

The Alberta spin

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President's message	
Congratulations are in order.....	
Seen.....	
Technical Directions	
Ask the Chief	
2003 ABA Board of Directors	
Winter Indoor BMX District Races In ALBERTA?!?!.....	
Year round training and racing for central Alberta BMX riders	
Rider profile: Roddi Lega (Pro-Elite Mtb)...	
You Go Girl	
Carrie Tuck joins Team RONA	
The Drumheller BMX racetrack is born	
Cycling advocacy partnerships-	
The Real R&T Committee	



Peter Toth (ERTC/River Valley) and Jeff Smith (Bow Cycle) muscle up the hill at the Velocity Wervelstorm 'cross. Photo by Matthew Sweet
www.sweetphotography.ca

President's message

On behalf of the ABA Board of Directors I would like to extend season's greetings to everyone, especially those already stuck on their indoor trainers. As the shiny new President of the ABA, I thought I might share with you some of the ideas the Board is working on for the 2003 season.

Lots of new faces and plenty of enthusiasm would aptly describe your Board of Directors for the upcoming season. It's a large but rewarding commitment to serve on this Board, therefore it's a goal of mine to ensure that our members know who these people are and the role they will be playing. Hopefully this Spin newsletter will help in that department.

Speaking of the Spin, look for improvements to be made to our beloved four-times-per-year newsletter. Through new Rider Profiles, Q&A columns, Board member contributions, improved schedules, and YOUR contributions we know that members will be impressed with the value of receiving Spin every few months.

BMX. Get ready for it, as it's going to add to the profile and exposure of our Association as our Board works to integrate BMX into the fold of the ABA and CCA. The benefits will be huge as our membership almost doubles, our volunteer base increases, and our support of youth cycling goes through the roof. Help welcome these cyclists into our Association, and check out bikes with 20" wheels the next time you're in a shop.

Do many of you know what our Recreation and Transportation VP and committee do for the ABA? Because I already know the answer to that question, we plan to bring that information to you and increase member awareness of issues outside racing. Without providing support for recreational cyclists and their issues, it's hard to grow other aspects of cycling. Commuting is an excellent way to reduce harmful emissions while getting a little extra training in.

You'll want to do some extra training this year when you see the incredible calendar for 2003. It would be an understatement to say that our Board was super-excited when they saw the offerings for next year and the enthusiasm of event organizers. From Canada Cups to 12- and 24-hour races, you'll barely have time to think about the Road World Championships in Hamilton and the 2005 World Masters Games in Edmonton.

I look forward to being a part of the team that moves our Association forward over the next two years. I hope to meet many of you at the races and events the ABA will be supporting this upcoming season. Look for me; I'll be the guy with his tongue stuck to the stem every time there's an elevation gain.

Yours in cycling,
 Chris Check
 President ABA

Congratulations are in order...

Congratulations to winners of the “Pedalhead Road Works Cyclo-cross Cup”, presented Sunday, October 27 at the Provincial Cyclo-cross Championships at Strathcona-Tweedsmuir School:

Open	Roddi Lega (United Cycle/Peyto)
Women	Samantha Nicholson (Bow Cycle/CMC)
Master	cp Walsh (Synergy)
Junior	Jamie Sparling (Bow Cycle/CMC)
Sport	Michael Sarnecki (United Cycle)
Team	United Cycle

Winners will have their name inscribed on the Cup, which will be on permanent display at Pedalhead Road Works in Edmonton.

Congratulations to Alberta’s National Cyclo-cross Champions, crowned Sunday November 3 in St. Augustin, Quebec!!!

Roddi Lega (United Cycle) took the lead early, and using his superior bike-handling skills held off Andreas Hestler (Rocky Mountain) and Robin Baillie (Saskatchewan), in claiming Alberta’s first-ever Elite-category ‘cross title.

Meanwhile, Sean Barr (Velocity/Giant) added to his wardrobe of National Championship jerseys by winning the Master A title for the third consecutive year!

Other results included a fine 4th for Samantha Nicholson (Bow Cycle/CMC) in the Women’s race, and a 5th for Ted Dahms (Pedalhead) in Master B.

Congratulations to the Alberta Team, who demonstrated that the Alberta ‘cross scene continues to be the best in the country!

Scope pix from ‘Cross Nationals at:
<http://www.canadiancyclist.com/races02/crossnats/partone/FrameSet.htm>

Also, check www.ewannicholson.ca for ‘cross and Hill Climb coverage

Executive Director Shauna Richard reports from the Canadian Cycling Association meetings in Montréal. The Canadian Cycling Association honoured the Alberta Bicycle Association with the 2002 Torch Peden Award. The Torch Peden Trophy recognizes provinces for their overall success in membership, efficiency of operation and administration, and for what they have done for the sport of cycling. The ABA also won the trophy in 1998.

This trophy was first awarded in 1971 and honours the memory of William ‘Torchy’ Peden. Torchy competed for Canada at the 1928 Olympics, after winning national cycling titles at 1 and 5 mile distances. He then turned pro in 1929, winning 24 of 48 races in his first year as a pro. Nicknamed for his flaming red hair, Torchy was known as the ‘King of 6 day bicycle racing’ in the 1930’s. Peden competed at these ‘races to nowhere’ throughout the ‘30’s across the continent. He actually raced in 148 of these events over his 19 year pro career representing CCM, riding 888 days or 2 and a half years winning 38 times. In 1931, Peden set a motorpaced world speed record. Torchy, who died of cancer in 1980, has been inducted into the Canadian Sport Hall of Fame, and was ranked #3 on the Canadian Cyclist Top 100 of the 20th Century Canadian Cyclists, behind Allison Sydor and Steve Bauer.

Also at the CCA Annual General Meeting, four Albertans were appointed or elected to positions on various national committees:

Loyal Ma	Board of Directors
Chris Check	Inter-Provincial Council
Steve McCarthy	Athlete and Coach Development Committee
Andy Holmwood	High Performance Committee

Seen...



Michael Boogerd's (Rabobank, NDR) smile nearly burning out my TV when he won his stage of the TdF

Commonwealth Games kilo riders with no necks muscling their bikes up to 70 kph from a standing start. I learned a lot about a solid, well-controlled start just watching them. Juventus trackie and National team member Lars Madsen says, "They aren't really as big as they look..."



