometers of wilderness, great hospitality from people in Swan Hills who provided free tenting and a great dinner plus a tour of the Town and a 120 kilometer day in the sun with a 1600 metres climb. There were some complaints but I think that many of us were just boasting that we "did it".



The Rockies two tours are under way by now as well as the Gabriola Circuit. The two PEI trips have very few vacancies. Interested? Call Gene Salamatian at 250-477-1412 to see if you can be included.

We would like to run an Arizona trip in week one or week two in November. We have a driver and if we could have a volunteer to co-ordinate/lead the trip it would be a go. There is no necessity of re-inventing the trip because it has been done so many times before. If you want to go and are willing to lead please call me at 604-970-5622 and we will include firm details in the next newsletter.

Any one having an interest in a Club jersey??? Shirley Fisher has a total of 28 left for sale and will take orders for sizes we don't have..

Hope that you are all having a great summer. See you at the Pic Nic on August 8<sup>th</sup>

† \_\_\_\_\_ †

Sarah Kirkby of Victoria died from a bicycle accident while traveling in England. After hearing of the sad news the group went on a bike & hike. While on a bluff overlooking Victoria, Horst requested two minutes of silence to reflect upon this tragedy in memory of Sarah. A Memorial Service well attended by the cycling community was held in The Belmont Community Center in Victoria to honor Sarah.

## ANNUAL PICNIC & SWAP MEET.

Thursday, Aug. 8<sup>th</sup> 12 noon

Deas Island Regional Park.

(Located on River Road, 25 km East of Hwy 99 in Delta).

The Picnic area is past the Heritage house.

Lunch at noon

Cost \$ 5.00

Contact Shirley Fisher at (604) 255 0087

Coast \$5  
per person

Register at  
Bank of  
Montreal  
outlets on  
Vancouver  
Island and  
selected  
Lower  
Mainland  
locations.

All Thrifty  
Food  
Stores.

Meet at  
Parksville

Community Park. Start: 120 k 8:30 am 90 k 9:00 am  
70 k 10:00 am 35 k 11:00 am

Phone: Evenings (250)752-1604 or (250)248-0200

Web site: [www.island.net/~bikelife/](http://www.island.net/~bikelife/) E-mail: [bikelife@island.net](mailto:bikelife@island.net)

## BIKE FOR YOUR LIFE CYCLING TOUR



SATURDAY AUGUST 10, 2002  
PARKSVILLE, VANCOUVER ISLAND  
BRITISH COLUMBIA, CANADA

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors E-mail: [rolf@pacificcoast.net](mailto:rolf@pacificcoast.net)

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](mailto:cccts@vcn.bc.ca)  
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250 378 0927 [Bartonfaye@aol.com](mailto:Bartonfaye@aol.com)

## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

**July 8 -12** Brentwood- Gabriola C.  
21<sup>st</sup> Kamloops Rockies #1

**September**

**October**

**August** Directors Meet (cancelled)  
6<sup>th</sup> Rockies #1 Complete  
8<sup>th</sup>- 24<sup>th</sup> Rocky #2  
15<sup>th</sup>- 29<sup>th</sup> P.E.I. Tour 1 & 2  
27<sup>th</sup> to 31<sup>st</sup> Nicola H&S

**November** Arizona

**December** 4<sup>th</sup> Annual Banquet  
5<sup>th</sup> AGM

## New Members

Arnemann, William A 808-735-1818  
2477 Halekoa Drive, Honolulu, HA, USA 96821.

Bacon, Andrew & Sharon 604-521-5544  
8522 Sequoia Road, Burnaby, BC V3N 4W8.

Gadsby, John 604-983-0606  
14-2425 Edgemont Blvd., North Vancouver, BC V7P 2L2.

Gerlitz, Dennis 604-437-8869  
4275 Rumble St., Burnaby, BC V5J 1Z9.

Hoogendoorn, Jan 31-348-442-807  
Batestein 17, Harmelen, Holland 3481 BD.

Joseph, Mark 360-707-9977  
12816 Padilla Bay Lane, Mount Vernon, WA, USA 98273.

Kennelly, Brendan 604-594-5762  
12019 Boundary Dr. South, Surrey BC V3X 2B5.

Evans, Holly (see Levine)

Levine, Holly Evans & Ken 604-983-3945  
2-216 West 17th St., North Vancouver, BC V7M 1V6.

Mathias, Richard & Barbara 604-275-5735  
6280 Doulton Ave., Richmond, BC V7C 4Y4.

# VICTORIA BIRTHDAY CELEBRATION.

(June 19, 2002)

The White Spot on the Pat Bay highway was full to bursting with our local CCCTS members, those who came from up-Island and the many who came across the strait from the mainland; always good to see the familiar faces, their visit much appreciated.

There were 8 honorees with birthdays in June, but the star of the day was our own Brian Curtis, celebrating his **big 9-0**, and enjoying every minute of it. Happy to share this day with their father, daughter Barbara and husband Don Wilson were visiting from Orleans, Ont. and son, Doug Curtis made the trip from Prince George. Family friends attended as well.

Hugs and kisses were the order of the day and Brian, with his customary twinkle, assured us he was coming back in 10 years for more of the same. Peter Kabel gave an account of Brian's history, from his birth in India through his RAF years up to 1959 and his coming to Canada, first to Revelstoke, then to Victoria in 1962 to teach at the naval school at Naden, Esquimalt. Brian's entire life has been one of athletic achievements, from tennis and cricket to field hockey and soccer, as well as cycling.

His attempt to join CCCTS in 1984 failed, when a minor medical test disallowed him from going to Australia with the club; he eventually joined in 1989 when the membership was still very small. In 1993, hip surgery curtailed Brian's biking somewhat, but his determination saw him back on the bike in due time, enjoying the rides and pedalling with his friends.

Peter presented congratulatory messages from Government House, Prime Minister Jean Chretien, Premier Gordon Campbell and Susan Bryce. Dennis Parsons added highlights of Brian's cycling years, telling of their adventures in South Africa and the good times they shared. A beautifully decorated, delicious cake was served to all; thank you to Sonja Joos and Barbara Hetzer for looking after the niceties of the cake and cards, along with Jean MacDonald.

This was a happy celebration and tribute to our oldest club member, a fine fellow and an inspiration to us all. We wish you well, Brian, happy days on the trail; it's people such as you with your spirit of adventure and love of cycling that makes Cross Canada Cycle the unique club that it is.

.....Joyce Dukeshire

## A Grateful Appreciation

I would like to express my grateful thanks to my longtime and faithful friends who helped me celebrate my 90<sup>th</sup> birthday last week.

It was a most heartwarming experience that I shall never forget. Among the many local members of the CCCTS who were present at the midweek lunch were numerous friends from overseas. Some by name I recall were Dorothy, Betty, Martine, Bob, Ken,



Miep, Shirley, Harry, Richard and Bernice. If I have left out anybody I apologize, but to you all I am sincerely grateful for the kindness you showed me.

To the many members of the Island club, you will forgive me if I don't enumerate your names but believe me it was so heartwarming to have you all there. I am thankful for your support and greetings. Permit me however, to single out a few people who worked hard to make the occasion such a memorable and enjoyable success.

Peter Kable did me the honor of having prepared for me a certificate of celebration from each of the levels of government. I must thank Peter for the kind words he spoke on my behalf.

Dennis Parsons also did some reminiscing of events long since forgotten, when we were on tours together. Thank you Dennis.

Barbara Hetzer and Sonja Joos worked hard in making the necessary bookings and keeping the accounts. My daughter Barbara in Ottawa had been in touch with Jean MacDonald on the internet and we are very grateful to you, Jean, for the overall arrangements for the lunch.

Thank you again, and I wish you all good health and many years of good biking.

*Brian Curtis, Victoria.*

## For Sale:

Bicycle B.O.B. (single-wheel trailer, complete with custom rainproof case) used only on three tours, \$275.  
Front & rear Serratus panniers, \$50 & \$75;  
Rear aluminum carrier, \$12;

2-person Eureka tent, \$95;

Thermarest pad, \$40;  
Blow-up air mattress, \$10.

Backpacker's WhisperLite International 600 stove (burns any kind of fuel) \$60;  
6-pc backpacker's pot/pan set, \$16;

Contact Frank Jacobsen at (250)381-5944 (Victoria)  
fjacobsen@pacificcoast.net

## Cycle Touring. *(Advice for beginners.)* By Garry Lee. <glee@iol.ie>

Cycle touring is one of the most enjoyable past-times you can undertake as long as you do it properly.

### REQUIREMENTS

The first requirement is a comfortable bike. A comfortable bike is one that is easy to cycle, is shock-absorbent and provides plenty of different hand positions to give arm-comfort. You should have tires which veer towards being thick rather than thin. The saddle must be comfortable and **MUST** be at the correct height. Leather saddles are by far the most comfortable for most people. You will find that any saddle that is flexible is comfortable. In my opinion the gel saddle is based on a misconception of what gives comfort in a saddle. The makers believe that the shape is what is important. Having suffered the agonies of the damned on three different gel saddles, I can assure that it isn't. I have never come across a comfortable synthetic saddle which was flexible, something practically all leather saddles are. Apart from the type of saddle, the height and the tilt are important.

The height is found by the bare heel being 0 mm from the fully down pedal axle, without tilting the pelvis and with the foot parallel to the ground. Higher than this and you can't spin properly and you will be tilting your pelvis as you cycle and making your bottom sore and lower than this and you will get knee soreness. Some cycling books quote a study in an English university which decided that the best saddle height was much higher than cyclists use. The percentage gain was small in power output but tests done on small amounts of cycling must be regarded as spurious and it is interesting to note that nearly all racing cyclists come to the same relative height no matter what formulas they started off with. Is there a correct height for different circumstances? Well, yes. You will climb better with a slightly raised saddle but it is impractical to change it as required. The correct saddle tilt is said to be absolutely flat but I cannot tolerate that and need a slight backwards tilt and I have a friend who has to have it tilted forward.

The next thing for a comfortable seat is proper cycling shorts. These will have a padded absorbent chamois and if you want to prevent pimples you should smear Vaseline on your pressure points. A point which may be of importance is to have your chamois wider than your saddle. Otherwise, you may be sitting on the edge. This has happened to me.

The handlebars are important. There is no doubt that the drop handlebar is the best one by far to go for. The straight bars and straight bars with extensions do not provide enough variations in positions of the hands to give long-term comfort.

As well as that you should use padded cycling gloves and for the ultimate comfort use foam handlebar padding. The handlebars should be about 1" from the tips of the fingers when your elbow is placed against the front of the saddle. This distance can be from 0-2.5"

All of these things are difficult to produce unless the bike is the right size in the first place. Get expert advice. If you are 6'2" get a 25" frame (2" smaller size with mountain bikes) and if 5'6" a 21" frame. You can get a custom made frame but a ready-made bike can be made to fit you perfectly by selecting the right componentry, unless you are a freak.

### CLOTHING

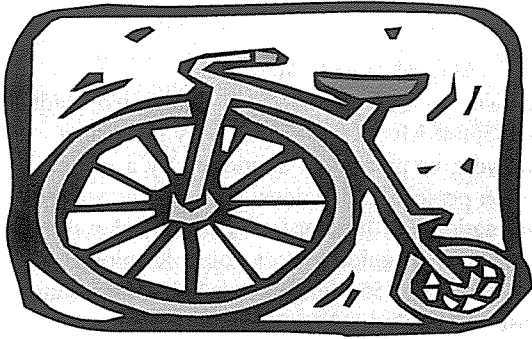
Why should you use proper cycling gear and not just a cheap tracksuit or something similar? The answer to that is that every sports' clothing has evolved to suit that sport. Cycling clothes are tight in order that they will reduce wind-resistance. For the tourist the additional and much more important benefits are that tight wet clothing warms up and does not **FEEL** wet. This is especially so with woollen things. When you are wet and miserable the greatest torture is to have cold wet clothing flapping against your skin. An additional trick to feel dry in cold weather is to use one of those sports underwear shirts which wick away the wet. I use one made by Helly Hansen and I can attest to the fact that it really works.

### BAGGAGE

How should you carry your baggage? The answer of course to the main luggage problem is to carry it on a carrier. If you have a lot of it then panniers are desirable as they will carry the load lower down and make the whole bike more stable, although rear panniers alone do introduce an element of instability. No panniers are waterproof. To quote Mike Harris "Fish are the only thing that is waterproof." To counteract this you should put everything inside big or several small plastic bags and put them in the panniers. As regards where you put things it makes life a lot easier if you have a system of packing so that you can easily find things. You could have e.g. all the bike stuff in one bag and all the non-bike stuff in the other. You could keep the spares you carry in one of the small pannier pockets. Certainly I and all my friends find a handlebar bag very useful. These make your bike feel a little unstable but you quickly adjust to them and they are terrific for maps, cameras, money and suchlike. There are two systems of attachment. One uses a metal frame which lies across the handlebars and is kept from falling down by a loop which goes in front of the handlebar stem. The bag in this system has to be kept stable by elasticized cords which are attached to the mudguard spars to the front wheel. This system has the disadvantage that it takes a little time to put on and off. The second system is new. This uses a click on mechanism. The bag frame clicks onto a gadget which is screwed onto the handlebars. The disadvantage of this is that if there is a lot of weight in the bag the whole assembly is inclined to be moved downwards by hitting a bump. The screws have to be **VERY TIGHT** to prevent this. There is for and against both systems. As an alternative to these and indeed as well as these you may find a bum bag very useful. These can be worn at the front or back. You should always have the pockets in any garment you wear while cycling at the back as things fall out of front pockets all too easily.

**Editor: Comments invited from club members.**

## Cycling in the 1890's



The initial medical reaction to cycling was generally hostile. The main concern being that it would precipitate unnatural sexual desires in women, or as the 1894 British Medical Journal rather opaquely put it: "The friction produced by the saddle may cause bruising, even exoriation, of the sensitive external genitalia and, in women of a certain temperament, may lead to other effects on the sexual system which we need not particularize."

A certain Dr J W Ballantyne warned that women of "advancing years, especially if near menopause, should be extremely careful" as he had come across many cases of harm from cycling including "goitre, appendicitis, dementia and hysterical seizures".

More specific hazards of cycling included "bicyclist's spine, an unfortunate condition in which side to side movement of the pelvis causes muscular strain at the base of the spine, precipitating chronic pain". There was also "bicyclist's sore throat" attributed to the inhalation of bacteria and leading to recurrent tonsillitis and "bicyclist's facies", a curious distressed look in which the physical effort of cycling was said to lead to permanent facial contortion.

When these hazards failed to warn the public off, the British Medical Journal brought out its big gun: Cycling was bad for the heart.

"There must be few of us who have not seen the effects of over-exertion on a bicycle," an editorial observed. "Cycling causes dilation of the heart from thickening of its walls. The condition may give little concern to those affected, but a medical man will view it with considerable distrust and apprehension."

In 1992, a century after promoting these risks, real or imaginary, the British Medical Association conceded that cycling might after all be healthy. Since then however, two other hazards have been reported: (a) the skin cancer, malignant melanoma, from protracted cycling in the sun without adequate sun protection, and (b) the "numb penis" syndrome in men for whom long hours on the saddle - the bicycle saddle that is, have traumatized the all important pudendal nerve.

The Sunday Telegraph, July 31, 1994 (Submitted by Alex Vennos)

## **Ladners' Birthday**

The Vancouver and Vicinity (Ladner) group held its monthly "Birthday Bash" at Ricky's Restaurant in Ladner on May 14<sup>th</sup>. This popular "get-together" is held on the second Tuesday of each month, to honour those members celebrating a birthday around that time. The whole day is something of a celebration, beginning with our weekly Tuesday ride, starting at 10a.m. at the Ladner Community Centre. The ride (about 75 kilometres around southern Delta and Point Roberts, USA) is divided in two by lunch at the excellent Bay Area Gourmet Café in Tsawwassen, where "The Gang" generally eats outside all year round ("Only in B.C. you say? Pity!") providing a splash of colourful jerseys and jackets in the corner of the mall. After the ride some of the thirstier members meet at the Ladner's Landing pub for a "cold one" before heading for Ricky's around 5:00 p.m.

This month we celebrated the birthdays of Ken Grieve, Bryan Riggs, Ron Pickerill, and Paul Ross. The foursome sat at the head of the table and collectively blew out the candles on the birthday cake (carrot cake — very healthy!) and received their cards and the applause of the 30-plus club members in attendance. On a more serious note, we also sent a "get well" card to Frances Bissegger, by way of her husband Max, sending her our love and wishing her a speedy recovery from her serious illness.

Also in attendance were club members Roger and Alison Mattingley from Aberdeen, Scotland. They were the guests of Garfield Clack and Marjorie Murphy. Roger and Alison were about to head off on a cross-Canada cycle tour beginning on May 27<sup>th</sup>, following a similar route other club members have taken over the years. By the time you read this, they will be well on their way, hoping to be in Winnipeg by Canada Day on July 1<sup>st</sup>, and in Sydney, Nova Scotia by mid-September. They are planning on averaging around 100 kilometres a day throughout their ride. (Darn tough people, these Scots!)

Finally, Alyce McKay was presented with a prize by Mary Eickhoff for the "Closest to the Time" part of our recent 35-Km Ride, which event was actually won by Eva Folk. (No, I didn't quite understand that either, but I don't question "em, I just reports "em!) Later I learned that Alyce was asked to accept the award on behalf of Eva who couldn't be at the dinner; sort of like Jane Fonda accepting the Oscar for Meryl Streep. Glad we got that sorted out.

*Harry Seddon.*

### **In memoriam.** †

Our friend, Frances Bissegger, was lost to us on June 2nd. I will always remember Frances for her smiling face. She was very nice to be with on tour - always cheerful even in the worst downpour and always doing her part and more with goodwill. She was seldom in the lead as a cyclist but she always completed the trip and no whining.

Frances and Max were part of the Ladner Tuesday riders and have usually gone to the birthday dinners at Rickys.

Even during her illness, Frances made the effort to come to birthday dinner to see us. I am so happy she did.

A lady of grace and gentleness, a friend to us all, how we will miss her. *Eva Folk.*

# 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 tours** - phone, fax 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 the 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 coordinator.

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

## Tours Completed 2002.

Hawaii Tour 2002.  
VICTORIA HUB & SPOKE  
ALBERTA -SMOKY RIVER

## **Brentwood Bay - Gabriola Circuit**

July 8<sup>th</sup> to 11/ 12<sup>th</sup>.

Art Borron 250 652-5990 artborron@shaw.ca

Registration fee \$8

Self-contained tour. Pay as you go except for first night's tenting fee.

For Itinerary see February Newsbrief.

Participants: Art Borron, Brenda Borron, Jan Grove, Carl Rorison, Jim Grayson, Ute Grayson, Chris Kabel, Carl Dukeshire, Joyce Dukeshire, Gladys Schmidt, Betty Darvell-Jones, George Setterfield, Dennis Parsons.

## **KAMLOOPS ROCKIES LOOP.**

LOOP # 1 July 21<sup>st</sup> to Aug. 6<sup>th</sup>

Sally Svensson 604-987-3449 sallynv@infoserve.net  
Dan McGuire 604-942-3235 danmcgu@telus.net

LOOP #2 Aug. 8<sup>th</sup> to Aug. 24<sup>th</sup>

David Brown 360-678-0898 dfbrown@whidbey.net

Deposit: \$50.00 March 1 \$150.00 May 1 Balance \$450.00

This is a cycle, camping tour supported by a vehicle to carry equipment & personal belongings. The cooking will be done by teams on rotation. For Itinerary see February Newsbrief.

New campsite in Kamloops-start point. Kamloops Riverview Campsite 250-573-3255 Mgr. Joe Lee 4395 Trans Canada Hwy. 7 Km east of Kamloops before the Pine Ridge Golf Course. Negotiations have been made to leave cars for the duration (17 nights) at a fee of \$10.00 per vehicle.

Rockies Loop #1:

Sally Svensson, Dan McGuire, Roy Goodchild, Helen Goodchild, Bill Hook, Barbara Faulkner, Sandy Kirk, Glenda Kirk, Bryan Riggs, Wendy Pearson, Douglas White, David Brown, Virginia Brown, Hans Klein, Bob Miller, Jean MacDonald, Jan Johnson, Anna Markus, Carl Rorison, Allan Buium, Judy Jackson, Helen Enns, Michael Goldberg, Ken Rogers - Waiting: Elma Gavin, Dora Ellis.

Rockies Loop #2:

David Brown, Dan Eaton, Ken Smith, Shirley Fisher, Chris Siggers, Jean Horrocks, Joan Enman, Faye Wilson, Barton Howes, Frank Ward, Sonia Ward, Beverly Wagner, Bob Kay, Bernie Kay, Christina Radnai, Jim Burnett, Sharon Warren, Gerry Parsons, Jake Tremblay, Walter Griffioen, Marion Griffioen, Bob Currie, Connie Currie, Jan Hoogendoorn.

## **PRINCE EDWARD ISLAND TOUR (Tip to Tip)**

Note: Due to cancellations there are now room for a few more participants. Gene Salamatian direct: Phone 250-477-1412

Tour 1..... Aug 14<sup>th</sup> - 29<sup>th</sup>

Tour 2.....Aug 15<sup>th</sup> - 29<sup>th</sup>

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Max 28 per tour.

Cost: \$350.00 per person, not including airfare.

Deposit: \$100. (\$20 Non-refundable), Balance \$250 April 15<sup>th</sup>

Complete Tour Itinerary in November Newsbrief.

This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8 camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner. Participants will provide their own meals, Provincial & Nat parks have cooking shelters.

PEI #1:

Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Dorothy Glover, Marilyn Murphy, Jenny Cookson, Jean Covell, Myron Kowalyk, Ellen Kowalyk, Les Hudgins, Andréé Milaire, Mary Jane Edwards, Penny Estabrooks, Kim Vogt, Wally Hnatiuk, Ann Cameron, Sally Svensson, Marg Howard, Ray Wright, Laureen Wright, Dennis Howard, Inge Gullon.

PEI #2:

Gene Salamatian, Gerri Salamatian, Edward Weinstein, Jackie Weinstein, Jim Beairsto, Fern Beairsto, Valerie Gillespie, Shirley Sloan, Lynne Stewart, Rob Stewart, Marthe Lambert, George Brandsma, Mary Brandsma, Steve Ferris, Rejééanne Girard, James Ladd, Sylvia Mather, Jacque Hunt.

