

A full-page photograph of a male cyclist with a mustache, wearing a red helmet, orange and blue cycling jersey, and blue shorts. He is riding a mountain bike through a wooded area with many thin, light-colored tree trunks. The cyclist is looking forward, and the background is slightly blurred, suggesting motion.

The magazine of cycling in Alberta

Vol. 35 No. 4 Winter 2003/4

**\$2.00 in
Canada**

From the CCA National meetings

The CCA 2003 Torch Peden was awarded to the ABA at the CCA's AGM last month. The Torch Peden Award recognizes the overall success of an association in administration, membership, and overall efficiency of operation. This is the second year in a row the CCA has awarded Alberta with the Torch Peden. We also won it 1998.

The following Albertans have been elected to the CCA Board and Committees:

Loyal Ma - Director at Large and BMX Committee Chair
 Tony deJong - Director at Large
 Shauna Richard - Insurance Committee
 Andy Holmwood - Development Team Representative - High Performance Committee
 Jeff Ingram - BMX Representative - High Performance Committee
 Stephen McCarthy - MTB Representative - Athlete and Coach Development Committee
 Vic Doehring - BMX Committee
 Brian Jolly - CCA Past President.

Trail Blazer

The Alberta TrailNet 2003 Trail Blazer Award was presented to our very own VP R&T Jeff Gruttz. This award recognizes individuals who have dedicated significant portions of their lives in support of trail development and use.

Media watch

Seen in an Edmonton broadsheet newspaper:

Juventus' Phil Vermette as the poster boy for staying in shape for the Canadian Birkebeiner cross-country ski loppet on Feb 14. Undaunted by ice rain and then ice cold, fans of the skinny sticks use the Birkie as their focus event for the year. Note that cross-training Phil was pictured skiing skating-style, the Birkie is a classical-style event.

Seen on the World Wide Web:

Sharp-eyed ABA Board member Brys Francis spotted an article "Bicycle Travelogue: Cycling Way Up North, Where the Great One Skated", http://www.cjbc.org/pdf/Edmonton_Schaffer2003June.pdf. Howard Shaffer of the Central Jersey Bicycle Club (CJBC) visited Edmonton in June of 2003 and had some nice things to say about River City. It's nice to get a visitor's view of cycling in Edmonton.

All things connect, grasshopper. ABA VP Recreation & Transportation Jeff Gruttz says "CJBC's home base, Metuchen, New Jersey, is 8 km from where I grew up." Jeff also recalls the nearby Tour of Somerville bicycle race, Memorial Day, May 31, 2004: <http://www.tourofsomerville.org/monday/race.htm> and the U.S. Bicycling Hall of Fame.

On the cover

Pro photog Aaron Whitfield (whitfieldphotography.com) was on hand at the Bow Cycle/CMC Fietscross Cyclo-Cross race at Strathcona-Tweedsmuir School in Calgary on October 21, 2003. Aaron took this picture of Bow's Greg Achtem on his way to the win in Master Men.

On the back, the Elite Men work their way up the Beckett Drive climb at Road Worlds on October 12 2003. 

*Do you know someone who is
fair, honest, helpful, committed?*

That person could be a

Commissaire

*Call the ABA office to find out how to
become a valued contributor to cycling
in Alberta (and get paid for it)*

"Retired" Commissaires welcome, too!

Work just a couple of events a season

Contributors!

The Alberta Bicycle Association produces the Alberta Spin 4 times a year at the Percy Page Centre Print Shop.

ISSN 1499-2736

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Publications Mail Agreement #40016411

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Fax it straight, clean and simple to 780-427-6438

2004 Newsletter Deadlines

Issue	in-by	out-by	feature
Spring 2004	Mar. 31	Apr.15	Forms, calendar
Summer 2004	June 30	July 15	Results! Pix!
Autumn 2004	August 31	Sept. 15	More results!
Winter 2004	Nov. 30	Dec. 15	AGM News
			'Cross!!!!

Alberta
COMMUNITY DEVELOPMENT



Spinny Stuffjnts Yuuids

Technical Directions

by Andy Holmwood, ABA Technical Director

andy@albertabicycle.ab.ca

403-297-2720

2nd Floor, 818 16 Ave. N.W.

Calgary, Alberta T2M 0K1

As one season rolls into the next...

Congratulations to the following Alberta riders recently named to the Canadian National Team List:

Philippe Abbott, Spencer Atkinson and Cam MacKinnon (all BiciSport), Mark MacDonald (Sport Chek), Roddi Lega (United Cycle), Andrew Davidson (Jet Fuel Coffee), Carrie Tuck (Rona/Escher), Travis Smith (Olympic Oval), Lars Madsen (Juventus/TrackTeam.ca) and the Juventus duo of Lori Ann Muenzer and Steen Madsen.

Coaching Development developments...

Congratulations to Annette Svederus, recently awarded a Team Alberta Women in Coaching Apprenticeship. This program was established to encourage the development of female coaching leading up to the 2005 Canada Games. Annette is one of only two Alberta coaches in any sport to be named to the program.

2004 NCCP Courses ...

The schedule of 2004 Coaches Courses is almost complete as this issue of the Spin goes to press. Current and future Coaches can look forward to the following courses in 2004:


Level 1 and 2 Road

Level 1 and 3 Mountain bike

Consult the ABA website or page 8 of this issue of the *Spin* for specific details.


ABA Spring Camps

Planning is underway for two ABA-hosted spring cycling camps. Members can take advantage of the 2004 Moab Spring Mountain Bike Camp (April 9 - 18), or the first-ever Penticton Road Camp (April 3-11, see page 23).

For further information on the spring camps, or other coaching or provincial team related matters, please contact me as shown above. 

Seen in the 2004 Edmonton Woman Consumer Guide: A survey of driving distractions. While road riding have you ever:

- ☉ Drunk coffee or pop (How about Gatorade?)
- ☉ Ate food (Does a blob of Gu count as food?)
- ☉ Used a cell phone ("Coach! Where's the feed zone!")
- ☉ Argued with passengers ("Stop wheel-sucking! Take a pull!")
- ☉ Disciplined children ("Kid! Hold yer line!")
- ☉ Read ("Check the map! Where's the feed zone!")
- ☉ Used devices like PDAs or laptops ("Check yer computer! How far to the feed zone?")
- ☉ Put on clothes, makeup etc. ("Straighten yer jersey for the FinishLynx camera!")

Let's be careful out there... 

We wish Elbow Valley Cycling Club member Andrew Clarke a speedy recovery from serious injuries sustained in a crash near Nanaimo BC. Apparently a case of speed wobble got out of hand and he went into a deep gully. From the ERVCC website (www.elbowvalleycc.org).

Seen at an art house screen in a trendy neighbourhood: *Les Triplettes de Belleville*. This animated flick has it all: Django, bananas, a loyal dog, car chases and the Tour de France.

Seen in a Valentine's Day Edition of the *Edmonton Journal*: Among Edmonton's most eligible bachelors is Nick Jendzjowsky (Pedalhead). Nick studies kinesiology at UofA, and is a quirky, fun guy with his own sense of style. Says Nick, "I'm looking for whatever comes my way." We assume that means that he keeps a good eye out when riding in traffic.

This Just In: Bureaucrats in Shanghai have backpedaled a bit on their move to ban bikes from the city centre to make room for burgeoning numbers of cars. The Urban Planning Bureau announced plans to build a downtown network of bike paths. The timing of the plan relates to the 2010 World Expo in Shanghai.

Thanks to Velocity Cycle (pronounced "vellossittee", not "velo-city") for providing a fleet of DeVinci road bikes and wind trainers for the use of riders in the Cops for Cancer virtual cross-Canada-and-back ride at West Edmonton Mall in support of the Canadian Cancer Society.

On the subject of going nowhere so charity can make progress, check out www.livia.ca for info on the second annual 'CBC presents Spin Around the Clock' Fundraiser! April 23/24, 2004 in the Ice Palace at WEM.

Elmo Kugelblitz, whose latest foray into media convergence resulted in a portable DVD rewinder, has used the magic of digital image compositing to make a new movie: *The Cat in the Full-face BMX Helmet*. It's a sequel to his earlier *Nation-al Lycra*. Elmo says, "With One Thing and Another, it was hard to get rolling but once the project got the green light, we were quickly out of the gate." Elmo dedicates the picture to his grandfather, the pioneering moviemaker who invented the silent musical.

"We apologize for the inconvenience"

A number of factors conspired to put this issue of the *Alberta Spin* onto a course with an uphill, a headwind and deep mud. This is one of our most wide-ranging and complete issues ever and I couldn't resist the chance to include a pile of World Championship material (from 3 different disciplines!), the material from the ABA AGM, the ABA Annual Report, Planning Meeting highlights, final 2003 results and even a few words from Elmo Kugelblitz. The delays even allowed the inclusion of some This Just In updates.

I want to thank all who contributed content or ideas and especially want to thank all ABA'ers for their patience.

Oh yeah, how about that colour cover? Thanks to Shauna Richard, Gracie Sonnenberg, Ray Piasta and especially Aaron Whitfield (www.whitfieldphotography.com) for their work on this showcase issue of your *Alberta Spin*. 

Ask the Chief!

Spinny Stuff, Spinny Stuff, Spinny Stuff

by Chief Commissaire Tim Harris

Ask the Chief delves deep into the mysteries of the Universe this issue... ok, so not really the Universe, just the need for more Commissaires!

Hey Chief, my club president just sent out an email looking for volunteers to take the Commissaire's course because of some "Commissaire Scheme" what is this all about? Carl Carlson - High Plains Drifters

Hi Carl, well you have some of the right information, but are missing some of the important elements! First of all, the "scheme" is called the Commissaire Recruitment Program (or CRP) and it is designed to bring some new Commissaires into the ranks. There is a real need for more Commissaires, as last year we almost had to cancel a couple of races due to a shortage of active Commissaires. So we created the CRP to try and prevent this from happening in future years.


The way the CRP will work is that the clubs will have to provide a certain number of Commissaire days in relation to the number of racing members they have in their club. Clubs may already have Commissaires active to work

those days, or they may have to recruit new officials or dormant ones to fill their quota.

Is this really the best way to get officials? Wouldn't it be better to get people who really want to officiate, rather than people who are kinda being forced too? Carl Carlson

I totally agree with you Carl! Unfortunately the number of new officials over the past several years has decreased, while we seem to be losing "veteran" Commissaires. It puts a huge amount of pressure on a small group of Commissaires to be working almost every weekend throughout the summer. The Assistant Chief and I worked over 30 events last summer!

Oh, I know I got you this time! I just saw "Finding Nemo" and the fish were hanging out in the belly of a whale, is this possible? Sven Overdabars - Spokey Dokes

Ok, you got... just kidding! Hollywood has slightly exaggerated the whale's stomach! For one thing, there are lots of fun stomach acids that would have started working on Marlin and Dory right away, and instead of a big cavernous cave type thingy, the stomach is more like a big wet blanket! So don't go all Jonah on us! 

WUTWCRX when you want to lighten up: Howard Hardstaff of Edmonton's Battery World says, "Batteries are for using. Don't try to 'save' the rechargeable battery in your bike headlight by never using it. How would you feel if you sat on the shelf only to be used once a year?"

Howard goes on to explain that different battery chemistries need different handling. Let nickel-cadmium (NiCad) batteries, less common these days, deep discharge (run right down) before recharging in order to avoid "charge memory" that limits how much duration you can expect from them. Keep traditional lead-acid ("gel cells") and modern but expensive nickel-metal hydride (NiMH) batteries topped up by recharging after each usage. Don't let a gel cell deep discharge. If your light turns dim and yellow, turn it off and fully recharge the battery as soon as you can.

Seen late at night on a publicly funded national broadcaster: CBC's *Zed* had broadcaster Steve Ozier at the Burning Man Festival in Black Rock NV in August 2002. About 30,000 people make the pilgrimage to make avant-garde art, display avant-garde art, look at avant-garde art and be avant-garde art. The best way to get around the site is by bike, preferably one that is a rolling work of avant-garde art.


Pat Ferris reports from the ABA's BC Territory: Wim Kok is an active member of the Blizzard Bike Club of Fort St. John. He did the famous Paris-Brest-Paris Randonnée this past summer and lived to tell the tale. Scope <http://www3.telus.net/randonews/y2003n4/y2003n4wim2.htm> to practice your French while Wim makes a long story short.

Elmo Kugelblitz's Christmas light tours wrapped up quickly when he didn't get the response he expected: "I figured we'd miss the crowds by having a matinée tour."

Edmonton Journal columnist Nick (Nicky Danger) Lees must like cycling. In the past few weeks he's given space to two two-wheel heroes:

Randonneur Len Spratt will challenge the Tour d'Afrique (www.tourdafrique.com) a 100-day, 10,000km trip from Cairo, Egypt to Cape Town, South Africa. The event raises awareness of sustainable transportation and helps ecological and educational charities in Africa. Len will also be collecting donations for juvenile diabetes research.

Jason Wispinski challenged and beat the coldest weather thrown at him. His culturally diverse cool-weather gear includes Tibetan wool karate pants, mukluks, a Mexican blanket, a beaver hat and "huge gloves". Jason is the head wrench at Edmonton Bicycle Commuters: (www.freenet.edmonton.ab.ca/ebc/). EBC'ers recommend using a winter beater bike rather than your #1 carbon fiber race bike to avoid freezing your cogs off.

Dec. 17, '03: A couple of bike mechanics from Dayton OH have figured the Wright way to get *really* big air. Hey, if it wasn't for Orville and Wilbur, you'd be paying \$65 a trip to take your bike on the stagecoach. 

Worlds Wipeout 2

Fourteen seconds down come the chasers...



Beyond Courage: An evening with Lance Armstrong

by Rebecca Wilkinson

November 6th, 2003. A date that I will always remember as the first time I met Lance Armstrong. Now I use the term "met" lightly. Although I did not actually get the chance to have a conversation with Lance (not for the my lack of trying), it was the first time I was able to see my hero in person. For what seems like forever, I have been an avid Lance fan. Some might think a little too avid and I wouldn't argue with that. But obsessions can be healthy.

Why this fascination with Lance Armstrong? For anyone who understands the demands of competitive cycling, the Tour de France is arguably the most grueling sporting event ever to be contrived. Winning the Tour de France is the utmost accomplishment in the sport. So take that accomplishment, multiply it five times in a row, count in the fact that the man who won was once given less than a twenty percent chance of living due to cancer, and I'd like to introduce you to Lance Armstrong. Therefore, when Lance walked into the banquet room of the Calgary Hyatt Regency Hotel, I stood there in awe; tears forming in my eyes. He was right in front of my very own eyes. I was not watching the Tour on OLN or reading an article about him in Velonews, I was in the same room, sharing the same moment. That was more than enough for me, and for that moment I will always be thankful.

Lance came to Calgary to serve as the guest speaker to help raise money and launch a 6 million dollar campaign for a molecular cancer epidemiology program. Dr. Chris Brown, Director of Research at the Tom Baker Cancer Center, flew in for the occasion from Laos in order to speak about the program and stress its importance in distinguishing the links between physical activity and cancer prevention and treatment. The evening generated 1.3 million dollars, with each ticket costing 350 dollars and worth every penny. There was an eclectic array of people in attendance. Researchers, philanthropists, even owners of some local bike stores brought along some Treks for Lance to sign. Most importantly, individuals fighting cancer and those who have been touched by the disease were there for some inspirational words of encouragement. And let's not forget the cyclists who were there as well. I would learn the next day that 15 avid cyclists paid a tidy sum to take part in an hour-long spin class with the Tour de France champion. Lance had intended to ride outside but, residing in Austin TX, he was not acclimatized to Calgary's cold weather and therefore chose to partake in an indoor riding session. The class raised an additional \$100,000 for cancer research.

His mother, Linda Armstrong Kelly, and Latrice Haney, the oncology nurse who helped him during his cancer treatment, accompanied Lance at the dinner. Steve Bauer also attended and spoke briefly on behalf of his friend and former teammate. Lance generously and candidly spoke about his battle with testicular cancer. He shared the pain of the experience, the fear. But most importantly, Lance told us of survival and more. "You can survive or you can thrive and I have been fortunate to thrive." Lance spoke about his "obligation of the cured." An obligation to share his story of survival in order help generate hope in those suffering from the disease.

In 1996, at the young age of 25, Lance Armstrong was diagnosed with an advanced case of testicular cancer that had spread to his lungs and brain. His doctors told him that they would practically have to teach him to walk again. For a man who lived his life by the pedal strokes of his bike, this news was devastating. For any athlete to face the possibility of never competing again is truly a horrifying realization. But Lance refused to give in. He began aggressive chemotherapy to rid his lungs of numerous tumors and underwent various surgeries, including brain surgery. He compared to his brain surgery to the carving of a pumpkin, transforming the gravity of the topic into a flurry of laughter throughout the room. Lance was faced with death and adamantly refused it, fighting for his life with the utmost vigor and fortitude. He never gave up and in the end he won. Lance defied the odds and beat cancer.

After all this struggle, Lance still believes cancer to be the "greatest thing that ever happened to me." He views the disease as a gift. As his mother so aptly put it, "[Lance] faced death in the eye. He learned things about himself he may never have known." Cancer is what enabled Lance to find his inner resolve. He found a deeper strength within himself that he never would have found otherwise. It is this strength that contributes to Lance's unparalleled athletic excellence and makes him such a formidable force in the world of competitive cycling. No matter how hard he is suffering, whether it is struggling up Mt. Ventoux or Alpe d'Huez, Lance knows a deeper sense of pain and affliction that no bike race could ever match.

Lance ended the night with a question and answer session. People touched by cancer, either directly or indirectly, were able to ask Lance for a few words of encouragement in dealing with the disease. He was then ushered off behind a wall of security that would prove impenetrable. Even with me sporting my Postal jersey, they just refused to let me by. Yes, you heard me right; I wore my USPS postal jersey for the occasion. In a sea of black and gray suits, there I was in my red, white and blue. I brought my jersey in hopes of getting it autographed but, as I sat at my table eagerly anticipating Lance's entry, I decided to put in on. Represent! So there I was, surrounded by 1299 very distinguished individuals and looking like one of those fanatics you see running alongside the riders during the mountain stages of the Tour. Hey, look on the bright side; at least I didn't wear my shorts. 🚴

*We'd like to extol the virtues of
your club volunteers!*

*Tell the Spin who they are and what they've
done and then leave the extolling to us.*

Alberta
COMMUNITY DEVELOPMENT


ALBERTA
SPORT, RECREATION
PARKS & WILDLIFE
FOUNDATION
Enhancing Alberta's Communities

The chief bureaucrats got together in Red Deer on November 23 and went over the plans for 2004. We reviewed Committee terms of reference and Board member job descriptions. Members at Large received their assignments: Lisa Lisis - Student Adventure Cycling Program
Conan Cooper - Commissaire Recruitment
Mike Sarnecki - Advocacy and Sponsorship
Jeff Davis - *Spin* magazine and Edmonton issues.

Looking back at 2003, we considered the ABA's Strengths, Weaknesses, Opportunities and Threats (SWOT analysis). We're good at things like setting up at setting up a race calendar, including the largest BMX program in Canada, the club system is strong with a good volunteer base, Recreation and Transportation issues get respect from the Board, we keep our fund sources happy, we communicate well with the membership (you're reading this, aren't you?) and the disciplines all play nice together. However, we need more Commissaires, direct volunteers and members (including women and juniors), and Recreation and Transportation issues need more respect from the authorities. We also need more high-level race organizers so we can put on higher-level events.

Upcoming opportunities include high-profile events in 2004 and 2005, more BMX integration and involvement from the enthusiastic and well-organized people in that discipline, other opportunities to encourage youth cycling and non-racing activities, more camps and Coaches, and a revamp of the NCCP Coaching education program. We'll have to watch out for things like staff and volunteer burnout, loss of race venues, budget pressure (especially insurance) and keeping our position as the leading body for cycling in Alberta.

Strategic objectives for 2004 include keeping the racing program strong, bringing more people into cycling at all levels, keeping the Board and staff up to their usual efficiency and effectiveness, keep the communication flowing and stay at the forefront of cycling advocacy matters. Specific initiatives include Commissaire recruitment, improving race organization standards, getting more people into organized cycling (kids, commuters, Masters, and oh yeah, sponsors). Most significant will be hiring an Events Coordinator, based in Calgary, to support race and event organizers and to raise the standards for ABA-sanctioned events. The Commissaire Recruitment Program will ensure that clubs provide officials.

All this costs money (especially the insurance part) and after a long period of stable fees we're going to have to increase license and affiliation fees and race levies. We also discussed matters like voting privileges at the AGM for youngsters and club Presidents. In 2004, club Presidents will have to have at least a general membership in the ABA. The friendlier format of the 2003 AGM was well thought of. 🚲

Calgary ABA'ers:
Mark your calendars for the ABA Casino on
Sunday and Monday May 2 and 3, 2004.