In the July/Summer issue of Pedal magazine: Calvin Maxfield's article "Urban Escape – Edmonton Rocks" Not a geological treatise, it hypes Big E as a year 'round cycling paradise. Winter has "blue skies, motionless air and snow-packed trails."

The Trail Guide for the 22k bike&hike trail around Fanshawe Lake near London ON specifies clockwise travel on Sunday, Monday, Wednesday and Friday, CCW travel on Tuesday Thursday and Saturday and responsible riding on any days whose name ends with "y".

Technical Directions

By Andy Holmwood, ABA Technical Director

2003 Provincial Team Program

The Racing Committee of the ABA is pleased to announce an expanded Provincial Team Program for 2003. The Alberta Provincial Team will compete at the following events:

- Nationals: Road, Track, Mountain Bike, Cyclo-cross
- Tour de l'Abitibi (Junior Men)
- Tour de Delta, Gastown Grand Prix, Tour de White Rock (Elite women)
- Western Canada Summer Games (Junior Men, Women 20-and-under)

Selection procedures for these projects will be established by late January. Please contact Andy for more details.

Provincial Cycling Coaches' Conference

All licensed ABA coaches will be invited to attend the first ABA Cycling Coaches' Conference, a joint effort of the Alberta Bicycle Association and National Cycling Centre – Calgary. This one-day conference will occur on March 1, 2003 at the Olympic Oval in Calgary, and will feature a keynote address by Dr. Stephen Norris, in addition to sessions on Sport Psychology, Strength and Conditioning, Nutrition and Supplements, and others. Coaches licensed in 2002 will be personally invited to attend the conference free of charge. Other interested ABA members may attend, at a fee to be determined. Please contact Andy for more information.

Spring Mountain Bike Camp

The ABA will be hosting, for the first time, a spring camp in Moab, Utah, around the time of the Easter long weekend. Plans for the camp are not yet finalized as this edition of the "Alberta Spin" goes to press, however, interested members are encouraged to contact Andy for more details.

Ask the Chief

Hi out there in cycling land! This is a new section of the *Spin* called “Ask the Chief” where you can write in and ask rules questions, or just about anything else under the sun!

This issue I will be answering some questions about the life of a Commissaire!

Spin: What is a Commissaire?

Chief: Well, lets start with the official description: The Commissaire is an official designated by the UCI, National or Provincial Cycling Federation to ensure that cycling events comply with such provisions of the regulations as they may apply (rule 1.1.097)

Spin: Ok, so what does the Commissaire do?

Chief: Back to the rulebook, on second thought, it’s kinda long, so I’ll just take a shot at it. Basically the Commissaire is responsible for ensuring that all parts of a race follow the regs, and that breaking those regs results in some kind of discipline.

Spin: Right, so what do you really do?

Chief: Ok, primarily we are responsible for three things: Minimizing risk, results, and rule enforcement. So, we make sure that we have done our best to minimize the risk for the riders at the race, dealing with issues like other vehicles, course conditions (wet, windy etc.) hazards, and dangerous riding. Results can differ according to the event. In road racing, we are normally the only timing that is at the event, so we do the whole enchilada. At the track and at Mountain bike races, we are usually backup to the timing team. Although we are backup, we are still responsible for the finished product, which is why results are usually posted for 15 minutes before becoming final! And rule enforcement is just what it sounds like: making sure rules are followed. Usually rules deal with two things, gaining an unfair advantage (like cutting the course) or risk management issues (e.g. the dreaded centre line violations.)

Spin: Is it hard?

Chief: Not really, it takes some practice just like anything in life, but once you get some experience, it becomes much easier. Getting to know the rulebook can take some time, but generally the rules are fairly easy to understand.

Spin: So is it fun?

Chief: Oh yah, no word of a lie, I love it! Some events are more fun then others, but generally we have a great time! The other Commissaires are great to work with, and we seldom work on our own at any events. The riders in most part are out to have a good time, and are very friendly and cooperative. So it is very good time at races.

Spin: Do you need more Commissaires?

Chief: We always need more Commissaires! But it is becoming more of a problem over the last couple of years. We definitely could use some more in both the Edmonton and Calgary areas!

Spin: What skills make a good Commissaire?

Chief: A quick stopwatch finger, the ability to change with the situation, good people skills, and the ability to write in the rain!

Spin: So how do I become a Commissaire?

Chief: We will be running both Mountain Bike and Road &Track Commissaire courses on the weekend of February 22/23 in Red Deer., so the best way is to watch the member updates on the email, or call Andy or Shauna at the office. Registration fee for each course is \$35.

Spin: Do I get paid?

Chief: Yup! After you do a couple of races to learn the ropes, you receive an honorarium for your time and effort!

Spin: Sounds like a good plan, what if I have more questions for “Ask the Chief?”

Chief: Send them in to the ABA office, and they will get forwarded on to me!

That’s it for this issue. Next issue: Why is my belly button lint blue? And other stirring topics! Remember the courses in Red Deer:

Road and Track Technical Assistant

Saturday, February 22, 10 am - 5 pm

Mountain Bike Technical Assistant

Sunday, February 23, 10 am - 4 pm

Tim Harris, Provincial Chief Commissaire., was once a lowly summer student in the ABA office, Tim has stayed actively involved as a Commissaire for the last 7 years. This is his first year as the Chief Commissaire, and he hopes to continue the great work of the past Chiefs in this province.

2003 ABA Board of Directors

Chris Check President, Moving up after serving as a Member at Large for 2 years, Chris is looking forward to representing ABA members at both the provincial and national level. He is an avid Mtb, road and 'cross racer.

Annette Svederus, VP Women's Cycling has been on the Board for 1 year and will continue to advance and improve Women's cycling in Alberta, particularly by increasing the effectiveness of Women's clinics and camps.

Brian Licis, Member at Large-Communications. In the 2nd year of his term, Brian's mission is to improve communication between the ABA and its members. Stay tuned for his member survey. Tell him what's important to you as an ABA'er and how the ABA can better serve Alberta cyclists.