## NICOLA VALLEY HUB & SPOKE.

August 27th - 31st

Barton Howes 250-378-0927 Bartonfaye@aol.com  
Tour fee: \$10.00 to cover new transportation costs.

Camping at Claybanks RV Park. Contact Barton after April 15th for further information. Remember to make your own reservations for camping and RV parking at "The Claybank RV park. The first ride is the evening of Aug. 25<sup>th</sup>., 7pm. Motels and restaurants are close by if you are camping.

Participants: Barton Howes, Bill Hannan, Audrey Hannan, George Setterfield, Jack Sheppard, Leila Montgomery, Elly Brok, Shirley Fisher, Carl Rorison, Katryn Jeronimus, Jean Horrocks, Dan Eaton, James Wolff, Bryan Riggs, Ted Golsteyn, Jantien Golsteyn, Ivan Paravan, Margot Paravan, Janice MacRae,

## TRANSAMERICA BICYCLE TRAIL

Year 2003

Astoria Oregon to Yorktown, Virginia  
May 29th to Aug. 25th 2003 .. 89 days  
Judy Jackson 604 985-7041 marij@telus.net

Maximum participants 24

Cost estimate \$4300

Deposit \$150 with application, non-refundable after Nov 1/02, remainder due by Feb. 1/03.

(Cost does not include transportation to Astoria or back from Yorktown/Williamsburg area)

The tour will include a support vehicle, camping & some motel or hostel accommodation and most meals (provided by cooking teams).

Distance 4500 mi (7200 km).

This will follow the original, 1976 Bikecentennial route as closely as possible. Adventure Cycling's blurb says "The route that made cross-country cycling famous. (Outside magazine calls the Trans Am the "ultimate bicycle tour").

Please note the advanced date(s) for non-refundable and final payments. It is necessary to have a good idea of how many plan to go so I can inform the campsites & other accommodations of our number.

More details as the time gets nearer ..... itinerary sent on request  
For more info. see January Issue of Newsbrief.

Participants (15): Judy Jackson, Marthe Lambert, Shirley Fisher, James Reid, Geraldine Reid, Sally Svensson, Wendy Pearson, Martine Donahue, Jean Horrocks, Jenny Cookson, Michael Goldberg, Brian Altenkirk, Yves Paquette, Madeleine Paquette, Jim Burnett, David Brown.

### FOR SALE.

2 Front Pannier, Cannondale \$30.00  
2 Rear Pannier, Norco \$ 10.00  
Inflatable Pillow \$10.00  
Sleeping bag, Woodward Pioneer, Bike & Hike \$ 30.00  
Tent - 2 person by Taymor. \$75.00  
Rain protectors, feet and ankles, Baron \$10.00  
Rubberized groundsheet \$10.00  
Bell Helmet \$ 20.00  
Backpack, large by Premier - Best offer.  
Fanny Pack (like new) \$ 8.00

Please phone Lorraine Lamb, 250 655 1530

Trek UAV Hybrid. Carbon bonded 58 cm frame.  
Manitou suspension forks. Rockshock suspension seat post. 27" wheels. Fenders, Rear rack, 22 water bottle cages, cateye trip computer.  
Bike is three years old and in good condition. Cost \$1800, selling for \$700.  
Reason for selling, hip replacement.

Please phone Richard O'Reilly at 604-940-0268

## 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): \_\_\_\_\_

How did you find out about our club, from a member , Website , other \_\_\_\_\_

Bicycling Experience: \_\_\_\_\_

Return completed application and waiver with your cheque for dues to CCCTS. 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

**WEEKLY RIDES.**

**VANCOUVER & VICINITY**

**Sundays:**

**Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435-3893

**Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays:**

**West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week.

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 for meeting place, time and destination.

**VANCOUVER ISLAND**

**Victoria,**

**Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17 Birthday Lunch, 11 am at WhiteSpot on Pat Bay Highway, 3<sup>rd</sup> Wednesday of month.

Contact:Roberto Bardati 250-389-0091

Hans Klein 250-477-1493

**Nanoose/Parksville.**

**Thursdays** - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**Comox Valley.**

**Thursdays** 10:00 a.m. Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955, Dora Ellis 338-9751

**CALGARY.**

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

**OTTAWA.**

**Thursdays** -Contact: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

**KAMLOOPS RIDES**

Contact Peter Baron 250 372 8392

I have developed an itinerary for a 6 week tour of the South Island which some of us are going to follow from 12th Jan to Feb 22. Distances will later be added and then the hostels or motels I will provide this information to anyone who e-mails me at [dovic@inetex.com](mailto:dovic@inetex.com) For an idea of what hostels are about click on [www.backpack.co.nz](http://www.backpack.co.nz)

If someone would like to organize a group of 9 (one lonely hostel accommodates only that number). a parallel tour could run say, one day later.

This would be interesting because, on the first group's rest day they could welcome the others coming in for tomorrow's rest day!

Dennis Parsons. Phone 250-881-1170

E-mail [dovic@inetex.com](mailto:dovic@inetex.com)

About Staying Hydrated.

The May/June Newsbrief had almost a column about "Staying Hydrated". It exhorted you to drink lots of water while cycling. Surprisingly it failed to mention the Golden Rule: "If you keep your mouth shut and breathe through your nose, you will scarcely need to replenish fluids". If you cannot breathe through your nose, you are going too fast. Just slow down a little. We are touring, not racing.

Why are so few touring cyclist aware of this? The normal use for my water bottle is for washing my hands after fixing a flat.

*John Peck.*

**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.



August 2002 Volume 19. Issue # 6

The Cross Canada Cycle Tour Society

## President's report.

David Clark

**P** Summertime and the living is easy??

Or if it isn't easy it's real good. Lots of people on lots of trips having a good time away from home and the daily tasks that are there.

As we put this newsletter together the Rockies trip with Sally Svensson has been on the road since July 21 and we will have #2



with David Brown starting August 8. The two PEI tours, #1 with Sonya and Roberto Bardati and #2 with Gene and Gerri Salamatian, will start on August 14 and 15. Art Borron will have returned from the Gabriola Circuit on July 11. With all this activity there doesn't seem to be anyone around to talk to about trips because they are either on one or they are "on the way" soon.

Speaking of being "on the way" those of you who have access to the internet can experience a great bike trip without ever getting out of your chair. I am speaking of the Bardati's epic journey across Canada (by bike) to do their PEI tour starting August 14. It seems that they left Victoria on June 2<sup>nd</sup> and will be in Charlottetown on the 13<sup>th</sup> of August. Their epic story is available on the internet in great detail including the roads, winds, dogs, the people they met and the good and the tougher times. The distance is estimated at 6245 kilometers and that is just to start their 900 km PEI tour. You can access the story at [www.geocities.com/redcyclequeen/huntsville-sherbrooke.html](http://www.geocities.com/redcyclequeen/huntsville-sherbrooke.html)

At this point we still don't have a trip co-ordinator for **Arizona in November**. If you want to go and are willing to do some work to make it happen please call me at 970-5622 or Dan Maguire at 942-3235. The trip has been done so many times before that it is easy to follow prior routes and accommodations. Last chance to make this happen is to put up your hand prior to September 5<sup>th</sup>

**Dennis Parsons popular annual Gabriola tour** is now listed with 15 spaces available, so sign up quickly.

## Stop Procrastinating!

### Sign up for a Cycling Traffic Skills course this fall.

The experience of cycling in traffic can range from frightening to feeling completely comfortable - the difference lies in the skill and confidence level of the cyclist. Over 350 people have taken our one-day Cycling Traffic Skills course and have been amazed by how much they learned. This eight-hour course combines classroom and on-road training and is taught by nationally certified cycling instructors. It is intended to build traffic cycling proficiency for recreational and commuter cyclist. An Introductory course is also available for those who are either getting back into cycling after a long hiatus or need to brush up on bike handling skills before heading out into full-scale traffic.

#### You will learn:

- How to ride comfortably and safely in heavy traffic.
- Tips for night riding and rain.
- How to manoeuvre around obstacles and make sudden stops.
- Proper bike fit and doing your own bike safety check.
- Practical advice on equipment, clothing and route planning.

#### Course dates in September and October 2002

Sat. Sept. 7, Sat. Sept. 14

Sun. Sept. 15 - Introductory level

**For UVIC students, faculty and staff only:** Sun. Sept. 22,

Sun. Sept. 29

Sun. Oct. 6 - Introductory level

**WHERE:** Victoria Police Station, 850 Caledonia, at Quadra

UVIC courses will be held in CIT

(Center for Innovative Teaching) Room 116.

**Time:** 9:00am to 5:00pm - Please arrive at 8:45am.

**Cost:** Free ( a \$50 deposit is required. It will be returned to you upon your arrival at the class.)

**Questions?** Please send email to:

>[courses@biketoworkvictoria.ca](mailto:courses@biketoworkvictoria.ca)< or call:

920-5775. Please mail your deposit to:

Greater Victoria Bike To Work Society

17A - 633 Courtney St. Victoria, BC V8W 1B9

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors E-mail: [rolf@pacificcoast.net](mailto:rolf@pacificcoast.net)

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](mailto:cccts@vcn.bc.ca)  
WEB-Site: [www.vcn.bc.ca/cccts/](http://www.vcn.bc.ca/cccts/)

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Equipment.....Barton Howes  
250 378 0927 [Bartonfaye@aol.com](mailto:Bartonfaye@aol.com)

## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

<b>July 8 -12</b> Brentwood- Gabriola C. 21 <sup>st</sup> Kamloops Rockies #1	<b>September</b>
<b>August</b> Directors Meet (cancelled) 6 <sup>th</sup> Rockies #1 Complete 8 <sup>th</sup> - 24 <sup>th</sup> Rocky #2 15 <sup>th</sup> - 29 <sup>th</sup> P.E.I. Tour 1 & 2 27 <sup>th</sup> to 31 <sup>st</sup> Nicola H&S	<b>October</b> <b>November</b> Arizona <b>December</b> 4 <sup>th</sup> Annual Banquet 5 <sup>th</sup> AGM

## New Members

Cameron, Don & Gail 604-946-4237  
4440 Tamboline Rd., Delta, BC V4K 3N2.

Chambers, Alan & Sheila 250-728-3312  
345 Boardwalk, Box 92, Bamfield, BC V0R 1B0.

George, Gary 905-453-4609  
5 Pineridge Lane, Brampton, ON L6W 1G6.

Howe, Robin Marie 206-783-7650  
327 NW 50th Street, Seattle, WA, USA 98107.

Lenton, Austin 604-464-0269  
2972 Fleet Street, Coquitlam, BC V3C 3R8.

Nellist, Jack 250-760-0095  
5417 Leslie Crescent, Nanaimo, BC V9V 1T1.

Horn, Ronald  
205-110-7th Street, New Westminster, BC, V3M 5W5

## Victoria Galloping Goose Trail bridge closure.

The Millstream Creek Bridge, near the boundaries of Colwood and Langford on the Galloping Goose, is to be upgraded to provide a safer and more accessible crossing of the creek.

Construction work will take place between the beginning of August and mid October, 02.

Although the Galloping Goose Regional Trail will be closed between kilometres 10.5 and 13 for the majority of the period, all other sections will remain open for public use.

(From Cycle Therapy, GVCC)

## Excerpts from Bardati's Travels.....

June 2

What a send off at Mile 0! Les brought champagne, the weather was excellent, 18 cyclists from CCCTS were there cheering us on. Then we met 8 more cyclist at Big Al's and again 4 more along the way. We were overjoyed by the encouragement they gave us. Off the ferry, we took the #17, #10, Glover rd, Albion ferry then #7, and even though traffic was fairly heavy, it was a very beautiful day  
June 10

It was 10° Celsius when we left Rogers Pass, the 14km downhill made it even colder, but by the time we got to Golden we were in shorts and jerseys. Well, it was bear day today. First a black bear crossed the highway in front of us, he looked back as we went by. With the other black bear we had help from a motorist who stopped his car while we proceeded on. Our third encounter was a grizzly with her 2 cubs, they were on the side of the road, a logger had warned us, some cars were stopped but we felt we needed protection, therefore we waved a car down, he stopped just across from the bears, he opened his car doors, we then push our pedals, when we passed the bears, the car went on. There are nice people around



June 28. Bemidji to Warba - Out of Bemidji at about 10 k, a car with Alberta license plate stopped, the couple approached and introduced

themselves, they were the Wright's from Edmonton. Ray and Lauren are on the PEI tour and they are stopping in Ontario before heading to PEI. What a coincidence! We stayed on the #2, the shoulders were mostly excellent, the scenery desolate. Today it was "deer fly day", about 30 or 40 buzzed around us for about 70 k. The temperature rose to 35°C. We stopped by a river to dunk our feet and my tank top, it was nice to put it on wet.

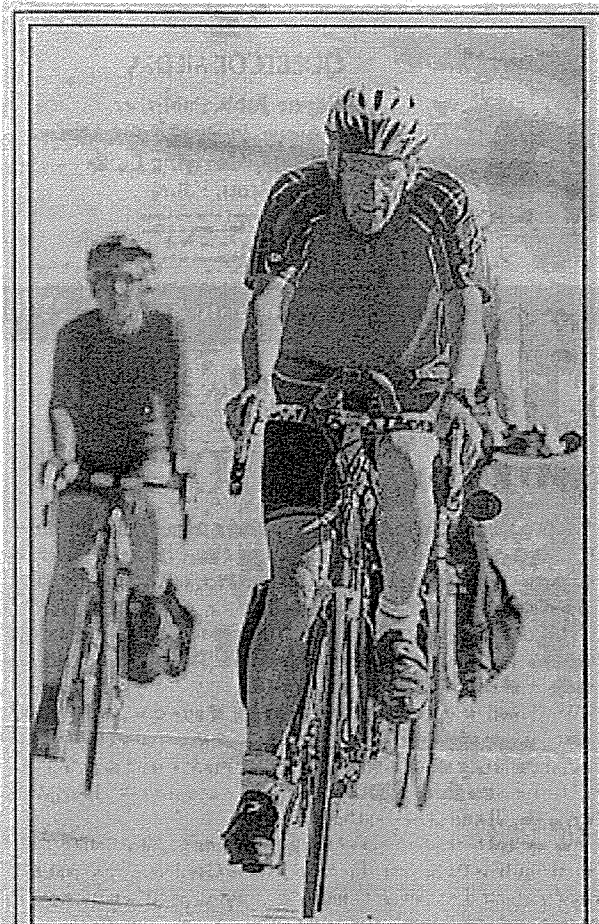
July 4 Munising to Newberry - We had a wonderful cycling day. The temperature was just right 18° C to 28° C. The hwy was flat for about 70k, the shoulders were like crocodile skin for 55k so we took the roadway since traffic was light. The scenery was nothing to talk about mostly trees and then spaces where the north winds would whoosh across and push me around a bit as I am lighter since I lost some weight. Roberto has also lost weight but his belly is still "rondlette". It was a half day again, had time to watch my soaps and to go to the pool.

July 17 It was a terrific day, we left Renfrew by a country road then headed down the TC#17. We had only done about 6km went we decided to make a U turn and took a side road. That portion of the TC#17 is not good, there is no shoulders and the traffic is absolutely nuts. We got ourselves a bit lost but found some beautiful side roads. We arrived at Rooster's in Carp at 11.11am. The rendezvous with the Ottawa cycling group was at noon. Kathy & Eric Hoffman from Summerland were among the 15 members at the rendezvous. We stayed with Marilyn, she invited some CCCTS members for pizza. We met the ladies from Ottawa that will be participating in the PEI tour

From Aug 7 to Aug 10, we will have completed our coast to coast to Halifax. Not yet the nine provinces, therefore we will then cycle on to Charlottetown Aug 11-13, 2002

We will be closing in on our dream trip, having gone from coast to coast in 55 cycling days, 3 more days to go to Charlottetown. Once in Charlottetown we will be leading a Cross Canada Cycle Tour Society tour of Prince Edward Island; another 900 kilometers.

By that time we will be ready to take on more challenges, who knows !



## HITTING THE ROAD

Jim Ladd (front), and another pair of cyclists peddle towards a rest stop south of Ainsworth on Highway 40 en route to their overnight stop at Musreau Lake. The trio, part a group of 23 members of the Cross Canada Cycle Tour Society, left Hinton June 2 on a 1,000-plus kilometre bike trip that circled through Edson, Whitecourt, Swan Hills, High Prairie, Valleyview, Grande Prairie, Grande Cache and back to Hinton. A large number of the group is made up of retired people who enjoy the sport of cycling.

Staff photo by Randy Vanderveen

Smoky River trip report as experienced by me , a new comer with a hybrid bike,with no history of riding with big groups.

### Highlights:

Swanhills, being informed, fed and entertained by local seniors and deputy mayor including a bus trip.

Hilliards Bay provincial park on Lesser Slave Lake, first pancake breakfast, great walks .

Soft ice cream at Valley view after a hot, hot long tedious ride with little scenic diversion.

Bear Creek trail in Grande Prairie, a nice change from highway riding followed by a swim in the local swimming pool riding down down down down to Cutbank creek.

Swimming in Masereau Lake.

Finding my tent set up in Grande Cache after riding 120 km, climbing 5100' on a hot cloudless day.

Terrific hailstorm in Switzer park.

### New Lasting Impressions:

Unique cook tent and shelter.

A Budget rent a Truck outfitted with shelves and boxes for orderly storing of pots , pans ,cutlery and groceries.

Great teamwork, somebody always there to ask and help.

Gourmet meals.

Having the fattest tires on my bike.

Being on the lower end of the age scale of the participants.

Having the freedom to ride your style, any speed and spending the day as creatively as you want to.

Cold beer, available on arrival.

A S K: Dan McGuire about the mouse in his pannier ?

Jim Ladd and Bruce Ross how easy it is to miss the right turn off ?

Truus and David Clark how to have 2 coffee stops in one morning ?

Anne Miller how to be up at 3.30 am for breakfast duty ?

Photo: Daily Herald Tribune, Grand Prairie, Alberta. 13 Jun. 02

It was a memorable adventure. The days were as varied as the gears on my bike. A big thank you to everyone for making me feel welcome.

## Water, Water.....

Dennis Parsons

Regarding keeping one's mouth closed and thus reducing the need for water.

I concur with John Peck and go so far as not to use both nostrils but to alternate one and then the other, and since I never get flats I have no need to wash my hands. I use my bottle to squirt sleeping dogs on porches to prepare them for the cyclists following .

Dehydration is a serious matter and one should take a few gulps of water now and again. It is the insistence on large intakes that is hard to swallow.

On a cool day one bottle should suffice over a 50 to 80 Km trip on a scorcher , four to five might just might be enough.

The secret is to wet your whistle now and again and you will coast along nicely.

## Gabriola gone to the dogs.

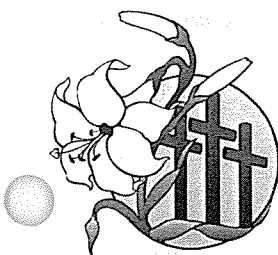
Joyce Dukeshire



My name is Bisto, and I am a dog. I have just completed the Gabriola Tour, yet my paws did not turn a pedal. As a matter of fact, my paws rarely touched the ground, other than a walk or two and a swim in the sea. I am carried in a trailer, towed by my master (or servant, depending on how you look at it), Brenda.

I enjoy my tours with Brenda, and my other master (servant), Art; I see a lot of country and enjoy quiet naps in the shade, outside the Pubs. Gabriola was no different. There are nice people on these tours, who work very hard on the hills and laugh very hard in the evenings. The sun was very hot on this tour but I did not suffer, I just drank most of Brenda's water bottle. I don't like it much when Art gets ahead of my trailer, I'm not sure why, maybe I like to beat him or maybe I'm afraid he is running away. So Brenda works hard to stay ahead. It doesn't bother me as much when Art lags behind, but I do check now and then to see that he is coming. Crawling in to the tent at night is my special treat, and I am very comfortable there. At Crofton, it was especially nice, the lawn was cool and soft and the ocean was nearby for my swim. The people enjoyed the view. Circling Gabriola Island was fun, we went very fast down the hills and very slow going up; most of the people did the same, but there were a few who went fast down and up!

I get quite a few pats on the head from the nice people on this tour, and I hear them say "thank you" to Art for arranging a good trip. Next year, I will go to Gabriola again, or maybe somewhere else; I hope Brenda has her water bottle full!



It is with great sadness that we inform you of the passing of **Willem Augusteijn**, known to some of us as Bill, or Wim, or Daddy. Willem was diagnosed with lung cancer a little over a year ago, and succumbed to it on August 2nd, 2002. He went peacefully in his sleep, at home, surrounded by his loved ones and his favorite music. He did not suffer unduly

during this past year; he became a grandfather, visited Holland, relaxed at his home in the country, and was visited by many.

A memorial day will be held for him at his home on Sunday, August 11th, 2002 between 2 p.m. and 8 p.m. We invite you all to attend at any time during those hours. For those of you who live in Europe, there will also be a memorial held for him in Holland in September 2002, for which we will have more ample details in the near future. Please find below the address and directions to the house.

**Address:** 19990 Willoughby Rd. Alton, Ontario, Canada L0N 1A0 Please call (519) 940-4389 or (519) 940-8518 if you require any further information.

*Gisele, Melanie and Stefanie*

With sadness, we report the passing of **Nancy Heaney**. Nancy was an enthusiastic participant in 'Bike For Your Life', a member of Nanaimo Paddlers, Nanoose Cycle Club, Island Mountain Ramblers, Nanaimo Thursday Hikers, BC Seniors' Games Society, and the Cross Canada Cycle Tour Society. Purple was Nancy's favourite colour and a number of her cycling friends are wearing a purple ribbon in her memory, particularly at the BC Seniors' Games to be held in Prince George on August 28-31. Nancy's husband, Dave, has arranged a memorial service at the Baptist Church, 550 N. Pym Street, Parksville, on September 7 at 10:30 a.m. *Diana Lifton.*

## Safety in Cycling.

*Bob McInnes*

At the Victoria area Hub and Spoke, I was dismayed to see how many of us seem uncomfortable cycling in city traffic. Worse yet, sweeping at the end, I observed cycling behavior that was dangerous. For example, seldom did I see anyone turning right at an intersection either stop for the stop sign or look to the left to check possible conflicting traffic. Wow! We need some upgrading!

I cycled for almost fifty years before I encountered the defensive cycling course, called Can-Bike in Canada and Effective Cycling in the U.S.