Bow Cycle/Cycle Meisters Calgary presents the XX Fietscross CC

Strathcona Tweedsmuir School, Okotoks, Alberta, Oct. 21, 2003

#	Name	Club	Time
Women			
1	Mical Dyck	Terrascope	0:44:30
2	Lisa Lisis	Hardcore	0:46:35
3	Annette Svederus	United Cycle	0:49:21
4	Rebecca Morris	CABC/Projekt 1	0:56:01
Open			
		4 DNF	
1	Roddi Lega	United Cycle	1:06:48
2	Mark Knoll	Bow Cycle/CMC	1:07:38
3	Sean Barr	Pedalhead	1:09:58
4	Per Strom	Bicisport	1:11:26
5	Andre Sutton	Hardcore	1:11:50
6	Peter Toth	ERTC/redbike	1:12:10
7	Guri Randhawa	Pedalhead	1:13:01
8	Craig Good	Synergy	1:13:15
Junior			
1	Philippe Abbott	Bicisport	0:51:29
2	Mark MacDonald	SportChek	0:55:07
3	Neal Gregory	Bicisport	at 1 lap
Master			
		3 DNF	
1	Greg Achtem	Bow Cycle/CMC	0:46:47
2	Craig Good	Synergy	0:46:53
3	Ryan Robinson	Part One International	0:49:34
4	cp Walsh	Synergy	0:50:05
5	Brian Lisis	Hardcore	0:51:11
6	Mike Prinz	Singletrack	0:52:33
7	Ted Dahms	Pedalhead	0:52:45
8	Dan Bierd	Bicisport	0:53:37
9	Derrill Shuttleworth	Pedalhead	0:54:36
10	Bob McKerrell	CABC/Projekt 1	at 1 lap
11	Richard Vervoort	Crankmasters	at 2 laps
Sport			
		1 DNF	
1	Casey Dyck	Independent	0:46:12
2	Simon Pulfrey	Independent	0:48:04
3	Paul Ignatiuk	ERTC/redbike	0:48:38
4	Brian Kullman	Terrascope	0:51:50
5	Kevin Noble	United Cycle	0:53:04
6	James Rasmussen	United Cycle	0:53:43
7	Kevin Bladon	United Cycle	at 1 lap
8	Alexander McCuaig	Independent	at 1 lap
9	Harley Desprey	Velocity	at 1 lap
10	Stevan Vinci	Snakebite Society	at 1 lap
11	Greg Yanicki	Bicisport	at 1 lap
12	Peter Tilley	Independent	at 2 laps
13	David McDowell	Synergy	at 2 laps

Worlds Wipeout 3

...followed closely by the pack.



ABA Course Registration Form

Date/Fee	Course	Location	Instructor	Times
Sunday, March 7 Fee: \$35	Mountain Bike Commissaire	Edmonton - Percy Page Centre	Loyal Ma	9 am - 4:30 pm
Sat./Sun. March 20/21 Fee: \$125	NCCP Level 1 Technical - Road	Calgary - COP, Bob Niven Training Centre	Andy Holmwood	Saturday/Sunday 9 am - 4:30 pm
Saturday, March 27 Fee: \$35	Road and Track Commissaire - Technical Assistant	Edmonton - Percy Page Centre	Chris Wood	10 am - 4:30 pm
Fri.-Sun. April 23-25 Fee: \$100	NCCP Level 2 Technical - Road	Calgary - COP, Bob Niven Training Centre	Andy Holmwood	Friday: 7 pm - 9:30 pm Saturday: tba Sunday: 9 am - 5 pm
Sat./Sun. May 1/2 Fee: \$100	Nccp Level 2 Technical - Mtn Bike	Edmonton - Argyll Velodrome	Loyal Ma	Saturday/Sunday 9 am - 4:30 pm
Sat./Sun. June 5/6 Fee: \$125	NCCP Level 1 Technical - Mtn Bike	Canmore - Nordic Centre	Natasha Ward	Saturday/Sunday 9 am - 5 pm

- Coaches must be certified at Level 1 in order to enroll in Level 2 Courses.
- Courses are open only to members of the Alberta Bicycle Association.
- Registration deadline is 10 days prior; courses may be cancelled if registration is insufficient.
- Level 2 Technical Road Course - course will fit with BiciSport race on April 24.

Last name, first name

Home Phone

Work Phone

Mailing Address

City

Postal Code

Email address

Course(s) Requested

Amount Enclosed

Visa* payment: Name (exactly as it appears on card): _____

Expiration Date: _____ Card Number: _____

Signature: _____

- For more information, contact ABA at 1.403.297.2720 in Calgary, 427-6352 in Edmonton or by email: andy@albertabicycle.ab.ca

* Sorry, Alberta Bicycle Association does not accept MasterCard

- Registration may be faxed to 780-427-6438, or mailed to:
Alberta Bicycle Association 11759 Groat Road Edmonton, AB T5M 3K6
818 -16 Avenue NW Calgary AB

www.albertabicycle.ab.ca

2003 Pedalhead Road Works Cyclo-cross Cup Individual Standings

1=Grote Pijrs Pedaalkop, 2=Hardcore Hop 'n Hurl, 3=Paskapoo Grand Prix;
4=United Grand Prix, 5=Bow XX Fietscross, 6=Provincial Championships

*Team points - sum of points of each team's top three riders in each category

Open Women

		Total	1	2	3	4	5	6
1	Samantha Nicholson	Bianchi/The Bike Shop	80	15	15	15	15	20
2	Lisa Liciis	Hardcore	75	12	12	12	12	15
3	Jessica DeMars	Bianchi/The Bike Shop	28			6	10	12
4	Kristin Campbell	Pedalhead	26	10	6			10
5	Mical Dyck	Terrascape	25			10		15
6	Rebecca Morris	CABC/Projekt 1	22				8	8
7	Trish Grajczyk	Deadgoat	16	8	8			
7	Annette Svederus	United Cycle	16	6				10
9	Jennifer Barr	Pedalhead	10				6	4
10	Marg Fedyna	Bow Cycle/CMC	10		10			
11	Sandy Ayre	Pedalhead	8					8
12	Madelaine Bate	Terrascape	8			8		
13	Susan Copeland	Juventus	4		4			
13	Christine Ezinga	Calgary Cycle	4			4		
15	Torrie Grant	Juventus	2					2

Open Men

		Total	1	2	3	4	5	6
1	Roddi Lega	United Cycle	80	15	15	15	15	20
2	Sean Barr	Pedalhead	71	12	12	15	10	10
3	Todd Barraclough	Juventus	36	8	10		8	10
4	Andre Sutton	Hardcore	28		4	12	4	6
5	Byron Davis	Pedalhead	28	10	8	10		
6	Mark Knoll	Bow Cycle/CMC	27					12
7	Per Strom	bicisport	22			6	8	8
8	Guri Randhawa	Pedalhead	12		6			6
8	Matthew Decore	Pedalhead	12				12	
10	Jason Shenkariuk	Snakebite Society	10				6	4
11	Greg Achtem	Bow Cycle/CMC	8			8		
12	cp Walsh	Synergy	6		6			
13	Craig Good	Synergy	4		4			
13	Rick Thiessen	bicisport	4			4		
13	Peter Toth	ERTC/redbike	4					4

Master Men

		Total	1	2	3	4	5	6
1	Craig Good	Synergy	67		10	10	15	12
2	cp Walsh	Synergy	59			12	15	12
3	Greg Achtem	Bow Cycle/CMC	51	8	6	12		15
4	Andy Achuff	Pedalhead	45		15	15		15
5	Brennan Bagdan	Hardcore	34	12	8	4	10	
6	Brian Liciis	Hardcore	22	10			4	6
7	Ryan Robinson	Part One International	18					10
8	Will Carry	Pedalhead	12		4		8	
9	Ross Anderson	Calgary Cycle	10				6	4
10	Peter Toth	ERTC/redbike	8			8		
11	Clayton Paradis	Pedalhead	6					6
12	Ted Dahms	Pedalhead	6	6				
13	Lonn Bate	Terrascape	6			6		
14	Brys Francis	United Cycle	4	4				
15	Mike Prinz	Singletrack	4					4

Sport Men

		Total	1	2	3	4	5	6
1	Paul Ignatiuk	ERTC/redbike	72	15	15	12		10
2	Brian Kullman	Terrascape	53				15	8
3	Kevin Noble	United Cycle	52	12	12	10		6
4	James Rasmussen	United Cycle	50	8	10	8	12	4
5	Tracey Shearer	Juventus	44	10	8	6	10	10
6	Don Fox	Juventus	16	4	6		6	
7	Casey Dyck	Independent	15					15
8	Simon Pulfrey	Independent	12					12
9	Harley Desprey	Velocity	10	6			4	
10	Jon Shalapay	United Cycle	8				8	
11	Jason Nadeau	Independent	6					6
12	Kevin Bladon	United Cycle	4					4
13	Gil Siminiuk	Independent	4		4			
13	J P Roy	Synergy	4			4		
15	Darren LaBonte	United Cycle	2					2

Junior Men

			Total	1	2	3	4	5	6
1	Phil Abbott	bicisport	45				15		15
2	Mark MacDonald	Sportchek	44				12		12
3	William Monteath	Juventus	38	10	12			12	4
4	Kevin Lega	United Cycle	25					15	10
5	Slawomir Szulc	United Cycle	21			15	6		
6	Spencer Smitheman	Juventus	18		12				6
7	Stephen Ferris	Blizzard	15		15				
8	Neal Gregory	bicisport	14				4		10
9	Mike Bidniak	Juventus	12						12
10	Zach Grant	Juventus	10				10		
11	Shaun Adamson	United Cycle	8						8
12	Brian Robinson	Olympic Oval	8				8		

2003 Pedalhead Road Works Cyclo-cross Cup Team Standings

*based on combined point totals
of each club's top three riders in
each category.

#	Club	Points
1	United Cycle	260
2	Pedalhead	218
3	Juventus	170
4	Hardcore	159
5	Synergy	140
6	Bianchi/The Bike Shop	108
7	Bow Cycle/CMC	96
8	Terrascape	92
9	bicisport	85
10	ERTC	84
11	Sportchek	44
12	CABC/Projekt 1	22
13	Part One International	18
14	Deadgoat	16
15	Blizzard	15
16	Calgary Cycle	14
17	Snakebite Society	10
19	Velocity	10
18	Olympic Oval	8
20	Singletrack	4

Check out Pedalhead Road Works' new digs on 124 Street and Jasper Avenue in Edmonton, next to the Hokkaido sushi place.

Elmo's Kugelblitz's combination sushi bar and dinner theatre went belly up when his actors said "Noh" to being paid scale. Meanwhile, sushi chef Kana Standahito stayed in the kitchen to create these exotic delicacies:

Marzoki-sushi: fried in shock oil
Giro-sushi: with an Italian touch
Kampi-sushi: nicely cut pieces but expensive
Tubi-sushi: rubbery-texture, inflated price
Traki sushi: goes through very fast
Nor-shori sushi: rough texture, but tries to be clean.
Ti-sushi: light but metallic-tasting
Cromo-sushi: like ti-sushi but not so light
Kar-bo-sushi: like ti-sushi but not so metallic
Ti-bo-sushi: packs a wallop but soon gone
Kari-sushi: big pieces but expensive in the long run

Worlds Wipeout 4

John Devine (USA) leaves the group the hard way...



Things we're keeping our eyes on...

Bioptic lenses for vision-impaired drivers

Bioptic lenses are miniature telescopes fitted to eyeglass frames and are used by some vision-impaired people, mainly for spotting distant objects such as signs and numbers on busses. Some jurisdictions, such as California, license on a case-by-case basis bioptic lens users to drive motor vehicles. California DMV has research that such drivers have substantially elevated accident rates and that many are not appropriately restricted.

The Canadian Ophthalmological Society and the Canadian Medical Association say that bioptic lenses and other such spectacle-mounted telescopes, along with other optical devices, form a useful part of the low-vision patient's armamentarium. However, there are very significant optical problems - loss of visual field, magnification causing apparent motion when worn in a moving vehicle etc. - associated with the use of telescopes when driving a motor vehicle. The Canadian Ophthalmological Society and the Canadian Medical Association therefore believe that currently, in the interest of public safety, people requiring spectacle-mounted telescopes to pass a driver's test should not be licensed to drive in Canada.

Communication with Alberta Minister of Transportation Hon. Ed Stelmach and Mitch Fuhr, manager for AT's Driver Fitness & Monitoring Branch indicated his department is monitoring the situation and relying on advice from the Canadian Council of Motor Transport Administrators who is, in turn, relying on advice from the Canadian Ophthalmological Society.

ABA VP R&T Jeff Gruttz has been following this situation and says "This one fits in with our discussions of making our roads safer for all with a focus on encouraging drivers' regulations and certifications for safe drivers including strengthening truckers' driving and days off regulations and opposing (for now) Bioptic Driving." Check www.bioptricdriving.org for their side.

Getting away with murder*

Don Hollingshead and Fred Wilton have been keeping up with the case of Peter Kukucka, who was driving a truck for Calgary's Valmar Express Lines in Banff National Park on July 14, 2003. Mr. Kukucka drove over and killed Washington State tandem cyclists Kathy Husband and John Stoltenberg from behind, leaving them no chance of escape.

Weather conditions were good and Kukucka had a clear view of the cyclists. No other vehicles were involved. For no apparent reason, Kukucka drove out of the traffic lane and onto the shoulder where he killed Husband and Stoltenberg. Witnesses who saw the truck drifting off the road reported that they thought the truck driver must have been having a heart attack. Kukucka proceeded to drive approximately 500 meters in the ditch before returning to the highway. Kukucka told police that he only realized something was amiss when he smashed through a road sign and was unaware that he had killed Husband and Stoltenberg.

Alberta police do not generally charge drivers with criminal negligence causing death because Alberta traffic law has a very strong requirement for intent. The RCMP say that they do not charge drivers with criminal negligence if it appears the driver fell asleep. Kukucka was charged with the relatively minor offences of careless driving and failing to drive in the center of the traffic lane. His trial is scheduled for March 29, 2004 in Banff.

The truck driver's logbook showed no obvious Hours of Service violations but Canada has the most lax Hours of Service regulations of any regulated country and Alberta has the most lax commercial carrier regulation in Canada. Intra-provincial carriers in Alberta can legally force truck drivers to work 105 hours per week (there are 168 hours in a week). The ensuing driver fatigue may contribute to Alberta having the poorest trucking safety rating in Canada.

What we'd like to see out of this is a lot more concern for vulnerable users of the road (pedestrians, inliners, wheelchair users, motorcyclists and, oh yeah, cyclists). A number of factors affect this. Since tired truck drivers are a recognized danger to themselves and other road users we'd like to see regulations that give them more rest and better enforcement of those regs. We'd also like to see tougher penalties for drivers who kill other road users. Currently, Section 115(2)b of the Traffic Safety Act, concerning careless driving, has a fine of \$350 +15% victim surcharge (up from \$115). Finally we'd like authorities to remember the importance of cyclotourism to the province and the importance of projecting the province as a safe and welcoming place. (David Cambon of Vancouver BC did the background research on this issue and writes for CRASH (Canadians for Responsible And Safe Highways))

**Editor's choice of heading*

Occupiers Liability Act changes

Finally some good news. The Occupiers Liability Act is an Alberta law that lays out the responsibilities and liability requirements incumbent on people who lease or similarly occupy or use Alberta Government land (occupiers). Before amendments to the Act passed on Dec. 1, 2003 (Bill 208) occupiers who gave permission for recreational land use were much more liable for any mishaps that happened to users. This made it less likely for the occupiers to give that permission. The difficulty of obtaining permission made it less likely for users to ask for permission. These situations added up to reduced opportunities for recreational land use for users such as hikers, ATV riders, horse riders and, oh yeah, cyclists and also a lot of bad feeling between occupiers and recreational users.

The amendment gives recreational users the status of trespassers. This is not as bad as it sounds. It puts the responsibility for safe use on the users, where, it more reasonably belongs. By reducing (but not eliminating) occupiers' liability, it makes them more likely to grant permission to use the land and increases opportunities for trail use. There is still work to be done. Things like the Petty Trespass Act and the Agricultural Dispositions Amendment Act figure

into this and we must be careful that insurance providers don't use this as another reason to increase premiums. The Recreational Corridors review and its accompanying Recreational Trails Act is still a long way from being passed.

Jeff Gruttz notes that Alberta TrailNet is in full agreement with the amendments and that it represents 4 years or more of TrailNet staff and volunteer work on encouraging the provincial legislature to provide an amended trail- and recreation- friendly Occupiers' Liability Act.

Bill 208's sponsor is MLA Ray Danyluk of St. Paul. His constituents have much vested in this legislation since the conversion of 290 km of abandoned rail line to rail trail.

See: www.ironhorsetrail.ca (IHT). Not all of this distance is bicycle-able just yet. There's some soft rail ballast that needs compacting for even fat-tired bikes. They're working on resolutions. The IHT is Alberta's most successful, massive community driven recreational trail project. It's an excellent example of how things COULD work elsewhere in Alberta if some adjacent landowners would lighten up. 🚲

Related websites

<http://www.assembly.ab.ca/lais/bills/2003/bill-208.doc>

<http://www.canlii.org/ab/sta/csa/20030722/r.s.a.2000c.o-4/whole.html>

<http://www.assembly.ab.ca>, look for "Hansard" and then "Tuesday Dec 1"

2003 Alberta Downhill Cup

1= CABC RedDeer Gravity Challenge, 2= Calgary COP DH9, 3=Rocky Mountain House DH

#	Name	Club	Pts	1	2	3
Senior Elite Men						
1	Mark Wolstenholme	Cranky's	27	15	12	
2	Radek Burkat	Pinkbike	15		15	

Senior Expert Men						
1	Noel Edwards	Café Racers	27		12	15
2	Ryan Hopping	Ft McMurray CC	25	15	10	
3	Craig Roberts	Independent	20	12	8	
4	Mark Dowhaniuk	Calgary Cycle	15		15	
5	Mike St. Denis	Independent	14	10	4	
6	Michael Cox	Rocky Mountain BNB	12			12
7	Chris Kirchen	River Valley Cycle	6		6	

Senior Sport Men						
1	Dustin Riske	St. Albert Trailriders	20	8	12	
2	Carl Walker	River Valley Cycle	15			15
2	Chad Coleman	Independent	15	15		
2	Cory Montemurro	Café Racers	15		15	
5	Scott Guthrie	United Cycles	12	12		
5	Lance Steinke	ERTC/redbike	12			12
7	Eric Lund	United Cycles	10	10		
7	Mike Acton	Ridley's	10		10	
9	Brock Randal	Rocky Mountain BNB	8		8	
10	Aaron Dobler	Independent	6	6		
10	Ryan Smith	Independent	6		6	
12	Eric Colberg	Independent	4	4		
12	Keith Purslow	Dynamic	4		4	

Master 40+ Men						
1	Greg Epp	CABC/Projekt 1	30		15	15
2	Jordan Sinclair	CABC/Projekt 1	15	15		
3	Tim Smith	United Cycle	12	12		
3	Don McPhalen	Dynamic	12		12	
5	Chuck Roberts	CABC/Projekt 1	10		10	
6	Miles Tornberg	B&P	8		8	

Master Expert Men						
1	Darcy Lehr	ERTC/redbike	30	15	15	
2	Jeffrey Franac-Law	Juventus	12		12	
3	Shawn Wells	Edmonton BMX	10		10	

Master Sport Men						
1	Brent Ruelling	ERTC/redbike	32	12	10	10
2	JC Dubeau	Calgary Cycle	30	15	15	
3	Andrew Phelps	Cranky's	16	4		12
4	Darcy Lake	ERTC/redbike	15			15
5	Brett Lahay	Independent	12			12
6	Shawn Tisdale	Ind	10	10		
7	Sean Carter	Snakebite Society	8	8		
8	Scott Dancey	Independent	6	6		

Junior Men						
1	Justin Willoughby	Calgary Cycle	27	15	12	
2	Matt Pauly	Rocky Mountain BNB	25	10	15	
3	David Friesen		21	15	6	
4	Wiley Bell	Rocky Mountain BNB	14	4	10	
5	Matthew Thiel	Cranky's	12	12		
5	Geoffrey Massing	Independent	12		12	
7	Scott Middleton		10	10		
8	Bradon Hughes		8	8		
8	Tyson Fandrick	Medicine Hat BMX	8		8	
8	Norie Christian	ERTC/redbike	8		8	
11	Jason Conroy	Cranky's	6	6	4	
11	Peter Kennedy	Rocky Mountain BNB	6		6	
13	Chris Whitehouse	Cranky's	4	4		

U17 Men						
1	Justin Willoughby	Calgary Cycle	15	15		
2	Matt Pauly	Rocky Mountain BNB	12	12		
3	Wiley Bell	Rocky Mountain BNB	10	10		
4	Kyle Grant	Cranky's	8	8		
5	Craig Stephens	Cranky's	6	6		
6	Callum Fairweather	St. Albert Trailriders	4	4		

Your ABA Board

Chris Check - ABA President. Chris is looking forward to his second year as ABA President, after his initial two years on the BOD as a Member at Large. Competing as a Master Expert off-road, a Cat. 4 on-road, and a Master cyclo-crosser he sees first-hand the quality events our members are experiencing each season. Watch for him at the back of the peloton, at a race near you soon...