Mike Sarnecki Member at Large, Trail Advocacy Director, does Mtb, road and 'cross which suit him well to his assignment as first-time Board member to act as the spokesman on off-road trail advocacy issues.

Andy Achuff, VP Admin is new to the Board but not to racing. In 11 years as a licensed rider, he's ridden road, track, cyclo-cross and Mtb. It seems that he likes Mtb the most because he's a Commissaire and Coach in that discipline. He will help keep the Association in its current strong financial position.

Guri Randhawa, VP Racing moved up from being a Committee member last year. This continuity will help him keep up 2002's great season in 2003 in all of our usual disciplines. For himself, he hopes to keep up racing in all of our usual disciplines of road, track, cyclo-cross and Mtb. Talk to him at the races.

Vic Doebling, confirmed as VP BMX by Albert BMX, is active on and off the track. He wants to encourage young riders to stay with cycling in competition and in the rest of their lives. "Keep 'em on two wheels", he says.

Jeff Gruttz, VP Recreation & Transportation. Early childhood bicycle demolition derbies have come back to haunt him. The prescribed community service restitution program has so far called for 15 years of bicycle & pedestrian advocacy work mixed with promoting sustainable & liveable communities. Jeff's sentence ends when all Alberta communities have reasonable accessibility for cyclists and pedestrian.

Winter Indoor BMX District Races In ALBERTA???

by Dean Bradley Airdrie BMX Association

"Not possible ... No such luck ... You've been sniffin' too much chain lube ... ", These are just some of the comments that might be made. Well, guess again Alberta Cyclists, it's TRUE! You now have the opportunity to participate in indoor BMX district races in the winter, right here in Alberta!

During October and early November, we constructed an indoor BMX racetrack in Didsbury, Alberta. 55 dump truck loads of dirt, tools from heavy equipment to hand shovels and an untold number of volunteer hours went into creating... Alberta's first permanent indoor winter BMX racetrack!

The main elements of the track are; a combination moto shed and announcing stand, a starting gate and ramp, three main corners, four straights with various 'jumps & bumps', and a finish line area. The first straight is about 50 metres (170 ft.) long and the track has an overall total length of about 240 metres (800 ft.)

Didsbury is located about halfway between Calgary and Red Deer on Hwy #582, about 7 km west of Hwy #2. The indoor track is in the Didsbury Agricultural Society arena building, across the street from the RCMP station, near the center of town.

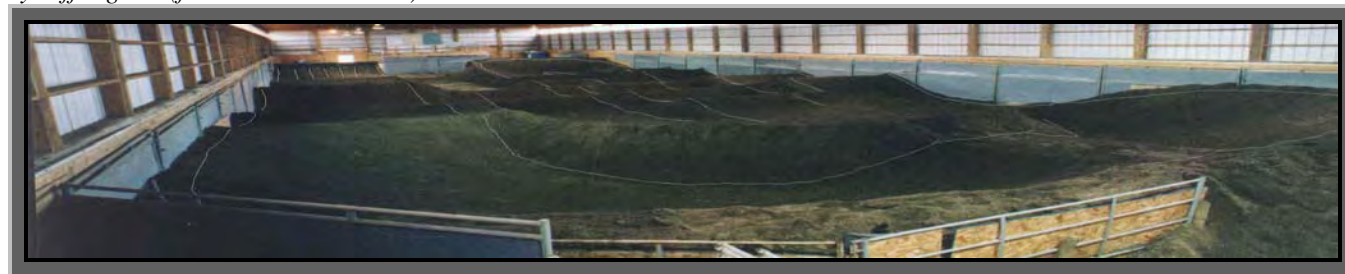
Every second Sunday, we'll hold two races at the indoor track (one in the morning and one in the afternoon), starting on December 8th and going through to the middle of March. There will also be coaching clinics and 'open track' opportunities available some Saturdays (TBA).

ALL cyclists are welcome to come and race ... be you a BMX'er from Beisecker, or a Mountain Biker from Medicine Hat! For further details, see the Airdrie BMX Association web site (www.airdriebmx.ca). There is also a "Winter Racing Hot Line" available to call: (403) 512-0639.

Come one, come all...let's drop the gate and have some fun!!!

Year round training and racing for central Alberta BMX riders

by Jeff Ingram (from the ABA website)



The Didsbury Indoor BMX track opened this past weekend and I had the pleasure of being there for some of the inaugural runs. The facility is located in the Meadowlands Agriplex right in the heart of Didsbury Alberta, 80km NW of Calgary. It was built by John Cools, the track operator for the Airdrie BMX track and father of current Women's World Champion BMX rider Samantha Cools. It is maintained by the Airdrie BMX association and is sanctioned by the CCA and Alberta Bicycle Association. The building is brightly lit, has its own sound system pumping out the tunes, and although there is no heating system, it maintains a perfect temperature for riding. That said, I you're going to watch, rather than ride, during the dead of winter I would suggest bringing your thermals and gloves as even with the wind protection you could get a little chilly just standing around.

The track is about 210 metres (700 feet) long and designed as a U within a U in order to maximize use of the building space. Dirt was hauled in from the outdoor rodeo grounds and is some of the cleanest soil I have ever had the pleasure of augering into. I did not see one rock in the entire facility for the 2 days I was there (I had quite a few close-up views!) and the track was packing up towards a baby smooth surface with every lap. Once the frost settles in you can bet it's going to be hard, smooth, and fast. The doubles on the far side are quite challenging to clear as I discovered several times on my 24". There is limited space between the first berm and the takeoff so you really need to maximize your speed. The track width is optimal for about 4 racers and features a full function, pneumatic, electronic gate accommodating 6 racers off the start making for an exciting first straightaway.

John Cools tells me this project was a long time in the making. BMX workers had been searching for a perfect facility in central Alberta that had both the space and the available dirt to reduce the costs of building. They had placed ads in several local newspapers looking for just the right location for almost 4 years when the Didsbury Ag society finally contacted them. The building is used in the summer by the 4H and has a dirt floor about 2 feet thick that was used to shape the berms. 35 truckloads of dirt were then hauled in from the rodeo grounds adjacent to the Ag building to form the remainder of the berms and jumps. Wooden retaining walls were used in order to reduce the amount of dirt needed for the berms and cattle chutes were incorporated as a base to build a start and announcing tower that oversees the whole building. The entire track was built in one weekend using a bobcat, a front-end loader, a gas roller to compact and smooth the terrain and several volunteers. Plans are to operate until May 1st when weather permitting, the outdoor season begins.