Once I mastered the material, I knew where the REAL hazards were, how to avoid them and generally to be able to take my rightful place in the traffic dance. I'd say that it was the best \$100 or so I ever spent! I'm delighted that CanBike courses given in the Greater Vancouver area are noted in the May/June newsletter. In most of the larger centres there are Can-Bike instructors. In the U.S., the League of American Bicyclists has Effective Cycling Instructors. Lacking any such in your area, those able to benefit from home study can get "Effective Cyling" by John Forester, published by MIT Press. Both that book and a related video are available in the Victoria Public Library, for example.

Went to Al Hollinger's birthday dinner on July 9th at Ricky's. It was a great event with 7 birthday people & many folks there showing their support. The big event of the Birthday Dinner was the surprise to most everyone when the drums rolled & we all looked to the entrance & there, to our surprise, a delightful lady in aqua costume - belly danced her way in, placing her veil around Al's shoulders. This left her with less on to the delight of the viewers & she wiggled & swayed to the exotic music. She invited Al to dance with her & he accepted. It was a case of "you had to be there" for such fun.

Lee Kraft.

Regards,

# 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 tours** - phone, fax 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 the 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 coordinator.

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

## Tours Completed 2002.

Hawaii Tour 2002.  
VICTORIA HUB & SPOKE  
ALBERTA -SMOKY RIVER  
Brentwood Bay - Gabriola Circuit  
Kamloops Rockies Loop #1

## GABRIOLA ISLAND.

*New Tour.*

September 23<sup>rd</sup> - 27<sup>th</sup>

Dennis Parsons 250 881 1170

E-mail >dovic@inetex.com<

Cost: \$75 (covers tenting, 2 dinners, 2 breakfasts and materials for lunches and munchies) Payment to CCCTS

Participants: 15

We are visiting Lady Patricia again .

Catch the 9:50 ferry at Brentwood on Monday and ride to Crofton using the byways.

Tuesday stop at the Crow and Gate on our way to the Cabin.

Wednesday cycle around the Island.

Thursday south to Chemainus to take in a play.

Friday home.

## **KAMLOOPS ROCKIES LOOP.**

LOOP #2 Aug. 8<sup>th</sup> to Aug. 24<sup>th</sup>

David Brown 360-678-0898 dfbrown@whidbey.net

Deposit: \$50.00 March 1 \$150.00 May 1 Balance \$450.00

This is a cycle, camping tour supported by a vehicle to carry equipment & personal belongings. The cooking will be done by teams on rotation. For Itinerary see February Newsbrief.

New campsite in Kamloops-start point. Kamloops Riverview Campsite 250-573-3255 Mgr. Joe Lee 4395 Trans Canada Hwy. 7 Km east of Kamloops before the Pine Ridge Golf Course. Negotiations have been made to leave cars for the duration (17 nights) at a fee of \$10.00 per vehicle.

Rockies Loop #2:

David Brown, Dan Eaton, Ken Smith, Shirley Fisher, Chris Siggers, Jean Horrocks, Joan Enman, Faye Wilson, Barton Howes, Frank Ward, Sonia Ward, Beverly Wagner, Bob Kay, Bernie Kay, Christina Radnai, Jim Burnett, Sharon Warren, Gerry Parsons, Jake Tremblay, Walter Griffioen, Marion Griffioen, Bob Currie, Connie Currie, Jan Hoogendoorn.

## **PRINCE EDWARD ISLAND TOUR (Tip to Tip)**

Note: Due to cancellations there are now room for a few more participants. Gene Salamatian direct: Phone 250-477-1412

Tour 1..... Aug 14<sup>th</sup> - 29<sup>th</sup>

Tour 2.....Aug 15<sup>th</sup> - 29<sup>th</sup>

Roberto Bardati 250-389-0091 E-mail dockst@shaw.ca

Participants: Max 28 per tour.

Cost: \$350.00 per person, not including airfare.

Deposit: \$100. (\$20 Non-refundable), Balance \$250 April 15<sup>th</sup>

Complete Tour Itinerary in November Newsbrief.

This tour includes a support vehicle to transport camping gear, 6 nights at Inn/hostel, 8 camping at Prov. & Nat. Parks, 3 breakfasts, one lobster dinner. Participants will provide their own meals, Provincial & Nat parks have cooking shelters.

PEI #1:

Roberto Bardati, Sonya Bardati, Dan McGuire, June Gallagher, Dorothy Glover, Marilyn Murphy, Jenny Cookson, Jean Covell, Myron Kowalyk, Ellen Kowalyk, Les Hudgins, Andréé Milaire, Mary Jane Edwards, Penny Estabrooks, Kim Vogt, Wally Hnatiuk, Ann Cameron, Sally Svensson, Marg Howard, Ray Wright, Laureen Wright, Dennis Howard, Inge Gullon.

PEI #2:

Gene Salamatian, Gerri Salamatian, Edward Weinstein, Jackie Weinstein, Jim Bearsto, Fern Bearsto, Valerie Gillespie, Shirley Sloan, Lynne Stewart, Rob Stewart, Marthe Lambert, George Brandsma, Mar Brandsma, Steve Ferris, Rejéeanne Girard, James Ladd, Sylvia Mather, Jacquie Hunt.

## NICOLA VALLEY HUB & SPOKE.

August 27th - 31st

Barton Howes 250-378-0927 Bartonfaye@aol.com

Tour fee: \$10.00 to cover new transportation costs.

Camping at Claybanks RV Park. Contact Barton after April 15th for further information. Remember to make your own reservations for camping and RV parking at "The Claybank RV park. The first ride is the evening of Aug. 25<sup>th</sup>, 7pm. Motels and restaurants are close by if you are camping.

Participants: Barton Howes, Bill Hannan, Audrey Hannan, George Setterfield, Jack Sheppard, Leila Montgomery, Elly Brok, Shirley Fisher, Carl Rorison, Katryn Jeronimus, Jean Horrocks, Dan Eaton, James Wolff, Bryan Riggs, Ted Golsteyn, Jantien Golsteyn, Ivan Paravan, Margot Paravan, Janice MacRae.

## TRANSAMERICA BICYCLE TRAIL

Year 2003

Astoria Oregon to Yorktown, Virginia

May 29th to Aug. 25th 2003 .. 89 days

Judy Jackson 604 985-7041 marij@telus.net

Maximum participants 24

Cost estimate \$4300

Deposit \$150 with application, non-refundable after Nov 1/02, remainder due by Feb. 1/03.

(Cost does not include transportation to Astoria or back from Yorktown/Williamsburg area)

The tour will include a support vehicle, camping & some motel or hostel accommodation and most meals (provided by cooking teams).

Distance 4500 mi (7200 km).

This will follow the original, 1976 Bikecentennial route as closely as possible. Adventure Cycling's blurb says "The route that made cross-country cycling famous. (Outside magazine calls the Trans Am the "ultimate bicycle tour").

Please note the advanced date(s) for non-refundable and final payments.

It is necessary to have a good idea of how many plan to go so I can inform the campsites & other accommodations of our number.

More details as the time gets nearer ..... itinerary sent on request

For more info. see January Issue of Newsbrief.

Participants (15): Judy Jackson, Marthe Lambert, Shirley Fisher, James Reid, Geraldine Reid, Sally Svensson, Wendy Pearson, Martine Donahue, Jean Horrocks, Jenny Cookson, Michael Goldberg, Brian Altenkirk, Yves Paquette, Madeleine Paquette, Jim Burnett, David Brown.

### FOR SALE.

2 Front Pannier, Cannondale \$30.00  
2 Rear Pannier, Norco \$ 10.00  
Inflatable Pillow \$10.00  
Sleeping bag, Woodward Pioneer, Bike & Hike \$ 30.00  
Tent - 2 person by Taymor. \$75.00  
Rain protectors, feet and ankles, Baron \$10.00  
Rubberized groundsheet \$10.00  
Bell Helmet \$ 20.00  
Backpack, large by Premier - Best offer.  
Fanny Pack (like new) \$ 8.00

Please phone Lorraine Lamb, 250 655 1530

Just a note to let you know that "Seniors" have done it again.

ALCAN DRAGON BOAT FESTIVAL June 21<sup>ST</sup> - 23<sup>RD</sup>  
SENIORS EVENT (7 boats of 22 each)

"Coquitlam Nothing Dragon," of which Sonie and Gordon Kennedy are paddlers came 1<sup>st</sup> and 4<sup>th</sup>. We won the gold medal for the second year and retained the B.C. Lotteries "Seniors Challenge Cup."

Yours Sincerely, Gordon Kennedy

## 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): \_\_\_\_\_

How did you find out about our club, from a member , Website , other \_\_\_\_\_

Bicycling Experience: \_\_\_\_\_

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

**WEEKLY RIDES.**

**VANCOUVER & VICINITY**

**Sundays:**

**Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435-3893

**Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays:**

**West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week.

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 for meeting place, time and destination.

**VANCOUVER ISLAND**

**Victoria,**

**Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17  
Birthday Lunch, 11 am at WhiteSpot on Pat Bay Highway, 3<sup>rd</sup> Wednesday of month.

Contact:Roberto Bardati 250-389-0091

Hans Klein 250-477-1493

**Nanoose/Parksville.**

**Thursdays** - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**Comox Valley.**

**Thursdays** 10:00 a.m. Tim Horton's at Superstore Mall.

Contact Gladys Schmidt (250)338-8955. Dora Ellis 338-9751

**CALGARY.**

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7910

**OTTAWA.**

**Thursdays** -Contact: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

**KAMLOOPS RIDES**

Contact Peter Baron 250 372 8392

**LADNER BIRTHDAY.....**

This month we celebrated the birthdays of **Joan Rumsey, Anne Marie Labourdette, Bob Helms, Fritz Niebisch, Andre Milaire** and **Al Hollinger**.

I hope the others will forgive me if I mention Al Hollinger in particular. Al is our leader, the tough-as-leather guy who makes John Wayne look like Richard Simmons. Al is the glue that holds our group together, a wonderful mixture of determination, kindness, cycling know-how, mechanical genius, and just a touch of "Aw, shucks!" bashfulness. So it was decided to do something just a bit extra for Al's birthday this year. We got him a belly dancer.

Several club members had arranged for the young lady to arrive unannounced with her boom-box, her "I Dream of Jeanie" costume, and her finger bells to dance for Al. After she gave a whole new meaning to the expression "shake and bake", she invited Al to dance with her, leaving her motor running the while. Al would have been excused if he slid under the table in embarrassment, but this is Al Hollinger we're talking about. Equal to the challenge, he joined her on the floor. Al was wearing an Arab head-dress (don't ask me why - Al's wardrobe is always a bewildering combination of improvisation and practicality) and he grabbed a pair of dinner forks in each hand to use as castanets. Away he went, gyrating and clicking like all-get-out. The assembled diners cheered and clapped their admiration.

That's "-30-" from Harry Seddon this month.

**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.



September 2002 Volume 19. Issue # 7

## The Cross Canada Cycle Tour Society

### President's report.

David Clark

# P

What a great Summer! For many of us it was eventful, full of adventure and for the Bardati's it was an epic X Canada experience with the circumnavigation of PEI as a great extra.



Our Pic Nic at the South Delta Recreation Centre was so successful that we ran out of Chili and Cake much to the chagrin of our Dennis Parsons who was paying more attention to talking to his friends than bellying up to the serving area. It was sunny and warm and a great opportunity to be with people we haven't seen for a while.

While it may have been possible to have more tours we did very well with what we had. Over subscription to both PEI and the Rockies led to a doubling of each tour allowing most who wanted to go the opportunity. Barton's Merritt Hub and Spoke generated more participants than ever with a lot of new members testing the waters of cycling with us. The reports back are ecstatic. Yes it has been a great summer.

Your Board of Directors has taken action in fine tuning a lot of what we do. Year to date we have improved a lot of the office procedures and we are part way to enabling the Society to reap the economic and administrative benefits that will go with e-mailing the newsletter to members who have that facility.

We will also have a proposal to add to the by-laws of the Society to satisfy some legal issues and to reduce members exposure to frivolous lawsuits.

### EDITOR'S COMMENTS.

Don't tell me; you have heard it all before !?

The Newsbrief is to a large extent dependent on the membership, for articles of interest to your fellow members. If not enough is forthcoming, this Editor has to beg, borrow or steal items from elsewhere.

It is surprising how many tours and events get no recognition in the form of write-ups; in spite of comments I hear from people, how much they enjoyed them.

Our tour organizers spend a lot of their spare time just so you can enjoy tours, meet people and see new places. Where is the pat on the back, make him or her feel good, recognition in the form of a few words in your own newsletter ? Case in point: Victoria Hub & Spoke and Picnic; Annual Picnic & Swap meet in Vancouver and more (thanks Ted, for another adventure on The Smoky River tour).

I caught the ferry to the mainland to attend the picnic in Vancouver with about twenty other Islanders. We were met by some of the Ladner bunch and escorted on the scenic tour to the Deas Island Park. While there I distributed about 50 fresh August Newsbriefs (saving postage). Much to my surprise I got comments such as, "Oh, are you still the Editor"; "You are doing a good job"; five raspberries from people, who couldn't find their submissions on the front page ( didn't get as far as page 5 and 8). I usually like raspberries but with whip cream! Other than the latter I really enjoyed meeting a lot of friends at the picnic attended by close to 100 people on a beautiful sunny day.

Attended the annual "Bike For Your Life" in Parksville and did the 90 km ride. Well attended by CCCTS cyclists. It was nice to see Katryn and Brian among the Participants from Vancouver as well as close to about 25 from the Victoria area.

WE now have another weekly ride out of Kelowna spearheaded by Donna and Yvonne.

Your President has decided to change his image; the picture you see in his column is it. Not to be outdone here is a picture of me waiting for your input to the newsletter. You can email me at [rolf@pacificcoast.net](mailto:rolf@pacificcoast.net) or send it snail mail to the office.



# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors E-mail: [rolf@pacificcoast.net](mailto:rolf@pacificcoast.net)

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](mailto:cccts@vcn.bc.ca)  
 WEB-Site: [www.vcn.bc.ca/cccts/](http://www.vcn.bc.ca/cccts/)

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## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

<b>September</b>	<b>December</b> 4 <sup>th</sup> Annual Banquet 5 <sup>th</sup> AGM
<b>October</b>	11 <sup>th</sup> Victoria Christmas at Princess Mary.
<b>November</b> Arizona	

## New Members

☺	Hodgson, Chris & Margaret	604-541-2382
	13451 27 Ave., White Rock, BC	V4P 1Z1
	Horn, Ronald	604-523-1905
	205-110-7th Street, New Westminster, BC	V3M 5W5
	Rainey, Jim	604-266-9708
	2866 W. 29th Ave., Vancouver, BC	V6L 1Y1



Congratulations go out to the participants from our club who went out and represented areas from all over the province in the BC Seniors Games Cycling events .

The following club members participated in the cycling events (hill climb, road race and time trials): Peter Baron, Kamloops; Barbara Hetzer, Sonja Joos, Jean McDonald Victoria; Dora Ellis, Courtenay; Richard Gibbs, Vananda; Sabine Hansel, Nanaimo; Donna Nicholas, Kelowna.

Medals: Richard Gibbs, 3 Silver  
 Sabine Hansel, 1 Gold, 2 Silver  
 Barbara Hetzer, 3 Bronze  
 Sonja Joos, 3 Gold  
 Donna Nicholas, 2 gold, 1 Silver  
 Jean McDonald, 3 gold

## Kamloops-Rockies #1.

By Glenda Kirk.

Only memories, photos and a leaner, fitter body remain, but all serve as a reminder of a wonderful bike trip to and through the Rockies. Despite excessive anxiety, not to mention great fear and trepidation on our part, we not only survived our first CCCTS tour, we loved it! Sally Svensson did a great job planning the itinerary, organizing the accommodation and keeping us all on track (literally), while Dan McGuire was a chauffeur extraordinaire, indicating points of interest, providing coffee breaks par excellence, shopping with infinite patience for exotic ingredients and balancing the books in the process. Bill Hook, as wagon master, oversaw the daily packing up (and made sure we made breakfast right!) and Helen Goodchild did a marvelous job of ensuring our cupboard was never bare.

Enjoyed the bike parkway leaving Kamloops which more than compensated for the hot, dusty campground which subsequently proved not to be the norm, as all the later sites were comfortable and well equipped. At Clearwater we rented a bus for a late afternoon sightseeing trip up to Wells Gray Provincial Park to see spectacular Helmcken and Dawson Falls (the black bear was a bonus!) By mutual agreement we all decided to get a motel at Blue River, as the mosquitoes were pretty grim and very aggressive, but other than that, we were relatively insect-free for the remainder of the trip. We had easy cycling right up to Jasper, with great views of Mt. Robson and Mt Terry Fox to inspire us and en route we enjoyed colourful shoulder meadows blooming with alpine lupin, California poppies, Indian paintbrush and a variety of decorative grasses.

Colder weather moved in at Jasper and for three days after we played "put it on, take it off" with our wet and cold weather gear.

Our first dreaded day arrived - 100 km to the Icefields. The hills became increasingly steep, but we barely noticed as the snow-covered peaks along the Parkway were spectacular. As anticipated, we eventually encountered brutal winds across the Athabasca flats that gave way to the long steep climb up the Sunwapta Pass. But everybody arrived safe and sound at the Icefields Chalet, proud of having met the challenge. While our accommodations were palatial (each of our rooms could easily have slept six), the meal was considerably less impressive. Nevertheless, we were all glad not to have to pitch a tent or cook in the cold, inhospitable mountains.

Fresh snow on the nearby hills next morning, and we all experienced a big rainstorm just before the coffee break at Rocky Mountain House. Later, and after more cold rain, some of us detoured up to Peyto Lake and experienced a few tentative snowflakes - shades of things to come. Seems we were just a day ahead of the snowstorm which closed the Parkway between Jasper and the Icefields for several hours. Mosquito Creek Hostel was very comfortable except for having to wash outside in the creek. It was dormitory accommodation so next morning there was some odious discussion of the relative decibel levels in the women's and men's dorms.

It was all downhill from Mosquito Creek to Kicking Horse Pass, except for the very steep but short climb up to Lake Louise. A number of us did little hikes there. Sally, Jean MacDonald and Helen Enns even managed to get snowed on during their descent from the teahouse. That evening it was great to meet up with Rolf Petersen and Sharlane Fossum at Kicking Horse Camp, and celebrate Roy Goodchild's and Rolf's birthdays with Bill Hook's scrumptious chocolate cake.



The descent from Kicking Horse to Golden wasn't very relaxing because the traffic was heavy, the roads narrow and under construction in places, and the shoulders virtually non-existent or uncleared from the winter's sanding. It's a horrible section of the Trans-Canada. Thankfully, the antics of the mountain goats lightened things up. Golden to Rogers Pass wasn't much better. It was easily the coldest, wettest day we had, and the five tunnels that we'd been dreading were a cinch after the continued relentless traffic, narrow lanes and uncleared shoulders. But after a short steep climb up the Rogers Pass, all the frustrations with traffic were forgotten as we slipped into the hot pool at Glacier Park Lodge and soaked the cares out of our chilly bones (the temperature at noon was 10 degrees). A nice dry room to dry out clothes, a cheerful staff, a great meal and all looked rosy again.

Road conditions improved, the sun came out, and we continued downhill from Rogers Pass through Revelstoke and on to Sicamous. It was not to last. That evening we experienced thunder, lightning, and a torrential downpour so heavy we even discussed the possibility of finishing the trip early, but we survived and next day the sun reappeared and we had a fabulous ride on to Sorrento. Finished off with a restaurant dinner complete with yummy desserts and a farewell "thank you" in celebrating the trip. Despite strong head winds on our final day, most of us arrived in Kamloops by early afternoon, enabling the Island cyclists to savour a two-hour wait for the ferry.

*Rockies #1 continued page 4.*

## Rockies Loop #2

- a new-comers view by Ken Smith, Burnaby.

Well, I just completed the Kamloops-Rockies tour - what an experience!

The trip was 1130kms., with a nice diversion into Wells Grey Park (by bus), a walk to see spawning salmon at Valemount, and side-trips to see other sights such as the Natural Bridge near Field. And we climbed close to 7600 meters (25,000 feet) or the equivalent of going up a 8% slope for 90kms.! It was a lot easier going down the 7600 meters than up. Road shoulders were generally good, and kudos to the big rig drivers who pulled over to the middle of the road when traffic allowed (even sometimes when traffic didn't allow!) to lessen the wind effect. But oh those RV drivers - especially the rentals - who don't know where the sides of their units are! (Usually on the shoulder!)

The group - a mix of new tour-cyclists and old hands - 12 women and 12 men - ranged in age from 51 to 74 (average age 64!). The co-operation in setting up and breaking down the cooking tent and equipment, loading and unloading the truck, and the overall camaraderie was terrific! Something to do with maturity?

The job I wouldn't want is that of our driver, David Brown. It was David's first tour as a driver and keeping everyone informed, fed, bedded, safe, and happy was a huge task. Driving, shopping, rescuing, confirming reservations, paying bills, etc. etc. Yikes! When a member agrees to be a tour leader and does all the necessary work, the club needs to pay the leader a decent honorarium!

Shirley Fisher stepped in to help with the bookkeeping, and Chris Siggers did what he is good at - keeping the beer cooler stocked! Barton, Faye, Joan and other "old-hands" helped make things run smoothly! Everyone helped! Sign me up for the next tour!

---

### Rockies #1 continued.

#### Memories.

Dan's terrific elevation charts! Bill's Red River Cereal, Wendy's aerobics, Hans and Ken's cheerful assistance, Jean's effervescence, Michael's recumbent bike, David's lost wallet, the bear running across the road, the mayhem preparing sandwiches in the morning, leisurely picnic lunches, "happy hours" in Dan and Alan's or Sally's rooms, fabulous "gourmet" camping dinners, Sandy and Glenda's dinner wines, wonderful long train whistles plus shunting at night, even better earplugs, the parting of the stream at the Great Divide, Helmcken and many other waterfalls, the Natural Bridge on the Kicking Horse River, beautiful lakes and mountain vistas, and best of all being able to eat huge meals and not gain weight. Plus, 1170 more km on my odometer. Thanks to all the participants for making it all so much fun.

## The Nicola Valley.

By Ian Turnbull

The Nicola Valley for us was a scenic valley between home and somewhere else until August 27th, when we arrived for a Hub & Spoke.