Worlds Wipeout 5

Devine tries to roll out of the way...



Chris Check, President

2003 was a busy and successful year. A full race calendar in all disciplines meant that ABA'ers received excellent value for their license throughout the season. Big projects we're involved in include 2005 World Masters Games, an international event that will attract a lot of attention to our sport, and ongoing BMX integration. This will bring younger athletes to the ABA, so we can reach up-and-coming cyclists earlier.

Board members have been busy, with Members at Large carrying out specific assignments and Women's cycling getting a boost from camps and a racing project in BC. In 2004 we'll work on volunteerism, as the need for a strong volunteer base will be crucial with larger events appearing on our calendar.

Guri Randhawa, VP Racing

2003 was a huge success. The race calendar was full of new and old events in the Mountain, Road and Track disciplines. The ABA should foster new race and event organizers in order to have fresh new events and reduce the workload of those who have been organizing events for years. Cyclo-Cross continues to be a fast-growing cycling event and Alberta is leading the way in race organization and participation. We also had successful projects at National Championships, in BC and at training camps.

Midweek racing is alive and flourishing in Alberta. By sanctioning Mid-Week racing the ABA can provide a safer and more controlled environment for our athletes to train and develop. Participants and organizers received this change well, leading to a more structured and safer form of training race.

The 2005 World Masters Games gives Alberta a chance to showcase not only our fine sporting venues, but also our amazing race organizers. This undertaking is of no small stature and the ABA must come together to make this event a success.

Andy Achuff, V.P. Administration

For 2003 and into 2004, the ABA continues to operate on a sound financial footing. The year-end audit has been completed, with no unexpected expenditures outstanding. The budget for 2003 allowed for some extra money being available for provincial team projects, as well as for Recreation and Transportation. The 2004 budget will be reflective of an increase in both membership and the staff needed to continue with the current level of service.

Jeff Gruttz, V.P. Recreation and Transportation

Accomplishments and initiatives in play:

Signs at edge of cities indicating bike-friendly routes into the city.

Priority for trail access to ring roads and the corridors containing them.

Priority for sweeping and clearing of shoulders and rail crossings.

Share the Road brochure for University drivers.

Bicycling is now recognized as a sanctioned physical education activity in the provincial education curriculum.

Bicycle Education Leaders' Conference - June 4-6, 2003, Portland, Oregon. Don Hollingshead and Jeff Gruttz attended. Thanks to the ABA for travel support. Close to 60 schools registered across Alberta for Active and Safe Routes to Schools.

Abandoned rail corridors in NE Central Alberta recently sanctioned for use as multi-use recreational trail.

... and many more.

Victor Doehring, VP BMX

BMX is on the rise in Alberta and comprises almost half of licensees. Alberta BMX's Provincial Series was the most successful in years with rider counts as high as 332 registered, 65% of these under 12 years of age.

We need a map and timetable for integration to work. Integration is moving forward slowly with some road-blocks from the CCA as they are trying to find a suitable model for BMX. Classes, points, upgrades and rules need to be set forth by the CCA for the Commissaires to establish a rule book for provincial and inter-provincial rules. It is very important that BMX has the same rules and structure across the nation.

We'd like to have material available for the schools and recreation boards that BMX is a sport that can train cyclists at a young age in a confined supervised area. We'd also like a program to entice BMX racers that are considering leaving the sport to enter a different discipline. BMX racers have gone from BMX to track, downhill, dual slalom and super-cross with great success. Australia has BMX tracks at elementary schools where we have baseball diamonds. This may be one of the reasons they excel in cycling and triathlons.

Annette Svederus VP Women's Cycling

2003 has been a great year of new and existing programs. This year began with a 10-day mountain bike mixed camp in Moab and Colorado, then there was a 2-day women's road and mountain bike camp organized in conjunction with the Kinsman Center in Edmonton. From an organization and coaching perspective, a combined road and mountain bike camp is difficult to plan. Comments from both the Kinsman and the participants were positive bit in the future 2 separate camps for road and mountain bike would be better to organize and more structured for the participants.

I was also involved in the Sugoi Dirt Series Camps in Alberta, including Canmore, Panorama (Panorama Mountain Resort) and Calgary (COP) in conjunction with Sugoi and Cycling BC. The overwhelming participant numbers at these camps are a good indicator that we are getting more women into the sport of cycling. The Annual Women's Mountain Bike Camp in Jasper was again a success, with this year having the most participants ever.

I have been asked by junior high classes in Edmonton and Calgary to develop and coach a basic curriculum to promote cycling into their course curriculum. The concept is to provide a fun learning environment application while incorporating school concepts into the program.

Brian Licis, Member at Large - Communication

The highlight of my term has definitely been conducting the membership survey. The purpose of the survey was to proactively solicit feedback and input from our members in an effort to find out what is important to our membership, and to learn how well the organization is performing in the eyes of its members and 110 of 700 recipients responded.

Some significant results:

94% of the respondents held a racing license

85% of the respondents were somewhat or very satisfied with the ABA overall

47% of the respondents have never volunteered for the ABA in any capacity (board or committee member, race commissaire, race organizer, race day volunteer, non-competitive event organizer or volunteer, coach, or fundraising event).

These statistics support my observations of the ABA as a Board Member and as an avid racer, that we are relying on a very select few members to perform the bulk of the administrative and volunteer work. As a call to our members, I urge you not to take for granted the efforts of the volunteers who have already sacrificed their time to allow you to ride. Challenge yourselves and your clubs to seek out opportunities to help the ABA continue to grow in a positive way.

Jeff Davis, Member at Large - Alberta Spin and City of Edmonton

Slumping at the top of Keillor Road has limited access to that route and the hill training it provides. The long-hoped-for Ribbon of Steel trail between Old Strathcona and Grant MacEwan College is proceeding with most of the paved trail and amenities between the north end of the High Level Bridge and Jasper Avenue in place. The Trails, Routes and Pathway Advisory Committee (TPRAC) has firmed up and is getting good support from City of Edmonton staff but its ability to influence policy and implementation is still unclear. The good news is that the revised Parks Bylaw allowing much more bike access to River valley trails is in force as of Jan. 1, 2004 but some off-leash areas are still off-limits to bikes. The bylaw also includes stiffer and more enforceable penalties for infractions such as not using a bell to signal a pass.

Racers had good events in Edmonton with BMX, road, track, Mtb and 'cross to keep us going. The 2005 World Masters games starting to get mind share among riders and organizers alike. We'll have ITT, RR, Mtb, Track and Crit events organized by 5 Edmonton clubs, ABA President Chris Check is Cycling Sport Chair and is the project manager responsible for the smooth coordination between the organizers and the CoE WMG bureaucrats.

We have had 3 of 4 *Alberta Spin* magazines this year so far (36, 28 and 44! pages) plus 1 issue from December 2002 (32 pages) plus an Annual Report (20 pages, total 160) and we appear to be in budget. Nine Cooperative Retailers supported the back page and production is getting ever more digital. Particularly satisfying is the number of contributors of words and pictures, especially on the BMX side.

Mike Sarnecki, Member at Large - Trail Access


A few events took place over the summer that required my direct attention as off-road trail advocacy director. During the summer, Edmonton City Council revised the parkland bylaw to include that all trails that were wider than 50 cm were open to bikes. This caused some confusion as it blurred the understanding of what people believed to be a trail. In the end, this will be a positive step for the City of Edmonton as it becomes more pro-bicycle. I am pleased to say that there was a large show of support from cyclists, as we, as a group, finally made our voices heard. Brian Licis was also very helpful in getting the word out to the cycling community.

I would like to remind all ABA members of the trail access fund. This money has been set aside for members to apply for in order to do trail maintenance. If you would like to apply for a grant, please submit a written proposal to Shauna at the Edmonton office.

Tim Harris, Chief Commissaire

We were given an excellent opportunity to host three national Commissaire courses (BMX, Road and Mtb.) Although attendance at the road course was low (only I attended from Alberta), we certified three new National BMX officials and three new national Mtb officials. The addition of BMX officials to the ABA Commissaire fold went very smoothly. Jim Negenman was named the Assistant Chief - BMX, and coordinated clinics for his officials. Jim and I had a long discussion at BMX Nationals about how to coordinate the rules between the old and the new regimes.

Commissaires now have blue MTB-ish vests with handy pockets to go with their Roadie-style jackets. We're looking at a more hot-day-suitable shirt for regular Commissaire wear. We hope that these fashion perks and the Commissaire Recruitment Program will attract more officials from the ranks of ABA'ers and their associates.

Generally speaking the season was excellent. Our officials dealt with a variety of issues, and handled them in a professional manner. All in all an excellent year. 

Elmo Kugelblitz was happy to see that Santa had left him a new chrome-plated low-rider cruiser style stationary bike under the Christmas tree.

Shauna Richard, Executive Director**Worlds Wipeout 6**

... but Zdenek Stybar (CZE) finds him anyway.



Chris and I attended the CCA's AGM in Montreal in December, 2002. The ABA was awarded the Torch Peden Award for 'overall success in membership, efficiency in operation and administration, and for all we've done for cycling'. February saw the Edmonton Outdoor Adventure Show where the ABA had a booth and there was a Provincial BMX race meet and a dirt crit. This gave an early season boost to ABA license numbers. In early April I attended the ASRPW's 2-day Leadership Forum covering topics such as 'developing your business plan' and 'applying for grants'.

Bruce Sorensen and I developed a bid to have BMX included in the next Alberta Games and I am working with the track operator in Okotoks to bring the facility up to ASG spec. In keeping with the inclusion of BMX in multi-sport games, the IOC has announced that BMX will be part of the 2008 Olympics in Beijing, China. Other multi-sport work includes the 2005 World Masters Games.

As technical delegate I had the chance to travel to a couple of high profile events, the largest being the week-long Transrockies Challenge. In all I have spent 33 days at events this season, most of which have been away from home. Thank you to fellow staff and volunteers who have made 2003 an exciting and rewarding season for our members. I look forward to continuing to work with you in 2004.

Andy Holmwood, Technical Director

Fifty sanctioned race-days occurred in Alberta this season, despite abysmal spring weather! Event co-ordination has become an increasingly large duty for ABA staff. The ABA also took a huge technological leap forward this season by employing photo-finish at many road events, resulting in more accurate and complete results. Thanks to Commissaire Thom Steenaerts and the involvement of Shell Canada for making this possible.

The Provincial Team program expanded to 6 projects over 25 days of racing in 2003, involving 40 athletes and 7 coaches. Of particular note were the outstanding results of Alberta riders at the Western Canada Summer Games, and the National Track Championships.

In addition to the traditional fall Mtb camp, the ABA hosted a spring Mtb camp in to Moab, Utah, and joined forces with the National Training Center in Calgary to offer a spring road camp for young athletes. ABA coaches were also involved with two Shimano Dirt Camps occurring in Alberta. Special thanks to Annette Svederus and Natasha Ward for their substantial contributions to ABA camps.

Coaching also had substantial development in 2003. The ABA, in conjunction with the National Training Centre - Calgary, hosted the first-ever Alberta Cycling Coach's Conference last March. Thanks to Investors Group for their support of the program. Finally, many thanks to the staff, coaches, officials, organizers, athletes and volunteers who continue to make my ABA experience a pleasurable one! 🚴

This Just In*: As of Feb. 26, 2004, 73 cyclists had signed up for the 2005 World Masters Games in Edmonton. And 100 golfers.

*not Timberlake

2003 Best All-around Rider (BAR)

Riders must compete in at least three events to qualify

Ties broken by Individual Time Trial performance

1= Track, 2= Criterium, 3= RR, 4= Mtb XC, 5= ITT, 6=Mtb DH, 7=HC, 8= CC

#	Name	Club	Total	1	2	3	4	5	6	7	8
Elite Men											
1	Mark Knoll	Bow Cycle/CMC	36		9	0		3		12	12
2	Bruce Copeland	Juventus	30			0		15		15	
3	Zach Bell	Synergy	24		3			12		9	
4	Mike Stickland	Pedalhead	19	2	12	5					
5	Roddi Lega	United Cycle	15			0					15
6	Jason Shenkariuk	Snakebite Society	13			0	12				1
7	Gary Alexander	TRS Racing	9			0		9		0	
8	Jesse Collins	bicisport	8			7		0		1	0
9	Dan Peterson	Bow Cycle/CMC	8		1	0				7	
10	Gregg Menard	Juventus	6	5		0		1			
11	Dylan Snowdon	Bianchi/The Bike Shop	3			0		0		3	
12	Guri Randhawa	Pedalhead	3		0	0					3

#	Name	Club	Total	1	2	3	4	5	6	7	8
Elite Women											
1	Samantha Nicholson	Bianchi/the Bike Shop	72		15	12	3	12		15	15
2	Jessica Demars	Bianchi/the Bike Shop	36		12	15					9
3	Kathy White	Jeune Cyclisme	33	15	9					9	
4	Lisa Lisis	Hardcore	30				9	9			12
5	Petrina Tulissi	Bianchi/the Bike Shop	18		3	3				12	
6	Tanya Bagnell	Way Past Fast	13		5	1				7	

#	Name	Club	Total	1	2	3	4	5	6	7	8
Junior Men											
1	Shaun Adamson	United Cycle	47		12	5	9	9		7	5
2	Zach Grant	Juventus	30	15				12		3	

#	Name	Club	Total	1	2	3	4	5	6	7	8
Junior Women											
1	Laura Brown	Bow Cycle/CMC	42	15			12	15			

#	Name	Club	Total	1	2	3	4	5	6	7	8
U17 Men											
1	Anthony Stadnyk	bicisport	65	8	15	15		15		12	
2	Neal Gregory	bicisport	33		9	5		12		7	
3	Brian Robinson	Olympic Oval	29				5	9		15	
4	Eric Smith	Bow Cycle/CMC	22	12				7		3	
5	Kasper Woiceshyn	Olympic Oval	17		7			5		5	
6	Spencer Smitheman	Juventus	15	5		9				1	

#	Name	Club	Total	1	2	3	4	5	6	7	8
Master A Men											
1	cp Walsh	Synergy	30	15						9	9
2	Ryan Robinson	Part 1 International	29			12				12	5
3	Kevin Rokosh	ERTC/redbike	23			5		15		3	
4	Dennis Bland	Crankmasters	9			1		1		7	
5	Bob Mckerrell	CABC/Projekt 1	7					7		0	0

#	Name	Club	Total	1	2	3	4	5	6	7	8
Master B Women											
1	Carolyn Soules	Independent	42			12		15		15	

#	Name	Club	Total	1	2	3	4	5	6	7	8
Master B Men											
1	Zbigniew Syzmanski	Velocity	35			15		15		5	
2	Tim Deschenes	Velocity	29			5		12		12	
3	Peter Toth	ERTC/redbike	29	15				5			9
4	Ted Dahms	Pedalhead	29	12		7		3		0	7
5	Brian Lisis	Hardcore	27					12		0	15
6	David Watson	Velocity	26	7		9		7		3	
7	Phil Rayner	Headwinds	14			0	5	9			

#	Name	Club	Total	1	2	3	4	5	6	7	8
Master C Men											
1	Wayne Long	EMCC	51	15		12		15		9	
2	Peter Heppleston	EMCC	36			9		12		15	
3	Lev Krivitsky	Crankmasters	26			5		9		12	

#	Name	Club	Total	1	2	3	4	5	6	7	8
Master E Men											
1	Peter Bigg	EMCC	60	15		15		15		15	
2	Danny Cronin	Crankmasters	33			9		12		12	

Kristy Sarnoski gets 2003 President's Award

The Alberta Bicycle Association's President's Award is presented annually to an individual or individuals who have shown outstanding volunteer commitment to advancing the sport of cycling in Alberta. This year's recipient is a shining example of what the spirit of volunteerism involves and has taken a love for cycling a step above to teach others to love our sport as well.

Kristy Sarnoski has been racing for just a few years, but like many of us, spent entire summers on her bike playing games like cops and robbers. In 2000, while working at George's Cycle, Kristy learned some valuable lessons about women and cycling. The first lesson was that women shouldn't settle for bikes that are not as good as their boyfriend's or husband's bikes and the second was that women love off-road riding but lack an environment in which to thrive at it.

With the encouragement of a few fellow riders, Kristy reformed the once popular group 'Muddy Ladies'. Perhaps due to the name, the group started off fairly small. With the demise of George's Cycle, the group moved its home-base to redbike and was reborn in 2001 as DirtGirls.

From then on, with Kristy at the lead, the club has grown exponentially, from a club with just a few riders, to a force of over 50 members. It is impossible to talk about Kristy without talking about the success of her club, and last year, the first year DirtGirls affiliated with the ABA as a club, the girls hosted the largest club race in the province, a success that they repeated again this year. In October, the club was awarded the Flower Power award for 'Best Amateur Women's MTB Club in North America - 2003'.


Kristy's commitment to getting women out on their bikes has been far reaching. Last winter Kristy worked with the Alberta Sport and Rec. Foundation to have mountain biking included in 'Go-Girl!'. Go-Girl is a one day active workshop for teenaged girls to introduce them to some non-traditional sports, and to encourage a healthy lifestyle. Kristy taught dozens of girls to ride with confidence, and by the end of the day, every girls was able to hop her bike up and over a wooden pallet.

Then in March 2003, Kristy helped organize an event at West Edmonton Mall called 'Spin Around the Clock'. Individuals or teams of up to 20 riders stayed on their bikes



for 24 hours to raise money for the Livia Stoyke Foundation. Livia was known to many DirtGirls and her sudden and tragic death while kayaking saddened Kristy and motivated her to help the foundation. Pledges were donated to several Edmonton-area women's shelters.

Every Thursday night this past season, Kristy led a women's off-road skills night. This was open to everyone (and even the occasional guy would take part). These skills sessions were so incredibly popular that by the end of the season, Kristy had added some weekend camps to accommodate the demand.

Because Kristy's hard work and sacrifices over the past two years, women's cycling has expanded greatly. 

Worlds Wipeout 7

Devine hears Raphael Tremblay (CAN) begin to skid...



by Jeffrey Michael Franc-Law, MD, CCFPEM, D. Sport Med

As the fall cyclocross season fades and most riders have completed all of their races, it is an excellent time to concentrate on the basic core abilities to begin training for the next season. Of the core abilities, pedaling technique, or Mobility, is of primary importance. Mobility precedes all other abilities: the ability to turn the cranks effectively and efficiently is mandatory for any rider to become accomplished.

Q: What is the best way to train mobility.

A: Mobility on the bicycle must be preceded by general body mobility. Training for optimal mobility can be broken down into these steps.

⊗ Correction of errors. Any deficits in muscles, such as poor spinal flexibility, stiff ankles, tight hamstrings, tight iliotibial band, or hip stiffness should be corrected. This may mean specific stretching or rehabilitation exercises.

⊗ Development of off-bike mobility. Often this is best developed through weight training methods. Weight training at this stage is best limited to full range-of-motion, light weights, and high reps. Large muscle group exercises such as squats are preferred.

⊗ On bike mobility training. Optimal methods include roller training and fixed gear (e.g. track) training. Single leg pedaling drills are also recommended. Simply riding at high RPM with low resistance while concentrating on smooth technique is also helpful.

Q: What potential problems are caused by a seat height that is too high?

A: A seat that is too high may affect power transmission. All muscles function best at a specific length. If the muscles are stretched too much due to an overly high seat, power generation will decrease. In addition, overly high seat height puts the rider at risk for several overuse injuries by stressing the hamstrings, gastrocnemius, and knee capsule. Fatigue of the lower back and hips may also occur, as the cyclist must rock the hips to reach the pedals.

Q: What are potential problems with an overly low seat height?

A: Once again, overly low seats lead to incorrect muscle length: power output of the hamstrings, gluteals, and gastrocnemius is decreased. Low seats lead to increasing stress on the knees and patellar tendon and may lead to overuse injury.

Q: Do cleats and clipless pedals help a rider develop more power on the pedaling upstroke?

A: Probably not. This area is currently under debate, but it is likely that riders cannot develop significant power on the upstroke regardless of training or equipment. During the upstroke, the Psoas and Hamstring muscles are held in a shortened position during the upstroke and are ineffective. Excessive activation of these muscles—trying too hard to pull up—can actually be detrimental, as this will destabilize the pelvis. Aside from causing a rocking motion, destabilization leads to a poor platform for the other leg, which is at the most effective part of its cycle. In short, concentrating on trying to develop upstroke power is unlikely to provide any gains in power output.

Q: Are fixed or floating cleats better to provide effective power transmission?

A: There is no evidence that floating cleats decrease power transmission and they may minimize the risk of overuse injuries. The rider should use those cleats that are most comfortable.

Q: What is the best way to assess mobility?

A: Video analysis by an accomplished coach is likely the best method of assessment. On video, the pedaling action should always appear smooth, continuous, and effortless. Ability to spin at high RPM on rollers is also a measure of fluidity, and maximal cadence should increase with development of mobility. Riding “no-hands” on the rollers is also a mark of good mobility and a fun way to impress your friends.