Races will be starting up shortly on Sunday afternoons with coaching clinics and training sessions to be added soon. Prices are still being determined and you can find all the updated info on [The Airdrie BMX Website](http://www.airdrieBMX.ca/) <http://www.airdrieBMX.ca/> or call 512-0639 This is a first class facility that could keep Albertans competitive on both the National and International race scene. With metre-deep snowfalls just around the corner, it will be great to be able to ride year round indoors and dry keeping your skills honed. Whether to ride or help out or just watch, stop by and check it out! See you there!!

Rider profile: Roddi Lega (Pro-Elite Mtb)

by Chris Check

Age: 23

Height: 5'11" (180 cm)

Weight: 165lbs (75 kg) (off-season fat=175lbs, 79 kg)

Residence: Edmonton=summer, Victoria BC=winter

Sponsors: Trek, United Cycle (Edmonton), Louis Garneau, Smith, Mom

Bike: 2002 Trek Fuel 100

Favourite food: cereal. Lucky Charms or Fruit Loops. (Not before a big race though.)

Favourite drink: chocolate milk

Favourite movie: *Happy Gilmore*

Favourite TV show: *Seinfeld*, *Simpsons*

Best race results (best 5):

*Canadian Nationals Mtb 2002 8th

*Ferne Canada Cup 2002 2nd

*Canada Cup Overall 2002 7th

*Canada Cup Finals 2001 8th

*Tuesday Night Terwillegar races 2001 and 2002, 1st every race

Most memorable racing moment: Canmore World Cup XC 2000. 20,000 spectators yelling "Go Roddi!!" Too bad I DNF'd. The Oven was just insane..

Road or Mtb? Road is cool. I like the stage races, because it's awesome being able to race then get up the next day and rip it up again. Honestly though, I would go nuts if I couldn't mountain bike race...it's just too much fun. 'Cross is phat because I get to race against roadies and Mtb'ers at the same time.

How'd you get involved with Mtb racing? I did a coupla Tuesday night races when I was in high school. I really enjoyed it even though I was accused of cheating (I was winning by 10 minutes each race). I had a lot of success in Junior, and it just kept on rollin'. Everyday I love riding and racing more and more!

What's playing in that Walkman you're always wearing? Some punk, some hip-hop. Even some Johnny Cash. I have to change things up so I don't get bored on long rides. My 2 favourites right now are *the Bouncing Souls* and *Kottonmouth Kings*.

Why did you race in baggy shorts up until this season? What made you change? Mountain biking is supposed to be cool, like skateboarding and snowboarding. Big air in Lycra just doesn't look right. Then at *the Sea Otter Classic* this year the National Team coach Yuri said, "You can't wear baggies! Who wears baggies!? Look around you! What are you doing?!" He wouldn't leave it alone, so the next race I tried it out. I would like to take the time to apologize to all the young kids who thought I was cool...sorry

Who's the coolest pro you've met? *Julien Hine*. He's a mad rapper. He even rapped with *Organized Rhyme* back in the day. That's Tom Green's old band.

Dream job? NHL hockey player would be nice because it's so easy. I played for 17 years and it's nothing compared to the effort I put into cycling. But numero uno for me is a pro Mtb racer. That's my true dream job. There's just something about the finesse and speed of riding that makes me come back for more.

If you were a superhero, who would you be? I'd be *Never-DNF-Man*. More than 65 races in a row without a DNF.

Archrival? *Mike Comrie* of the Oilers. He scored too many goals on me playing junior hockey. I made him who he is today.

What are your goals for next season? Long term? Next season, top 3 overall Canada Cup series and a Canada Cup win. I want to crack the top 20 in a NORBA race as well. Long term, I want to be able to make a living racing bicycles. If it doesn't happen, curling or golf look attractive.

Thanks to? Mom and Dad!! Mike and Sid at *United Cycle*. Chris and the cool *Pedalhead* crew.

Media buzz: On 2000/11/06. The *Edmonton Journal's* John Short talked with Roddi after his win at 'cross Nats in Quebec City. Roddi envisions a big future for cyclo-cross. "It's only about five or six years old in this part of the world* but major events in Europe can get crowds of about 30,000.

Roddi does like to ride. He says, “[training] hundreds of kilometres a week, almost every week of the year– is the one essential for victory.” He continues: “I love keeping myself in this kind of condition. When you’ve worked hard and ridden about 200 kilometres in a day and you’re tired but you can still keep going it’s just about the most terrific feeling anyone can have.

He figures that ‘cross will keep going because, “We’re probably a little weird”.

Editor’s note: People like Peter McCaffery and Velocity CC were running cyclo-cross races in the Edmonton area 10-15 years ago but things faded until the recent upsurge. JD



You ‘Go Girl’!
by Christina Bruns

On Saturday November 16th, over 220 girls aged 12 through 17 gathered at St Alphonsus School in Edmonton for a day of girl power. ‘Go Girl’ was the City of Edmonton’s 2nd annual event. ‘Go Girl’ is a one-day get-active workshop for teenaged girls. The goal of this event is to encourage and support teenaged girls in choosing an active, healthy lifestyle. The girls are invited to see and try a variety of physical activities and sports and access resources on how to continue participating in these activities. They also have the opportunity to participate in sessions and information on nutrition, body image and wellness issues.

Each girl signed up for five non-traditional activities ranging from power walking to skateboarding, funk dancing to rappelling; and of course **mountain biking**. This is where the DirtGirls came in. The DirtGirls teamed up with the Alberta Sport, Recreation, Parks and Wildlife Foundation and the City of Edmonton to get more girls on bikes. Thus, armed with 20 Trek Mountain Bikes, helmets, and 2 excellent helpers provided by the City, a multitude of wooden pallets and orange pylons, the DirtGirls were ready to take on ‘Go Girl’.