Our first ride that evening took us from Claybanks RV around Merritt on 5A, the Coquihalla, and back to Juniper Dr. for a ridge view of the town and the attractive golf course. Barton had drinks at a cash bar waiting for all 48 of us for when this tour ended at dusk. The riders chatted away until it was dark when we rode off heading for the RV park and then up to our B & B. for a good sleep.

The scheduled tour of the 28th took the group out highway 5A to the end of Nicola Lake and back. While it was a smooth road and grand scenery, some people, my wife Aleda and Jan who rode with us, discovered an elegant watering place at Quilchena which was too good to pass up, returning that evening-by car you cycling keeners-for a three course dinner. No camp stoves for our little group!

Thursday the riders split up, with some going up the Coquihalla and returning on the Coldwater Road and others up to Kingsvale and back on Coldwater. This too was a great ride, followed as always by the happy hour in the RV park.

Friday was a bit more strenuous with a ride up 8 to Spences Bridge. Only the intrepid few, Aleda, Jan and I made it to Spences bridge, or at least those were the only riders who found the pub for lunch. But then these three started 10ks closer than the others and had Jan's husband pick them up for the return in his great big truck.

All in all a fine Hub & Spoke with great rides in rolling country, fine scenery, many happy hours, lots of fun and friendship. Pretty well perfect. But some had to have more and rode up to Monck Provincial Park on Saturday.

Little did they know that Aleda and I drove up ahead of them and scared a bear off the road.

---

### Just Whistle!

Met some folks cycling on a tandem from Van. to Winnipeg. They both wore whistles on a cord, around their necks. The Captain said he has had to use his whistle a few times, warning car drivers that they were too close a/or didn't even know the cycles were there. Their whistles were FOX 40 CLASSIC, made in Canada. We found these whistles in an outdoor shop (the cycling store didn't stock them). So, now Ken & I don't cycle without them. Of course, the whistles have to be very LOUD when blown. We were told that bear whistles also would be good. This is a tip worth knowing.

By Lee Kraft.

## You're invited to the opening of Mud Bay Dike/Park in Surrey -

South from Colebrook Road at 127A St, follow Railway Road to the new parking lot below the Burlington Northern RR overpass Fri Sept 20, Ceremony at 1:30pm. Signs will be posted.

The trail is a shared funding initiative between City of Surrey and GVRD parks committee (\$250,000 each) and will provide a strategic link between the existing Boundary Bay dike trails, the planned Trans Canada Trail, King George Highway and Surrey arterial road system. Come out and, with your participation, encourage more bicycle initiatives in future. Leave your tire tracks on the new trail.

**The new park can be found south off of Colebrook Road at 127A St and follows Railway Road. The parking area is at the end of Railway Road ... right where Hwy #99 goes over top of the Burlington Northern Sante Fe Railway. The two main routes for finding Colebrook Rd at 127A St are:**

1) via King George Hwy ...using the Colebrook Road off-ramps from King George Hwy, 127A St is about 2 miles west of King George Hwy. You know you are getting close when Colebrook Road wiggles across the railway tracks in the 13100 block ...keep going another 1/2 mile or so.

2) via Hwy 10 ...go south on any of the roads (120 St, 128 St, 132 St) which come off Hwy #10 to New McLellan. Take New McLellan to 125A St go past the Colebrook Elementary School and United Church, follow 125A St as it wiggles down the hill and Colebrook Road is just past the bottom of the hill. Turn east (left) onto Colebrook Road and it's only another 1/4 mile or so to 127A St.

Contact: Mary Eickhoff [eickhoff@vcn.bc.ca](mailto:eickhoff@vcn.bc.ca)

### BIKE THEFT!

*Mary Eickhoff*

Nothing can spoil a bike-touring holiday quite like having your bike stolen. Which gives a new Web site, aimed at people considering such a holiday, immediate appeal.

B and Bs, inns and other accommodations listed at the Velo Hospitality site say they'll provide "a safe overnight place for your bike, if not in your room then somewhere secure on the property." [www.velohospitality.com](http://www.velohospitality.com) - bills itself as "your guide to bike-friendly accommodation" and includes links to places to stay across the country.

"They all have a range of information for cyclists, such as bike-friendly attractions, local routes and trails or restaurants where you can keep your bike on the patio," the site says.

The Velo Hospitality site was announced by CycleCanada ([www.cyclecanada.com](http://www.cyclecanada.com))

Salut! Martine Donahue

1000 Kilometres in August

Champagne and Cheers are in order! On Thursday August 29, Martine announced she had reached her goal of 1000 kilometres in a month of cycling. She accomplished this remarkable goal on day rides, putting Translink to work for her, planning transit connections and loading her second bike on bus racks to meet the Wed rides, and using the bus to and from her stabled bike at Al's for the Tue/Thurs rides, as well as solo spins into northwest Washington using the 350 to the Peace Arch border crossing in South Surrey.

Martine's record shows her participation in the following CCCTS tours: 1989-03 South Africa, 1989-08 Pacific Coast, 1990-06 Cross Canada, 1993-07 BC 93, 1994-07 BC 94, 1996-09 Fernie/Waterton, 1998-05 Washington/Idaho 1, at least 24 other tours around BC and Washington

As well, she has served the membership as a director in 1990,

equipment manager in '91, and social convener in '97.

Congratulations, Martine, on your one thousandth, and many more to log! *By Mary Eickhoff*

## PRINCE EDWARD ISLAND TOUR

### LIST OF PARTICIPANTS

Group #1- Aug 14-29, 2002      Group #2- Aug 15-29, 2002

Roberto Bardati

Sonya Bardati

Dan McGuire

June Gallagher

Dorothy Glover

Jean Covell

Myron Kowalyk

Ellen Kowalyk

Andre Milaire

Mary Edwards

Marg Howard

Dennis Howard

Ray Wright

Laureen Wright

Les Hudgins

Wally Hnatiuk

Marilyn Murphy

Jenny Cookson

Penny Estabrooks

Inge Gullon

Ann Cameron

Kim Vogt

Sally Svensson

Marthe Lambert

(24)

Gino Salamatian

Gerri Salamatian

Edward Weinstein

Jackie Weinstein

Jim Beairsto

Fern Beairsto

George Brandsma

Mary Brandsma

Lynne Stewart

Rob Stewart

Valerie Gillespie

Shirley Sloan

Steve Ferris

Jim Ladd

Sylvia Mather

Jacquie Hunt

Gary George

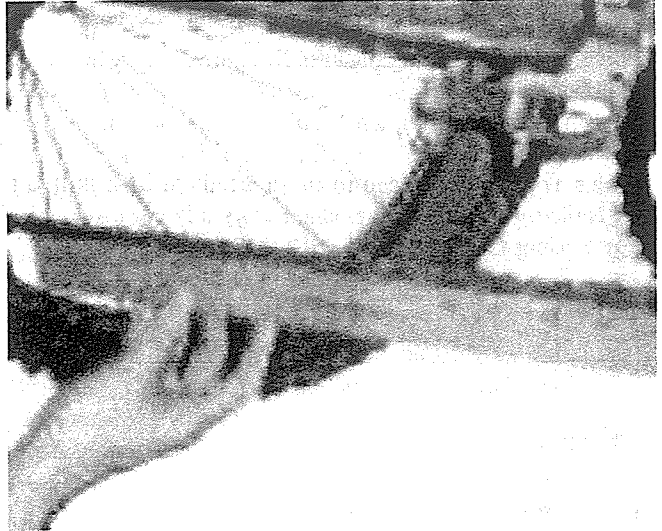
Keith Davey

(18)

Updated May 20, 2002

## Measuring Chain Wear

Editor: I recently had to replace the chain on my trusty old Miyata bicycle and consequently felt this article might be quite appropriate. Starting with replacement of one very stretched chain, one thing led to another: First replacing the rear cassette, when the new chain was skipping like mad; then the middle chain ring. Of course having the proper tools to do the work paid off. Some people might prefer to take it to a reputable shop and have the work done. The measure for chain wear is however dead easy.



The standard way to measure chain wear is with a ruler or steel tape measure. This can be done without removing the chain from the bicycle. The normal technique is to measure a one-foot length, placing an inch mark of the ruler exactly in the middle of one rivet, then looking at the corresponding rivet 12 complete links away. On a new, unworn chain, this rivet will also line up exactly with an inch mark. With a worn chain, the rivet will be past the inch mark.

This gives a direct measurement of the wear to the chain, and an indirect measurement of the wear to the sprockets:

- If the rivet is less than 1/16" past the mark, all is well.
- If the rivet is 1/16" past the mark, you should replace the chain, but the sprockets are probably undamaged.
- If the rivet is 1/8" past the mark, you have left it too long, and the sprockets (at least the favorite ones) will be too badly worn. If you replace a chain at the 1/8" point, without replacing the sprockets, it may run OK and not skip, but the worn sprockets will cause the new chain to wear much faster than it should, until it catches up with the wear state of the sprockets.
- If the rivet is past the 1/8" mark, a new chain will almost certainly skip on the worn sprockets, especially the smaller ones.

## Oiling Chains

One of the great controversies of chain maintenance is whether you should oil a chain or not. The downside of oiling a chain is that the oil may carry grit into the interior of the chain, and that this grit-mixed-with-oil will act as grinding compound, causing accelerated wear. Many experts whose judgement I highly respect hold this opinion, but I do not believe that this is always the case. I have no doubt that this "grinding-compound" effect can occur, but the severity of the risk depends upon the sort of dust/soil prevalent in a given area, and, particularly, the oiling technique used.

Many cyclists oil their chains by spraying, usually aiming the spray can at the rear of the derailleur cage, because this reduces the risk of over spray getting on their rims or tires. In my opinion, spray lubricants should not be used on bicycle chains, because they get too much oil where you don't need it and/or too little where you do.

Most of the schmutz that contaminates a chain is stuff that is thrown up by the front tire. This lands on the outer circumference of the chain. For this reason, you should always oil a chain on the inner circumference, the side that faces the sprockets. This decreases the tendency of the oil to carry crud into the interior bearing surfaces of the chain. The best way to apply the oil is with a drip-type oil can, along the top of the lower run of the chain. This applies the oil to the cleanest part of the chain.

I just run the pedals backwards while applying a line of oil down the rollers. It takes 15 or 20 seconds to oil a chain this way. In the case of old-fashioned bushing-type chains, I usually run the oil along the left side only, in hope that the clean oil will be able to flush through the bushings from left to right.

Check this Web site for more info [www.sheldonbrown.com/chains.html](http://www.sheldonbrown.com/chains.html)

# CCCTS Tours

**Tours Completed 2002. Hawaii Tour 2002.**

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 tours** - phone, fax 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 the 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 coordinator.

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  
ALBERTA -SMOKY RIVER  
Brentwood Bay - Gabriola Circuit  
Kamloops Rockies Loop #1 & 2  
Prince Edward Island Tour #1 & 2

**GABRIOLA ISLAND.** \_\_\_\_\_ September 23<sup>rd</sup> - 27<sup>th</sup>  
Dennis Parsons 250 881 1170  
E-mail >dovic@inetex.com<

Cost: \$75 (covers tenting, 2 dinners, 2 breakfasts and materials for lunches and munchies) Payment to CCCTS.  
Participants: 15

We are visiting Lady Patricia again .  
Catch the 9:50 ferry at Brentwood on Monday and ride to Crofton using the byways.  
Tuesday stop at the Crow and Gate on our way to the Cabin.  
Wednesday cycle around the Island.  
Thursday south to Chemainus to take in a play.  
Friday home.

**Arizona Tour.** \_\_\_\_\_ (New Tour.)  
Nov 4-18 (Monday to Monday)

Bernice Gregory 604-929-7533  
Participants 20 (max)

Cost: \$850 this includes accommodation, lunches (except on rest days), dinner at Biosphere and breakfasts wherever included (cost does not include airfare).

\$100 deposit is required with application

\$750 balance by October 1st

A motel tour with support vehicle; circuit from Phoenix.  
From Vancouver you can fly America West flight 751 07:45-11:50 or Air Canada (less convenient times). Sorry, but there is no longer free bike transport these days, but you may get a senior's discount.  
Itinerary: Phoenix, Florence, Biosphere II, Tucson, Benson, Tombstone, Bisbee, Sierra Vista, Nogales, Tucson, Casa Grande, Phoenix. 900 km.  
Rest days at Tucson and Bisbee. A visit to the Karchner Caverns may be included.

**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): \_\_\_\_\_

How did you find out about our club, from a member , Website , other \_\_\_\_\_

Bicycling Experience: \_\_\_\_\_

Return completed application and waiver with your cheque for dues to CCCTS, 6943 Antrim Ave., Burnaby., BC. V5J 4M5.

# TRANSAMERICA BICYCLE TRAIL

Year 2003

Astoria Oregon to Yorktown, Virginia  
May 29<sup>th</sup> to August 26<sup>th</sup> 2003 ..90 days  
Judy Jackson 604 985-7041 marij@telus.net  
Maximum participants 24  
Cost estimate \$4300

Deposit \$150 with application, non-refundable after Nov 1/02, remainder due by Feb. 1/03.

(Cost does not include transportation to Astoria or back from Yorktown/Williamsburg area)

The tour will include a support vehicle, camping & some motel or hostel accommodation and most meals (provided by cooking teams).

Distance 4500 mi (7200 km).

This will follow the original, 1976 Bikecentennial route as closely as possible. Adventure Cycling's blurb says "The route that made cross-country cycling famous. (Outside magazine calls the Trans Am the "ultimate bicycle tour").

Please note the advanced date(s) for non-refundable and final payments.

It is necessary to have a good idea of how many plan to go so I can inform the campsites & other accommodations of our number.

More details as the time gets nearer ..... itinerary sent on request  
For more info. see January Issue of Newsbrief.

Participants (15):Judy Jackson, Marthe Lambert, Shirley Fisher, James Reid, Geraldine Reid, Sally Svensson, Wendy Pearson, Martine Donahue, Jean Horrocks, Jenny Cookson, Michael Goldberg, Brian Alenkirk, Yves Paquette, Madeleine Paquette, Jim Burnett, David Brown.

## WEEKLY RIDES.

### **VANCOUVER & VICINITY**

#### **Sundays:**

**Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month.

Contact Bob Douglas 435-3893

#### **Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays: West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22nd and Marine Drive for different destinations each week.

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 for meeting place, time and destination.

### **VANCOUVER ISLAND**

#### **Victoria.**

**Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or

10:00 a.m. at McDonald's, Pat Bay Highway 17

Birthday Lunch, 11 am at WhiteSpot on Pat Bay Highway, 3rd Wednesday of month.

Contact:Roberto Bardati 250-389-0091

Hans Klein 250-477-1493

#### **Nanoose/Parksville.**

**Thursdays** - 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

### **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

### **OTTAWA.**

**Thursdays** -Contact: Jenny Cookson 613-828-5789

Bill Russell 613-224-2537

**KAMLOOPS RIDES** Contact Peter Baron 250 372 8392

#### **Kelowna (new ride)**

We are a small group who ride regularly on Tuesdays and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 764-8271 or Donna at 861-4083

## **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,  
designatees or employees for liability for  
any death, loss, or injury to my/our  
person(s), health or property however  
caused including their negligence.

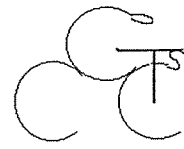
I/we have had the opportunity to read  
this waiver carefully and understand that  
by signing it, I/we may lose my/our right  
to sue.

Signature(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_



# Newsbrief.



October 2002 Volume 19. Issue # 9

## The Cross Canada Cycle Tour Society

### President's report.

David Clark

Summer is over and it's been a good one. That is not the end of great cycling for those who want to take advantage of the Arizona or Hawaii tours.



You will find in this newsletter formal notice of a special resolution to amend by-laws in respect to membership. The issue involved is the requirement that a waiver be signed in order to maintain membership in the Society. While almost all of our members routinely sign them upon renewal of their membership and at the beginning of tours there has been a question as to whether we as a society had the right to require the waiver. The amendment to the by-laws is intended to correct that.

Mark your calendars for the Annual General Meeting to be held at the Long House, a separate building on the grounds of the South Delta Recreation Centre, on December 4 starting at 11:00 AM. While you are at it also mark the Christmas Party on December 3 in Vancouver and December 11 in Victoria.

It seems early but it is time to make a call for someone to take on the Cross Canada tour for 2004. For information as to what is involved please call Dan McGuire.

### For Sale

DeVinci Destination 19 " Blue/White Frame 24 gear  
Shimano Suspension seat post Bottle holder  
Price \$600  
Please phone Barbara Hetzer 250-995-8430

### Victoria Christmas Celebration.

Princess Mary  
358 Harbour Road

Wednesday

Cocktails 6 pm



Restaurant.  
Victoria.

11<sup>th</sup> December.

Dinner 7pm

Entertainment Wig n' Thistle  
Eric McQuillan Mike Edwards

### Special Buffet Dinner.

*Chilled Seafood Platter with choice of  
Smoked Salmon & Baby Shrimps.  
Carving Station with Choice of  
Roast Beef, Fresh Roasted Turkey.  
Seafood Pasta, Princess Mary Roast Chicken  
Roasted Potatoes  
Medley of fresh Vegetables  
Princess Mary Dessert Platter  
Selection of Petit Fours & Cakes at each Table  
Tea & Coffee (all other Drinks extra)*

**Price \$ 23.00 per Person**

*Due to limited seating tickets, there will be advance ticket sales.*

*Please contact Jean MacDonald (250)383-8645  
E-mail >jeanalex@pacificcoast.net<*

### SUNDAY NOVEMBER 10, 2002, from 12.30 pm

Come and join us at Big Al's Bagel, Saanich Plaza @ 9.00 a.m. to start our regular Sunday Bike ride. After approx. 45 km, we will meet at Barbara & Sonja's Clubhouse on Lekwammen Drive, in Esquimalt for lunch at 12.30 pm and an informal talk session on cycling in general. Share your ideas and experience with the group on any aspect of cycling. Everyone welcome, bring your lunch, refreshments will be provided.

Roberto

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors E-mail: [rolf@pacificcoast.net](mailto:rolf@pacificcoast.net)

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](mailto:cccts@vcn.bc.ca)  
WEB-Site: [www.vcn.bc.ca/cccts/](http://www.vcn.bc.ca/cccts/)

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250 378 0927 [Bartonfaye@aol.com](mailto:Bartonfaye@aol.com)

## CCCTS Calendar 2002

Directors Meeting held 1<sup>st</sup> Thursday of the month.

### October

November 4 -18<sup>th</sup> Arizona Tour.

### December

3<sup>rd</sup> Annual Banquet

4<sup>th</sup> AGM

11<sup>th</sup> Victoria Christmas.

## Annual Gala Ball & Banquet.

**United Scottish Cultural Hall**  
8886 Hudson St. Vancouver (near Oak & SW.  
Marine Drive)

Tuesday  
Bar opens 6 PM



3<sup>rd</sup> December  
Dinner 7PM

Menu and Cost to be

determined.

**Out of Towners.** Possible group booking at Best Western, Tsawwassen (across from annual meeting). Rate \$102.35 Includes continental breakfast. Islanders please advice.

Others contact Shirley Fisher 604-255-0087 **before Nov 7<sup>th</sup>**  
Transportation: Ferry to Motel. Bus #640 (Scott Rd) leaves :04 every hour. Take this to Ladner Exchange and transfer to 601(S.Delta); get off on 56<sup>th</sup> at 16<sup>th</sup> Ave.- past McDonald at Best Western. Transportation to the Ball and Banquet and back to the Ferry will be arranged (leaving motel 4-4:30)

## Annual General Meeting.

Wednesday - Dec. 4<sup>th</sup> 11am to 4 pm

**Longhouse Hall, South Delta Rec. Centre.**  
(South end of parking lot.)

Election of Directors and proposed amendment to the Constitution and By-laws will be discussed and voted on followed by a social get together. Lunch will be served after the AGM.  
Let's review and plan together.

## HALLOWE'EN in LADNER - TUES. OCTOBER 22

AT KINSMAN HOUSE, 5050 - 47 AVE, LADNER

(same as last year - beside the Library)

Come One, Come All to Al's DRESS-UP PARTY

Costumes will be judged and a prize given for the best one!

CYCLE from the Community Centre in the morning as usual, return to Ladner to PARTY at NOON 'til ????

## PEI TOUR #1

Judging by the success of this PEI Tour, led by first-time leaders Sonya & Roberta Bardati, there definitely should be more to follow. Gino and Gerri Salamatian led Group #2

At our first gathering, we all received a booklet of explanations, itinerary, maps & accommodations. Also..surprise..green T-shirts with gold logo PEI TOUR 2002. We saved them for celebrations which was almost daily.

After a hearty breakfast at the Univ. cafeteria, our Group #1 took off with an air of expectation and also jubilation to finally start. We had choices of the highway (faster) or the Confederation Trail (more surprises & scenic). Most did a bit of both. Some traipsed over the sand dunes at Seaside for a wonderful first swim in the Gulf of St. Lawrence. The waves at Cavendish Beach were still to follow.

For the Lighthouse Tours, East Point was our first visit. It was followed by five others on subsequent days. Some by-passed only Point Prim (doesn't suit my personality), as too far off track. On reaching North Cape, we received a personalized Travelers Award certificate for visiting PEI tip to tip. Each lighthouse is unique, some in operation since as early as 1846. Some have museums attached with stories of shipwrecks, folklore & videos.

Before the trip, I knew very little about Irish Moss and the extracted gum, Carrageenan, although I eat it every day in yoghurt, cheese, ice cream etc. At Mimimigouche, we watched specially bred, sturdy horses drag heavy metal scoops for the inshore moss, the waves threatening to go over their heads. Later many cyclists went for delicacies in the Seaweed Pie Café.

It was easy to find our way as we followed King's Scenic Drive, Blue Heron Drive and then Lady Slippers Drive. Blue sky, blue sea, golden fields, goldenrod, red earth.

Highlights were an evening performance at the Piping School in Summerside, bagpipes, dancing & singing and a classical concert

at St.Mary's Church, Indian River. The latter was especially thrilling because of the amazing acoustics within the arched wooden ceilings and the caliber of the performers of world renown.

More entertainment at Mt. Carmel when seven cousins, all girls, with their Moms & Grandmother came to our evening meeting and danced and fiddled with great energy and skill. Many of us were moved to get up and dance.