Ciao!



Dr. Franc-Law holds certification in Emergency and Sports Medicine. He is an active XC, DH, and road racer and a consistent podium finisher in Master Expert XC races. He is available for individual consultation and training programs at www.voltarace.com.

2003 ABA Membership Stats

Breakdown of 2003 Membership

Caregory	Male	Female
Multi-Discipline Licenses	575	121
BMX only Licenses	540	67
General Memberships	27	10
Coaches	26	2
Managers	11	3
Organizers	20	2
Mountain Bike Commissaires	24	18
Road and Track Commissaires	20	3
BMX Officials	5	3

Number of Affiliated Clubs	60
Number of Individuals with a License	1389
ABA Club members (no license or general membership)	1914
Total number of members	3303

Days of Racing (Provincial Sanction)

Discipline	2003	2002	2001
Road/Track	27	22	22
Mountain Bike	14	16	21
Cyclo-cross	6	6	4



VP Women's Cycling Annette Svederus gets a 2-year service award from ABA President Chris Check at the 2003 ABA AGM.

Racing Committee Highlights


The ABA Racing Committee (RC), featuring VP cp walsh and members Sean Carter, Andy Achuff, Natasha Ward and Guri Randhawa got together in Red Deer on November 29 and December 1, 2003. Chief Commissaire Tim Harris, ABA president Chris Check and ABA Executive Director Shauna Richard joined them to discuss the 2004 racing season.

The RC did an ASWOT analysis. ASWOT, management-speak for Assumptions, Strengths, Weaknesses, Opportunities and Threats, is a strategic planning tool that guides an organization's thinking about itself, the things that affect it and its mission and goals. Among the strengths noted were support of all disciplines (even Mtb Observed Trials!) and good integration of the disciplines, a growing base of Coaches and good events and organizers.

We need to work on outreach to new riders and retention of young ones. We can help this with more good road races and stage races, modifying field limits, getting some midweek road events going in Calgary again and running some learn-to-race programs. There are opportunities to advance the ABA Racing program by getting involved in mass participation events and taking advantage of Big Events like World Cup Mtb and World Masters Games and running camps. We have to watch out for Big Events that don't include the ABA, keep an eye out for good race venues and develop good relations road authorities like the RCMP and Alberta Transportation.

On tap for 2004 are initiatives like more support for Women's cycling, support for organizers (especially regarding safety), more camps and learn-to-race clinics and continued support for Coaching at the club level. We'll also see the FinishLynx photo finish cam at more races in 2004. Calls on the budget include support for Calgary's National Training Centre, camps, especially as part of the build towards the 2005 Canada Summer Games (Mtb and road!), Provincial Team projects and yes, Provincial Champion jerseys!

Changes are afoot in the Coaching area. Competency Based Education and Training (CBET) is the education model for future Coaches' courses. This approach emphasizes specific coaching situations and evaluations of Coaches in action. (*We'll have a report from the Level 2 Training Methodology course in the next Spin - JD*). There are also changes in Commissaires. Clubs will be responsible for providing a certain number of Blue-Shirters based on number of licensees. (See "Ask the Chief" on page 5 for more).

We'll have good race calendar and several points series and awards in 2004: Road, Mtb, Cyclocross, ITT, Best All 'Round (BAR) and even the Journal Cup Track award. Road ability categories will be revamped in 2004 to beef up Cats 3 and 5 and reduce Cat 4 in order to even out field sizes and better match the abilities in a category. We'll adjust upgrade procedures to make them more consistent. There will be full details in the 2004 ABA handbook, so complete and send in your ABA license form on pages 35 and 36 and you'll get all the info. 

Your ABA Board

Mike Sarnecki is a member at large with responsibility for trail access. Call him if you want to know about accessing a piece of trail.



Tim Harris - Provincial Chief Commissaire. This is Tim's second year on the Board as the Chief Commissaire and ninth year of involvement with the ABA. Tim also served as the Program Coordinator in the Edmonton office for the spring and summer. Now working at the University of Alberta, he looks forward to working fewer events this summer thanks in large part to the new Commissaire Development Program.

Shauna Richard - ABA Executive Director. Shauna has been with the Alberta Bicycle Association as Executive Director for two and a half years. She can be found most summer weekends out at races checking licenses. Shauna has a new mountain bike on order, so expect to see her out on the trails even more in 2004. The new bike is pink so you can't miss it!

Worlds Wipeout 8

... and Tremblay joins the pile..



Journal Cup Track Series 2003

1=Bikeshevik Sprint, 2=Bikeshevik Pursuit, 3=Bikeshevik Kilo/500, 4=Bikeshevik Keirin, 5=Bikeshevik Points, 6=Bikeshevik Scratch, 7=Kivehsekib 200m, 8=Kivehsekib Pursuit, 9=Provincial 200m, 10=Provincial Sprint, 11=Provincial Kilo/500, 12=Provincial Pursuit, 13=Provincial Points, 14=FKV 200m, 15=FKV Kilo/500, 16=FKV Pursuit, 17=FKV Scratch

#	Name	Club	Pts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Open Men																				
1	Travis Smith	Olympic Oval	63	7			10	2		10		7	10	10		7				
2	Ryan McKenzie	Colnago/Carrera	50	3	10	10	7	10	5	5										
3	Zach Bell	Synergy	45		5	2	2	3	3		5						3	5	7	10
4	Cam MacKinnon	Bicisport	44				5	5	10	7		5	5	7						
5	Bob Veroba	Bicisport	42								10						5	10	10	7
6	Mike McCorkell	Olympic Oval	32		7	5	3	7	7		3									
7	Tom Ambriadis	Mountain Bike City	26						1		3					10	7	5		
8	Chris Rubuliak	Juventus	25											5	10	10				
9	Lars Madsen	Juventus	22	5								10	7							
10	Joel Regimbald	Synergy	22	1					2		1					7	3	3	5	
11	Graeme Thomson	Bicisport	20	2		7		1	3	7										
12	Jeff Smith	Bow Cycle	11		2				1							1	2	2	3	
13	Doug Baron	Bicisport	10	10																
14	Chris Hooper	Synergy	9		3	1	1		2	2										
15	Greg Menard	Juventus	7											7						
16	Ryan Corey	Synergy	6													2	1	1	2	
17	Mike Stickland	Pedalhead	5												5					
17	Chris Harrison	ERTC/redbike	5																	
19	Tim Caulfield	Juventus	5			3					2									
20	Todd Barraclough	Juventus	3											3						
21	Brian McClennon	Bow Cycle	1		1															
21	Craig Good	Synergy	1							1										
Open Women																				
1	Kathy White	Jeune Cyclisme	92	10	10	10	10	10	10	5	10			10	7					
2	Laura Yoisten	Colnago/Carrera	40							10		10		10	10					
3	Sheena Lambert	Synergy	20	7	5					3	5									
4	Lisa Bowe	bicisport	14							7	7									
5	Petrina Tulissi	Bianchi/The Bike Shop	7		7															
CP																				
1	Brayden McDougall	Bicisport	70		10	10			10	10	10	10		10						
2	Barb Ferner	Bicisport	45		7	7			7	7		7		10						
Tandem																				
1	Dean Edwards/ Ted Dahms	Juventus	51		10	7			7	7	10			10						
2	Kelly Nadeau/ Graeme Thomson	Synergy	37		7	10			10	10										
Junior Women																				
1	Laura Brown	Bow Cycle/CMC	90						10	10				10	10	10	10	10	10	10
2	Monique Sullivan	bicisport	78	10	10	10		10	10											
3	Melissa Findlay	bicisport	49	7	7	7	7	7	7	7	7					7	7	7	7	
Junior Men																				
1	Rene Regimbald	Synergy	108	10	10	10	10	10	10	3		10	7			7	7	7	7	
2	Zach Grant	Juventus	84							2	2		10	10	10	10	10	10	10	10
3	Ross Harbottle	Bow Cycle	62	7	7	7	7	7	7							5	5	5	5	
4	Spencer Atkinson	bicisport	20							10	10									
5	Jeff Sparling	Bow Cycle	12							7	5									
6	Phil Abbott	bicisport	8							1	7									
6	Mark MacDonald	Sportchek	8							5	3									
8	Sean Walsh	Bow Cycle	1								1									
Master Men																				
1	cp Walsh	Synergy	120	10	10	10	10	10	10	10	10					10	10	10	10	
2	Sean Huggins-Chan	Bicisport	59	5	5	7	7	7	7	7					3	3	3	5		
3	Norm Kalmanovitch	Bow Cycle	32	7	3	5	5			7	5									
4	Kevin Coghlan	Pedalhead	26													7	7	5	7	
5	Craig Good	Synergy	20													5	5	7	3	
6	Reid Dalglish	Synergy	15	3	7				5											
7	Greg Yanicki	Bicisport	8													2	2	2	2	
U17 Women																				
1	Danielle Kenny	bicisport	22							7				5	10					
2	Monique Sullivan	bicisport	20								10			10						
3	Torie Grant	Juventus	12								5			7						
4	Lindsay Walker	Juventus	3											3						



Conan Cooper (l) - Member at Large & Assistant Chief Commissaire. Conan races track & road, is a NCCP cycling coach and has used the road for recreation and commuting for over 20 years. As a member of the Board of Directors, he will enjoy applying his experience and knowledge in cycling to advancing the ABA towards its objectives in a multidisciplinary advocacy environment.

Your ABA Board

Opposite Left: Annette Svederus – VP Women's cycling. Annette has been racing for 6 years and has made it to the elite class in Mtb. She is involved in coaching and has given 3 years to the ABA Board. She wants to increase women's participation and involvement in cycling and give back to the sport. Currently she is on safari in Africa, probably checking out locations for future ABA cycling camps.

Opposite right: Andy Holmwood – ABA Technical Director. Andy has been the TD for six years, and has coached the Alberta Provincial Cycling Team for ten years. Prior to becoming a Coach, Andy enjoyed a career as a decent road racer; he's also regarded as a mediocre cyclo-cross racer and "challenged" Mtb'er. Andy also has experience with the Canadian Cycling Association (CCA), working as National Coach on projects in 1996-1997. His current involvement is as an elected member of the High Performance Committee. In his spare time, Andy enjoys cooking, reading, and animal husbandry.



Loyal Ma - VP
BMX. (r) The
Force has been
with the MTB
Yoda since his
paper route
days. His ad-
ventures
include racing,
officiating and
coaching MTB
and BMX at
levels from
local to inter-
national. Loyal
also brings the
Force to the

CCA, serving as VP of
Development for 6 years
and is now Chair of the
National BMX Committee.

U17 Men

			Pts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	Eric Smith	Bow Cycle	94	10	10	10	5	5	5	10	10	10	10	7	7	10	10	7	3	
2	James Aufricht	Olympic Oval	71	5	3	5	10	3	10	10						3	7	5	10	
3	Anthony Stadyk	Bicisport	71	2	5	7		7	7	7						7	7	5	10	7
4	Sean Walsh	Bow Cycle	40									10		10	10	10				
5	Brian Robinson	Olympic Oval	29	3	7	2	7	10												
6	Leo Josephy	Olympic Oval	24	7	2	3	3	2				7								
7	Neal Gregory	Bicisport	22						5	5							2	2	3	5
8	William Monteath	Juventus	15						3	2							5	3		2
9	Spencer Smitheman	Juventus	10											5	5					
10	Sherwood Plant	Bicisport	5						2	3										
11	Nicolas Andrichuk	Olympic Oval	4	1		1	2													
12	Kasper Woiceshyn	Olympic Oval	3		1		1	1												

Sport Men

			Pts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	Jean Pierre Roy	Synergy	45	5	10	5	10	5	10											
2	Ryan Correy	Synergy	44	7	5	10	5	7									10			
3	Jon Keech	Synergy	34	10	3	7	7		7											
4	Brian Kullman	Terrascope	30	3	7	3	2		5	5	5									
5	Dylan Menard	Juventus	30													10		10	10	
6	Kevin Coghlan	Pedalhead	17							7	10									
7	Greg Yanicki	Bicisport	17		2	1	1		3	3	7									
8	John Rilett	CBTL	15			2	3	10												
9	Ken Cools	Airdrie BMX	10							10										
10	Martin Kaefer	Juventus	7														7			

United Cycle Cyclo - Cross

Strathcona Science Park, Edmonton Sunday October 5, 2003

Name Club Time

Junior Men

1	Kevin Lega	United Cycle	53:10
2	William Monteath	Juventus	56:04

Sport Men

1	Brian Kullmann	Terrascope	53:18
2	James Rasmussen	United Cycle	
3	Tracy Shearer	Juventus	
4	"Naked" Jon Shalapay	United Cycle	
5	Don Fox	Juventus	
6	Harley Desprey	Velocity	
7	Kevin Noble	United Cycle	
8	Darin Johnson	United Cycle	
9	Jeremy Smid	United Cycle	
10	Tim Riess	Independent	
11	Kevin Bladon	United Cycle	
12	Simon Richard	River Valley Cycle	
13	Don Bradley	ERTC/redbike	
14	Kyle Saranchuk	United Cycle	
15	David McDowell	Synergy	
16	David Lilley	United Cycle	

Open Women

1	Samantha Nicholson	Bianchi/Bike Shop	43:09
2	Lisa Licis	Hardcore	43:32
3	Jessica DeMars	Bianchi/Bike Shop	46:43
4	Rebecca Morris	CABC/Projekt 1	49:22
5	Jennifer Barr	Pedalhead	

Master Men

1	Craig Good	Synergy	50:44
2	cp Walsh	Synergy	50:45
3	Brennan Bagdan	Hardcore	52:07
4	Will Carry	Pedalhead	52:45
5	Ross Anderson	Calgary Cycle	52:50
6	Brian Licis	Hardcore	53:00
7	John Riess	Independent	53:15
8	Ted Dahms	Pedalhead	54:02
9	Darrel Shettleworth	Pedalhead	56:02
10	Bob McKerrrell	CABC/Projekt 1	58:17
11	Michael Moores	CABC/Projekt 1	
12	Tommy Mark	Independent	

Open Men

1	Roddi Lega	United Cycle	1:04:08
2	Mathew Decore	Pedalhead	1:05:39
3	Sean Barr	Pedalhead	1:06:00
4	Todd Barraclough	Juventus	1:06:17
5	Jason Shenkariuk	Snakebite	1:06:34
6	Andre Sutton	Hardcore	1:06:35
7	Andy Achuff	Pedalhead	1:06:52
8	Peter Toth	ERTC/redbike	1:08:30
9	Ryan Robinson	Part One	1:09:30
10	Guri Randhawa	Pedalhead	1:09:30
11	Craig Good	Synergy	1:10:14
12	Per Strom	Bicisport	

**Worlds Wipeout 9**

Medics, EMTs and marshals attend the wounded...



Provincial Cyclo-Cross

Juventus CC presents the Provincial Cyclo-Cross Championship

Argyll park, Edmonton October 26th, 2003

Open Men

1	Roddi Lega	United Cycle	1:07:12
2	Mark Knoll	Bow Cycle	1:08:07
3	Sean Barr	Pedalhead	1:09:31
4	Todd Barraclough	Juventus	1:10:19
5	Per Strom	Bicisport	1:11:34
6	Guri Randhawa	Pedalhead	1:12:25
7	Jason Shenkariuk	Snakebite Society	1:12:25
8	Andre Sutton	Hardcore CC	1:12:41
9	Jesse Collins	Bicisport	
10	Chad Kozak	River Valley Cycle	
11	Byron Davis	Pedalhead	

Open Women

1	Samantha Nicholson	Bianchi/The Bike Shop	42:10
2	Lisa Licis	Hardcore CC	42:10
3	Jessica Demars	Bianchi/The Bike Shop	45:27
4	Kristin Campbell	Pedalhead	48:04
5	Sandy Ayre	Pedalhead	48:02
6	Rebecca Morris	CABC/Projekt One	42:32+1 lap
7	Jennifer Barr	Pedalhead	43:54+1 lap
8	Torie Grant (JW1)	Juventus	47:49+1 lap

Junior Men

1	Mark MacDonald	Sport Check	47:00
2	Philippe Abbott	Bicisport	47:00
3	Mike Bidniak	Juventus	47:53
4	Kevin Lega	United Cycle	50:38
5	Shaun Adamson	United Cycle	51:03
6	Spencer Smitheman	Juventus	51:09
7	William Monteath	Juventus	48:44+1 lap

Master A Men

			4 DNF
1	Craig Good	Synergy	48:30
2	Andy Achuff	Pedalhead	48:58
3	cp Walsh	Synergy	49:30
4	Greg Achtem	Bow Cycle	49:30
5	Ryan Robinson	Partone	49:30
6	Clayton Paradis	Pedalhead	50:07
7	Ross Anderson	Calgary Cycle	50:32
8	Phil MacDonald	Snakebite Society	50:51
9	Bob McKerrell	CABC/Projekt One	52:02+1 lap
10	John Riess	Independent	50:00+1 lap

Master B Men

1	Brian Licis	Hardcore	50:32
2	Rick Thiessen	Bicisport	50:32
3	Peter Toth	ERTC/redbike	51:56
4	Ted Dahms	Pedalhead	52:57
5	Andy Holmwood	Independent	53:22
6	Derrill Shuttleworth	Pedalhead	52:42+1 lap
7	Pat Ferris	Blizzard	54:01+1 lap
8	Michael Meers	CABC/Projekt One	54:07+2 laps

Sport Men

1	Paul Ignatiuk	ERTC/redbike	53:17
2	Brian Kullman	Terrascape	47:08+1 lap
3	Kevin Noble	United Cycle	47:26+1 lap
4	Tracy Shearer	Juventus	47:57+1 lap
5	James Rasmussen	United Cycle	48:26+1 lap
6	Jason Nadeau	Independent	48:26+1 lap
7	Kevin Bladon	United Cycle	49:00+1 lap
8	Darrin LaBonte	United Cycle	50:32+1 lap
9	Tim Riess	Independent	51:00+1 lap
10	Harley Desprey	Velocity	51:20+1 lap
11	Simon Richard	River Valley Cycle	51:40+1 lap
12	Dave LeBlanc	United Cycle	52:23+1 lap
13	Jonathon Shalapay	United Cycle	47:08+2 laps
14	Nick Insole	Juventus	48:10+2 laps
15	Steve Vinci	Snakebite Society	48:59+2 laps



Provincial CC action. Below: Todd Barraclough (Juventus).
Photos by Dave Embury.



VP Jeff Gruttz and committee members Don Hollingshead, John Sisson, Maureen Lanuke and David Thistlethwaite got together on November 29, 2003. VP Racing cp walsh, ABA president Chris Check and ABA Executive Director Shauna Richard sat in. They discussed a number of issues.

Because of the project specific nature of much of the R&TC work, Committee membership can vary. It's unlikely to exceed 12 and 8 associate and regular members seems to be a good number. They reviewed the 2003 initiatives, including the CanBike education program (need more CCA support), attempting to get a provincial cycling plan and R&T coordinator (best done at a municipal level), encouraging more communication among provincial groups and increasing the exposure of the ABA at non- racing events like the Tour of Alberta and the Great Stationary Bike Race.

Similar initiatives are planned for 2004: Develop a national CanBike plan, more internet work, work with municipalities on local cycling plans, get more consistent and friendly relations between ABA and Alberta Transportation (AT) and elected officials, broaden R&T committee membership.

Some of their budget will go to producing a Skills Card of interest to mass ride participants (but we all can learn from it), buying advocacy publications and attendance at conferences such as ProBike/ProWalk in Victoria in September, 2004.

Specific matters for AT include signage (including signing bike-friendly routes into the big cities), rumble strips on the shoulders and near stop signs, road sweeping (usually once a year), a traffic volume map and increased penalties for motorists hitting cyclists. Larger issues involving municipalities as well include reducing residential speed limits and ensuring bike access to and across the ring roads being constructed in the big city.

Maureen Lanuke and Jeff Davis are on Edmonton's Trails, Pathways and Routes Advisory Committee (TPRAC), which is settling down to a well-functioning state and has good involvement from City staff. Don Hollingshead has been on the Calgary Pathway Advisory Committee for some time. Specific projects therein include bike integration with 37 St. crossing of Fish Creek. Medicine Hat, Red Deer and Central Alberta are working on similar groups. Jeff Gruttz is involved with Alberta TrailNet. Successes there include the Iron Horse trail (www.ironhorsetrail.ca) done with a coalition of 10 groups. More work is needed to overcome local resistance to other trails and restore provincial maintenance money. Jeff also works on "Active and Safe Routes to School" to get kids out of the minivans.

Other areas of concern include intersection design and bulbing (widening the sidewalk at an intersection to narrow the street), usually used for traffic calming but which may be even less bike friendly than zooming motor traffic. Look to see more communication from the R&T Committee as they contribute to the *Spin*, the ABA website and brochures and handbooks.

And you thought keeping track of your interval training was complicated.