Both of the one-hour MTB sessions took place after lunch, so at 1:30pm the first group of 20 girls, pumped from the day’s earlier events, piled into the class. We started with a bit of information about our club and then discussed bike safety. The main safety tip we stressed was ‘wear your helmet at all times’. Most of the girls were used to wearing helmets, although some had excuses such as “my helmet is ugly” or “I always forget to put it on”. I hope that we convinced them all that a helmet is an essential piece of equipment that you must wear when you go for a bike ride.

The group was divided into two classes. In the first class, the girls learned how to change a tire and then put their newly found knowledge into practice on a demo bike. In the second class they got to get outside on their bikes and try a few obstacles. The girls did an excellent job as they hopped over planks, rode up and over pallets and practiced ratcheting around tight corners. The girls that ran into difficulties did not give up, they continued trying the same move over and over until they got it. By the end, every girl was able to hop up and over a wooden pallet on her own. Their determination and sheer grit could teach us all a lesson to make an effort doing things we haven’t done before. Maybe it’s that really steep downhill that looks impossible, or maybe it’s that never-ending uphill climb that we just can’t seem to get. The girls that came out to Go Girl will make excellent riders one day if they choose to keep on trying new things and not be afraid to be daring. Overall, the DirtGirls had a wonderful time helping out at this event and look forward to next year.

Carrie Tuck joins Team RONA

by Daniel Larouche

Montreal, Quebec, October 30, 2002 – The RONA Cycling Team is proud to announce that the Canadian cyclist Carrie Tuck signed to join the team in 2003.

Born and raised in Alberta, but now residing in Victoria, B.C., Carrie Tuck just turned 22. Yet she has been competing for 11 years. “I was really motivated very early”, she says, “my dad and my grandfather were both avid cycling fans!”

Carrie, a 6-foot, 140 lbs athlete, wants to be an all-around cyclist. She has competed on the track and in mountain biking – she was the Canadian junior MTB champion and earned three top ten finishes at the world junior championships. Having discovered road racing in 2000, she now admits a preference for time trialing. She won the time trial gold medal at the 2001 Canada Games, as well as silver in the road race.

Kept out of races for eight weeks following a collar-bone fracture in 2002, she still managed good results – among which a third place at the Delta Road race and a second place at the Canadian criterium championships, right behind RONA's Andrea Hannos, who will be her team-mate next year.

"I can't say how excited I was when André (Aubut, Team RONA's manager) called", says the young Albertan, a trained cabinetmaker who is now a student at the University of Victoria. "I knew Team RONA, having raced against Raphaële Lemieux at the Canada Games in 2001, and against Amy Jarvis and Manon Jutras at the Tour of White Rock this year. I saw how much they improved by being with RONA. Joining RONA is such a great opportunity for me, I'll sure work hard to contribute to my new team!"

Aubut intends to rely on Tuck's skills. "Carrie is young, but she has good potential to build on", he says. "Her record confirms she's versatile and I'm sure she'll improve quickly and steadily. I like her attitude."

The RONA cycling team is one of only two Canadian women's elite cycling teams acknowledged by the International Cycling Union. The 2003 Team includes Canadians Geneviève Jeanson, Andrea Hannos, Carrie Tuck and Erinne Willock along with Melissa Holt (NZL), Catherine Marsal (FRA), Karen Bockel (GER) and Kristen LaSasso (USA), Magali Le Floc'h (FRA).

Highlights of the Board of Directors' reports to the AGM

President- Tom McKee: The highlights of the year for me include our race program created by our Racing Committee and many good organizers. We also had strong junior programs and results. Race attendance was up, including 1500 Single Event Licenses. This growth is both a strength and a challenge for the ABA, since it stretches our staff and volunteer capacity.

The Gangwon Exchange went very well. Shauna and Andy did an exceptional job of working with the provincial government to organize the exchange and our junior team performed very well, not only in their races, but also in representing Albertans to the people of Gangwon Province, Korea.

I attended the BMX provincial championships and was very impressed with the energy level and enthusiasm brought to this event by the BMX racers and their parents. Integrating BMX into the ABA will be one of the major challenges in 2003.

VP Racing – Leslie Schleich: I took over the position in May. Much of my work involved team selection for provincial teams and for the Gangwon exchange. Our selection procedures worked out reasonably well and we fielded a few complaints as always. As always we did our best to remain fair and unbiased in our selections and I commend the committee for that.

Our province has a strong calendar of racing overall but there were fewer mountain bike races to choose from this year. Our licensed rider number is strong so the interest is there, but the number of individuals willing to organize Mtb races is declining at an alarming rate. We have seen an increase in the number of road events in our province and with large numbers at the races, congrats to all those organizers who are finding some value in organizing these events. It was unfortunate to see the cancellation of the weekly crit events in Edmonton and Calgary but I think our sanctioning has got to include a measure of safety and the ABA cannot be involved with races that unfortunately impose a danger to the participants. I hope we see the return of these events with greater safety measures in place for the 2003 season.

VP Recreation and Transportation – Jeff Gruttz: I assumed the position in April and my committee of 5 is always looking for more committed people. WE refined our Terms of Reference this year to better connect with the ABA as a whole. Among our projects this year:

Alberta Transportation: Rumble strips, Cycling info / access signs on entrance ways into major municipalities, Trans Canada Trail trailhead signs, Right hand turn hand signal for cyclists turning right, Alberta Bicycle Plan. AT sees many of these as municipal matters and does not seem to understand their role in linking Alberta's communities via the provincial road network or the value of province-wide standards for cycling facilities.

Education: The CanBike program is a big part of our offering in the big cities and nationally. We are also working with Alberta Education on inclusion of cycling in the provincial curriculum.

Advocacy: Alberta Climate Change Action Plan: Cycling activities and facilities should be part of this. We are also making designs for effective bike racks and facilities available to architects and building managers. Further we are monitoring media references to cycling in magazines, newspapers and electronic media. We need to search for other opportunities to communicate our message to motorists.

We work with partners such as Alberta TrailNet, Kananaskis Trail Care Group, Calgary Mountain Bike Alliance (CMBA), Urban Transportation Showcase Program (Edmonton and Calgary), Active and Safe Routes to Schools program.