A further highlight was when Group #1 & #2 met at Cavendish Beach. Off we went in an open air shuttle bus to North Rustico for a lobster dinner "on the house" making a big dent in a sixty foot salad bar. (the food, that is)

Our last night together, thanks to Sonya's considerable initiative, we were all guests of the City of Charlottetown. The mayor was unable to attend as planned, but several councillors did, as we tucked into a city-funded roast beef dinner. Two nights in a row of feasts. That's my idea of camping trip. Sonya, Marilyn, & Roberto provided merry entertainment of skits, song & dance. Les got into the act too. We enjoyed the happy hours and the evening campfires. Nice to get to know the Ottawa gang, generally speedy Penny & Jenny, Inge & Marilyn & Mary Edwards. Also the Edmonton gang, Laureen & Ray Wright & Wally Hnatiuk. ( We were jealous of his red slippers.) Then of course the Victoria gang, Roberto & Sonya (well-exercised), Myron & Ellen (there goes my water bottle) & Les, Marthe Lambert from Quebec, Ann from Oxford. Which leaves the Lower Mainland, B.C. Dan & June (found those interesting routes), Dorothy (side line-truck driver) & Jean, Sally & Kim (shuttle bus finder), Marg & Dennis Howard & Andre Milaire. Quite a crew.

All giving thanks to our leaders. This trip is definitely a keeper.  
*Sally Svensson*

### THE CROSS CANADA CYCLE TOUR SOCIETY

#### CONSTITUTION AND BY-LAWS

##### PART II - MEMBERSHIP

*( The proposed amendments are shown in italics)*

3.(a) The members of the Society are the applicants for incorporation of the Society, and those persons who subsequently have become members, in accordance with these By-Laws and , in either case, have not ceased to be members.

(b)Persons, *over the age of 19*, may become members on acceptance of application and payment of Membership dues.

(c) *Each person who becomes a member of the Society and each continuing member of the Society must as a condition of becoming a member or continuing to be a member in good standing, sign and deliver to the Society annually, or at such other times as may be required by the directors, a waiver of liability in a form approved by the directors.*

9. All members are in good standing except a member who has failed to pay his/her current annual membership fee, if any, or other subscription of debt due and owed by him to the Society, *or failed to sign a current waiver of liability in form approved by the Directors.*

This year I was fortunate to be a member of two excellent tours, Smokey River and Kamloops/Rockies, and had the opportunity to appreciate natural settings that one too often takes for granted. I also came to appreciate the formidable task of organizing for such tours as well as learning to live with fellow riders idiosyncrasies, including my own. *Allan Buium*

## Smoky River.

A smorgasbord of landscapes with hills and valleys that were probably not expected but a pleasure to ride. Cool nights and a few frosty mornings made us appreciate the oatmeal and raisins that fortified us for the ride until mid-morning coffee break -- such as the mornings out of the metropolis of Edson and later in the tour, Big Berlund Provincial Park on Hwy. 40.

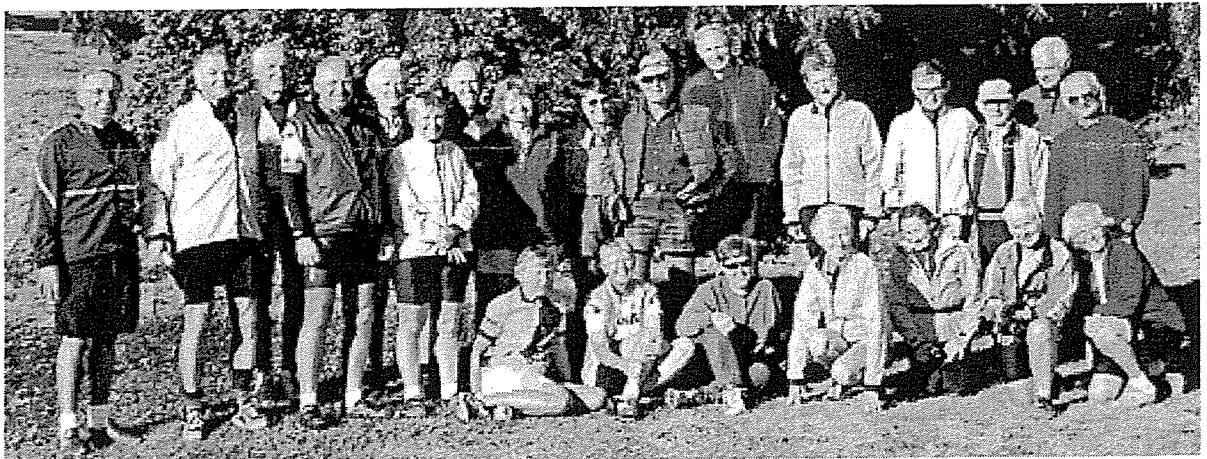
The days were never dull with some long climbs and then the rewarding descents. Sometimes a bonus -- headwinds!! Or the more grueling climb to Grande Cache -- over 5000 ft. combined with a 120 km day; an accomplishment we relished over dinner that night.

I was often rewarded with interesting sights and sounds: a beaver house and its inhabitant, white tailed deer running beside me, a coyote hunting in the ditch by the hwy., the trains clackety clackety along as I tried to sleep, the call of a loon on the shores of picturesque Musreau Lake, or waiting for the expected visit from local bears on the shores of Lesser Slave Lake at Hillard's Bay (looking for toiletries -- it seems they like toothpaste) and visits from friendly deer.

The unseen permafrost just a half meter below the surface, where potable water was sometimes difficult to find, was an unforeseen circumstance that was overcome with ease.

Swan Hills may burn our nation's PCBs but the townsfolk (seniors group) sure know how to host two dozen hungry cyclists -- they surprised us with a great dinner and a tour of the town.

Our rest days were rewarded with Ted's scrumptious breakfasts. A meal for the hearty!!



Smoky River Tour Participants: Ted Stubbs, Pat Stubbs, Mary Eickhoff, Shirley Fisher, Sylvia Mather, Ernie Schmidt, Uta Schuler, Palle Pedersen, David Clark, Truus Clark, Dan Eaton, John Peck, Ann Miller, Ron Pickerill, Janice Pickerill, Ray Bremner, Allan Buium, Rolf Petersen, Dan McGuire, Catherine Lynch, Glen Smith, James Ladd, Bruce Ross.

## Kamloops/Rockies. (Loop One)

A feast for the eyes that can only be appreciated when cycling or walking. This probably sums up the spectacular scenery of our famous Rockies where I had the good fortune to cycle near snow capped peaks, tumbling rivers and mighty glaciers. Quick changes in the weather, and in some instances a rather stormy experience, added to the adventure. And we shouldn't forget the plague of mosquitoes that hit us as we entered Blue River -- forcing us to head for a motel that night.

Cycling along the upper reaches of some of our major rivers made me appreciate their immensity, i.e. Thompson, Fraser, Athabaska, North Saskatchewan and Columbia. The Great Divide Creek off Hwy. 1A may be a trickle but I was able to appreciate where our rivers end up, thousands of kilometers away.

The tour allowed me to experience the many hectares of shade cloth covering ginseng crops to the rugged glaciers of the Columbia Icefields; and from the magnificent sites of the spectacular water falls in Wells Gray Park, the natural bridge in Yoho to the Last Spike at Craigellachie and on to the shores of Shuswap Lake. The traffic along Hwy. 1 may not be the most exciting experience but to reach the Rogers Pass summit in an ugly thunderstorm is an accomplishment.

A special mention, with thanks, must go out to the many truckers (big rigs) who most always gave us some room when the road was narrow, busy or even under normal conditions. Their courtesy was certainly appreciated.

Sure each trip may have had some minor glitches but when you look back on the rides they were great. I want to extend a very sincere thanks to the leaders who spent countless hours in organizing the many details which make these trips memorable experiences -- Ted and Pat Stubbs (Smokey River); Sally Svensson and Dan McGuire (Kamloops/Rockies).

Picture of participants in Rockies #1. Standing: Allan Buium, Doug White, Bob Miller, Ken Rogers, Bryan Riggs, Sally Svensson, Michael Goldberg, Wendy Pearson, Barbara Faulkner, Bill Hook, Hans Klein, Sandy Kirk, Judy Jackson, Carl Rorison, Roy Goodchild, David Brown. Seated: Helen Enns, Jean MacDonald, Jan Johnson, Glenda Kirk, Anna Markus, Helen Goodchild, Virginia Brown. Missing (Photographer): Dan McGuire.

## Bicycle tour Prince Edward Island and Madeleine Islands.

A brief assessment of these two cycle tours, particularly with reference to the Madeleine Islands, might be, 'windy and wonderful'. The 'Redeye' flight to Charlottetown could not be described as wonderful, but five of us with bicycles arrived at our destination and were able to transport the bicycles in a station wagon. We all stayed in residence at the University of Prince Edward Island. Most of us arrived by airplane although one member was so annoyed with the high cost of flying in Canada on our national airline that he took a 'feeder' airline to Moncton NB and a bus to Charlottetown.

I was scheduled in the second group and therefore was able to bicycle around Charlottetown and arrange for the bed and breakfast accommodation that I would need after the tour. My plans are to take an additional cycling week with Marg and Dennis Howard (who were in the first PEI tour group) around the Madeleine Islands. These islands are situated about 134 km from Prince Edward Island in the Gulf of St. Lawrence. The islands are part of PQ and mainly French speaking. My cycling companions started arriving a day after I was in PEI and although we will be camping for the next two weeks there will be one or two instances when we will share indoor accommodation with a roommate. It's been too hot to have a good night's sleep in the non air-conditioned student residence at UPEI. However, we enjoyed more cold beer than we should have at the orientation meeting the evening of our last day in Charlottetown.

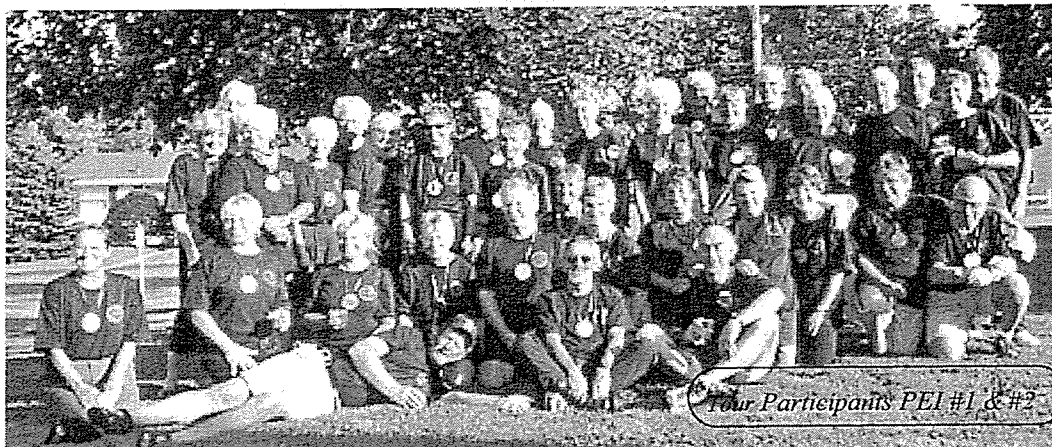
The planned route was designed to cover most of the circumference of the island. The first stop was a hostel at Midgell. Cooking facilities were available at the hostel and I produced my first camp-type meal (instant soup, instant mashed potatoes, and tinned salmon) as well as breakfast of porridge and a potato pancake. The objective for the next day was Red Point Provincial Park for a distance of about 80-km. This was another very hot day. I stopped at the small fishing village of North Lake Harbor for lunch and enjoyed a scallop burger and a cold beer. Cycling most of the day alone I continued on to the East Point Lighthouse and then on to the campsite. The organization of this trip is good because we all cycle at individual paces, and many detour to see something of interest. We often meet others from the group and may cycle together for awhile, then spread out again.

Camping is OK if you are organized. On the first camping morning, I made breakfast (a very basic one) but by the time I washed up, packed up the tent and everything else, I was the last one at the campsite. As it was I was up about 6:00am, but everyone had gone by 8:00am. These senior cyclists sure keep moving. I discovered that just because one emerges from the tent, does not mean that person just got up, as had been the case with me. When the others appear to the 'morning world' they have already rolled up sleeping bags and mattresses and packed gear not needed for the day. Also, not everyone made breakfast, many stopped at the first food outlet on route (good idea). Trouble is that on PEI, rural eating places are few and far between. Road signs may indicate a village but that may be a settlement of one building. It is still very hot. One cyclist collapsed for reasons not clearly known and was in hospital for two days. The heat must have contributed somewhat. But he recovered and cycled some the next week.

The next day we logged a 78-km ride to Panmure Island Provincial Park on the East Coast. The local Indian bands were holding a Pow Wow beside the campsite and we were all invited, along with many others, to a lobster or salmon dinner. The next day took us on an 85km ride to Lord Selkirk Provincial Park. There was an interesting stop at Cape Bear Lighthouse. This was the first Canadian Marconi station to hear the SOS distress call from the Titanic. The Canadian message immediately went to Halifax but by the time a rescue boat could get to the site the survivors had been picked up by another vessel. The radio room has been reconstructed, and the lighthouse is a museum.

I drove the van the next day. Each of us took turns driving this vehicle. It carried all the camping gear, the driver's bicycle, and among other things the ice chest for thirst quenchers at 'party time'. Strathgarney Provincial Park was that day's destination. All Provincial parks have the same green buildings for housing toilets, showers and usually laundry facilities. We had rain that night. During the whole time cycling there were four significant periods of rain, but our rain luck held out and it only rained at night.

The following day, the distance to Linkletter Provincial Park (which is just past PEI's second largest city of Summerside) was billed as 102km.



Thankfully however, this was a mistake and journey was actually only about 75km. By this date, I began to realize that my self-inflating mattress (now about 30 years old) was leaking air. It only took me 6 nights to work that out and to understand why my 'bum' was cold and my hips sore each morning. Guess that also helped me to wake up by 6:00am? I detoured by bike to the Canadian Tire Store in Summerside and bought a new mattress. My tent was also a 25 year old antique from the days in the NWT and caused some interest as I spent more time than my fellow travelers erecting and packing the 'tent with the pegs'. We passed within sight of the Confederation Bridge. Two things seem very common here. One is the huge number of churches throughout the island and many are very big, and usually wooden. Like the road signs, the churches seem to be off by themselves. The other common sight was to see fat green bugs crawling over large groomed lawns that were everywhere. A closer look changed bugs into 'green rider lawn mowers', usually ridden by women. Houses seem to be on acres of land, and well grassed, - ergo the lawn mowers. Truly a 'Garden Province'.

We took another 80km ride to Tignish. Tignish has a huge Cathedral of red stone and brick and not wood. Alongside, there is, or was, a convent which has been converted to an Inn (Tignish Heritage Inn). This was the most luxurious accommodation we had. Also, I am told, the most

(PEI continued page 6)

*(PEI continued)*

expensive. Our whole two weeks cost each person a very reasonable \$350 not including airfare. The campsites for example came out to be about \$2.00 each.

The following day we continued northwards to Cape North. There is a museum here too featuring details about the windmills installed to generate electric power. This is in an experimental stage still and interesting to see and hear the 15 or 20 windmills working. We have now reached both extreme points of PEI (East Point and Cape North). We started southwards to Cedar Dunes Provincial Park. Many of the residents in this part are descendants of Acadians. We see many Acadian flags here (the French flag with a star on the inside corner). On the way down you pass Skinners Pond and the schoolhouse where 'Stompin Tom Connors' went to school.

Mont. Carmal, still in Acadian country, was our objective on the south coast after the dry lighthouse breakfast and the rain stopped for our day's ride. PEI has three designated scenic drives - Lady Slipper, Blue Heron and Kings Byway. Our cycling generally incorporated these three scenic routes. The accommodation was wonderful at Mont-Carmal. We all had neat housekeeping cabins. Our group leaders, Geno and Gerri, maintained a relaxed and open organizational style with flexibility for everyone. Except that to-night we were all to meet at Geno's cabin (actually they shared a house) for entertainment. It was a super evening because half a dozen young girls from a couple of Acadian families put on an activity of fiddling and step dancing.

Cabot Beach Provincial Park was only 60km away. There was no town nearby, but the park was close to a beautiful and active harbour protected in Darnley Basin. This is near Malpeque Bay where there is excellent seafood fishing for such catches as lobster, oysters, and muscles.

Our last camping night was at Cavendish Sunset Camping where the two groups were together. The cyclists in the first group were at that site for two days. We explored the area and beaches and in the evening we all went to a lobster feast as part of the tour's activity.

The cycle to Charlottetown was a short ride. Actually, Geno asked for a volunteer to drive the van the last day. Since I was to cycle for another 8 or 9 days in the Madeleine Islands, I offered to take the van. The last dinner for all of us in both cycling groups had an interesting origin. Sonya (the co-leader, along with Roberto, of the first group) telephoned the Mayor of Charlottetown to explain that we were a group of senior cyclists biking in PEI and would he put on a dinner for us all, and he did.

This ended the PEI cycling tour, which proved to be well organized, interesting, compatible and healthy.

Thanks to the leaders.

*By Keith Davey.*

*Editor: The conclusion on Keith's adventures in The Madeleine Islands will be in the November Newsbrief*

## Gabriola 2002

I have just returned from the Gabriola Tour, and I want to thank Dennis for organizing it, and Art for pinch hitting while Dennis was away.

Not having toured for several years I was a bit apprehensive about my riding ability, but the route was very manageable (Of course Catherine Mick very kindly carried my 'stuff', in her car) Pat's place is such a beautifully, wild location, and she and David welcomed us into their home for meals and party-time. The food was delicious and skillfully prepared. All the participants were enthusiastic and friendly. I made several new friends. The weather was PERFECT.

I can recommend this tour to 'first-timers', particularly. I hope we can all repeat the experience next year and I promise to carry all my gear!

*Thank you, Connie Shaw*

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Gabriola Participants: Rose Tanchak, Diana Lifton, Dennis Parsons, George Setterfield, Jan Grove, Noreen Redford, Connie Shaw, Catherine Mick, Art Borron, Mary Eickhoff, Glen and Jean Smith, Mike and Nille Fibiger-Crossman, Jim and Ute Grayson, Gladys Schmidt, Sally Petersen, Arnie Smith, Lee Kraft, Janet Lever.

Jean Horrocks visited us at Crofton and again on the Island, staying one night My Great Buddy from Cross Canada '86, Al Lifton, joined Diana for supper Wednesday, and Peter den Boer with Joann came to our happy hour on Wednesday too. *Dennis*

We had a great time on the September, Gabriola Island trip. I observed that several participants were "cancer survivors". Perhaps you might like to check-out the website of Cyclists Combating Cancer >[www.ridetolive.org](http://www.ridetolive.org)< I think some/many of our members might be interested. (I got this information from Vern Faulkner of *Saanich News*.) *Thanks, Jim Grayson*

Thanks for the great newsletter. I thought the tip on measuring chain wear was great. Lets have some more technical articles.

I joined the CCCTS last year after I started going on the weekly rides with the Ottawa group. I think the rides deserve a write up because they are great. Each week the Ottawa group rides to a different destination in the Ottawa, Rideau or Gatineau River valleys where we usually find a pub or a picnic site. Popular destinations include Carp home of the Diefenbunker, an early sixties nuclear fallout shelter built to run the government of Canada in the event of a nuclear war, Nicholson Lock on the Rideau Canal constructed in 1832, Aylmer Quebec and the Swan Pub on the Rideau River. It seems we rarely go to the same destination twice and there are still more destinations we haven't yet cycled.

If you are visiting Ottawa give either Jenny or Bill a call and join us on Thursdays.

*Peter Wood*

# 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 tours** - phone, fax 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 the 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 coordinator.

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

## Tours Completed 2002.

Hawaii Tour 2002.

VICTORIA HUB & SPOKE

ALBERTA -SMOKY RIVER

Brentwood Bay - Gabriola Circuit

Kamloops Rockies Loop #1 & 2

Prince Edward Island Tour #1 & 2

---- Gabriola Island

## **Arizona Tour.**

Nov 4-18 (Monday to Monday)  
Bernice Gregory 604-929-7533

Participants 20 (max)

Cost: \$850 this includes accommodation, lunches (except on rest days), dinner at Biosphere and breakfasts wherever included (cost does not include airfare).

\$100 deposit is required with application

\$750 balance by October 1st

A motel tour with support vehicle; circuit from Phoenix.

From Vancouver you can fly America West flight 751 07:45-11:50 or Air Canada (less convenient times). Sorry, but there is no longer free bike transport these days, but you may get a senior's discount.

Itinerary: Phoenix, Florence, Biosphere II, Tucson, Benson, Tombstone, Bisbee, Sierra Vista, Nogales, Tucson, Casa Grande, Phoenix. 900 km. Rest days at Tucson and Bisbee. A visit to the Karchner Caverns may be included. Participants: Bernice Gregory, Jack Sheppard, Leila Montgomery, Jim Burnett, Bill Hook, Barbara Faulkner, Helen Enns, Sandra Richardson, Bill Miles, Ken Rogers, Hans Klein, Roger Ehret, Marilyn Nelson-Ehret, John Peck, Jean MacDonald, Gary George, Faye Wilson.(17)

## **Hawaii Tour 2003**

**New Tour.**

Jan. 23<sup>rd</sup> to Feb 6<sup>th</sup>

Chris Siggers (604) 291-1018 Email: > [csiggers@telus.net](mailto:csiggers@telus.net) <

Participants 24 max

Deposit with application: \$100

Total Cost: \$2200/person Full Payment by 6 December 2002

Airfare bookings to be made directly with the Flight Centre, Brentwood Mall, Teri Charuhas, Ph. (604)717-1021, email: > [teri\\_charuhas@flightcentre.ca](mailto:teri_charuhas@flightcentre.ca) <Deposit cheque to be mailed to CCCTS office. Travel agent will accept credit card payment but CCCTS payment must be by cheque. (Hawaii continued page 8)

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## CCCTS MEMBERSHIP APPLICATION.

Hawaii 2003 continued.....

All plans are tentative, but bookings will be confirmed by Dec. 15<sup>th</sup>.

Approximate costs: Return airfare Vancouver-Kona, via Honolulu including bicycles \$1025, still reviewing alternatives to reduce bicycle transport costs. Accommodations-Hotels/Motels \$1125 "estimate only", based on double accommodations, hopefully will include most breakfasts and at least one dinner. Support vehicle: minivan \$50; participants will be required to drive support vehicle no more than once during tour. Drivers will be assigned using a draw. Only 9 drivers required. **Itinerary:** Thursday 23 January Vancouver to Kona, Friday, Kona; Sat., Captain Cook (20 km); Mon. Nallehu (76km); Tue. Volcano (62 km); Thur.Hilo (46 km); Sat. Honokaa (74 km); Mon.Waimea (26 km); Tue. Hawi (34 km); Wed. Kona (83 km); Thur. Kona — YVR via Honolulu, arriving 6:40am Friday 7 February.