This Just In: From the Feb. 23 teleconference: Alberta Transportation (AT) has decided to reduce transverse rumble strips leading up to Stop signs (will only cover driving lanes) but there is not much else to do on shoulder rumble strips. Reducing speed limits from 50 kph to 40 kph in residential areas is not likely to occur due to reluctance in Edmonton and rural municipalities.

Jeff Gruttz in Calgary and John Sisson in Edmonton are working on a Share the Road flyer for the respective Universities. Jeff and Clem Feldmeyer are providing input to the Drivers' Manual and to AT's mainly kid-related Transportation Safety Initiative.

Clem and Jeff talked with Alberta TrailNet about the Recreational Corridors Legislative Review. There is a lot of discussion about how to implement this in legislation. Currently, as many as 26 Acts apply. Clear stand-alone legislation will enable municipalities to determine if Recreational Corridors, connecting communities, can occur or not.

Edmonton's TPRAC (Maureen Lanuke (recently re-elected president of Edmonton Bicycle and Touring Club!) and Jeff Davis) is involved with ring-road issues there. In both Edmonton and Calgary's, Transportation and Utility Corridors (TUCs), where ring roads are located, trail construction is only a secondary use. Calgary has agreed to the siting of a carpool lot in the NW TUC, usable by cyclists getting into or out of town.

We'd like to see harsher penalties for drivers who strike vulnerable road users. Andy Holmwood is preparing a press release to coincide with the trial of a truck driver in a fatal collision in Lake Louise for approval of Committee and ABA Board.

Traffic calming efforts area a two-edged sword. Some communities are requesting them, some rejecting and some removing them. Widened curb-lanes appear the way to go on this issue: lane of 4.3 m, rather than 3.7m.

Don Hollingshead has worked on a number of communications initiatives including an ABA R&T brochure, a mass ride skill card and an online advocacy handbook. 

Worlds Wipeout 10

...and Tremblay rolls off to finish the World Championships.



by Lori-Ann Muenzer

Because of the concern with SARS earlier in 2003 the World Track Cycling Championships were held in Stuttgart, Germany and not China as originally planned. There was a large field of competitors and the racing started with the Standing 500 metres. The Stuttgart track is 285 metres long (usually Worlds are held on 250m) and banked at 42 degrees. For the past couple of weeks Stuttgart was experiencing hotter weather than normal, so inside of the track it ranged anywhere between 30°C to 35°C with humidity at about 90%, so it was extremely hot! At times I really thought that I was overheating like never before.

My first event was the Standing 500 metres and as I had missed Worlds last year (due to my appendix) I was the 7th woman out of 18 to ride. I had a stellar and rockin' 500! My bestest ever!

My bike was put into the gate and it had to be straightened out as it was put in crooked. Once I was satisfied that she was in A-OK, I got on and tried to get my feet into my toe clips. For some reason I just couldn't flip the cages around and it took me a little longer than normal to get my feet strapped in. Meanwhile, as soon as I sat on my bike the Commissaires started the clock on its 50second descent! EEK! "Don't panic, relax, just get your feet in" was what was going through my head at that time. Once everything was all set and I was ready there was only 15 seconds to go. I was ready. Then the clock signaled its 10 seconds to go and then the beeps started at 5 seconds!

When the clock reached 0 seconds I exploded out of the gate and focused on getting my pedals around as fast as I could possibly get them to go. Once my machine was up to top speed I sat down and proceeded to drive it around the track as fast as I could possibly go! Because the track is 285Metres long the starting point for this event is at the same spot — the Pursuit line or middle of the track on the home straight — but the finish line is not 2laps later but 1&3/4 laps, so the finish line was in the middle of Turns 3 and 4.

Coming out of Turn 2 on my very last lap I was driving it even harder as this is the point where the lactic acid (that bad burning sensation you get in your legs) was starting to happen. I was focused on getting to the finish line and threw my bike just a hair before I arrived there, finishing in a Personal Best time and setting a new CANADIAN RECORD of



34.861sec. (51.633kmph). After everyone had completed their race I finished in 6th place. I was a little disappointed that I hadn't medalled but to be honest going under 35 seconds in this event was a personal best (I am also the first Canadian woman to go sub-35 seconds in this event), setting a new Canadian Record was another achievement, not to mention that normally only 2 or 3 women will go under the 35 second mark but on this day 7 of us would go sub-35 seconds! That was pretty exciting!!


Saturday was the start of the Match Sprints with the qualifying Flying 200 metres happening first. I wasn't feeling the greatest this morning and ended up with food poisoning before this event but somehow still managed to pull off a half decent time in qualifying. I did my Flying 200 metres in 11.308 sec. (63.671 kph), which qualified me in 5th place.

In the first 1/12th Final I was paired against Bulgaria's Evgenia Radanova and won this heat. In the 1/8th Final I went up against Mexico's Nancy Contreras-Reyes and was riding really well. Coming out of Turn 2 on our final lap I was holding her on my hip trying to keep her behind me when she out-powered me and took the win. I was then in the Repechage Round to hopefully get back in the Sprinting again against Russia's Tamilla Abasova and Australia's Rosealee Hubbard. The race started off at a quick pace and I got to the back position, which in looking back wasn't the best place to be. The girls out-powered me to the finish line with Tamilla winning the heat and getting back into the races again. I would be in the 9th through 12th Finals the next afternoon. Unfortunately because of being ill like I was I absolutely had no legs at all, everything had been spent in my qualifying 200 metres.

The next day went a bit better. I was still feeling nauseated somewhat but a lot better than the previous day. In my heat were Russia's Oxana Grishina and Australia's Rosealee Hubbard and Anna Meares. On this track I found that racers who lead out their heat from the front position were almost always overtaken by the rider from behind. I don't know why but for EVERY heat that I was in I picked the number 1 golf ball. GRRRRRR..... So I got to lead out this 4-up race.

Everything was going really good, I was feeling pretty good and picking up the pace. On bell lap (1 lap to go) I got out of the saddle out of Turn 2 and put a little more speed into my machine and was making a beeline for the finish line when coming out of Turn 4 I was passed by Oxana Grishina and Anna Meares, so I took 11th place.

I was disappointed that I hadn't finished higher up in the standings but with everything considered I gave it everything that I had. Unfortunately this year it just wasn't enough. After Nationals this weekend I will be taking some time off of the bike, as well as looking back on the season and figuring out what's next. There is usually a lesson with all that we do, right now I'm not quite sure what this lesson is. Stay tuned!

This Just In: Lori-Ann, working closely with Juventus Coach Steen Madsen, is focusing on the 500 and the sprint in upcoming World Cup track meets in Mexico and Sydney, Australia on her way to qualify for track Worlds and then the Athens Olympics. Lori-Ann set a Women's track record of 11.91 sec. for 200m at the velodrome in Burnaby on Jan 12, 2004: <http://www.burnabyvelodrome.ca/> 

Come to Penticton in the spring!

The Penticton Road Camp is open to ABA members of all ages* and abilities. The intention is not to provide heavily structured, specific training for road racing; rather the intention is to enjoy riding the challenging roads of the Okanagan, in small, cohesive and safe groups. That said, the opportunity certainly exists at this camp to ride close to 1000 km over some of the more challenging roads in the country.

*Junior riders should inquire about the Olympic Oval/ABA camp happening in Penticton at the same time.

Accommodation

Accommodation has been booked at the Spanish Villa Resort (www.spanishvillaresort.com), located on the south shore of Okanagan Lake. Unless otherwise arranged, accommodation will be double occupancy - please let us know if you are coming with a friend you wish to share a room with.

- ⊗ **Total price is \$760 per person**
- ⊗ **Camp departs Alberta April 3rd, and returns April 11th.**

- ⊗ Camp is open only to ABA members.
- ⊗ **Price includes 8 nights accommodation (double occupancy), with kitchenettes, return van transportation from Edmonton or Calgary, Alberta jersey, and banquet.
- ⊗ ***\$400 deposit required with registration; balance due by March 15.
- ⊗ Camp includes instruction by NCCP-trained professional cycling coaches.
- ⊗ All skill levels welcome!

*Andy Holmwood, Marty Schaefer
and Rick Thiessen ascend
Anarchist Mountain near Osoyoos
BC.
Photo by Tanya Dubnicoff*

Camp goals

- ⊗ Enjoy springtime riding in the south Okanagan, home to surely the best road riding in Canada, covering the majority of paved roads in the area.
- ⊗ Work on skills on the road bike, including group riding skills.
- ⊗ Enjoy riding in small, cohesive, and safe groups of 6 to 8 riders.
- ⊗ Provide experienced ride leadership and coaching to clients.
- ⊗ Provide evening learning opportunities, in addition to social opportunities for participants.

Coaching

Both male and female NCCP-trained cycling coaches will provide coaching and ride leadership. These coaches will assist you with skill on the road bike, position, group riding techniques, climbing and descending, and will be more than happy to discuss training with you.

For more information, please contact ABA Technical Director Andy Holmwood:
andy@albertabicycle.ab.ca 403.297.2720



To Register:

last name, first name _____ home phone _____ work phone _____

mailing address _____ city _____ postal code _____

Visa payment: _____ Name (as it appears on card): _____
(sorry, no Mastercard)

Expiration date: _____ Card #: _____

Signature: _____ email address: _____

More information: ABA Calgary - phone: 297-2720, e-mail: andy@albertabicycle.ab.ca

Mail or fax registration to: ABA Edmonton - 11759 Groat Road, Edmonton, AB T5M 3K6 fax: 780-427-6438

Provincial Championships

Road Race (83, + 34 classified Cat. 4's
ITT (98) Track (28)
Criterium (107) Hill Climb (88)
Mountain Bike XC (136) Mountain Bike DH (25)
Cyclo-cross (66) Masters' RR (52)
Masters' Track (15)

Courses

NCCP Level 1 Road - Calgary (11)
NCCP Level 1 MTB - Natasha Ward
Commissaire Courses - MTB (10), Road and Track (12)

Athlete Grants

Allocated \$4500 toward Mountain Bike riders attending events outside of Alberta.

The ABA supported riders at these events:

Road Nationals (Hamilton, ON): 2 Elite Women, 1 Elite Male, 2 Espoir Men, 1 Junior Male, 2 staff
BC Super Week (Tour de Delta, Gastown Grand Prix, Tour de White Rock): 6 Elite Women, 2 staff
Tour de l'Abitibi: 6 Junior Men, 2 staff
Mountain Bike Nationals (Whistler, BC): 1 Elite Female, 1 Junior Female, 1 Junior Male, 1 Espoir Male, 2 Elite Males.
Western Canada Summer Games (Selkirk, MB): 5 Women, 5 Men, 2 staff.
Track Nationals (Bromont, QC): 3 Elite Men, 2 Elite Women, 1 Junior Male, 2 staff.
Cyclo-cross Nationals (Vancouver, BC): 1 Elite Male, 1 Elite Female, 1 Espoir Male, 1 Master Male.

International Achievements

World Track Championships - Stuttgart, Germany
Lori-Ann Muenzer 6th, Women's 500m TT

"B" World Track Championships - Aigle, Switzerland
Steen Madsen: Bronze - Men's Sprint

Junior World Track Championships - Moscow, Russia
Spencer Atkinson 25th, Men's Kilometre TT
Phil Abbott 36th, Men's Individual Pursuit
Team Sprint (including Mark MacDonald, Spencer Atkinson) - 12th
Team Pursuit (including Phil Abbott, Spencer Atkinson) - 17th

IPC European Championships - Teplice, Czech Republic (Paralympic)
Bruce Penner 5th, Road Race - LC 4, 5th, Time Trial - LC4

Tour de l'Abitibi - Quebec Phil Abbott: 7th, Stage 8

Tour de l'Aude - France
Carrie Tuck: 20th, Prologue, 14th, Stage 9

Pan Am Mtb Championships - Medellin, Colombia
Roddi Lega: 21st

Other Alberta riders participating in the National Team program in 2003 included:

Andrew Davidson - road Cam MacKinnon - track
Lars Madsen - track Travis Smith - track

Your ABA Board



Brys Francis - VP Administration (l). Brys is a newcomer to the board but not to cycling. He is happy to see that both the amount and organization of the ABA financial numbers is in good shape.

Member at Large Lisa Lici (r) has held a race license for 6 years. Her primary cycling focus is cross-country and cyclo-cross racing but has dabbled in road racing and time trials. She is looking forward to volunteering for the ABA and helping Chris Check implement his Student Adventure Cycling Program initiative in the spring. She is also a bastion of good taste and decorum in her role as Editorial Reviewer for the *Alberta Spin*.



Jeff Gruttz - VP of Recreation and Transportation (l). Jeff is a year-round bicycle commuter in Calgary. He currently enjoys arranging complex public transportation shuttles discovering Alberta's rural character with his spouse and their pair of folding bikes for one-way self-supported bike trips. His philosophy: "Bicycling must be respected in Alberta as a legitimate transportation, recreation and competitive activity and valued as a contributor to our healthy active lifestyles and community vibrancy. In turn, cyclists must ride responsibly & knowledgeably to earn that respect from other road users."

cp walsh - VP Racing (r). cp begins his term as VP after serving 5 years on the Racing Committee. Most fond of road criteriums, track and cyclo-cross, cp delights in piloting a well-balanced committee. In his leisure time, cp host *Bikesheviks*, a program on U of Calgary's CLSW Radio 90.9 FM and occasionally serves as freelancer on CBC Radio 3.

2003 ABA Award Recipients

Service Awards - *For Volunteer commitment:*

2 year awards

Guri Randhawa - Pedalhead

Annette Svederus - United Cycle

Brian Licis - Hardcore CC

Rob Farthing - Pedalhead

5 year awards

cp Walsh - Synergy

Martin Spencer - RVC

7 year awards

Jeff Gruttz - Elbow Valley CC

Maureen Lanuke - EBTC

President's Award -*For outstanding volunteer commitment*

Kristy Sarnoski - DirtGirls

Trophies:Manfred Meier Trophy - *Alberta Women's RR Champion*

Jessica DeMars - Bianchi/The Bike Shop

Senior Men's Provincial Road Race Championship Trophy

Taylor Little - RVC (presented at the Provincial RR)

Bert Halliwell Trophy - *Alberta Junior Road Race Champion*

Mike Bidniak - Juventus

Lenair Holdings Trophy -

Fastest Male Cyclist, Alberta 40km ITT

Bruce Copeland - Juventus

Scott Trophy -

Alberta Provincial Junior Male Track Champion

Zach Grant - Juventus

Maurice Johnson Memorial Trophy -

Best rider (male and female) on age standard in the Alberta Provincial ITT Championship

Lisa Licis - Hardcore CC

Peter Bigg - EMCC



Lisa Licis receives the Maurice Johnson Memorial Trophy from ABA Technical Director Andy Holmwood at the ABA Annual General Meeting

Alberta Cups -*Recognizes the dedication, consistent performance and sacrifice of racers competing primarily in Alberta Races***Alberta Road Cup** -Cat1&2 - Doug Grieder Memorial Cup (*in honour of the Bow Cycle/Republik rider who passed away in 1996*) - Jeff Bolstad - TRS Racing (presented at the Provincial RR)

Women - Samantha Nicholson - Bianchi-The Bike Shop

Cat 3 - Steven Elm - Calgary Cycle

Cat 4 - Edward Emes - ERTC/redbike

Cat 5 - Brian Robinson - Olympic Oval

Team - Bianchi/The Bike Shop

Alberta Mountain Bike Cup -

Team - Rundle Mountain CC

Elite Women - Madelaine Bate - Terrascape Racing

Elite Men - Roddi Lega - United Cycle

Senior Expert Women - Anne-Brit Carter - Snakebite Society

Senior Expert Men - Rick Giberson - Pedalhead

Senior Sport Women - Christina Bruns - DirtGirls

Senior Sport Men - Earl Nolan - Deadgoat

Master Expert Women - Michelle Hook - Pedalhead

Master Expert Men - Lonn Bate - Terrascape

Master Sport Women - Judy Harlton - DirtGirls

Master Sport Men - Mark Fedoroshyn - Tatonka

Master Men 40+ - Stan Magee - Rundle Mountain CC

Junior Expert Women - Pepper Harlton - DirtGirls

Junior Expert Men - Marty Schaffer - Bicisport

Junior Sport Women - Laura Brown - Bow Cycle CMC

Junior Sport Men - Kevin Lega - United Cycle

U17 Expert Men - Kevin Bowser - Bow Cycle/CMC

U17 Sport Men - Jordon Brietzke - Snakebite Society

U15 Women - Torie Grant - Juventus

U15 Men - Drew Smith - Rundle Mountain CC

U13 Men - Cody Grant - Juventus

Provincial ITT Series - *4 race series*

Cat 1&2- Bruce Copeland - Juventus

Cat 3 - John Impey - Bicisport

Cat 4 - Jason Frank - CABC/Projekt 1

Women A - Marilyn MacDonald - Opus

Women B - Martine Chardon - Bow Cycle - CMC

U17 Men - Anthony Stadnyk - Bicisport

Master A Men - Kevin Rokosh - ERTC/redbike

Master B Men - David Watson - Velocity

Master C Men - Peter Heppleston - EMCC

Master D Men - Jim Oldham - Crankmasters

Master E Men - Peter Bigg - EMCC

Paralympic - Brayden McDougal - Bicisport

Alberta DH Cup

Elite Men - Mark Wolstenholme - Cranky's Cranksters

Senior Expert Men - Noel Edwards - Café Racers

Senior Sport Men - Dustin Riske - St. Albert Trailriders

Master Expert Men - Darcy Lehr - ERTC/redbike

Master Sport Men - Brent Ruelling - ERTC/redbike

Master 40+ Men - Greg Epp - Ind

Junior Men - Justin Willoughby - Calgary Cycle

ABA 2004 Calendar

For a version in type big enough to read,
stay current with www.albertabicycle.ab.ca