VP Women's Cycling – Annette Svederus: The ABA staff, board of directors and ABA members are a great group to work with and we have had some great improvements and accomplishments over the past year. Women's cycling has had an increase memberships and

participation in all categories. The single event licenses (new in 2002) were an excellent way to get new people to try out the sport. The ABA held both road and mountain bike camps and the comments and feedback from these camps was very positive. As I look ahead to the 2003 season I am excited to be a part of this organization and welcome any comments or suggestions from fellow ABA members regarding women's cycling or cycling in general.

Chief Commissaires - Bill Thompson and Martin Spencer: Thanks to All Commissaires who worked events this year, but it was often a challenge to fill all the jobs necessary to run a race well. The organizing clubs will have to do some heavy recruiting amongst their ranks in order to continue with a regular race schedule in the next year.

Thank you to the riders....for dealing with the wheel rule, 1.3.018 which had an impact on many older wheel sets but became a non-issue by about the end of May as most wheel sets were recognized.....for riding responsibly for the most part....for being well disciplined on and off the bike....for asking the Commissaires questions when you weren't certain of the rules.

Thank you race organizers.....who not only put together the slick events, arranged the proper medical staff, enough volunteers but also completed the appropriate sanction forms for the office so that the event chief Commissaire didn't have to guess or hope that your event would be a safe and well-organized affair.

Remember the World Masters Games in 2005 will need a lot of officials– enough for 2500 riders!

Member at Large – Chris Check (Marketing): Marketing the ABA should be an ongoing position within the ABA, especially now that long-term projects are in place. One of my projects has been the “Student Adventure Cycling Program”, a school-based introduction/race series for mountain biking. I have started developing a five-week introduction to cycling program due to start May 15, 2003. Aimed at Jr. and Sr. High students, this project will utilize ABA approved “guides” to introduce young adults to the adventure and excitement of off-road cycling. Once per week, students will meet in Terwillegar Park to learn trail etiquette, basic skills and riding safety.

Marketing the ABA is not an easy task, as most board members already know. Without spending large sums of money, it's difficult to find avenues that promote our association to those who do not already belong. The Outdoor Adventure Show is one of those avenues. With thousands of attendees at a crucial time of the bicycle season, it provides an excellent opportunity to advertise the benefits of our membership to those that may not know we even exist.

A project that I would like to see started is a renovation of our newsletter. It's an amazing piece of work considering one guy is basically doing all the work (way to go Jeff!!). I think it's time for all members to help Jeff out, and spice up the well-read newsletter. After all, it's our best way to market ourselves. Ideas I have for the make-over are; BOD pictures and bios in the first issue after the AGM, a FAQ/answers page each issue, an up-to-date calendar each issue, and perhaps a few pages devoted to “Just Ridin' Along” (non-racing events and issues).

Member at Large – Brian Licitis (Communication): I have taken on the task of developing an ABA Membership Survey. My hope is that the Survey will help us find out what is important to our membership, and learn how well the organization is performing in the eyes of its members. The initial draft has been completed and circulated for committee review. After concluding the document development, the next tasks will consist of determining the means of administering the Survey, analyzing the data, and communicating the results to the membership. My plan is to continue with these tasks into the fall season, keeping the committee members informed of my progress and soliciting input and assistance as required.

Member at Large –Jeff Davis (Urban Cycling, Alberta Spin)- We had a strong start to the season, especially in the Women's races. More road events are discovering the benefit of “pre-registration lite”, racers letting the organizer know they're coming, especially as field limits actually become a factor. Some non-racing events got good coverage in the Edmonton press: The MS 150, the Edmonton Bicycle and Touring Club Tour de l'Alberta and a Rocky-crossing Mtb stage race that shall go unnamed. We need to define what is a race and what kind of event needs what kind of sanction. We need to define the organizers responsibilities and what services we provide.

On the advocacy side, the River Valley Alliance has poked its hydra-like head up onto the radar screen with a plan to run continuous trail from Devon in the SW to Ft. Saskatchewan in the NE. The 86 km they envision would cost about \$240 million. This is up from about \$40M when I last checked in with them 4 years ago. The RVA is organized around the 7 jurisdictions through which the trail would pass, as opposed to around user groups, as was the original setup.

Edmonton is proposing big changes to its aging Parks Bylaw. Of most concern to cyclists is that cycling is now allowed on any trail (i.e. established trail, paved or not) except those signed as closed. (Most) closures would apply to all users so bikes aren't singled out. (Whitemud Nature Preserve is still closed to bikes.). Other changes include tougher enforcement of infractions, including \$100, \$250 and \$500 fines and bike seizure. Members at Large Chris Check, Brian Licitis and Jeff Davis attended several meetings and contributed the perspective of organized cycling.

Since last the AGM on 2001/11/02, we've had 5 Alberta Spin issues, of 32, 16, 16, 28 and 24 pages respectively, total 116 pages. Thanks to Gracie and her staff at the Percy Page print shop, especially as Spin production becomes ever more electronic. Thanks to Jeff Ingram for getting Spin text up on the ABA website.

Executive Director – Shauna Richard: We sold a total of 1196 licenses this year compared to 826 in 2001. 332 of these licenses were sold to members with BMX only licenses. 63 clubs affiliated this year compared to 52 last year. Again, a majority of the increase was due to BMX (7 clubs) but still a fairly steady increase overall. Combined with our non-racing members, the ABA now supports 2895 members!

I had the opportunity to travel to several events this summer as ABA technical delegate. I think this is an excellent service provided by the ABA, and race organizers, racers and Commissaires received the program very well. September marked the second half of the Alberta-Gangwon cycling friendship exchange. Our team performed very well both in competition and in acting as ambassadors for our association and our province. Thank you to the ASRPWF for administering this program. It was certainly a highlight of the year.

Alberta Summer Games took place in Camrose from August 15th to 18th. 42 U-15 and U-17 athletes took part in the games, representing the 8 zones of the province. The athletes and coaches had a great time, and we now have brand new trails in Camrose. The board may wish to consider requesting that BMX participate in the next games along with or instead of mountain bike.