### TRANSAMERICA BICYCLE TRAIL 2003

Astoria Oregon to Yorktown, Virginia  
May 29<sup>th</sup> to August 26<sup>th</sup> 2003 ..90 days  
Judy Jackson 604 985-7041 marij@telus.net  
Maximum participants 24  
Cost estimate \$4300

Deposit \$150 with application, non-refundable after Nov 1/02, remainder due by Feb. 1/03. (Cost does not include transportation to Astoria or back from Yorktown/Williamsburg area)  
The tour will include a support vehicle, camping & some motel or hostel accommodation and most meals (provided by cooking teams).

Distance 4500 mi (7200 km). This will follow the original, 1976 Bikecentennial route as closely as possible. Adventure Cycling's blurb says "The route that made cross-country cycling famous. (Outside magazine calls the Trans Am the "ultimate bicycle tour").

Please note the advanced date(s) for non-refundable and final payments.

It is necessary to have a good idea of how many plan to go so I can inform the campsites & other accommodations of our number.

More details as the time gets nearer ..... itinerary sent on request

For more info. see January Issue of Newsbrief. Participants: Judy Jackson, Marthe Lambert, Sally Svensson, Wendy Pearson, Jean Horrocks, Jenny Cookson, Michael Goldberg, Brian Altenkirk, Yves Paquette, Madeleine Paquette, David Brown, Gary George, Bob McEwen.

### WEEKLY RIDES.

#### VANCOUVER & VICINITY

**Sundays: Vancouver** - Meet 10:00 a.m. at the Southeast corner of Oakridge Shopping Centre(45th & Cambie). The usual ride is to Steveston but we try different destinations on the 2<sup>nd</sup> Sunday of each month. \_\_\_\_\_ Contact Bob Douglas 435-3893

#### **Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays: West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week. 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 for meeting place, time and destination.

#### VANCOUVER ISLAND

**Victoria. Sundays** - 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or

10:00 a.m. at McDonald's, Pat Bay Highway 17

Birthday Lunch, 11 am at WhiteSpot on Pat Bay Highway, 3<sup>rd</sup> Wednesday of month.

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

**Nanosee/Parksville. Thursdays** - 10:00 a.m. at Nanosee Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**CALGARY.** With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group. Contact Joan Engman 403-288-7910

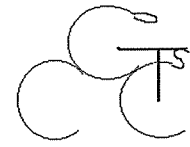
**OTTAWA. Thursdays** - Contact: Jenny Cookson 613-828-5789  
Bill Russell 613-224-2537

**KAMLOOPS RIDES** Contact Peter Baron 250 372 8392

**Kelowna** We are a small group who ride regularly on Tuesdays and we invite others to join us if they live in the area or are just visiting. Contact Yvonne at 764-8271 or Donna at 861-4083



# Newsbrief.



November 2002 Volume 19. Issue # 10

The Cross Canada Cycle Tour Society

## President's report.

David Clark

**P** Bless them every one. Yes, I am pointing at our tour leaders and saying bless them every one for volunteering their time and giving of their energy and often their own money and resources to make our trips happen. The time that they spend researching the route, making reservations, handling the many questions of members about the trip, and handling the issues that arise because members have expectations that differ from the leader's view of reality and the bigger picture. Often they are not thanked at the end of the trip and sometimes they are criticized for sins of omission or commission or often because of differing expectations. They are in the firing line every day of the trip and deserve a sainthood for what they do or at least a medal plus your expressed admiration and thanks.



The time to review the year's results is at the Annual General Meeting. In addition to the directors' reports, this year there is a special resolution that deals with "waivers". It is an important issue that deserves your understanding and participation. I urge you to attend to participate in the debate and to acknowledge the people who have contributed to your society this year.

## CHRISTMAS IN LADNER - TUESDAY DECEMBER 17

KINSMAN HOUSE, 5050 - 47 AVE, LADNER

Al has his Santa Claus Hat on again!

Come, enjoy the morning ride that ends up with a hot lunch at noon, with Christmas music, carol singing and good cheer!

Remember to bring your 'Goofy Gift'!

## VICTORIA FRIENDSHIP DAY- LETS TALK !

SUNDAY NOVEMBER 24, 2002, from 12.30 pm

Come and join us at Big Al's Bagel, Saanich Plaza @ 9.00 a.m. to start our regular Sunday Bike ride.

After approx. 45 km, we will meet at Barbara & Sonja's Clubhouse on Lekwammen Drive, in Esquimalt for lunch at 12.30 pm and an informal talk session on cycling in general. Share your ideas and experience with the group on any aspect of cycling. Everyone welcome, bring your lunch, refreshments will be available.

## Annual Gala Ball & Banquet

United Scottish Cultural Hall

8886 Hudson Street, Vancouver (near Oak & SW Marine Drive)  
( Bus service to Marpole Loop; walk North on Hudson St one block)

Tuesday

December 3

Bar Open 6 PM

Dinner 7 PM

Music, Stan Lewis



Refreshment Bar, Carl Rorison

Tickets \$27/person

Please make reservations by payment to the office as soon as possible to help the organizers.

Door Prizes

Buffet Dinner by Chef Jakob J Hauser

Assorted Rolls and Butter  
Caesar Salad

Sliced Tomatoes and Spanish Onions  
Olive Oil and Red Wine Vinegar  
Roast Loin of Pork, Apple Sauce and Gravy  
Chicken Thighs in Mushroom and Cream Sauce  
Baked Filet of Salmon, Lemon Butter  
Roast Potatoes  
Green Peas and Carrots

English Trifle  
Coffee and Tea

For more information: Shirley Fisher 604 255 0087

## Annual General Meeting.

Wednesday - Dec. 4<sup>th</sup> 11am to 3pm  
Lighthouse Hall, South Delta Rec. Centre.  
(South end of parking lot.)  
1720 - 56<sup>th</sup> Street, Tsawwassen.

Election of Directors and proposed amendment to the Constitution and By-laws will be discussed and voted on followed by a social get together.

Lunch will be served after the AGM. Bring your appetite & enthusiasm.

Let's review and plan together.

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors E-mail: [rolf@pacificcoast.net](mailto:rolf@pacificcoast.net)

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](mailto:cccts@vcn.bc.ca)  
WEB-Site: [www.vcn.bc.ca/cccts/](http://www.vcn.bc.ca/cccts/)

## DIRECTORS.

President.....	David Clark
604 224 7817	<a href="mailto:ddclark@axion.net">ddclark@axion.net</a>
Vice/Pres./Office Manager.....	Ed. Weinstein
604 420 3158	<a href="mailto:weinstei@sfu.ca">weinstei@sfu.ca</a>
Tours Manager.....	Dan McGuire
604 942 3235	<a href="mailto:Danmcgu@telus.net">Danmcgu@telus.net</a>
Treasurer.....	Bruce Mc Lean
604 272 9359	<a href="mailto:brunan@shaw.ca">brunan@shaw.ca</a>
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250 389 0091	<a href="mailto:dockst@shaw.ca">dockst@shaw.ca</a>
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604 530 6289	<a href="mailto:crorison@shaw.ca">crorison@shaw.ca</a>
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Membership.....	John Peck
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Equipment.....	Barton Howes
250 378 0927	<a href="mailto:Bartonfaye@aol.com">Bartonfaye@aol.com</a>

## CCCTS Calendar 2002 - 2003

Directors Meeting held 1<sup>st</sup> Thursday of the month.

November 4 -18 <sup>th</sup> Arizona Tour.	2003
December	January 4 <sup>th</sup> New Zealand
3 <sup>rd</sup> Annual Banquet	23 <sup>rd</sup> to Feb 6 <sup>th</sup> Hawaii
4 <sup>th</sup> AGM	May 29 <sup>th</sup> TRANS AMERICA Trail
11 <sup>th</sup> Victoria Christmas.	

## NEW MEMBERS

McEwen, Bob	480-961-5711	1111 N. Mission Park Blvd Apt10. Chandler, AZ, USA 85224.
Dack, Allan	250-658-2761	4696 Scottswood Place, Victoria, BC V8Y 2Y1
Linnae, Sonia	604-684-4706	603-2050 Nelson Street, Vancouver, BC V6G1N6
McRae, Sharen	604-984-0810	1828 Belle Isle Pl. North Vancouver, BC V7P1X8
Mynott, John	819-827-5053	6 Trillium Rd., Chelsea, QC J9B 2B2
St. John, Shirley Elizabeth	310-370-5994	20455 Anza #46, Torrance, CA. USA 90503
Lynch, Brian	604-924-1814	2-1925 Indian River Cres., North Vancouver, BC V7G 2P7
Piranian, Margaret	709-754-7182	5 Laughlin Cres., St. John's, NFLD A1A 2G1
Ruddy, Donald & Kathryn	613-544-9974	959 McKnight Rd., Kingston, ON K7L 4V1
Watson, Len	604-291-0870	19 N. Hythe Ave., Burnaby, BC V5B 1G3
Young, Mike	604-666-8767	5580 Melbourne St., Vancouver, BC V5R 4L9.

## Victoria Christmas Celebration.

Princess Mary  
358 Harbour Road

Restaurant.  
Victoria.

Wednesday  
Cocktails 6 pm

11<sup>th</sup> December.  
Dinner 7pm



Entertainment

Eric McQuillan Mike Edwards

Wig n' Thistle

### Special Buffet Dinner.

*Chilled Seafood Platter with choice of Smoked Salmon & Baby Shrimps.  
Carving Station with Choice of Roast Beef, Fresh Roasted Turkey.  
Seafood Pasta, Princess Mary Roast Chicken  
Roasted Potatoes  
Medley of fresh Vegetables  
Princess Mary Dessert Platter  
Selection of Petit Fours & Cakes at each Table  
Tea & Coffee (all other Drinks extra)*

**Price \$ 23.00 per Person**

*Please buy your tickets in advance to avoid line-ups at the door.  
Please contact Jean MacDonald (250)383-8645  
E-mail >[jeanax@pacificcoast.net](mailto:jeanax@pacificcoast.net)<*

## Cycling Prince Edward Island and Madeleine Islands.

Keith Davey

The second half of this holiday immediately followed the P.E.I. tour. Marg and Dennis Howard and I, cycle weekly in North Vancouver. We had decided to extend this holiday and visit the Madeleine Islands to cycle there. We took a 'rest-day' and loaded ourselves and our three bikes into a taxi station wagon for the trip to Souris.

The ferry ride to the Madeleine Islands took five hours. We landed at Cap-Aux-Meules ('Grindstone' in English) at dusk. According to the captain it was raining. We dressed appropriately for the 10km ride to our respective B&Bs that were located on the next island called Ile du Harveaux-Maisons. It was not actually raining, but we faced hills and wind and an uncertain destination. We discovered in the days that followed that hills and winds are 'states of the art' in the 'Windy Maggies'. We made it to two very comfortable accommodations, although my 'landlady' forgot that I was coming and was out for supper. Another guest let me in, and I waited. I had corresponded via e-mail in my scanty French and I was somewhat concerned, but she came later with many apologies.

Micmac Indians visited the islands to fish and hunt and called it a name meaning 'islands brushed by the waves'. Jacques Cartier visited in 1534 but it was not 'colonized' until 1755 when some Acadians who escaped the deportation (exile) from their mainland homes came to these Islands and following the French Revolution more people came from Saint-Pierre and Miquelon. The islands were first annexed to Newfoundland but later were annexed to Quebec. Now there are just over 13,000 inhabitants including 5% Anglophones, mostly of Scottish descent.

Next morning, I cycled down, or blew down, to meet the Howards after breakfast and began to realize what an interesting place this was, and starkly beautiful. We had a good day, first with a visit to a one room interpretive center nearby. (French only so it took time). Sampled a 'croixignole', that is a pastry shaped like a braided doughnut and cooked in seal oil that was introduced by the first French settlers around 1860. Bought some cheese at a little cheese factory down the road, then onto a Herring Smokehouse for a quick photo tour. We purchased some smoked herring to eat at lunch along with cheese and a baguette. Cycled over this island to a beach below the red rock cliffs sculptured by the sea and enjoyed our cheese-herring-baguette meal. It was still windy, but tucked against the rock on the sand shore we were somewhat free of the wind. We tried to continue 'up' to Ile de Pointe-Aux-Loups. But this was a long low stretch against the wind. We were making very slow progress and realized that we could not complete the trip during the afternoon and decided to return to our lodgings. Late August and into September is characterized by superb winds that are ideal for wind surfing and kite surfing (not exactly superb for cycling).

It was a Country Fair 'a la Madeleine'. Motivated by a shove from Marg, we cycled to Fatima on the adjacent island to go to the fair for what proved to be another different day. The venue atmosphere was local and laid back. We ate cobs of corn rolled in butter and Bear Pie, and watched dog races, lawnmower races and relay races as well doing our 'French speaking thing' with the friendly people we met. We found it to be true, as we had been told, that generally the older people did speak some English, whereas younger islanders did not as a result of a shift of focus away from English and towards French in the current school programmes. We cycled on into Cap-Aux-Meules (Grindstone) to arrange a ferry trip to L'Ile-d'Entrée (Entry Island). This is the only inhabited Island that is not joined to the others by 'causeways' of sand dunes and roads. Also it is unique in that it is English speaking. The 130 people here are of English and Irish descent shipwrecked many years ago. There is a small store and restaurant, one B&B and a small Anglican Church. This is a walking island, has the highest hill in the archipelago and an informative Entry Island Museum.

We were looking forward to the cycle southwards (considered to be on the west side of the archipelago) to Ile du Havre-Aubert and in particular to the historic site of 'La Grave'. This was a long expanse of about 40kms of dunes and a paved windy road. Many wind surfers were in this area. The day before we had booked a B&B near La Grave. This was another beautiful residence. All the B&B accommodations we have had were clean and spotless and the buildings well maintained in traditional styles and many bright colours.

Another appealing day faced us. The predicted rain did not materialize, but the wind kept its promise at times. We experienced a very scenic ride around the 'bottom' of the island to the end of the road and ate lunch where the road gave up to the western sand dunes which stretched northwards back to 'Grindstone Island'. These dunes roughly parallel the road we had taken to get to Havre-Albert. Between the two lengthy arms of sand, lay more water. Two interesting sights surfaced on the way back. One was to see the unusual way that hay is often stacked here. It is piled to form a large square shape and topped with a canvas cover supported at the corners with stakes. As the hay is used, the top drops accordingly. The second stop was at a small harbour where we watched boats returning with loads of mackerel. The fish was being packed in ice to be shipped for export.

A car rental option was the way to go on our last day. We drove to the other end (east) of the Madeleine Islands. We had attempted to cycle there a few days ago but the wind held us back. Again it was windy with rough seas and we watched as waves pounded a little harbour near the small island of Point-aux-Loups. Before reaching Grosse-Ile (another small enclave of English speakers) we visited a large salt mine, now owned by the Canadian Salt Co. which markets products under the Windsor brand name. All the islands are over a huge salt dome. Farther on a beach called Old Harry was once the site of the walrus hunts. These animals have completely vanished from this area. We passed through a large conservation area to the end of the road at the fishing wharf and harbour containing up to 100 lobster boats. Another seafood chowder was in order before turning back. The last dinner on these islands was at a fish factory near Grindstone where we had an unsophisticated, but excellent seafood meal, to cap off a wonderful experience on these engaging and colourful islands.

The trip back to PEI began at 8 am the next day. For some reason we were last on the ferry. Carloads of wind surfers were also returning home. After landing 5 hours later, we cycled to the town of Morell to B&B. The next day was to be a short ride to Charlottetown but, about 11.00am we were only 25km from the city so one of us (we) decided to cycle through PEI National Park on the north shore.

We wondered about the departure on September 11<sup>th</sup>. The Charlottetown to Toronto leg was fully booked, but from Toronto to Vancouver, the airplane was only half full. Here again, Marg outdid herself. We were charged \$65 to take our bikes and were told it would be the same cost on the return flight. We later discovered that some of our group had paid less than that and a couple did not pay at all. The day before returning, I raised this with Air Canada at the airport and was informed clearly that we would pay \$65 for each bicycle. I even flashed my Cross Canada Cycling Card membership. But no one was impressed. However Marg flashed her card the next day and said she did not have to pay. The attendant agreed and we all loaded our bicycles free of charge.

In summary, this was a successful undertaking partly because it was quite varied, the large cycling group was congenial and I enjoyed my association with Marg and Dennis for our travels in the enchanting Madeleines.

## Cycling Seniors rate Gabriola World Class.

Bruce Mason, Gabriola Sounder.

You may have noticed that a biker gang descended on Gabriola last week. Although highly visible, when pulled over they say they have nothing to prove and don't have any particular message. Both of which speak volumes.

They are, in fact, members of the Cross Canada Cycle Tour Society, 23 in number, ranging in age from 59 to 80 years. The Sounder showed up at the home of David and Pat Demuth to share a turkey dinner with the group after they had spent the day cycling around Gabriola.

**Listen up.** "We formed in 1982 out of an interest in determining if there would be benefits to seniors in cycling across the country," says Dennis Parsons. Doctors and nurses came along on the first tour which was preposterous. After taking regular checks of the participants' blood pressure and conducting all sorts of daily test, they concluded, correctly, that we didn't need their help and left us alone somewhere near Banff."

Parsons, who made the 83-day cross-country journey in 1986, says the non-profit CCCTS currently has 600 members. The pace has slowed somewhat, he reports, because membership is getting on, and cycling across the country is something they tackle only once every several years. Besides, they're now cycling other countries - New Zealand, South Africa and Switzerland, for example.



This year they toured Hawaii and the Rockies from Kamloops and, of course, Gabriola Island, which is a long time CCCTS favourite. On tap for 2003 is a tour of Prince Edward Island, tip to tip, and the TransAmerica bicycle trail from Oregon to Virginia.

Most of this group took the Brentwood Bay ferry from Victoria, though some have come from as far away as Seattle, and others from Vancouver via Salt Spring. Still more joined the entourage from various points on Vancouver Island.

"Too many older people are lonely," says Lee Kraft, when asked by the Sounder, why bother? "In CCCTS there's an opportunity

to get past all that, and health problems as well, by not thinking about them. There's no competition.

Eighty-year old Rose Tanchak, who joined CCCTS in '84 and cycled across the country in '86, says, "I got tired of staying at home and wanted to meet some new people."

Recently, retired youngster, Janet Lever, 59, says, "CCCTS members have become my mentors, they're and inspiration. They've shown me that anything is possible if you get out and get at it."

Across the table, Glen Smith waves aside the notion of inspiration. A pharmacist turned physician then specialist, he was a member of the famed 1950's UBC rowing team that earned a silver medal in the 1956 Melbourne Olympics. "The most fun in th'50's was beating the Russians at the Henley Regatta," says Smith who is back on the west coast after rowing from Ottawa to Kingston with family and friends.

"Rowing or cycling, it's all social," he says, asking, "Do you want that drumstick?"

Parsons points out that the CCCTS is open to anyone, but all tours take place during the week to take advantage of seniors discounts on ferries and such. So potential members should be retired from weekday commitments. Membership is \$25 (\$35 for couples) and includes a monthly newsletter.

"Glorious," is how the 23 CCCTS cyclists described Gabriola Island. "The best in the world."

## Kamloops/Rockies Tour #2 with a TWIST !

I am writing this so as to get the facts straight. On Monday, Aug. 19th we left the campsite at Field in high spirits on yet another perfect morning.

The sky was clear and the sun was shining. The plan was to go off the highway just "down the road" to look at the "Natural Bridge." After wandering around this awesome site, we noticed a bike trail that followed the river which paralleled the highway. Sharon said "I have a map" and so four adventuresome souls set off down the trail! I remember something about "the road less travelled....." anyway the trail came to an end at a wash out and the group thought that we would pick it up just "over there." Well, we carried those bikes over unbelievable obstacles and finally came out on a clearing and could see the highway. We sat down to have our lunch about 1 PM and figured we had made it. Well, we could not get across the river. It was absolutely MORTIFYING to realize we needed help. There is no blame here. We were a group and everyone had their say. My suggestion to retrace our steps was soundly vetoed and in retrospect that would have been very wrong. We would not have found our way. I had a cell phone with me but there was no reception. I also had a small two way radio, on channel 14 and as luck had it a couple travelling to Calgary had a radio on channel 14 and were talking to their daughter in a vehicle just ahead of them. As they passed within range I picked them up and called for help. They were wonderful! They went to Field to the RCMP who called SEARCH AND RESCUE. But how to get us off this sand bar? This all took some time and we were running out of daylight. A boat was brought in from Lake Louise and launched down the river from us. We were able to get all four bikes in the boat and arrived at the launch site just at dusk. But the story doesn't end here. The boat trailer and truck had sunk in the mud and one truck winching the other one did not work. They tried to get the boat off of the trailer but it was stuck and would not budge. With more help from Golden the boat was put afloat again, the trailer was detached and the truck was winched to high ground, then the boat trailer was winched out and after both were repositioned the boat was finally pulled out of the water.

Word had been sent to David at our campsite in Golden, via the RCMP and he came to pick us up. The search and rescue team were great. We all feel very humbled by the experience as well, very sorry for the inconvenience and worry to a lot of people. However, all ended well, no one was hurt and I for one won't be sitting in that rocking chair saying "I wish I had of....."

The Kamloops Rockies #2 was a great trip. We had a lot of new people who were wonderful. I have been with the club since '87 and this is just one more wonderful tour.

*Thanks CCCTS, Faye Wilson*

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We are so pleased that there was no serious injury in a situation that could have been tragic - see "Kamloops/Rockies Tour #2 with a TWIST!!!"

The club directors will meet to try determining ways to prevent such a situation recurring on future tours.

*Dan McGuire, Tours Manager.*

## Ready to Pedal

*By Shari Cummins, The Star*

It takes more than Nanoose hills or a cancer diagnosis to deter 60 year old Sabine Hansel from her passion-cycling. Currently preparing for the Seniors Games in Prince George, Hansel will also ride, for the seventh time, in a 200-km trek for the B.C. Lung Association.

A decade ago, Sabine Hansel would not have believed she would be an avid cyclist, racing in-and winning-competitions.