DATE	EVENT	NAME	LOCATION	ORGANIZER	PHONE	EMAIL/WEBSITE
Feb. 28	BMX	Canada Cup #1	Abbotsford BC	Gary Harder		bggharder@shaw.ca
Feb. 29	BMX	Canada Cup #2	Abbotsford BC	Abbotsford BMX		
Mar. 27-28	MTB-CRIT	Calgary Adventure Show Crit	Calgary	Aimee Rowles COP	403.247.5457	mountainbike@coda.ca www.outdooradventureshow.ca
April 3	BMX	Alberta MTB Cup - XC #1	Lethbridge	Lethbridge BMX		lethbridge@bmx.com
April 4	BMX	Provincial Championships	Lethbridge	Lethbridge BMX	403.297.2720	andy@albertabicycle.ab.ca
April 2-11	Road Camp	Alberta Cup BMX #1	Penticton BC	ABA/National		www.albertabicycle.ab.ca
April 2-11	MTB Camp	Spring Road Camp	Moab Utah	Training Centre	403.297.2720	andy@albertabicycle.ab.ca
April 9-18	MTB Camp	Spring MTB Camp	Moab Utah	ABA		www.albertabicycle.ab.ca www.bicisport.com
April 17	CRIT	Gran Prix de BiciSport	Calgary	Dan Bied	403.297.2720	www.bicisport.com
April 24	CRIT	Gran Prix de BiciSport	Calgary	Bicisport	403.297.2720	
May 2	MTB-XC	Paul Lewis Memorial Coulee Cru	Lethbridge	Dan Bied		royopol@yahoo.com
May 8-9	Road SR	Alberta MTB Cup - XC #2	Lethbridge	Bicisport		www.headwinds.ab.ca
May 8-9	Road SR	Ardrossan Stage Race	Edmonton	Roy Poltmuller		
May 8-9	Road SR	ITT, Crit, RR	Edmonton	Headwinds		
May 15	ITT	Accept the Challenge	Canmore	Rob Stirling	403.609.2592	shawntrain@hotmail.com
May 16	TTT	Alberta MTB Cup - XC #3	Canmore	Rundle Mtn CC	403.609.2592	www.rundlemountaincyclingclub.com
May 16	TTT	Bikes on Broadway	Canmore	Shawn Taylor		shawntrain@hotmail.com
May 16	TTT	ITT, Crit, RR	Canmore	Rundle Mtn CC		www.rundlemountaincyclingclub.com
May 22-24	Road SR	Alberta MTB Cup - XC #3	Stony Plain	Brian Lids	780.466.2781	thelici@hotmail.com
May 23	MTB-XC	Canada Cup - DH #2	Saskatoon	Hardcore		www.hardcore.ca
May 23	MTB-XC	Alberta MTB Cup - XC #4	Calgary-COP	Shawn Taylor	403.609.2592	
May 23	MTB-XC	Canada Cup - XC #1	Bromont QC	Rundie Mtn CC		www.canadaolympicpark.ca
May 23	MTB-XC	Canada Cup - DH #1	Montreal du velo	Shawn Taylor	450.534.2453	info@mondialduvelo.com
May 29	MTB-XC	Canada Cup - XC #2	Mt. Tremblant QC	Marc Monchamp	888.736.2526	www.mondialduvelo.com
May 30	MTB-DH	Canada Cup - DH #2	Calgary-COP	Marc Monchamp		info_tremblant@intrawest.com
May 30	MTB-DH	Alberta MTB Cup - DH #1	Calgary-COP	Aimee Rowles	403.247.5457	www.tremblant.ca
May 29-30	Track	Bikesheik GP	Calgary	C.O.P.		mountainbike@coda.ca
June 5	BMX	Western Canada Cup #3	Pitt Meadows BC	Maple Ridge BMX	403.289.2664	www.canadaolympicpark.ca
June 6	BMX	Gears Racing.com	Hardwood Hills ON	Club	604.878.1193	fvk@yahoo.ca
June 6	MTB-XC	Canada Cup - XC #3	Mulhurst	Jeff Davis	705.487.3775	www.ridgemeadowsbmx.com
June 6	Road Race	Pigeon Lake	Headwinds	Glenn Meeuwiss	780.483.1880	main@hardwoodhills.ca
June 13	ITT	Lethbridge ITT	Headwinds	ERTC/redbike		plrr2004@ertc.org
June 13	MTB-DH	Alberta TT Series #2	Red Deer	Chuck Roberts		www.ertc.org
June 13	MTB-XC	Gravity Challenge	Edmonton	Kristy Samoski	780.435.2674	dirtrgirls13@hotmail.com
June 13	MTB-Trials	Alberta MTB Cup - DH #2	Edmonton	Dirt Girls	780.417.1047	www.dirtsgirls.ca
June 13	MTB-Trials	Down 'n Dirty	Edmonton	Mark Bass		mbass@albertabiking.com
June 13	MTB-Trials	Edmonton Trials Competition	Edmonton	Edmonton BMX	780.450.8392	www.albertabiking.com
June 13	BMX	Alberta Cup #2	Edmonton	Edmonton BMX		shawn@edmontonbmx.com
June 20	MTB-XC	Summer Solstice	Kananaskis	Ron Uhlenberg	403.283.1421	www.edmontonbmx.com
June 19-20	Stage Race-RR, ITT	Alberta MTB Cup - XC #6	Calgary	Ridley's Cycle		ron@ridleys.com
June 24-27	Road-ITT, RR	Prairie Steamer	Kamloops BC	Jon Keech	250.828.2453	timhortons_roadnational04@shaw.ca
July 1	Road-CRIT	Tim Horton's National Road Championships	Edmonton	Henry Pejril		cdc2004@ertc.org
July 2-4	MTB-XC, 4X, DH	Canada Day Critrium	Edmonton	The Bicycle Cafe		info@xievvents.com
July 3	Road-TTT (2-Up)	Tissot/UCI MTB World Cup	Calgary-COP	Peter Toth	403.299.0355	
July 3	BMX	Ride for Wild Roses	Cochrane	ERTC/redbike	403.275.0320	speedy_girl@bicycling.com
July 3	BMX	Canada Cup #5	Airdrie	TransRockies Inc.		
July 4	BMX	Alberta Cup #3	Airdrie	Rebecca Wilkins		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Synergy		
July 4	MTB-XC	Canada Cup #4	Calgary	Airdrie BMX		
July 4	MTB-XC	Canada Cup #3	Calgary	Airdrie BMX		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
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July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #4	Calgary	Aimee Rowles		
July 4	MTB-XC	Canada Cup #3	Calgary	Aimee Rowles		
July 4	MTB-XC	C.O.B. World Challenge	Calgary	Aimee Rowles		
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July 4	MTB-XC	Canada Cup #4	Calgary	A		

Sunday, June 13 looks like Bikey Day in Canada:

Edmonton Trials Competition and DirtGirls Down 'n' Dirty XC

Edmonton Alberta Cup #2 BMX

Red Deer Gravity Challenge DH

Lethbridge Alberta TT Series #2 ITT

July 4	MTB-XC	C.O.P. - World Challenge	Calgary	403.247.3545	403.247.3545	www.canadaolympicpark.ca shawntrain@hotmail.com www.rundlemountaincyclingclub.com lamadsen@telusplanet.net www.juventus.ab.ca contact@touredelta.com www.touredelta.com info@gestev.com www.gestev.com oldhambj@telus.net www.calgarycycling.com www.tourabitibi.qc.ca info@tourdegastown.com www.tourdegastown.com recreation@city.whiterock.bc.ca www.city.whiterock.bc.ca brucec@nail.ab.ca www.juventus.ab.ca www.24hoursofadrenaline.com
July 10-11	Stage Race-MTB HC, Crit, XC Track	Rundle Mountain Stage Race Juventus Track Meet	Canmore	403.609.2592	403.609.2592	larryo@bowcycle.com www.bowcycle.com www.gvva.bc.ca mountainbike@coda.ca www.canadaolympicpark.ca
July 10-11	Stage Race-MTB HC, Crit, XC Track	Stage Race Juventus Track Meet	Edmonton	403.609.2592	403.609.2592	info@xievievents.com www.transrockies.com kpepper@skifernie.com www.skifernie.com events@sunpeaksresort.com www.sunpeaksresort.com BMXRicheieu@hotmail.com shawntrain@hotmail.com www.rundlemountaincyclingclub.com
July 16-18	Stage Race-Road	Tour de Delta	Delta BC	604.952.3545	604.952.3545	mbass@albertabiking.com www.albertabiking.com clint@bowcycle.com www.bowcycle.com oldhambj@telus.net www.calgarycycling.com
July 17-18	MTB-XC, DH	National MTB Championships	Mt. St. Anne Q	418.827.1122	418.827.1122	andy@albertabicycle.ab.ca www.albertabicycle.ab.ca www.canadaolympicpark.ca www.hardcore.ca
July 18	Road-RR	Stampede Road Race	Millarville	403.239.3563	403.239.3563	shawntrain@hotmail.com www.rundlemountaincyclingclub.com
July 20-25	Stage Race-Road CRIT	Tour de l'Abitibi Tour de Gastown	Abitibi QC Vancouver BC	604.836.9993	604.836.9993	
July 23-25	Stage Race-Road	Tour de White Rock	White Rock BC	604.541.2161	604.541.2161	
July 24	ITT	Devon ITT	Devon	780.439.8483	780.439.8483	
July 24-25	MTB-MX	Alberta TT Series #3 24 Hours of Adrenalin	Canmore	905.944.9436	905.944.9436	
July 31	Track	Red Deer	Conan Cooper			
Aug. 1	Road-RR	Tour de Bowness	CABC/Projekt 1			
Aug. 2	Road-CRIT	Provincial Critrium	Calgary			
Aug. 4-8	Track	Tim Horton's Track National Championships	Victoria BC			
Aug. 7	MTB-XC	Canada Cup - XC #4	Calgary-COP			
Aug. 8	MTB-DH	Canada Cup - DH #3	Calgary-COP			
Aug. 8	BMX	Alberta Cup #4	Stony Plain			
Aug. 8-14	Stage Race-MTB	Trans Rockies	Fernie - Canmore			
Aug. 14	MTB-XC	Canada Cup - XC #5	Fernie - Canmore			
Aug. 15	MTB-DH	Canada Cup - DH #4	Fernie BC			
Aug. 14-15	Track	Provincial Championships	Calgary			
Aug. 21	MTB-XC and DH	Canada Cup - XC #6/Final	Sun Peaks BC			
Aug. 22	MTB-DH	Canada Cup - DH#5/Final	Breton ??			
Aug. 22	Road Race	Provincial Championships	Iberville QC			
Aug. 28-29	BMX	BMX National Championships	Canmore			
Aug. 29	MTB-XC	Alberta Cup - XC Final	Medicine Hat			
Sep. 4	BMX	Western Canada Cup - Final	Medicine Hat			
Sep. 5	BMX	Alberta BMX Cup #5	Medicine Hat			
Sep. 5	Road-ITT ITT Series Final	Provincial Championships	Darwell EMCC			
Sep. 11	MTB-Trials	Calgary Trials Competition	Calgary			
Sep. 12	BMX	Alberta Cup Final	Calgary			
Sep. 12	MTB -MX	Bowness Nationals Here Comes the Pain #5	Kananaskis			
Sep. 12	Road Race	Masters' Provincial Championships	Davisburg			
Sep. 19	Road-Hill Climb	Provincial Hill Climb	Mt. NorquayBanff			
Sep. 18-19	MTB-Camp	Women's MTB Camp	Nordegg			
Sep. 26	Cyclo-cross	Calgary-COP	403.247.5457			
Oct. 3	Cyclo-cross	Hardcore Hop 'n Hurl	Edmonton			
Oct. 10	Cyclo-cross	United 'cross	Edmonton			
Oct. 17	Cyclo-cross	River-Bender	Red Deer			
Oct. 24	Cyclo-cross	Bow XX Fietcross	Okatoks			
Oct. 31	Cyclo-cross	Provincial Championships	Canmore			
Nov. 7	Cyclo-cross	National Championships	Rundle Mtn CC			
Nov. 7	Cyclo-cross	National Championships	Dieppe NB			

BMX-cite!

A supplement to the Alberta Spin magazine

by Dean Bradley

For the 2003/2004 winter training season, the Olympic Oval National Cycling Centre is offering a world-class coaching program for BMX racing athletes. This training program is being held in the Olympic Oval Facility at the University of Calgary. Several BMX racing athletes from the greater Calgary/Airdrie area are participating. Age and skill levels range from pre-teen and intermediate racers, to young adult expert and pro class racers, including 2008 Olympic hopefuls; Samantha Cools, Lindsay Edwards, Christine Miller, and Patrick Lebel.

This is the first time Canadian BMX racing athletes have had the opportunity to access winter training at an Olympic facility, in a 'BMX specific' coaching program, developed and coached by world class level cycling coaches. Mr. Kurt Innes, Olympic Oval National Cycling Centre Head Coach, oversaw the development of the Olympic Oval BMX Program. Among his many credentials; Kurt is a Certified Level 4 Team Cycling Coach, a graduate of the National Coaching Institute, National Team Coach, and 10-time Canadian National Cycling Champion.

Veteran BMX racing athlete and trainer, Ken Cools, was the main inspiration behind the development of the Olympic Oval BMX Program. Ken has done a great deal for the sport of BMX racing in the last few years and can now also be commended for having inspired this new program. Ken is now trying his hand at track cycling and is doing extremely well. He is already being referred to by several cycling coaches and athletes as "... one of the best track cyclists in the world".

National Cycling Centre Coaches, Stephen Burke and Tanya Dubnicoff do the daily coaching of the BMX Program. Stephen has a Bachelor's Degree in Kinesiology and is a Certified Level III Cycling Coach. Tanya is also a Certified Level III Cycling Coach, has attended three Olympic Games and won three World Championship medals in cycling.

The core part of the Olympic Oval BMX Program involves cycling on rollers and wind trainers (spinning, sprinting, explosive cycling, aerobic conditioning, etc.) and off bike exercises focusing on overall body conditioning, leg strengthening, agility drills and explosive power work. In addition to the core part of the program at the Oval, the BMX athletes also have the opportunity to participate in organized outdoor winter cross training sports and activities with other cycling athletes. Some of the cross training includes snowboarding, cross-country skiing, snowshoeing, speed skating, and alpine skiing.

On the weekend of November 28th through the 30th, BMX Program athletes Jim Brown and Glen Bradley attended the Olympic Oval National Cycling Centre Winter Camp at Fortress Mountain. In all, about twenty athletes from various cycling disciplines participated. Stephen Burke and Tanya Dubnicoff provided coaching. Cross training sports and activities included snowshoeing, snowboarding, alpine skiing, and free-style skiing, all in deep powder conditions and 'without' the use of chair lifts (i.e. uphill mode was via snowshoes). Jim and Glen found the winter camp to be a very challenging and rewarding experience, and they had a great time with all the other cyclists.

For more details on the Olympic Oval BMX Program and other cycling programs, go to the Olympic Oval website home page; <http://www.oval.ucalgary.ca> and click on the 'Cycling' picture. 

Riders look to the future at the Olympic Oval's National Cycling Centre in Calgary. Photo by Barney Brown



BMX training at the Oval



by Sue Hetherington - BMX MOM

Going to an event like the World BMX Championships in Perth, Australia was, for months prior to the competition, a surreal dream. As a 39-year-old single mother of 3 boys this was an unattainable dream. Then, in early February of 2003, my son Brandon and I were given the most surprising opportunity.

A sponsorship—a gift— was bestowed upon us in the form of 2 return tickets to Perth so we could attend the Worlds. Our sponsor, Sorensen Pontiac Buick GMC in Medicine Hat, opened the door for a dream come true. All we had to do was walk through it.

Having never experienced this calibre of racing before, time leading up to the big race was spent training. Physically we both worked hard, trying to prepare for something neither of us could completely fathom. Just another race, right? The hardest training seemed to be the mental preparation. Were we good enough? Did we deserve the donation? Would we do our benefactor proud? Could we do Canada proud?

Huge questions. Perth was everything and more for both of us. My son raced in the 12 year old 20" class. In the pre-Worlds event held on the weekend before the Worlds he finished in the top 10 and was really stoked. I will never forget his comment after finishing his race this day. "Holy cow, mom, these kids are fast."

When my turn came, I hit the track with confidence and also landed in the top 10. My thoughts ran along the same track as Brandon's. The women of BMX are no slouches.

There is no real comparison for us when describing what it was like to participate in this, the biggest, most prestigious race of the year. Getting into the gate with fellow riders from so many other countries that have the same determination as you. The butterflies in the stomach were more intense than at home. The nauseous feelings as you climb toward the gate. The adrenaline building, sweaty, heart throbbing seconds before the gate drops seemed more palpable here. This place, this race. My son finished in the top 20 and I finished in the top 30 as the weekend came to a close.

We shed a tear together and talked about how we would have liked to have done better. We talked about the amazing riders we did see and how they inspired us. Then we talked about next year. Holland! Coming home was quiet and reflective. The euphoria of a dream-come-true. We did it. We were world competitors. We're ready for the next dream. And so the training begins again. With a clearer vision bred of experience.

Riders ready.....?

Yep, we sure are.

Brandon (l) with the 2nd fastest man in the world, Randy Stumpfhauser (Huffy) and Simon Meili from Airdrie (r).
Photo by Sue Hetherington.

by Scott Brown, Lethbridge BMX

As we work towards our second season of Indoor BMX Racing in Lethbridge, I remember back to the 2002 Alberta BMX Association A.G.M. This is where Airdrie BMX announced that they had put together an Indoor Race Series in Didsbury for the winter. This was a vision my friend Ed Lepp and myself have shared for a long time. It was a four-hour drive back to Lethbridge. Along the way, Ed and I spotted every barn or shop that could possibly be used for a BMX racetrack. By the time we got home we were very tired, but we had a plan.

The next day I approached the Lethbridge Exhibition Pavilion; a local company dedicated to the Agricultural Industry in Southern Alberta. They had a barn*, used to house thoroughbred racehorses, 200 feet long and 100 feet wide, heated, with a dirt floor. I couldn't believe it - the place was perfect! It even had bathrooms, concession, and a moto shack. We, the Lethbridge BMX Association, approached our neighbors to the East, the Medicine Hat BMX Club. They were equally pumped and offered some cash in exchange for free admission to all Medicine Hat Members.

The track was constructed and the response phenomenal. When the dust settled we were about 5 members shy of our previous year's club membership, and our outdoor season was yet to come. For 2003 we more than doubled our membership. This year we hope to continue this trend by announcing our 2nd Annual Indoor BMX Racing Season. Our season will start with a Tuesday night race on Dec. 9, 2003. A special thanks to the Alberta BMX Association. This season will be twice as long and at least twice as much fun.

We will be racing on Saturday nights, and every other Tuesday night. There will be open practice Tuesdays, and Thursday nights, and Sunday afternoons. Year round BMX racing is alive and well in Lethbridge. Come check out the action, bleacher seating, 50/50, concession, loud tunes. If anyone would like more information about this event, check out our website at: www.lethbridgebmx.com or call (403) 381-7869. 

**Most people with a barn and a dream put on a movie musical. BMX'ers build a track. JD*



Samantha Cools (Airdrie BMX) has been riding BMX for 13 years, since age 4 when her Dad, coach and track-builder John Cools, cut and welded together a Sam-sized micro out of one of her brother's bikes. "It was really special to have a custom bike", she recalls. Sam has been to a number of World Championships since then and she remembers them all. Her first was at age six in Holland. "It was raining so hard we little kids couldn't ride our bikes up the rises and had to walk across the finish line." Racing on the same track with big name riders was very exciting. Things have changed a lot since then. Improved materials and construction have made bikes a lot lighter and stronger and helmets and armour have made things safer.

Sam has seen a wide variety of racers and racetracks in her travels. "I know why the Europeans are so technically good, because their jumps are so big and so tall and so mean and so aggressive. Canadian jumps are smaller and rounded and just make you go fast. In the States the obstacles are bigger but still rounded. People will be surprised when they come to France and Holland and see how difficult the tracks are." Sam believes the technical aspects of BMX are even more important than the power and speed aspects. "Power only comes in the first ten feet of the track. You only use your strength until the first obstacle. Then it's all lifting your bike and getting it around the turns. It's more than just rolling over a bump. It takes a lot of technique to lift the bike and keep pedalling. I've been riding for thirteen years and still haven't mastered lifting my bike and coming away with more speed than before" She adds that many of the best riders are not big and powerful but get their speed from knowing how to ride the BMX track well and efficiently.

It does start with the start, though. "The first three pedal strokes from the gate down the start hill are very important

because you'd rather be in front at the first obstacle. It's so hard to catch up. Then you have to be in good position at the turn to close the door and prevent another rider from knocking you off your line." Mindful practice is good too. Sam rides all the jumps at least once both jumping them and manoulling them to see which is faster and better fits her style. At her home track in Airdrie, Sam and her teammates split up the track into sections and, starting at the top of the turns, practice individual straights so that they can concentrate on individual obstacles.

Her family made the decision to go to the 2003 Worlds in Perth, Australia when she won her class in the 2002 Worlds in Brazil and they went into fundraising mode to bring Samantha and other young riders. Training consumed her with physical and mental preparation. The indoor track in Didsbury was a great help for training last winter. Trying to be a repeat champion added to the pressure so they went Down Under two weeks before the big meet to recover from jet lag, get acclimatized and to make the best preparation. "The younger kids were a lot of fun. It seemed like all of Southern Alberta went on the trip. And no, there aren't any stories that I don't want my parents to hear."

An international competition is a chance to see riders from all over the world and see their styles and moves, to see when they ride, jump or manual an obstacle. Sam studied all the other racers in practice; paying special note to the riders with the black number plates of the Junior Women. "The French are the fastest, with the best technique, really smooth." France has a lot of government support for BMX racing and they send their very best. "To go to the Worlds for your country should be an honour and you want the best representation to go to those events." All of the Canadian riders made their mains and got UCI plates. New

Zealand brought 125 riders, a lot more than usual and even Argentina had a strong presence.

World competition is also a chance to experience a big crowd of international spectators. In Perth, "the enthusiastic Canadians were almost as loud as the Australians." With Sam being the only Canadian rider in her final event, it was easy to yell her name really loud.

The excitement built as the competition progressed and staying focused and loose was important. By now the story of the wind trainer in the final is



well known. Sam stayed loose on manager and fellow competitor Jeff Ingram's bike on a wind trainer while Jeff held Sam's race bike in the staging area and ignored the quizzical glances of the other riders. Coach Loyal Ma kept in radio contact with Jeff and when her final came, Sam was ready physically. "Nothing can help the mental strain though. There's a voice in the back of your head saying 'There are seven other girls who want the same thing as you so you have to stay focused.'"

The gate fell and Sam was all business. So were the other racers, though. "I only knew I had the win about ten feet *after* the finish line." Sam's time of 34.617 seconds, 4 lengths and 1/2 second up on 2nd place Kim Hayashi (USA), would have come well in front of the Elite Women and 5th in the Junior Men's final. Now that the secret is out, we may see more riders doing the wind trainer thing.

Sam says that she sees a lot of the same people at each World Championship because the top riders tend to be the same people as they progress through the age categories. "It's hard being the top all the time. You always want to be in first place and you have to come in as prepared as possible. But you can always fall or slip a pedal clip and those mistakes hurt more than actually losing." Sam doesn't think about that sort of pain much. She advises racers to "have fun. Like any sport, you'll only be good if you like it and love it and have fun. You can be the fastest person out there and not win any races because you're not having fun." Sam varies her BMX commitment with some speed skating at the Olympic Oval in Calgary and enjoys doing some Down Hill mountain biking. The longer duration of a DH ride is quite different from the short blast of a BMX ride. She finds going over the technical bits just a bit faster than you feel comfortable with helps develop skill. Sam also uses rollers for training smooth pedalling style.

This winter, Sam is part of the Olympic Oval training program and has some races in the US on her schedule. With BMX in the 2008 Olympics in Beijing, China, she expects things to improve greatly for BMX in Canada. Getting the Rainbow jersey was a 5-year plan for Sam and Olympic Gold is her next 5-year plan. This shows the importance of such long-term planning.