As many of you may be aware, Edmonton has been awarded the 2005 World Masters Games. The 2002 WMG just concluded in Sydney, Australia and there were over 2500 cyclists competing in road, track, and mountain bike. The ABA will be responsible for overseeing the cycling portions of these games. An organizing committee will need to be formed over the next few months.

Technical Director – Andy Holmwood: The year was one of transition in the Provincial Team Program, as we start a new cycle building up to the 2003 Western Canada Games and 2005 Canada Games. Staff attended all provincially sanctioned races in order to support organizers and officials, and administer Single Event Licenses. The first quarter of 2002 we focused on racing policy revision NCCP and Commissaire courses and an athlete identification camp. May through October had heavy involvement in the Alberta domestic racing scene and coordination of Provincial Cycling Team activities. Duties included organization of Provincial Track Championships and supervision of Assistant Technical Director Rick Thiessen as well as ongoing coaching of provincial team riders. Rick was again an invaluable asset, covering races as Technical Delegate, or managing the Provincial Team.

Ongoing administrative tasks and autumn activities have included Communication with membership (email updates, newsletter), coordination of women's road and mountain bike camps and many administration duties, including compilation of provincial points standings and preparation for autumn meetings and complete revision of Race Organizer's Guide.

Provincial Team Athletes earned podium results at Tour de l'Abitibi, and all National Championships. As in previous years, several of our athletes were rewarded with National Team projects. The number, ability and experience of club coaches in Alberta continues to improve.

Finally, it has been a sincere pleasure to work with staff and volunteers, both new and old, over the past 12 months.

The Drumheller BMX racetrack is born

by Dean Bradley

A 'BMX Track Building Party' was held on Saturday, October 19th, 2002 in Drumheller, Alberta. Volunteers from Medicine Hat, Cochrane, Calgary, and Airdrie showed up to help the Drumheller BMX volunteers make it happen. Thanks to the very hard working volunteers, a brand-new Drumheller BMX Race Track is now officially on the map!

Three Bobcats, and four dump trucks were put to use to prep the area and construct the track. Local regulations prohibit digging below the topsoil at the track (due to concerns re possible dinosaur fossils in the area), so approximately 40 dump-truck loads of dirt had to be brought in to build the track! At the end of the day the main elements of a BMX racetrack were in place!

The track facility is located in two small picturesque badland valleys on the western edge of Drumheller. One valley will serve as a large parking lot, and the other adjoining valley (with a natural freshwater stream running through it) holds the track, and eventually spectator stands, moto shed, etc.

As it stands now, the track has a staging area, starting gate hill, five straightaways, four main corners, and a finish line area. In addition, the track crosses the stream, not just once, but twice! The various bumps & jumps will be constructed in the spring during final completion . . . lots of "shovel & rake" volunteers will be needed then!

This new BMX racetrack is a major addition to Drumheller's sports and recreation facilities and it also constitutes an excellent addition to our sport of BMX Racing here in Alberta and Western Canada! Kudos to those of you who are helping to make it happen!

Cycling advocacy partnerships—

Sharing the bicyclists' advocacy workload

by Jeff Gruttz, ABA VP Recreation and Transportation

E-mail – jgruttz@shaw.ca

Complementing this publication's title we'll throw a 'spin' on the ABA's cycling advocacy initiatives by examining programs in which the ABA's Recreation & Transportation Committee is NOT directly involved. Future *Alberta Spin* editions will feature descriptions of year 2003 planned projects to be undertaken directly by this seven-member committee.

There are many ways to expand Alberta's development of a bicycle-friendly infrastructure and a supportive bike culture. We'll focus briefly in this issue how this Committee's efforts are multiplied by forming partnerships with organizations sharing several ABA goals. Here's a description of some of these partnerships.

Working with municipal parks and transportation department staff. At least three Rec. & Trans Committee members serve double-duty on Edmonton and Calgary's pathway, bikeway and / or trail advisory committees. Initiatives involve lobbying for 'missing link' connections between pathways and on-street bike routes, hammering out bylaw changes affecting cyclists, engaging in local education programs for cyclists, providing input on multi-use trails / pathways user surveys and participating on other committees reviewing plans for natural areas' management or revamping municipal cycle plans. While cycling / pedestrian advisory committees have been operating in several forms in Edmonton and Calgary, we provide expertise, encouragement and references to Alberta's other centres when requested.

Representation on Alberta TrailNet's Trails Advisory Council. Alberta TrailNet (ATN) is Alberta's representative to the Trans Canada Trail Foundation. ATN is responsible for building Alberta's portion of the Trans Canada Trail (TCT) east to west and north to south through partnership arrangements with local trail operators. In addition to this core project ATN also assists communities not serviced by the TCT route in connecting to each other via trails within road right-of-ways and elsewhere. The Trails Advisory Council advises ATN's board on policy matters especially those fostering healthy relationships amongst trail users and between trail users and adjacent landowners. A recent ATN commissioned contract engaged the professional services of a CAN-BIKE trained engineer to document for Alberta Transportation Planning staff how trails can be reasonably accommodated in Alberta's primary and secondary roads right-of-ways. Family groups or less-skilled cyclists can perceive roads with or without shoulders as undesirable cycling locations. Providing a parallel trail or pathway option is one means of encouraging more cyclists. An ATN board position is available for an ABA volunteer who has once-monthly meeting time available. ATN has three full-time and one part-time staff members to assist focusing volunteers' energies.

Developing a province-wide Active and Safe Routes to Schools initiative. Our provincial counterpart program in Alberta is referred to as S.H.A.P.E or Safe, Healthy and Active People Everywhere. A personal preference is to refer to this group by its objective – promoting

active and safe routes to schools or ASRTS. With its origins in the Edmonton Public School Board this recent (one year) group's mission is to encourage school children to employ the 'active' travel modes of bicycling and walking while on their round-trip school commute. Neighbourhoods with less-than-inviting road or road crossing infrastructure for bicyclists or pedestrians receive information on how they can work with their municipal transportation staff to effect change. Personal action details are also provided for how community members can educate and encourage children in safe bicycling and walking practices, such as 'walking school buses', integrating natural history learning experiences into kids' routes or hosting Kids' CAN-BIKE Festivals. Alberta municipalities that host on-going ASRTS programs and have joined in this international initiative include Edmonton, Calgary and Medicine Hat. Recently acquired funding through Go-For-Green, the Diabetes Foundation, Alberta Community Development and (we hope) Climate Change Central will enable a part-time coordinator to start in early 2003 on fostering ASRTS initiatives in other Alberta centres.