When she and her husband retired to Nanoose about 10 years ago they decided to try cycling. She didn't expect to like it. "I was scared of traffic, I didn't like the speed." Hansel recalls. There are also plenty of big hills in her neighborhood. But once she hopped on and started pedaling, she had a pleasant surprise. "I just loved it."

What started as a post-retirement hobby has turned into a passion. "I take the bike everywhere," she says. "If I have to go to Nanaimo or anything, I just take the bike.

"My husband says that's what the truck is for," she adds, laughing.

Hansel is now 60, and recently underwent treatment for cancer, but she remains a fit and avid cyclist. She is competing this month at the B.C. Seniors Games in Prince George, and she is also preparing for a 200-kilometer bike trek through the Lower Mainland and Washington State to raise money for the B.C. Lung Association.

It will be the seventh time she has taken part in the trek. After reading a newspaper article about the fund raiser, she signed up the first year simply to see if she could finish the ride. "I wondered if I could ride in a group like this," Hansel recalls.

She could keep up, and thoroughly enjoyed the trek, which has raised over \$2.5 million for the Lung Association since it was begun 18 years ago.

In each of the last four years Hansel has raised more than \$2,000, a tally she has already exceeded this year. She says many of her sponsors like the fact that she is working for their money, not just canvassing door to door.

The trek is an enjoyable event, which allows people of all ages - including some in their 70s - to go at their own pace, says Hansel. They are also well-fed and pampered along the way.

The trek, and cycling, have become an important part of Hansel's life. Her bike is a form of exercise, stress release, and therapy. "It really helped me a lot," she says. "If I'm really upset about something I just hop on the bike and go. "It gets all the frustrations out."

Editor Note: Since then Sabine participated in the 2002 Seniors Games and cycled away with 3 medals (1 Gold and 2 Silver)

## HALLOWEEN BASH

Noreen Timmsi

Under clear blue sunny skies Tuesday October 29th, 28 hardy cyclists braved the winds and cycled from Ladner to the Reifel bird sanctuary, out to the Tsawwassen ferry terminal and back to the Kinsmens hall in Ladner to celebrate at Al's dress up party.

We began with Shirley Fisher presenting Al with a picture collage of his birthday dinner and dance with the belly dancer. Then 43 very oddly dressed bikers enjoyed a great meal of chili (Eva Folk), macaroni (Val & Gerry Brereton), buns, cold cuts, huge Hallowe'en cake and lovely lemon tarts (Mary Eickhoff). This was washed down with wine, juice, tea and coffee.

The costumes were great (hard to recognize people without their helmets). Al presented the prizes of inner tubes (always needed) to Helen Enns as a witch and Bob Douglas as a pirate.

Thanks go to all the people bringing food and to the ones who helped set up: Shirley Fisher, Dorothy Kennedy, Eva Folk, Val and Jerry Brereton. Eva Folk read a poem on "Hugs" and we all gave Al a big one which he deserves for providing us with this annual celebration.

Our next "Do" at the Kinsmen Hall will be for our Christmas lunch on December 17th after the morning ride. Plan to be there for lots of food and fun!

### For Sale:

21" Cannondale Touring (32" stand over), 21 speed 24 to 115 inch gearing, bar ends, Kevlar hi-pressure tires, Girvan stem, racks, fenders, 36 spoke wheels, racing bars, new cables & housings. \$650. Firm.

20" Miyata 618GT, 21 speed triple spline butted Touring bike. Stand over height 31". 36 spokes, good rubber, rear rack, fenders, MTB bars and grip shift. \$300

**Bike Rack**, trunk mounted, holds 2 bikes \$25

Jim Rainey. 604-266-9708

## Changes to BC Motor Vehicle Act.

Dennis Parsons

As of June 21, 2002, it is legal for people in B.C. who are 16 years of age or older to use small electric motors on their bicycles to assist with pedaling, due to recent Motor Vehicle Act changes enacted by the B.C. government.

These changes mean that as long as a motor assisted cycle (MAC) meets certain criteria, it may be used without having to meet the vehicle and driver requirements that are intended for motorcyclists.

"As long as you are over 16 and wear a bicycle helmet, you can operate a MAC without registration, vehicle licensing, a driver's license, vehicle insurance, and without costly equipment or modifications," says ICBC's Dennis Ostler, manager of regulated vehicle programs.

Motor assisted cycles look like a regular bicycle, but have a small motor attached. The motor is electric powered, rated at 500 watts or less, and is not capable of propelling the cycle at a speed greater than 32 km/hr on level ground.

"The approval of electric motor-assisted bicycles creates another sustainable, low-emission transportation."

### For Sale.

#### **Bike Friday** (folding) "Airglide GT"

Ink black frame # 5389 / titanium beam suspension.

"Softride 120" front suspension.

"Sachs Quarz"3 in hub/x7 cogset 11-34

42 teeth Sugino chainring. "Sachs Centera derailer.

21 gear indexed shifting. Shimano "V" brakes,

Conti Top Touring tires. Terry saddle and rear rack.

Folds into travel bag (included).

Orig. price: US \$2500 at factory. Asking can. \$950

#### **Miyata 1000 LT** 54 cm Napa green frame #UA50292

Flexible stem/drop handle bar.

Bar-end Shimano shifters, XTR hubs.

Deore XT derailer/Megarange cogset 24-34-48 chainrings.

TranzX seatpost suspension. Shimano wing brakes.

Turbo 700x26 tires. Cateye computer.

New fenders and rear rack. Brooks leather saddle.

"Low riders" if wanted.

Asking \$700. Please contact:

[horsthees@hotmail.com](mailto:horsthees@hotmail.com) 250-389-1152

## THE CROSS CANADA CYCLE TOUR SOCIETY

### CONSTITUTION AND BY-LAWS

#### PART II - MEMBERSHIP

( *The proposed amendments are shown in italics* )

3.(a) The members of the Society are the applicants for incorporation of the Society, and those persons who subsequently have become members, in accordance with these By-Laws and , in either case, have not ceased to be members.

(b) Persons, *over the age of 19*, may become members on acceptance of application and payment of Membership dues.

(c) *Each person who becomes a member of the Society and each continuing member of the Society must as a condition of becoming a member or continuing to be a member in good standing, sign and deliver to the Society annually, or at such other times as may be required by the directors, a waiver of liability in a form approved by the directors.*

9. All members are in good standing except a member who has failed to pay his/her current annual membership fee, if any, or other subscription of debt due and owed by him to the Society, *or failed to sign a current waiver of liability in form approved by the Directors.*

# CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

**To register for tours** - phone, fax 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 the tour** or **names for membership**." Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. Costs may include wagon-master support.

For information on specific tours contact the tour coordinator. If you are considering organizing a tour and would like information on procedures; please ask the CCCTS office or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

## Tours completed 2002.

Hawaii 2002	Brentwood-Gabriola
Victoria Hub & Spoke	Kamloops Rockies # 1& 2
Alberta-Smoky River	Prince Edward Island #1 & 2

## New Zealand 2003

### New Tour

Jan 12<sup>th</sup> to Feb 20<sup>th</sup>

Dennis Parsons 250-881-1170 [dovic@inetex.com](mailto:dovic@inetex.com)

or Don Stenton 250-385-9780 [dstenton@uvic.ca](mailto:dstenton@uvic.ca)

No deposit; pay as you go, arrange own air transport, then approx. \$25/day and up.

A tour of New Zealand's South Island starting in Christchurch, via Lake Tekapo, Queenstown, Haast Pass, Fox Glacier, Westport, Motueka, Nelson, Blenheim, Kaikoura, and Christchurch. This tour has grown from numerous past tours, and is the most extensive one so far, and with all the most interesting rides included. Call the organizers for more info, and find out how to cycle along with this group.

Participants: Dennis Parsons, Don Stenton, Brian & Meta Altenkirk, Sandy & Glenda Kirk, Bruno & Cathie Freigang, Carl & Joyce Dukeshire, BruceRoss, Roberto & Sonya Bardati, Jim & Shirley Mae Jeffrey

## Hawaii Tour 2003

23 Jan.-7 Feb

Chris Siggers 604-291-1018 Email: [csiggers@telus.net](mailto:csiggers@telus.net)

Participants: 24 (max)

Cost: \$2200/person (Return airfare from YVR: \$1025, incl. bicycle. Accommodations and support mini-van rental: \$1175)

Deposit with application: \$100. Full payment required by 6 Dec.

Airfare bookings to be made directly with the Flight Centre, Brentwood Mall, Teri Charuhas, Ph. 604-717-1021 email: [teri\\_charuhas@flightcentre.ca](mailto:teri_charuhas@flightcentre.ca) Travel agent will accept credit card payments but deposit cheque and accomodations must be paid by cheque to CCCTS office.

Itinerary was published in October Newsbrief. At this writing, November 1, we have 8 participants signed up but this tour will likely fill quickly so don't procrastinate too much longer. The best rate we have found for bike rentals in Kona is \$15/day, so it will still be less expensive to pay Aloha Airlines \$140USD to transport your bicycle. If you are interested in bike rentals, email: [grant@hpbikeworks.com](mailto:grant@hpbikeworks.com)

Participants: Chris Siggers, Jim Burnett, Janet Lever, Len Watson, Mike Young, Rob and Lynne Stewart, Mac Harvey

## TRANSAMERICA BICYCLE TRAIL 2003

( Astoria, Oregon to Yorktown, Virginia.)

May 29<sup>th</sup> to August 26<sup>th</sup> 2003 ( 90 days )

Judy Jackson 604 985-7041 [marij@telus.net](mailto:marij@telus.net)

Maximum participants 24

Cost estimate \$4300

Deposit \$ 150 with application, non - refundable after Nov 1<sup>st</sup> .02 remainder due by Feb. 1<sup>st</sup> .03

Distance 4500 mi (7200 km), following the original 1976 Bike centennial route as closely as possible.

The 7 people listed below have paid their deposit. We will be renting an 8-passenger Van with racks, to accommodate the bikes. It will be possible for all to ride the Van from Vancouver to the starting point Astoria and back to Vancouver from Yorktown for those returning all the way. We will be taking turns driving the van and cooking, as arranged amongst those on tour. Accommodations are mostly camping, with some motels or hostels. Participants: Judy Jackson, Marthe Lambert, Jean Horrocks, Jean Cookson, Michael Goldberg, Gary George, Bob McEwen.

## Comox Valley Hub & Spoke

New Tour

16<sup>th</sup> to 20<sup>th</sup> June 2003

Gladys Schmidt 250-338-8955

Dora Ellis 250-338-9751

Registration Fee: \$12 (dinner + maps)

Other cost: pay as you go

No limit on numbers, everyone welcome

Style: Tent, RV or Motel

Tours of the beautiful Comox Valley, patterned on the very successful H&S of 2001.

Itinerary: Mon. June 16 - gather in Courtenay

Tues. June 17 - registration, ride and dinner

Wed. June 18 - rides

Thurs. June 19 - rides

Fri. June 20 - ride via Cumberland, luncheon

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## Quadra and Cortes Islands

New Tour

20<sup>th</sup> to 25<sup>th</sup> June 2003

Gladys Schmidt 250-338-8955

Sylvia Mather 604-921-9661

Wendy Pearson 604-926-6508

Registration Fee: \$12 (first night camp + maps)

Other cost: pay as you go

Maximum number: 35 tents

Style: camping or lodge, carry gear on bike

Itinerary:

20<sup>th</sup> Ride to a campsite near Campbell River. Saratoga Beach !

21<sup>st</sup> Meet in Campbell River, ferry to Quadra, cycle to Heriot Bay, tour Rebecca Spit;

22<sup>nd</sup> Cycle Quadra; Cape Mudge, Wa Wa Kai beach, etc.; return to Heriot Bay camp;

23<sup>rd</sup> Ferry to Cortes Island, cycle to camp at Gorge Harbour, cycle to Squirrel cove;

24<sup>th</sup> Cycle to South end of island, Hague Lake (bring bathing-suit), Smelt Bay Prov Park, return to camp;

25<sup>th</sup> Check out Whaletown, return via ferries to Campbell River.

Notes: If driving to Campbell River, vehicle parking for the week being investigated; both campsites on Quadra and Cortes can accommodate RV's; those wishing to stay in cabins or rooms must book this month to be assured of a place; Cortes Island is very hilly.

### Arizona Participants.....Tour underway.

Bernice Gregory; Jack Sheppard and Leila Montgomery; Jim Burnett; Bill Hook and Barbara Faulkner; Helen Enns; Sandra Richardson; Bill Miles; Ken Rogers; Hans Klein; Roger Ehret and Marilyn Nelson-Ehret; John Peck; Jean MacDonald; Gary George; Faye Wilson and Barton Howes; Sonja Joos; Barbara Hetzer; Jo Anne Hamilton and Peter denBoer; Pablo Bleiker; Donald Ruddy

## WEEKLY RIDES.

### VANCOUVER & VICINITY

Sunday: Vancouver - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.

Contact: Bob Douglas 604-435-3893

### Tuesdays/Thursdays:

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.

Contact Al Hollinger 946-1347

**Wednesdays: West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week. 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

### VANCOUVER ISLAND

**Victoria. Sundays** 9:00 a.m. at the Big Al's Bagel at the Saanich Plaza

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or

10:00 a.m. at McDonald's, Pat Bay Highway 17

Birthday Lunch, 11:30 am 3<sup>rd</sup> Wednesday of month at White Sp on Pat Bay Highway.

Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

**Nanose/Parksville. Thursdays** 10:00 a.m. at Nanose Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**Comox Valley.** Contact Dora Ellis 250-338-9751

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

Contact Joan Engman 403-288-7910

**OTTAWA. Thursdays** Contact: Jenny Cookson 613-828-5789  
Bill Russell 613-224-2537

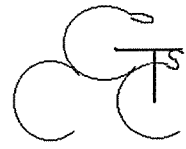
**KAMLOOPS.** Contact Peter Baron 250 372 8392

**Kelowna** We are a small group who ride regularly on Tuesdays and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 764-8271 or Donna at 861-4083



# Newsbrief.



December 2002 Volume 19. Issue # 11

The Cross Canada Cycle Tour Society

## President's report.

David Clark

For those who did not attend the Annual General Meeting on December 4 let me share with you the main events. The stewardship reports were uneventful without challenges and were the normal part of an AGM. The Special Resolution created quite a bit of heated debate with principled arguments on both sides made by people who were passionately involved. When all arguments had been exhausted it was put to a vote with the result of sixty-three in favour and thirteen against.



Shirley Fisher and her helpers put on a great Christmas dinner dance. The food was excellent and the dancing very special. Can't help thinking that we are a very fit group.

Your board has said good-bye to four outstanding directors who have moved on after contributing many years of service to the Society. They are John Peck who became a director in 1989 and while known for his computer genius; had the Membership and Newsbrief portfolios; Mary Eickhoff became a director in 1995 and has served as President and as Secretary. She will be missed for her encyclopedic knowledge of the history of the Society. Art Borron became a director in 2002 and has done great things in the mysterious role of Webmaster which he has agreed to continue. Finally Ed Weinstein became a director in 2000 and Vice President in 2001. The new Directors elected were Ray Bremner, Walter Griffioen, Don Stenton, Kim Vogt.

On January 13 1983 our Society was recognized by Victoria under the Society Act. We have six members who were there at that time. They are Marten McCready, Bob Douglas, Dennis Scolah, Bette Kerr and Eva Folk. Does that give cause for a celebration?

At time of writing there were still places available on the Hawaii tour. If you want to know more call Chris Siggers at 604-291-1018.

# MERRY CHRISTMAS



And Thanks to  
contributed to  
articles, stuffing  
mailing through-

All who  
the Newsbrief with  
envelopes and  
out the past year.

Rolf Petersen, Newsbrief Editor.

## New Years Day Ride

It's time to set your cycling dial to 8:45 am, Wednesday, January 1, 2003!

We'll meet at the Peace Arch border crossing ( Hwy 99 at Beach rd ) in the open parking area across from the Canada Customs buildings. *Please make your 'comfort stop' prior, as there's no assurance of washrooms being open at the border at that time.* Plan to arrive by 8:45 am to allow time to sign the day-ride waiver, photo op anyone got a digital? whatever... We need to be at the US Customs at 9:00 am sharp to allow us to enjoy a moderate pace for our 100 km round trip.

The route will skirt the coastline of NW Washington along Birch Bay, through Ferndale, and along the scenic harbour drive in southwest Bellingham to our destination, Fairhaven, where we'll lunch, rest, and return. Some prefer to return from Ferndale which would be a few clicks under 60. Whatever your distance, everyone please order a fine day and we'll start the New Year right, on the seats of our bikes! (If Snow, No Go.)

Contact Mary Eickhoff for further details: 604 535 2513 email [eickhoff@vcn.bc.ca](mailto:eickhoff@vcn.bc.ca)

# 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 1st of the month. The views expressed in the NEWSBRIEF are not necessarily those of the CCCTS or the Editor. Submit items for publication to Office or Editors E-mail: [rolf@pacificcoast.net](mailto:rolf@pacificcoast.net)

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.**  
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604 434 9253	
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250 378 0927	<a href="mailto:Bartonfaye@aol.com">Bartonfaye@aol.com</a>

## CCCTS Calendar 2002 - 2003

Directors Meeting held 1<sup>st</sup> Thursday of the month.

### December

11<sup>th</sup> Victoria Christmas.

### 2003

January 4<sup>th</sup> New Zealand.....

23<sup>rd</sup> Hawaii.....

### February

7<sup>th</sup> Hawaii complete

20<sup>th</sup> New Zealand finito.

May 29<sup>th</sup> Trans America Start...

June 13<sup>th</sup> to 16<sup>th</sup> Victoria-Comox Valley

16<sup>th</sup> to 20<sup>th</sup> Comox H & S

20<sup>th</sup> to 25<sup>th</sup> Quadra & Cortes Isles

# New Members

Judd, Carol

250-595-881 8-1463 Cranbrook Place, Victoria, BC V8P 1Z8

Ockermueller, Lesley & Hans

250-381-4856 1615 Hollywood Cres., Victoria, BC V8S 1H8

Saramaga, Beverly

604-606-4276 102-5488 Arcadia Rd., Richmond, BC V6X 2G9

## For Sale.

**Miyata 1000 LT** 54 cm Napa green frame #UA50292

Flexible stem/drop handle bar.

Bar-end Shimano shifters, XTR hubs.

Deore XT derailleur / Megarange cogset 24-34-48 chainrings.

TranzX seatpost suspension. Shimano wing brakes.

Turbo 700x26 tires. Cateye computer.

New fenders and rear rack. Brooks leather saddle.

"Low riders" if wanted.

Asking \$575. Please contact:

[horsthees@hotmail.com](mailto:horsthees@hotmail.com) 250-389-1152

## Cannondale Touring Bike

26 to 115 " 21 speed bar end shifters, Hi press. kevlar tires, 36 spoke wheels, new cables and housings, Girvan stem, racks and fenders. \$ 650

**Friday NWT**, like new, MTB bars, grip shift, racks, fenders, carry bag, suite case and trailer. Suit 60 to 65" rider. \$2000

**Miyata Touring**, MTB bars, 21 speed grip shift, racks and fenders \$ 300

Contact Jim Rainey 604 266 9708 [Emailcreampuf@vcn.bc.ca](mailto:Emailcreampuf@vcn.bc.ca)

## Cycle Touring: Advice for beginners. *By Gary Lee*

TRAINING  
It is possible to go on a bike tour without any training and to train yourself in on it. This will mean that the mileage you will be able to do at the start will be limited and that you will get very tired and sore if you are imprudent. I have never done this myself and I do not think it is a good idea at least without a couple of weeks training. Personally I tend to go in for long distance touring averaging 65-70 miles/day over difficult terrain.

For this I undertake 12 weeks of serious training. I start usually from a base of 80-100 miles/week which is the minimum I do all year around and build that up to 150/week. Initially this is very tiring but when I have adjusted to it, I increase it to maybe 200/week. If I get exhausted, I take a break of up to three days rest or slip in a reduced mileage week. All of this training is mileage training and does not include speed which is not only unnecessary but produces a different type of fitness which results in the end in poorer stamina.

You should at all times favour the gear which spares you from using brute strength. Racing cyclists spin at 90-110 RPM when racing. The man in the street grinds away at about 40 RPM. You should try to train at 80+. There is no golden rule about RPM but the basis of using higher revs with lower muscular effort/rev is that you will be using what are called the slow twitch muscle fibre. These can burn fat when trained and are the fibre of long distance stamina. They become much less fatigued than the Fast twitch fibre which you will be using if you use brute strength. Big muscles do not give stamina. They give speed. You should avoid training with someone who is dissimilar to you in build and athletic ability as you will be training too hard or too easy. Also avoid the very competitive person of similar ability when you are doing stamina training as your training will be less effective in the long run if overdone.

It is very hard to get many people to understand that initially training easy is ultimately more beneficial. How should you measure training. Probably the best measure is hours. Miles are how some people measure it but how many miles you do in a sessions will vary a lot with the wind, the route, the bike, the tires and so on. Most experts say you should concentrate on time rather than distance and professional cyclists speak in terms of "hours on the bike". When you are training properly it is normal to find that you need less nightly sleep. You may find yourself falling asleep as well during the day after training sessions. What is not normal however is waking early and feeling shattered. If this is accompanied by leg soreness then that is a sure sign of overtraining and if continued will lead to a loss of rather than an increase in condition.

Remember very hard training has only a tiny place or even no place in training for bike touring. What you are training for is spending several hours every day sitting on your bum and twirling away. Being able to sprint flat out for 400 meter is totally useless for that kind of activity. Also it is the experience of all stamina sports that you will not get really fast over a long distance unless you build your fitness on an "aerobic base". This refers to slow to medium paced long-distance training.

## CLOTHING.

You need clothes for on the bike and off. For **off the bike** you need clothes to wear during ordinary and extraordinary weather.

As you will not be travelling with a large wardrobe you should choose colours which camouflage dirt. Colors such as dark navy, brown and mixtures are suitable. Avoid white, light yellow etc. You can of course do some washing with some of those tubes of magic stuff but be warned. They do not remove dirt without a lot of rubbing, despite what the blurbs say. They will of course destink the clothes which is something. For extremes always bring a wooly pully. You can wear it at night and if it gets very cold you can wear it under your other clothes on the bike. I have had occasion to do this and it rendered total freezing misery during freak cold wet weather in the South of France in June, tolerable. You must also have a Rainproof/wind proof top. For descending long mountains it is essential, particularly in cold wet weather. **BE WARNED.** Descending a mountain at 25 MPH with a temperature at the top of 50 F when it is wet produces a wind chill factor which produces an effective temperature of -12 C. This sounds incredible but I have experienced it. I found that the only way that I could stop shaking was to put on the brakes and pedal against them. For heat always take a pair of non-cycling shorts. They take up no space.