Sam gets a lot of support from her family, including her brother who plays football for the U of A Golden Bears. She also thanks her teammates at Airdrie BMX and her generous sponsors, which include Supercross, Answer, Fly, BMX Solutions and Race Girl. 🚲

This Just In from the BMX Canada website www.bmxcanada.ca:

Awesome news from Reno, Nevada where Airdrie's own Samantha Cools picked up her first Pro Women's win at the always tough American Bicycle Association Silver Dollar Nationals.

Samantha continued her winning ways by picking up Pro win #2 on Sunday. Patrick Lebel had a great day with a 6th place in 16 Expert and in 15-16 Open.

Check with Loyal Ma loyalma@telus.net for a (7 megabyte) video of Sam winning at Worlds. "Horizontal speed beats vertical height.", says Mountain Bike Yoda.

Opposite, l-r: Kimberly Hayashi,(USA), Samantha Cools (CAN), Cyroelle Convert (FRA). Podium and potted plant poses by Barney Brown
www.championsphotography.com



Medicine Hat BMX changing lanes

by Sue Hetherington - BMX MOM


Our membership of about 50 went through a transition in 2003. We had more members participate in the Provincial, National and World races than ever before. Within our small numbers we proudly count Canadian Champions, Western Canadian Champions, Provincial Champions and World competitors.

The Medicine Hat BMX track has not been noted for its spectacular track layout. However, in 2003 we experienced some exciting track changes thanks to our enthusiastic young track directors who are also the only 2 money class riders we have in Medicine Hat. In the past we have built a track that new, young members could manoeuvre around. The track directors then looked at the growing number of experienced riders AND the young new riders and asked the question- What can we do to make a track that is worthy of Provincial, National and International competitors while still having a track little ones can ride?

A plan for a coaching program took flight. A further plan for a more technical track also filled the thoughts of the young track directors. Thoughts soon became action and

the end result was a very successful coaching program and a more challenging track. Our numbers remained the same for 2003 while individual successes grew. The families threw themselves into helping and the track atmosphere became electric. A plan for continued change and growth has dominated Medicine Hat BMX.

As our 2003 racing year came to a close, our new executive and the membership at large started taking positive steps to initiate this energizing change. We are proud to be given the opportunity to host the 2nd of 5 provincial races in 2004. Our track design and layout will continue to improve so that every rider that uses our track will walk away with a lasting memory of a great riding experience. It is our hope to at least double our membership for 2004. In order to do this we now know we have to give the riders something worth coming back to week after week. We have to provide a place for the beginners to learn and the Champions to improve.

If you build it, they will come! (I heard that somewhere...) Our goals for 2004 are Big! Our passion for this amazing sport is BIGGER! Come on down to our place next year. We promise you the ride of your life. 



Medicine Hat BMX'ers show off the Provincial hardware. Photo by Sue Hetherington. Note: BmX MOM is not Sue's postal code.

Support Indoor BMX this winter!

Barney Brown has taken on the job of raising funds to construct a full time indoor BMX and Mountain bike facility. We have lost the facility in Didsbury and are once again looking for a winter home. Barney will be donating all funds from cycling photos that he sells. He has BMX photos and some of the COP cyclocross race this fall, with more to come. See Barney's photos at www.championsphotography.com 

Red Deer Grand Provincial Year End Finale

by Dean Bradley

The 2003 Alberta BMX provincial race season came to a 'GRAND' finish at the Red Deer BMX Track on the weekend of September 12th through the 14th. The last of this year's regular provincial races (Provincial #5) was held on the Saturday, and the 2003 Alberta BMX Grand Provincial Race was held on Sunday. The mix of rain, shine, mud, and wonderful Red Deeronian (? -Ed.) hospitality made for a challenging, but very positive and successful weekend of racing!

Excerpts from conversations with Red Deer BMX Assoc. Board Members Bruce Sorensen, Glen Pratt and Dean Best:

"BMX racing has been a long-standing tradition here in Red Deer. Our track was started back in 1978, and over the years we have been the host of many provincial and national races." "This year we were the host of both a national race weekend and a provincial race weekend. With that dual responsibility, we decided not to make any major changes to our track this year, and focused on keeping the existing track in good condition." "One of the neatest things about our track is its location; we are located in Red Deer's 'Great West Adventure Park', with the Lion's campground, athletic fields, picnic grounds, and the Red Deer River all within walking distance." "Red Deer is a great place to come and race, and when the racing is over, the fun doesn't end!" "Thanks to everyone for coming to our Grand Provincial weekend!"

Provincial race weekends traditionally have a 'prize race' prior to the Provincial where all participants are awarded a jersey, hoodie, or helmet bag, etc. It's a great tradition and lots of fun! This year the Red Deer BMX folks decided to put a little different twist on the idea. They came up with what they called their 'Friday Night - Chair Race'! Every participant was to be awarded a black canvas folding director's chair with the Red Deer BMX logo on the back ... cool idea, eh! Unfortunately 'Old Man Weather' put the kibosh on the race. It had been raining on and off for two days straight, so the track was too wet and muddy to race on. Fear not folks ... Red Deer BMX has decided to save the chairs as prizes for a race next year, so all is not lost!

For the Saturday Provincial #5 race, the Red Deer folks were up at dawn, working frantically to make the muddy track race-ready. With the help of mostly sunny conditions and a light breeze, Red Deer BMX had us up and racing by about 2:00 pm. Due to the large number of racers (official count: 310 racers in 58 motos & 14 mains!), racing didn't end until about 6:00 p.m.! As the racing progressed, the condition of the track continued to improve and was quite fast by the last set of motos. As with all Provincials, the racing was VERY intense, with amateur and pro racers putting out a 110%! Team racing was hotter than ever, with the main contenders 'BMX Solutions', 'Huffy', 'Redline' and 'Medicine Hat' going at it full tilt! Even with the delay in getting started, this Provincial race was one of the best of the season! After the race was over and the awards (medallions) were given out, many people returned to their campsites at the Lion's campground to celebrate a great day of racing!

A good start at the Medicine Hat track. Photo by Sue Hetherington.

In spite of a light morning drizzle and damp track, racing started on time Sunday morning for the 2003 Alberta BMX Grand Provincial Race. By the time the first gate was dropped, the rain had stopped and the clouds started to part. If the racing on Saturday at the Provincial #5 was 'intense', the racing at the Grand Provincial on Sunday was SUPER INTENSE! Amateur and pro racers dug down deep and pulled out all the stops. It was a 'no holes bared', 'all or nothing' effort to do their best and rack up as many points as they could! The same could be said for the WHITE HOT team competition, with 'BMX Solutions' and 'Huffy' fightin' tooth 'n' nail for the top spot!

ONCE AGAIN this year we broke the all time record high for the number of Canadian racers attending a Provincial, National, or International BMX Race!!! The official count for the 2003 Alberta BMX Grand Provincial Race in Red Deer was ... get this; THREE HUNDRED AND TWENTY SEVEN (327) RIDERS!!! The question is already being asked; "Can we break the record again next year?" All indications are: YES!

The Grand Provincial Year End Awards Ceremony was held at the Red Deer track after the racing was completed. The awards ceremony marked the end of the greatest year of BMX racing this Province has ever seen! Medallions, trophies and number plates were awarded to all those who qualified. Some of the youngest racers went home with trophies taller than they were! It was great fun to watch a trophy slowly bob through the crowd with the base dragging on the ground, and see it emerge from the crowd being held by a six or seven year old, standing four to six inches shorter than the trophy!

A SUPER BIG 'THANKS' to the Red Deer folks for giving us a GRAND weekend of racing! And a THOUSAND 'THANKS' again to the Alberta BMX Volunteers for all the work they did in Red Deer and throughout the 2003 race season!

Riders can go to the 'Provincial Points' page of the Alberta BMX Assoc. web-site; <http://www.bmx.ab.ca> to see their final year end standings. 



Track Nationals – Bromont, QC**Sprint**

Gold – Lars Madsen, Elite Men
 Silver – Travis Smith, Elite Men
 Bronze – Cam MacKinnon, Elite Men
 8th – Zach Bell, Elite Men
 Bronze – cp Walsh, Master Men A
 Bronze – Tim Caulfield, Master Men B
 4th – Zach Grant, Junior Men
 6th – Spencer Atkinson, Junior Men

500M Time Trial

Gold – Lori-Ann Muenzer, Elite Women
 4th – Kathy White, Elite Women
 7th – Lisa Bowe, Elite Women
 Gold – Norm Kalmanovitch, Master Men C

750M Time Trial

Bronze – Timothy Caulfield, Master Men B

Kilometre Time Trial

Gold – Travis Smith, Elite Men
 Silver – Cam McKinnon, Elite Men
 7th – Tom Amberiadis, Elite Men
 4th – Brayden McDougall, CP 3-4
 Silver – Spencer Atkinson, Junior Men
 4th – Zach Grant, Junior Men
 5th – Mark MacDonald, Junior Men
 Silver – cp Walsh, Master Men A

Team Sprint

Silver – Team Alberta, Junior Men (Rene Regimbald, Mark MacDonald, Phil Abbott)

Individual Pursuit

Silver – cp Walsh, Master Men A
 4th – Lisa Bowe, Elite Women
 4th – Brayden McDougall, CP 3-4
 Gold – Bob Veroba, Elite Men
 Bronze – Phil Abbott, Junior Men
 4th – Jeff Sparling, Junior Men

Team Pursuit

Silver – Team Alberta, Junior Men

Keirin

Gold – Lori-Ann Muenzer, Elite Women
 Silver – Rene Regimbald, Junior Men
 4th – Zach Grant, Junior Men
 Gold – Travis Smith, Elite Men
 5th – Lars Madsen, Elite Men
 7th – Cam MacKinnon, Elite Men

Points Race

5th – Bob Veroba, Elite Men
 6th – Zach Bell, Elite Men
 7th – Mike McCorkell, Elite Men
 5th – Phil Abbott, Junior Men
 7th – Spencer Atkinson, Junior Men
 8th – Rene Regimbald, Junior Men
 5th – Kathy White, Elite Women

Scratch Race

Bronze – Sean Huggins-Chan, Master Men A
 4th – Travis Smith, Elite Men
 5th – Cam MacKinnon, Elite Men
 8th – Mike McCorkell, Elite Men
 Gold – cp Walsh, Master Men A
 Gold – Zach Grant, Junior Men
 5th – Jeff Sparling, Junior Men
 6th – Rene Regimbald, Junior Men

Mtb Nationals – Whistler, BC**Cross-Country**

4th – Torie Grant, U15 Women
 6th – Lindsay Walker, U15 Women
 8th – Kevin Bowser, U17 Expert
 9th – Roddi Lega, Elite Men
 10th – Stan Magee, Master Men 40+
 Gold – Leo Lacourciere, U15 Men
 4th – Drew Smith, U15 Men
 Bronze – Leslie Schleichach, Master Women
 9th – Pepper Harlton, Junior Women
 9th – Brian Licis, Master Men 40+

Downhill

8th – Jason Christianson, Elite Men
 8th – Darcy Lehr, Master Expert Men

Canada Cup Overall Standings – Mountain Bike

6th – Annie Tykwinski, Elite Women
 12th – Madelaine Bate, Elite Women
 18th – Mical Dyck, Elite Women
 2nd – Roddi Lega, Elite Men
 7th – Mark Webster, Elite Men
 19th – Jason Shenkariuk, Eltie Men

Road Nationals – Hamilton, ON**Individual Time Trial**

6th – Bruce Copeland, Elite Men
 5th – Marc Bomhof, Espoir Men
 5th – Jeff Sparling, Junior Men
 5th – Dean Edward/Ted Dahms, Tandem
 Bronze – Bruce Penner, Amputee
 Bronze – John Berezcki, CP 3-4
 4th – Barb Ferner, CP
 5th – Brayden McDougall, CP 3-4

Road Race

5th – Dean Edward/Ted Dahms, Tandem
 7th – Phil Abbott, Junior Men
 5th – John Berezcki, CP 3-4
 Bronze – Bruce Penner, Amputee
 Silver – Shanon Bourgouin, CP 1-2
 4th – Brayden McDougall, CP 3-4

Criterium

5th – Samantha Nicholson, Elite Women
 10th – Jesse James Collins, Elite Men
 Bronze – Spencer Atkinson, Junior Men
 5th – Phil Abbott, Junior Men

Cyclo-Cross Nationals – Vancouver, BC

8th – Mark Knoll, Elite Men
 4th – Shaun Adamson, Junior Men
 Silver – Sean Barr, Master Men A
 5th – Andy Achuff, Master Men A
 4th – Brian Licis, Master Men B
 Silver – Samantha Nicholson, Elite Women
 5th – Lisa Licis, Elite Women
 6th – Roddi Lega, Elite Men
 Silver – Kevin Lega, Junior Men
 Gold – Todd Barraclough, Master Men A
 4th – Craig Good, Master Men A
 10th – Brys Francis, Master Men A
 Silver – Peter Toth, Master Men B

2004 ALBERTA BICYCLE ASSOCIATION MEMBERSHIP APPLICATION

1. Personal Information

PLEASE PRINT CLEARLY

Page 1 of 2

Last Name	First Name	Date of Birth (YY/MM/DD) ____/____/____	Age as of Dec. 31 2004	<input type="checkbox"/> Female <input type="checkbox"/> Male
Phone – Home ()	Phone – Work ()	e-mail		
Street Address		City, Province	Postal Code	
Name of Club/Home Track			Citizenship	
Signature of Club/Track President <i>*mandatory for club/track members</i> <i>*non club members see box 3 for additional fees</i>			Renewal of 2003 ABA license? <input type="checkbox"/> Yes <input type="checkbox"/> No	

2. License Selection

Multi-Discipline License	BMX License	Specialty Licenses	Non-Racing License
Road, Track, and MTB <input type="checkbox"/> \$120 - riders born in or before 1985 <input type="checkbox"/> \$75 - riders born between 1986-1993 If you were born in or before 1974 , your default age category is Master. You may however choose to race in the Elite age category. <input type="checkbox"/> I am 30 years or older and choose to race in the Elite Age Category If you are a first time license holder , your default MTB category is Beginner. You may however choose to race in the Sport category. <input type="checkbox"/> I am a first time license holder and choose to race in the Sport MTB Category	BMX Racing Please indicate your BMX ability category: <input type="checkbox"/> Novice <input type="checkbox"/> Intermediate <input type="checkbox"/> Expert <input type="checkbox"/> Pro/Elite <input type="checkbox"/> Cruiser <input type="checkbox"/> Pro/Elite Cruiser <input type="checkbox"/> \$60 - riders born between 1986-1999 <input type="checkbox"/> \$75 - riders born in or before 1985 If you would like to add a BMX license to a Multi-Discipline license, please select your BMX ability category and see Box 3 below.	Downhill/4-Cross/ Observed Trials <input type="checkbox"/> \$75 - riders born in or before 1988 <i>*Note - The Multi-Discipline License includes these events.</i> Cyclo-Cross License <input type="checkbox"/> \$75 - riders born in or before 1985 <i>*Note - Available after Sept. 19th. The Multi-Discipline License includes cyclo-cross.</i> Master 55+ License <input type="checkbox"/> \$75 - riders born in or before 1949 Paralympic License <input type="checkbox"/> \$75	<input type="checkbox"/> \$35 - General Membership <input type="checkbox"/> \$0 - Commissaire: <input type="checkbox"/> Road/Track <input type="checkbox"/> MTB <input type="checkbox"/> BMX The following are in addition to a racing license or a General Membership. <input type="checkbox"/> Coach - Please indicate: <input type="checkbox"/> Road/Track <input type="checkbox"/> MTB <input type="checkbox"/> BMX <input type="checkbox"/> Manager - must have completed a commissaire course: <input type="checkbox"/> Road/Track <input type="checkbox"/> MTB <input type="checkbox"/> BMX <input type="checkbox"/> Organizer: <input type="checkbox"/> Road/Track <input type="checkbox"/> MTB

3. Optional/Other Fees

<input type="checkbox"/> \$15- Add BMX Code to Multi-Discipline License –select ability <input type="checkbox"/> \$50- Independent Fee – Must be paid by all non-club members - includes affiliation and insurance <input type="checkbox"/> \$12-Pedal Magazine – 6 issues! <input type="checkbox"/> \$20- Rush Processing – 2 business days and return by courier

5. Total Fees

Fees from Box 2 \$_____ + Fees from Box 3 \$_____ = \$_____ Total <input type="checkbox"/> Payment by cheque payable to <i>Alberta Bicycle Association</i> <input type="checkbox"/> Payment by cash <input type="checkbox"/> Payment by VISA (other credit cards and debit not accepted) Name as it appears on card _____ Visa# _____ Exp _____ Signature of cardholder _____

4. License Information

<input type="checkbox"/> I have previously held an ABA license. <input type="checkbox"/> I have previously held another CCA or UCI License - please provide a copy (mandatory). <input type="checkbox"/> I have not previously held a cycling license - provide a copy of birth certificate (mandatory). If any cycling authority has refused to issue you a license in the past three years, please submit a letter indicating the suspending authority, start date, end date and any pertinent details.
--

Send completed applications to:
Alberta Bicycle Association
11759-Groat Road, Edmonton, AB T5M 3K6
 For assistance, call 780-427-6352
 or toll free 1-877-646-BIKE (2453)
 email office@albertabicycle.ab.ca
Faxed applications will not be accepted
Photos optional. Licenses will not be processed on Fridays.

WAIVER, RELEASE & INDEMNITY

I understand and agree that my participation in events, programs, races, or activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association and/or Provincial Associations and Various CCA Clubs and Members registered with CCA is conditional upon my execution of this document.

1. I am aware that cycling, and in particular competitive cycling, endurance and BMX racing, involves the possibility of injury or death.
 2. I accept these risks, and all others arising from these events and programs, even if arising from the **negligence, gross negligence or negligent rescue** by those associated in any way with the **Canadian Cycling Association** events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").
 3. I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year.
 4. I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safety continue for any reason.
 5. I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against **Canadian Cycling Association, and all other Releasees** from all liability for any loss damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability Act, on the part of the Releasees.
 6. I AGREE NOT TO SUE and I further agree TO INDEMNIFY AND SAVE HARMLESS the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in these events or programs.
- I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

SIGNATURE: _____

DATE: _____

PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT

I have read and understood the above waiver, release and indemnity, and have discussed the same with the minor person signing above. I am satisfied the said minor understands the waiver and release and his/her obligations as set out. In consideration of the participation of my minor child/ward I too agree to waive, release and indemnify the Releasees in the terms set out above.

I am aware that by signing this agreement I am waiving substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees.

SIGNATURE _____

DATE: _____

DECLARATION

1. I hereby declare that I am aware of no reason why I should not be issued with the license requested
2. I declare that I have not applied for a license for the same year to the UCI or to any other National Federation.
3. I assume exclusive liability for this application and for the use that the UCI shall make of the license
4. I hereby undertake to respect the Constitution and Regulations of the International Cycling Union, its Continental Confederations and its National Federations.
5. I shall participate in cycling competitions or events in a fair and sporting manner. I shall submit to disciplinary measures taken against me and shall take any appeals and litigation before the authorities provided for in The Regulations. With that reservation, I shall submit any litigation with the UCI exclusively to the tribunals at UCI headquarters.
6. Should I participate in a cycling race where a drug test is conducted under the UCI Drug-Test Regulations and the CCES regulations, I agree to submit to a drug test.
7. I agree that the results of the analysis may be made public and communicated in detail to my club/team/trade team or to my paramedical assistant or doctor.
8. I undertake to submit any protests concerning drug abuse to the "Court of Arbitration for Sport" (CAS), whose decision I shall accept as final.
9. I accept that all urine samples taken shall become property of the UCI which may have them analyzed, especially for the purposes of health protection research and information.
10. I agree that my doctor or the doctor of my club, team or trade team may, on request from the UCI or the CCES, communicate to them a list of any medicines I took and treatment I underwent before any given competition.
11. I accept the conditions regarding blood testing and accept to undergo blood tests.

SIGNATURE: _____

DATE: _____



ABA MEMBERSHIP BENEFITS

Insurance – Licensed members of the ABA and members of affiliated clubs receive insurance coverage. This includes general liability and sport accident insurance.

Annual Handbook – ABA members receive a copy of the annual handbook. Within the handbook is a Road, Track, Mountain Bike, BMX, and Cyclo-cross racing calendar, provincial team selection procedures, club listings, insurance information, and much, much more.

Clubs – The ABA has approximately 60 affiliated clubs located throughout Alberta. Club membership offers incentive for reduced license fees.

Sanctioned Races – The ABA posts a calendar of events for Road, Track, Mountain Bike, BMX and Cyclo-cross. Sanctioned events are open to all licensed racers, providing racers the opportunity to races against others of similar ability and age.

Commissaires – The ABA offers courses each season for commissaires, or race officials, in Road & Track, BMX and Mountain Bike. Commissaires are present at every sanctioned event within Alberta, to ensure that races are run fairly and safely.

Recreation and Transportation – Through the Recreation and Transportation Committee, the ABA represents the concerns and interests of non-racing cyclists in Alberta.