Rec. & Trans Committee members also maintain on-going communications through e-newsgroups including Chainguard and Pednet. We also share ideas with like-minded bicycle and alternative modes advocacy organizations: Better Environmentally Sound Transportation, Way-To-Go, Go-For-Green, Alberta Centres for Active Living, various provincial and state based advocacy organizations and the U.S.'s Centre for Bicycling and Walking.

Enabling ABA members to be their own best bicycling advocates is a 2003 objective for Rec & Trans Committee's members. We're only as strong as our least-informed member. We look forward to working particularly with ABA members, and cyclists everywhere, to make Alberta's roads and services more bicycle friendly. Please let us know what resources you need to improve your cycling environment.

For further information:

www.albertabicycle.ab.ca Click 'Committees'

www.albertatrailnet.com

<http://shape.epsb.ca/>

www.chainguard.groups.yahoo.com/group/chainguard

www.probike.com

www.flora.org Pednet

www.best.bc.ca

www.waytogo.icbc.bc.ca

www.centre4activeliving.ca/

www.bikefed.org

The *Real* R&T Committee

The ABA Recreation and Transportation Committee (R&TC) met November 16 in Red Deer, as part of the ABA annual planning meetings. "Recreation and Transportation", you say. "I like riding my bike, so isn't that recreational transportation?" Yes and the fact that you can ride your bike just about anywhere with reasonable facilities is the result of a lot of work, often by unsung heroes.

The ABA is working to bring the efforts of our cadre of cycling advocates into better light, so everyone can recognize and have input into their work. Jeff Gruttz, who works for the City of Calgary, heads the committee, which includes David Thistlethwaite, John Sisson, Maureen Lanuke and Don Hollingshead (who's been involved approximately forever). Other people such as Clem Feldmeyer put in effort as needed for specific projects.

Some of the committees include education. Some students are more challenging than others. For example, Alberta Transportation (AT) takes a lot of repetition and after school tutoring to pay attention to cyclists. There have been some successes. Rumble strips on the sides of roads have been cut from 350mm in width to 300mm and more importantly, the standards are enforced more consistently.

AT, following government policy of downloading, feels that many cycling initiatives are local or municipal in nature, so things like signs indicating preferred bike routes in a city are the city's responsibility. Talking to Alberta Tourism may be a way round this. Edmonton and Calgary have "Trail Access Committees". Edmonton's is currently under construction, pending things like creation of Terms of Reference relating to the paved trails and a major update of the Parks Bylaw that currently greatly restricts bike access to unpaved trails.

AT does deny you your right, that is, your right arm used to signal a right turn is still not a legal signal. It also wants to keep you in line, that is, single file; no riding two or more abreast. Efforts to change this should probably concentrate on visibility and safety considerations, not recreational and social ones. The recent updates to the Highway Traffic Act and related policies have put a bit more about interacting with cyclists into driver tests. American cities and states are generally ahead of Canadian ones because to access Federal transportation funds you have to have a Bicycle and Pedestrian coordinator. This is improving professional standards for such positions.

The R&TC addresses more usual educational activities, primarily through the CanBike program. This series of courses organizes and makes explicit the sort of knowledge acquired after about 10 years of Just Ridin' Along. Things like "watch for any movement *inside* a parked car that might indicate it's about to pull out or open a door". The Canadian Cycling Association (CCA) owns the intellectual

property for CanBike but as the CCA goes through its own reorganization, there may be opportunities to update and evolve the course materials. Places like Canada Olympic Park and Southland Leisure Centre are looking to provide some CanBike-based programs. The City of Calgary is teaching CanBike skills to its employees who use a bike in their work. (Except the police. Disdaining “civilian” courses have a U.S.A.-based course that covers stair riding, using the bike as a shield and a weapon and riding two abreast in the course of an investigation.) The Committee is working on a brochure to advertise CanBike courses.

Moving outside the cities, the R&TC works with groups like Alberta Trailnet and the Trans-Canada Trail. Here the ability to work with others, to negotiate and to cooperate are very important. At a recent ABA Board meeting, then-Chief Commissaire Bill Thompson remarked “On the racing side, we’re in control. We make the rules. With the R&TC, just about everything has to be negotiated.” Tasks include getting funding for program coordinators, schmoozing fence-sitting landowners on trail Rights of Way, access to continued funding for trail maintenance. This last is particularly important because although there is much volunteer labour available for trail work much of it must be done by provincial or parks employees. Some money may come from Climate Change or “Go for Green” initiatives.

The R&TC wants to improve communications with all its stakeholders. I was impressed with the name-dropping that happened during the meeting. Who you know really is as important as what you know when the people you know are the ones who make the decisions and the ones who have the imagination to create ideas and programs and the drive and persistence to see them through.

To that end, the Committee wants to strengthen its connection to the ABA as a whole. You’ll see more articles like this on in future *Alberta Spins* and more R&TC material on the ABA web site. They’ll work on bringing AT into the 21st century with a Provincial Cycling Plan and getting representation on the cycling bodies in the big cities. There are some big events out there (big charity rides, 24 Hour rides, Adventure races, big tours) where the ABA could have a higher profile and be seen as the provincial governing body.

You could almost reverse the emphasis of the ABA. Because of its generality, Recreation and Transportation could be seen as the central core of the Alberta Bicycle Association, with the racing programs as the peripheral activity. Of course, this would require R&T to sell a lot more General Memberships.

Putting together ideas and energy I encountered at the main ABA planning meetings: President Chris Check wants to set up a “Student Adventure Cycling Program, VP BMX Vic Doehring wants to “Keep ‘em on two wheels”. Jeff G. and Committee want to set up “Active and Safe Routes to School”. Sound like the desire to build the sport and lifestyle of cycling from the youngest on up is present in many people.

Of course, the best way for you to keep up with what’s going on in the cycling advocacy area is to be a part of it. Contact the committee to find out how you can help.

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