## Cycling Clothes.

Be visible and wear bright colored clothing ( yellows, lime green or reds) and reflective Scotchlite tape for dusk or night time riding . Whatever else you wear, wear proper cycling shorts with a padded gusset. Cycling shorts are comfortable because they are padded, absorb moisture and most important don't chafe the inside of your legs and don't ride up into your backside. This is nightmarish. It is worth taking cycling tights with you in case it is cold. I think that you should take a pair of warm gloves or mittens also. Not to take them is being, in my experience, overly optimistic.

I also strongly advocate mudguards. Most of the water that wets your feet and makes you miserable when it rains come up off the wheel. I find that in the wet mudguards greatly reduce your level of discomfort. If there is the slightest prospect of cold take either a wooly pully or at least one long-sleeved cycling jersey. Short sleeved Jerseys inside a rainproof top will leave your arms, and consequently your body cold. You should wear cycle-touring shoes with stiff soles.

Cleats and toe-straps may increase your efficiency as the books say but not by much. I usually use them or the clip-on look pedals, but when I cycle on my mountain bike I use tennis shoes and "bear-trap" mountain bike pedals and I find them to be no practical disadvantage.. If you are going touring in continuous cold wet weather then there is only one practical way to go about it. Wear a breathable waterproof suit such as Gore-Tex. Flexible soles lead to numbness in the feet and in long-distance cycling are to be avoided if possible.

## Lights.

Just in case you run out of day-light; have a good quality headlight and one of the flashing red LED taillights with at least 5 LEDs'. The LED lights are also available in white or amber for the front of the bike. You can't see by them, but you can be seen by other traffic up to 1500 metres away ! Another advantage of the LEDs' are the long life of batteries, up to 100 hours.

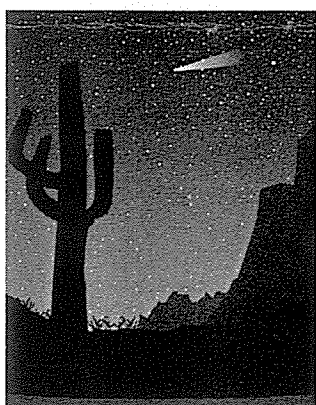
Don't forget ! Lights are no substitutes for reflectors which are required in most Provinces and States; in particular the moving reflectors on pedals and wheels.

We had a great time cycling in sunny Arizona; however flats galore every day!!! The group was very supportive and helpful in fixing these problems ; thank you guys.

One of the highlights of the tour was the visit to the Kartchner Caverns - a beautiful formation of Mother Earth.

Another great ride was from Sierra Vista to Nogales through Fort Hnadinca, a historical Fort, which is presently used for high security training. The country lanes were hilly and winding through Ranch country and lots of golden colored trees along the way.

A big Thank you to Bernice, who always does the best for us, and even organized lots of extra events. We all thank you so much for a very successful trip.



**Flying high with Pablo !**

When I booked my flight to Phoenix for the recent Arizona tour, I reminded my travel agent that bicycles used to be carried free on America West Airline, for those belonging to recognized bicycle clubs.

She looked up the regulations and informed me that it was no longer the case; that I would have to pay US\$65 each way for the bicycle. I so informed the participants.

When I arrived at the Vancouver airport, some had already checked through and paid the \$65 each. I happened to be among a group behind Pablo. He went boldly up to the counter and said "I belong to the CCCTS. Here is my membership card. My bicycle goes free." They believed him, and he and the group behind him went through without paying.

On our return, I thought that surely Pablo could not pull the same trick again. After all, Phoenix is the hub of the America West Airline. All their employees surely know the rules. Some of the unlucky ones paid again. I just happened to be behind Pablo again, and he did it again !

So now you know with whom you should travel ! *John Peck.*

**Chain, Chain.....** ( Ref. Sep. Newsbrief )

I cycled through several Ottawa winters. Crazy? yes. But also fun!

My chain would get filthy every day from the salt and sand on the road and had to be cleaned very frequently. Normally I would NOT suggest that one uses WD 40 on a chain, but put some in a chain cleaner from the MEC, and it does a great job of taking off the salt and grit.

I would clean the chain 4 times in some weeks. It was amazing how well the chain and derailleur worked.

Best wishes and Happy Riding.

*Tim Pickering*

("The most entertaining adventurer on earth" according to National Geographic) died this month while climbing in Washington State

His accomplishments included climbing Mount Everest without oxygen or Sherpa Bearers. He later did the same thing with his girl friend and she became the first Swedish woman to scale Mt Everest

He did so much more but I would like to include an item involving cycling.: To start his conquest of Mt Everest he cycled 11000 Km from Sweden to Nepal pulling a trailer which contained all he needed on the trip ,including food.

He had 132 flats (can you imagine the patches?)

And of interest to those in CCCTS who bring wardrobes, he, in order to save weight, took only one set of underwear !!!

I will surreptitiously be eyeing the thickness of your panniers while we tour New Zealand.

**Water Bottles**

Clear or translucent plastic bottles are best. They let you see when life is forming in the bottom. They do not absorb sun light and heat up as quickly as dark colored bottles. White bottles are good for this but they soon look filthy.

The tradition of opaque bottles comes from racing I am told. The competition can't tell when you have run out of water. Store bottles with some water in and they won't taste as badly of plastic. The juice of half a lemon makes warm plastic water palatable on a hot day. Slipping a wet cotton sock over the bottle cools the water while riding.

**Memoriam.**



While living on Gabriola Island, I met this friendly and energetic couple; Liz Matthew and Bruce McIntyre, both retired and members of CCCTS. Last fall, they were looking forward to and planning a biking holiday in New Zealand.

Then, a few weeks ago, their vacation in New Zealand ended tragically, when Liz had a biking accident which cost her life. We ask, why do these things happen ? Some say, "it is God's will"; others, "it is this person's time"; and still others will say that "it is fate". We will never know the "why", but somehow time and healing bring a kind of acceptance and resignation to these tragic losses.

Liz, the times that I met her, seemed to be a kind and life-loving lady and will be missed very much not only by the people that were close to her, but by all of Gabriola Island as well. We honor the memory of Liz and offer our heartfelt sympathy to Bruce.

*Emmy Matte*

## GABRIOLA.....B.a.B.

No it wasn't a Bed and Breakfast but Brenda, Art and Bistro! Bistro is a dog unto himself. Riding along in style in Brenda's pull along buggy attached to her bicycle. He rode along in style as our mascot, sitting up all stately, admired by the locals and waiting for us all outside pubs (ahem) and restaurants. I am sure he thinks he is 'Snoopy' the famous beagle and adapts to everything human. Then along came Tai-Pan, Diana's dog the beautiful blonde 'Pere'. Now it was like the lady and the tramp, romping, flirting, and watching out for each other. Just like us! Its lovely to be relaxed and to act childish sometimes on our tours. Much fun was had by all.

There is also the brave knights like Carl cycling from Langley to 'knock me up' (sorry) in Tsawwassen. I was ready for our sprint to the ferry. Arriving at Swartz Bay, then a peaceful skip along beautiful paths and marinas to Art and Brenda's. Thanks for the wonderful hospitality Art and Brenda. We learnt a lot from each other about computer jargon, internet, bicycle events, news and articles of interest in the bike world. I even looked up my name Darwell and felt like well, a Bistro or Snoopy. When Art showed me I'm a VIP on the net quote the Alaska tour with my advertized jargon.

So the following morning off to Brentwood Bay Ferry where we were joined by the Graysons, the Dukeshires, the Groves, Kebels and later the Finnigans with hello's from Dora, Jean, Diana Lifton and more friends. We all like camping, the birds song was lovely with one peculiar note which sounded like a cat or cougar! At night Ute and I decided it was an owl or a cat bird. We also saw a funny looking bird on a log. Brown, crow size, yellow beak and it shot its head forward and back like a snake darting movement. Never seen anything like it. Maybe it was double jointed!

All in all from Mill Bay through Cobble Hill, Cowichan, lunch at the 'Brass Bell' we proceeded manfully all the way to Osborne Bay Campground near Crofton.. With Bistro overseeing everyone. Packing up, it was lovely in the warm sunshine and we quickly made it to Chemainus for ice cream. A wonderful tourist trap, to

stop and admire the famous wall murals around every turn. We made it after a long pant up hills to the "Crow and Gate Pub" for lunch. Joined by our other friends. With Dora and Jean beckoning us from the garden. Very English this place Mowbray pies and Guinness.

Now we were eager to replenish ourselves and to make the final lap to Maki and the Living Forest Campground. There, Diana was, all at home with tent, table laid, and a good book. Tai Pan shrugging around in a rich fur coat. After a good mapped out site we all settled in and various suppers materialized.

The ferry to Gabriola getting both on and off were met by huge hills, it was hilly in most parts around the circumference of the island. But hey who cares! We were doing it! Like the good natured sportsmen that we are. We may be over the hill, but down in the valley. Boy can we lick em! Lunch at the south west end of the island was the Bitter End Pub. Very aptly named overlooking the marina. I got tipsy I think with all that sun and support, pleasure of eating, sleeping, biking and sightseeing with my second family—Wonderful.

Carl and I left the crew next day and made our way back to Crofton ferry, mostly on the highway which was very smooth and fast. We found the ferry and had a half hour wait which we spent drinking tea, dunking cookies at a cute gift shop. Then it was Salt Spring Island for the day, visiting Vesuvius and Ganges. This was a less hilly route except at the ferry dock. There was a huge hill to overcome when we arrived. At Ganges, a great place for people watching. We had a huge organic lunch. Cycled around the shops, walked the marina. The beautiful coloured sailing craft contrasting with the brilliant blue sky and the green of the park. And so on to another fresh fruit crushed ice cream, with time enough to catch the Long Harbour ferry to Tsawwassen. A small ferry, we were overtaken by two large ones who snubbed us with a toot, but we had a little tour around the islands. Arriving at Tsawwassen at 7 p.m. we pedalled home. Carl onwards to Langley another 40km.

*Betty Darvell-Jones*

### Christmas Puzzles.

*By Frank Jacobsen*

Consider this: you are out on solo ride; there is no one to talk with. So where is your mind? Do you think about your children / grandchildren who have done so well? Or are you one of those funny people who really enjoy doing puzzles: crossword puzzles, cryptograms, bridge or chess questions and other nonsensical challenges? Do you hate to give up? If you are from the latter category, this puzzle is for you. I found this challenge in an American newspaper about ten years ago. The name of the newspaper has been forgotten.

Instructions: Each question (1 to 24) below contains the initials of the words that will make it correct. Find the missing words.

NOTE: The numbers in the questions are the keys to the solutions.

Example: 16 = O in a P Answer: Ounces in a Pound

- 1 26 = L of the A
- 2 7 = W of the A W
- 3 1001 = A N
- 4 12 = S of the Z
- 5 54 = C in a D (with the J)
- 6 9 = P in the S S
- 7 88 = P K
- 8 13 = S on the A F
- 9 32 = D F at which W F
- 10 18 = H on a G C
- 11 90 = D in a R A
- 12 52 = W in a Y
- 13 6 = S on a C
- 14 3 = B M (S H T R)
- 15 4 = Q in a G
- 16 24 = H in a D
- 17 1 = W on a U

- 18 6 = L and N in a P C
- 19 57 = H V
- 20 11 = P on a F T
- 21 1000 = W that a P is W
- 22 29 = D in F in a L Y
- 23 3600 = S in an H
- 24 40 = D and N of the G F

The solution will appear in the January edition of the Newsbrief.

***Have Fun.....Ho...Ho...Ho..***

# CCCTS Tours

Our tours are 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.

The weekly day rides and most tours are suitable for novice or more casual cyclists with ordinary bicycles, while other tours may need more experience and physical fitness, and a proper touring bicycle. If in doubt please call the organizer.

Participants are responsible for their own actions during tours and are also expected to offer assistance to the coordinator in sharing work and assuring harmony.

**To register for tours** - phone, fax 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 the tour** or **names for membership**." Tour deposits and fees may not be refunded if you are accepted as a participant on the tour and costs are incurred on your behalf. Costs may include wagon-master support.

For information on specific tours contact the tour coordinator. If you are considering organizing a tour and would like information on procedures; please ask the CCCTS office or the Tours Manager for TOUR CO-ORDINATORS INFORMATION Guidelines.

## Tours completed 2002.

Hawaii 2002	Kamloops Rockies # 1 & 2
Victoria Hub & Spoke	Prince Edward Island #1 & 2
Alberta-Smoky River	Gabriola Island
Brentwood-Gabriola	Arizona

## New Zealand 2003

Jan 12<sup>th</sup> to Feb 20<sup>th</sup>

Dennis Parsons 250-881-1170 [dovic@inetex.com](mailto:dovic@inetex.com)

or Don Stenton 250-385-9780 [dstenton@uvic.ca](mailto:dstenton@uvic.ca)

No deposit; pay as you go, arrange own air transport, then approx. \$25/day and up.

A tour of New Zealand's South Island starting in Christchurch, via Lake Tekapo, Queenstown, Haast Pass, Fox Glacier, Westport, Motueka, Nelson, Blenheim, Kaikoura, and Christchurch. This tour has grown from numerous past tours, and is the most extensive one so far, and with all the most interesting rides included. Call the organizers for more info, and find out how to cycle along with this group.

Participants: Dennis Parsons, Brian Alenkirk, Meta Alenkirk, Bruno Freigang, Cathie Freigang, Carl Dukeshire, Joyce Dukeshire, Sandy Kirk, Glenda Kirk, Don Stenton, Bruce Ross, Jim Jeffrey, Shirley Mae Jeffrey, Roberto Bardati, Sonya Bardati, Bosco Chang

## Hawaii Tour 2003

23 Jan. - 7 Feb.

Chris Siggers 604-291-1018 Email: [csiggers@telus.net](mailto:csiggers@telus.net)  
Participants: 24 (max.)

Cost: \$2200/person (Return airfare from YVR \$1025 incl. bicycle. Accomodations and support van \$1175) Full payment required on booking.

Airfare bookings to be made directly with the Flight Centre, Brentwood Mall, Teri Charuhas, Ph. 604-717-1021 email: [teri\\_charuhas@flightcentre.ca](mailto:teri_charuhas@flightcentre.ca) Travel agent will accept credit card payment But \$1175 payment to CCCTS must be mailed by cheque to the club office.

Historically, this has been one of the club's most successful tours. It has been organized at least ten times previously and is usually fully booked within a few months. At this writing, 1 December only nine participants have registered for this tour.

Since we require a minimum of 15 participants to qualify for the group fare, which is \$150 less than the regular fare, we are most anxious to raise the participation to at least this level as soon as possible. Please give Chris Siggers a call if you would like more information on this tour! One of the reasons for its long-term popularity with club members is that Hawaii provides a very comfortable environment for cycling.

The itinerary for this tour, published in the October Newsbrief, is essentially the same as used in previous years. This tour involves about 440 km of cycling spread over nine days so the average daily mileage is around 50 km. The bulk of the tour is on state highways, which have a shoulder allowance of about one metre. Since there are only about 300,000 residents on the Big Island, traffic volumes are generally quite reasonable.

Participants: Chris Siggers, Jim Burnett, Janet Lever, Len Watson, Mike Young, Mac Harvey, Charlotte Galik

## Yukon Gold Trail.

(New proposed Tour)

May 18<sup>th</sup> to June 11<sup>th</sup>

Ted Stubbs 604 321 2784

Participants: Max. 24

Cost: \$ 1050

Deposit: \$ 200 non-refundable by Feb. 15<sup>th</sup>

A once in a life time adventure: Starting in Whitehorse going to Haines, Alaska; ferry to Skagway; Cycling to Whitehorse; then north to Dawson City. Total Distance 1200 km.

## TRANSAMERICA BICYCLE TRAIL 2003

( Astoria, Oregon to Yorktown, Virginia.)

May 29<sup>th</sup> to August 26<sup>th</sup> 2003 ( 90 days )

Judy Jackson 604 985-7041 marij@telus.net

Cost estimate \$4300

Deposit \$ 150 with application, non - refundable after Nov 1<sup>st</sup> .02 remainder due by Feb. 1<sup>st</sup> .03

Distance 4500 mi (7200 km).

The 7 people listed below have paid their deposit. We will be renting an 8-passenger Van with racks, to accommodate the bikes. It will be possible for all to ride the Van from Vancouver to the starting point Astoria and back to Vancouver from Yorktown for those returning all the way. We will be taking turns driving the van and cooking, as arranged amongst those on tour.

Accommodations are mostly camping, with some motels or hostels. Participants: Judy Jackson, Marthe Lambert, Jean Horrocks, Jenny Cookson, Michael Goldberg, Gary George, Bob McEwen

## Victoria to Comox Valley

New Tour

June 13<sup>th</sup> to 16<sup>th</sup> 2003

Rolf Petersen 250-370-6006 E-mail:rolf@pacificcoast.net

Participants: .....max.

Registration Fee: \$10 non-refundable

A self-supporting (no support vehicle) pay as you go, camping tour, taking you Up-Island on the scenic back roads joining the Comox Valley Hub & Spoke. (Total Distance 235 km. Longest day 65 km)

Day 1 Victoria to Crofton ( Distance 60 Km)

Day 2 Crofton to Nanaimo south (Distance 50 km)

Day 3 Nanaimo to Qualicum (Distance 60 km)

Day 4 Qualicum to Courtenay (Distance 65 km)

## Comox Valley Hub & Spoke

New Tour

16<sup>th</sup> to 20<sup>th</sup> June 2003

Gladys Schmidt 250-338-8955

Dora Ellis 250-338-9751

Registration Fee: \$12 (dinner + maps)

Other cost: pay as you go

No limit on numbers, everyone welcome

Style: Tent, RV or Motel

Tours of the beautiful Comox Valley, patterned on the very successful H&S of 2001.

Itinerary: Mon. June 16 - gather in Courtenay

Tues. June 17 - registration, ride and dinner

Wed. June 18 - rides

Thurs. June 19 - rides

Fri. June 20 - ride via Cumberland, luncheon

Participants: Gladys Schmidt, Dora Ellis, Gordon Kennedy, Sandy Kirk, Glenda Kirk, Sonia Ward, Frank Ward, Sharon Warren, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman

## Quadra and Cortes Islands

New Tour

20<sup>th</sup> to 25<sup>th</sup> June 2003

Gladys Schmidt 250-338-8955 Sylvia Mather 604-921-9661

Wendy Pearson 604-926-6508

Registration Fee: \$12 (first night camp + maps)

Other cost: pay as you go

Maximum number: 35 tents

Style: camping or lodge, carry gear on bike

Itinerary:

20<sup>th</sup> Ride to a campsite near Campbell River. Saratoga Beach !

21<sup>st</sup> Meet in Campbell River, ferry to Quadra, cycle to Heriot

Bay, tour Rebecca Spit;

22<sup>nd</sup> Cycle Quadra; Cape Mudge, Wa Wa Kai beach, etc.; return to Heriot Bay camp;

23<sup>rd</sup> Ferry to Cortes Island, cycle to camp at Gorge Harbour, cycle to Squirrel cove;

24<sup>th</sup> Cycle to South end of island, Hague Lake (bring bathing-suit), Smelt Bay Prov Park, return to camp;

25<sup>th</sup> Check out Whaletown, return via ferries to Campbell River.

Notes: If driving to Campbell River, vehicle parking for the week being investigated; both campsites on Quadra and Cortes can accommodate RV's; those wishing to stay in cabins or rooms must book this month to be assured of a place; Cortes Island is very hilly. (Quadra Participants on Page 8)

## 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.

Quadra Participants: Gladys Schmidt, Gordon Kennedy, Joan Engman, Sandy Kirk, Glenda Kirk, Frank Ward, Sonia Ward, Robin Howe, Bruno Freigang, Cathie Freigang, Sharon Warren, Lesley Bohm, Jan Johnson, Mike Fibiger-Crossman, Nille Fibiger-Crossman

**WEEKLY RIDES.**

**VANCOUVER & VICINITY**

**Sunday: Vancouver** - Meet 10:00 am at the southeast corner of Oakridge Shopping Centre (45<sup>th</sup> & Cambie) or 11:00 under south end of Queensborough Bridge The usual ride is to Steveston.  
Contact: Bob Douglas 604-435-3893

**Tuesdays/Thursdays:**

**Ladner** - Meet at Ladner Community Centre at 10:00 a.m. The second Tuesday of each month is Dinner Night.  
Contact Al Hollinger 946-1347

**Wednesdays: West Vancouver** - Meet at 9.00 a.m. at the Senior Activity Centre, 22<sup>nd</sup> and Marine Drive for different destinations each week. 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

**VANCOUVER ISLAND**

**Victoria:**

**Sundays** 9:30 a.m. at McDonald's, corner of Oak & Saanich Rd.

**Wednesdays** - 9:00 a.m. at The New Blenkinsop Trestle or 10:00 a.m. at McDonald's, Pat Bay Highway 17 Birthday Lunch, 11:30 am 3<sup>rd</sup> Wednesday of month at White Spot on Pat Bay Highway.  
Roberto Bardati 250-389-0091 or Hans Klein 250-477-1493

**Nanoose/Parksville.**

**Thursdays** 10:00 a.m. at Nanoose Place, 2925 Northwest Bay Road or A & W in Parksville at 10:30 a.m.

Contact: Diana/Al Lifton 250-468-5696

**Comox Valley.** Contact Dora Ellis 250-338-9751

**CALGARY.**

With the Elbow Valley Cycle Club Easy Riders. These rides are on **Tuesdays** and **Thursdays**, Apr. 15 to Oct. 15<sup>th</sup>. If traveling through Calgary and interested in cycling with this group.

Contact Joan Engman 403-288-7916

**OTTAWA.**

**Thursdays** Contact: Jenny Cookson 613-828-5789  
Bill Russell 613-224-2537

**KAMLOOPS.** Contact Peter Baron 250 372 8392

**Kelowna** We are a small group who ride regularly on **Tuesdays** and we invite others to join us if they live in the area or are just visiting.

Contact Yvonne at 250-764-8271 or Donna at 250-861-4083

**Health Column.....**

Here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting medical studies.

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

**CONCLUSION:** Eat and drink what you like. Speaking English is apparently what kills you.

**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: \_\_\_\_\_

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