Alberta Spin Magazine – ABA members receive the quarterly *Alberta Spin* magazine, which includes articles, race results and listings, rider profiles, and photos

Advocacy – The ABA serves to advocate the development of cycling for sport, recreation, and transportation, in addition to encouraging appropriate trail use and development.

Canadian Cycling Association – ABA membership includes affiliation and membership in the national Canadian Cycling Association, and the international Union Cycliste Internationale. An ABA license is the only cycling license a racer needs.

Camps – Each season, a number of different camps are offered by the ABA, including a Junior Development Camp, Women's camp, Road camp, and Mountain Bike camp. Camps are offered to members at very affordable rates.

Coaching Development – National Coaching Certification Program (NCCP) courses are offered to those individuals interested in developing their coaching skills.

Provincial Team Program – Each year, the ABA selects teams of cyclists to represent Alberta at National Championship events, and other high-caliber events. Team Alberta has competed overseas as well, at events in Hokkaido Japan, and Gangwon, Korea. ABA members have represented Canada at Olympic Games and World Championships.

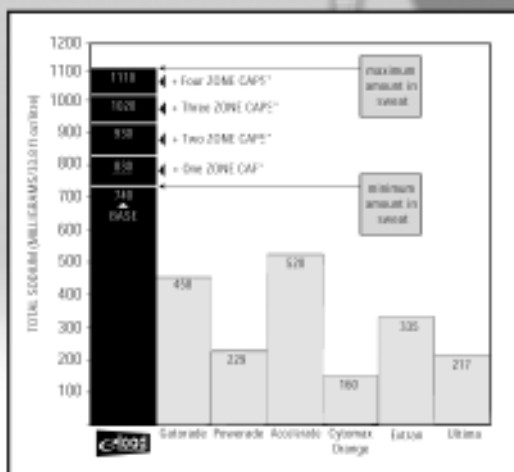
Resource Materials – The Edmonton office has an extensive resource library available for members. A coaching library is also available for ABA members to enjoy at the Calgary office.

www.albertabicycle.ab.ca – is the source for the latest information on ABA activities. The site includes resource sections for organizers and officials, archives of race results and points standings, club information, racing and touring calendars, and a popular classified ads section.

Muscle cramps, dizziness, headaches, stomach upset, nausea, vomiting, unusual fatigue, diarrhea, fainting, hyponatremia...

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Their drink sponsors won't let them admit it publically, so we can't either, but many of the world's top cyclists are training and racing in the heat using e load.™ Why? Higher sodium and potassium, plus calcium, magnesium and zinc; low acidity, balanced osmolality and no fructose for greater gastrointestinal tolerance; high glycemic dextrose for 'give it to me now' fueling; lactic acid buffering with Multicitrate™; customizable with our innovative Zone Caps™.



#1 in the heat!

Alberta MtB Cup 2003 Final Standings

1= 2003 points, 2= Upgrade points from lower categories, 3= 2002 points, 4= Accept the Challenge, 5= Down 'n' Dirty, 6= Summer Solstice, 7= Iron Lung, 8= Rundle Mountain XC, 9= Rundle Mountain GC, 10= Provincial XC, 11= Rocky Mountain Bike Fest XC, 12= Canada Cups & Nationals

[illegible]

Elite Men

1	Roddi Lega	Trek/United	80	15	15	15	20	15
2	Evan Sherman	United Cycle	68	12	8	8	10	10
3	Mark Webster	Bianchi Canada	67	15	10	15	12	15
4	Andre Sutton	Hardcore	60	8	4	4	10	12
5	Marc Bomhof	Bianchi/Bike Shop	42	10	12		20	
6	Jason Shenkariuk	Snakebite Society	37	12	10		15	
7	Robin McKeever	Independent	28	8	12		8	
8	Don Robertson	Bicycle Café	16		6	8	2	
9	Steve Martins	Hardcore	12	6	4	2		
10	Duane Myers	Terrescape	10		6	4	4	
11	Nic Christofferson	Independent	10			4	6	
12	Rod Dagneau	Rocky Mountain BNB	8					8
13	Brian Cooke	Café Racers	6				6	
14	Steve Elm	Calgary Cycle	6					6
15	Cory Wallace	Bicisport	6		6			
16	Sean Anastasiadis	Sportchek	4	4				
16	Dylan Snowdon	Bianchi/The Bike Shop	4				4	

Elite Women

1	Madeline Bate	Terrascope	57	15	15	15	12
2	Lisa Lids	Hardcore	50	12	8	8	10
3	Annie Tykwinski	Pedalhead	44	12	12		20
4	Annette Svederus	United Cycle	44	6	10	10	8
5	Trish Grajczyk	Deadgoat	41	10	15	6	10
6	Mical Dyck	Terrascope	40		10		15
7	Kathy White	Jeune Cyclisme	35			15	20
8	Meghan Blades	Bianchi/The Bike Shop	34		12	10	12
9	Christine Ezinga	Calgary Cycle	27			12	15
10	Karen Martinuk	United/Titus	22	8	6	8	
11	Laura Whitehead	Independent	8		4		4
12	Marisa Tosi	Terrascope	8				8
13	Samantha Nicholson	Bianchi/The Bike Shop	6				6
14	Sandy Avre	Pedalhead	2				2

Senior Expert Men

1	Rick Giberson**	Pedalhead	36	59	8	10	6	20	15
2	Keith Bayly	Deadgoat	36	36	10	10	8	8	
3	Paul Ignatius	ERTC/redbike	28	28				10	12
4	Andrew Anastasiadis	Sportchek	27	27	12	15			6
5	Graeme Wright	Rocky Mountain BNB	26	34	8			6	8
6	Devin Erfle	Deadgoat	21	27		6		15	6
7	Ryan Castle	Headwinds	18	24	6			8	10
8	Anthony Steenberg	Bow Cycle/CMC	16	16		4		12	
9	Roy Custodio	Terrascape	15	15					15
10	Mike Sarnecki	United Cycle	14	14	6				8
11	Brys Francis	United Cycle	12	12	8		4		
12	Tristan Galbraith	Singletrack	12	12			12		
13	Gord Kennedy	Bow Cycle/CMC	10	32	14				8
14	Brian Shields	Independent	10	10				4	6
15	Dominic Gauvin	Rocky Mountain BNB	10	10					10
16	Dion Clark	Bow Cycle/CMC	6	6				6	

17	Shawn Goulet	Pedalhead	6	6	6
18	Jason Parker	Bow Cycle/CMC	4	4	4
19	Gary Chambers	Deadgoat	4	14	6
20	Kirk Hamilton	River Valley Cycle	2	2	2
21	David Roberts	Snakebite Society	2	2	2
22	Jon Keats	Pedalhead	16	12	4

*Canada Cup/Nationals includes Fernie and Calgary results only, in addition to Nationals.

*Canada Cup/Nationals includes Fernie and Calgary results only, in addition to Nationals.

***:alicensed rider eligible for upgrade to Elite

Senior Sport Men

[illegible]

*Canada Cup/Nationals includes Fernie and Calgary only, in addition to Nationals.

Points for upgrading only; not part of the AMBC.

***italicized riders eligible for upgrade to Expert.

Senior Beginner Men*

[illegible]

Senior Beginner Women*

Gender	Age	Occupation	Marital Status	Number of Children	Number of Siblings	Number of Parents	Number of Grandchildren	Number of Great-Grandchildren
Male	30	Software Engineer	Married	2	3	2	1	0
Female	35	Marketing Manager	Single	1	2	1	0	0
Male	40	Teacher	Married	3	4	3	2	1
Female	45	Nurse	Divorced	2	3	2	1	0
Male	50	Business Owner	Married	1	2	1	0	0
Female	55	Retired	Widowed	0	1	0	0	0
Male	60	Engineer	Married	2	3	2	1	0
Female	65	Homemaker	Married	1	2	1	0	0
Male	70	Retired	Widowed	0	1	0	0	0
Female	75	Volunteer	Married	2	3	2	1	0

Alberta Mtb Cup 2003 Final Standings

[illegible]

*not an official Alberta Mountain Bike Cup Category - points kept for upgrading only.

****Canada Cup/Nationals includes Fernie and Calgary only, in addition to Nationals.**

Points for upgrading only;

not part of the Alberta Mountain Bike Cup.

italicized riders eligible for upgrade to Sport.

Master Sport Men

1	Mark Fedoroshyn	Mountain Bike City	77	107	10	10	15	12	8	12	20	20
2	Gary Wade	Independent	35	35					15	20		
3	Geoff Clark	Deadgoat	29	53	12	6	8				15	12
4	Scott Marktelow	Rundle Mountain CC	27	27					12	15		
5	Wayne Calder	Deadgoat	22	32			6	4			12	10
6	Dan McDonogh	Independent	22	42			12	10				20
7	Neil Johns	Hardcore	20	20		12	8					
8	Ben Ezinga	Calgary Cycle	20	20					10	10		
9	Brennan Bagdan	Hardcore	19	19							4	15
10	Ted Matson	Independent	19	19	4	15						
11	Mike Dickey	Hardcore	14	14					6	8		
12	Frank Kovacs	Snakebite Society	12	16	4	10				2		
13	Bruce Penner	United Cycle	12	12	8		4					10
13	Scott Furber	Deadgoat	12	22		4	8					
13	Walter Greening	Independent	12	12							12	
13	Gary Brown	Rundle Mountain CC	12	24	12	12						
17	John Bence	bicisport	10	18							10	8
18	Michael Fithern	Calgary Cycle	10	10				10				
19	Ted Anderson	Deadgoat	8	10						8	2	
20	Edward Daykin	Calgary Cycle	6	21						6	15	
21	Jack Vandyk	Terrascape	6	32	20	6					6	
22	Jeff German	Deadgoat	6	10			6				4	
23	Kirk Loberg	Revoluzione	4	4				4				
24	William Carry	Pedalhead	6	6								6

*Canada Cup/Nationals includes Fernie and Calgary only, in addition to Nationals.

Points for upgrading only: not part of the AMBC.

Master Men 40+

[illegible]

*Canada Cup/Nationals includes Fernie and Calgary only, in addition to Nationals.

Points for upgrading only: not part of the AMBC:

Senior Sport Women

1	Christina Bruns	Dirt Girls	64	64	10	15	12	12	15
2	Sarah Bernard	Hardcore	59	59	12	12	15	20	
3	Kim Churchill	Pedalhead	30	36	8	10	12	6	
4	Maria Olsen	Rocky Mountain BNB	30	30	10		20		
5	Janka Hegedus	Pedalhead	24	24	4		20		
6	Joy Evenson	Sport Chek	10	10		10			
7	Christina Gagnon	Dirt Girls	8	8					
8	Caitlin Holtby	Independent	6	6	6				
	Shaman Allman		6	6	6				
10	Jody Barry	Dirt Girls	4	4	4				

*Canada Cup/Nationals includes Fernie and Calgary only, in addition to Nationals.
Points for upgrading only; not part of the AMBC.

*Canada Cup/Nationals includes Fernie and Calgary only, in addition to Nationals.

Points for upgrading only: not part of the AMBC:

Master Expert Men

Rank	Player	Team	Points	Rebounds	Assists	Steals	Blocks	Turnovers	Minutes
1	Lonn Bate	Terrascope	93						15
2	Ross Andersen	Calgary Cycle	54						12
3	Jeff Seaborn	Independent	32						12
4	Steve Couse	Rebound	28						12
5	Jason Nadeau	Independent	27						8
6	Greg Achtem	Bow Cycle/CMC	26						15
7	Jeffrey Franc-Law	Juventus	25						4
8	Tom Brodzinski	Deadgoat	22						10
9	Craig Stappler	Calgary Cycle	20						12
9	Rich Wegerhoff	Deadgoat	20						20

Alberta MtB Cup 2003 Final Standings

[illegible]

Provincial Championship Gold Medals = 15 Points, Silver = 10 points, Bronze = 5 points. Ties broken by medal count, then G, S, B

CC = Cyclo-cross, CR = Criterium, DH = Downhill, HC = Hill Climb, ITT = Individual Time Trial, RR = Road Race, TR = Track Omnium, XC = Cross Country

#	Club	Points		Medals						XC		HC		ITT		RR		TR		CC		CR		DH			
		Total	G	S	B	Total	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B
1	Bicisport	275	165	80	30	25	11	8	6	2	1	3	1	1	2	1	1	1	2	4	1	2	1	2			
2	Juventus	235	150	50	35	22	10	5	7	2	1	1	2	1	1	1	1	1	4	2	3	1					
3	Bow Cycle/CMC	205	120	50	35	20	8	5	7	2	2	1	2	3	1	1	1	1	3		2	1	2				
4	Pedalhead Racing	175	45	110	20	18	3	11	4	3	3	1	1	1	1	1	2	1			1	1	3				
5	Bianchi/The Bike Shop	120	60	40	20	12	4	4	4			2	1	1	1	1	1	2			1	1	1	1			
5	Synergy Racing	120	60	40	20	12	4	4	4			1	2	2			1	1	2		1	1	2				
7	EMCC	105	75	20	10	9	5	2	2			3	1	2	1	1	1										
8	ERTC/redbike	95	60	20	15	9	4	2	3				1	1			1	1			1	1		1	1	1	
9	Calgary Cycle	80	60	10	10	7	4	1	2	3	1													1	1	1	
10	Deadgoat Racing	70	30	30	10	7	2	3	2	3	2																
11	Velocity	65	45	20		5	3	2				1	1	1			1										
12	Rundle Mountain CC	55	30		25	7	2		5	1		3	1			1											
13	Terrascaple Racing	55	15	30	10	6	1	3	2	1	1	1	1			1					1						
14	Hardcore CC	55	30	20	5	5	2	2	1	1	1	1	1								1	1					
15	Crankmasters	50	15	30	5	5	1	3	1			2	1	1	1												
15	Way Past Fast	50	30	10	10	5	2	1	2	1	2	1	1	1	1		1										
17	River Valley Cycle	45	45			3	3			1						1									1		
18	Olympic Oval	40	15	20	5	4	1	2	1	1	1	1	1												1		
19	United Cycle	35	15		20	5	1	4		2		2				1					1	1					
20	DirtGirls	35	15	20		3	1	2	1	2	1	2															
20	Snakebite Society	35	15	20		3	1	2		1		1				1											
22	Rocky Mountain B&B	30	15	10	5	3	1	1	1															1	1	1	
23	Mtb City/Tatonka	30	30			2	2		2		2																
24	Blizzard	25	15	10		2	1	1								1	1										
25	Dynamic Cycle/Trek	20		20		2	2		2		2																
25	Headwinds	20	15		5	2	1		1	1						1											
27	Café Racers	15	15			1	1																		1		
27	Colnago/Carrera	15	15			1	1																				
27	GS Campione	15	15			1	1					1															
27	Jeune Cyclisme	15	15			1	1																				
27	Opus	15	15			1	1									1											
27	Revoluzione	15	15			1	1						1														
27	Sport Check	15	15			1	1																				
34	TRS Racing	10			10		2			2							1										
35	CABC/Projekt 1	10	10			1	1		1							1											
35	Cranky's	10	10			1	1		1																	1	
35	Critical Speed	10	10			1	1		1								1										
35	Part 1	10	10			1	1		1																		
35	TheTrackTeam	10				1	1		1																		
40	Eurotech	5					1			1																	
40	Jeune Cyclisme	5					1			1																	
41 clubs	Grand Total	2300	1275	710	315	219	85	71	63	20	17	14	16	11	10	14	11	10	9	8	9	10	9	6	5	5	4
Medals in disciplines:		Road:	138	Mtb:	63	CC:	18			51	37	35	26	25										18	6	5	5
																									15	5	12

Maurice Bernard, now retired to BC, was the editor of the ABA Newsletter for many years. He established the Newsletter Award to recognize club success at Provincial Championship events. The Award has changed over the years to reflect the disciplines contested. Gold medals are worth 15 points, Silvers 10 and Bronzes are worth 5 points. Ties are broken by number of medals (emphasising participation), then number of Golds, Silvers and Bronzes

We hope to include BMX in the 2004 MBCA but they just may blow the other disciplines right off the page...

2003 Maurice Bernard Club Award

by Kevin Rokosh

I've made a trip to Eastern Canada this fall to see the turning colours, as in rainbow jerseys. It's not too often that road Worlds rides out of Europe, so this is indeed something special to see. The results are old news by now so instead of a race report I'll try to give you a feel for what it is to be here, sitting in the stands and wandering around.

October 7 - Junior Women's and U23 Men's TT

The shuttle service from a remote parking lot to get downtown, to the start/finish line just in front of Hamilton City Hall provided a scenic tour around Dofasco and Stelco to name just a couple of the steel plants in our Pittsburgh of the North. I brought my seven-year-old daughter, Sarah, with me today. She was interested in seeing the Junior Women in action. She hasn't really taken up cycling herself yet, but maybe by seeing an event like this, as well as seeing her dad out training and racing, she might decide to try competitive cycling someday. While milling about the Canada Pavilion, which had free pins and stickers for Sarah, she got a great autograph from Eric Wohlberg, and I got a short exclusive interview with him.



Eric, 8 times Canadian TT Champion, was still sporting a cast on his left hand, the result of a crash during training prior to the Tour of Delta. I asked 38-year old Eric if he would be competing in the 2005 World Masters Games. "I love cycling," he said. "I intend to keep at this sport until I've got both feet in the grave." For the benefit of "mature" riders, Eric added, "Cycling is a sport that you don't have to be young to compete in. If you don't quite have the same strength as the young guys, you can get them with a few good tactical moves."

October 8 - Junior Men's and Elite Women's TT

Out of the five hours I was downtown, I only spent about 20 minutes sitting in my seat. The rest of the time I was either standing at the Time Trial start ramp, or hanging around near the finish, clicking my camera at all the big names I could recognize. I hooked up with Edmontonians Dave and Liz Ariano, who came up with great photo op. They caught French cycling legend Jeannie Longo-Ciprelli before her warm-up, and she posed with them for a family photo.

On this sunny, calm day, the Juniors flew around the 20.8 km course. Winner Mikhail Ignatiev (RUS), legs gleaming

wet with sweat, was very satisfied with his performance as the media horde gathered around him. He posed for pictures with his bike, hanging it on his shoulder and thrusting it high above his head.

The women's race held hope for us, in the form of Genevieve Jeanson. She finished a strong 5th, catching her minute-woman at the line and just edging that inspiration for all of us masters athletes: Jeannie Longo-Ciprelli. 45-year-old Longo-Ciprelli, twice Jeanson's age and who won her first World Championship in 1981, was only 10 seconds slower than Jeanson.



Some observations of the top TTers:

⊗ It was interesting to see, reviewing the finishing times, how close some of the riders were to each other, seconds in some cases, less than seconds in others. Some of these differences were likely the result of momentary lapses in concentration. I've found TTs to be an enormous challenge to the mind, as much as, if not more than, the body. You've only got yourself to push you, which is nothing like responding an attack by someone else.

⊗ All the riders were on their stationary trainers, usually on a second bike, even while they were in line not more than five minutes from their start time. They would get off, maybe with three minutes to go, sit down briefly, and then grab the TT bike that their coach was holding for them.

⊗ Several of the riders were on bikes that despite the decals and the rider's team sponsor looked an awful lot like the Cervélos that are so popular with TT riders. It's good to see a Canadian company making such great bicycles, but do they really think we can be fooled by the decals?

October 9 - Elite Men's TT

Perfect weather again as we watched the Elite Men duke it out on these awesome hills, twice each lap going up and down the Niagara Escarpment that cuts through Hamilton. Thanks to this huge cliff, Niagara Falls achieves its massive height and breadth but the only water pouring over the Escarpment in Hamilton today was sweat. The course really kicks at you with all of its hills, big and small. On the downhills, going 80 to 90 kph, it's all you can do to just recover for the next climb.

Above left: Eric Wohlberg (CAN) and Sarah. Above right: Genevieve Jeanson (CAN) warming up for the TT. All pictures by Kevin Rokosh.

Liz and Dave Ariano and I staked out some territory on the Escarpment to catch the drama up close on the riders' faces as they forced their bikes to the tops of the climbs. They had to be split into 3 waves of 15, riders starting 1-1/2 minutes apart because each rider needed to complete two laps of the course. It was timed such that the first rider of one wave would be just finished his second lap before the first rider of the next wave started.



We watched all the riders climb their way up Beckett Drive (the shorter but steeper of the two climbs on the circuit), before we scrambled up to the peak of Claremont Access to catch the last wave of riders as they completed their run of the course. At the end of the day, though, I felt I had maybe watched too much of the race through the viewfinder of my camera. With one hand I'd be trying to snap shots, the other ringing my cowbell, all the while yelling, "Allez, allez, allez!" After taking 119 pictures on Beckett

Hill, my digital camera battery was having a near death experience and I was thinking it might not have enough juice to get a picture of favourite David Millar (GBR), the next-to-last starter.

We finished our race day experience near a big screen video feed at the top of Claremont. After Millar floated by on his cloud nine experience, he'd crushed second place Michael Rogers (AUS) by 1 minute and 25 seconds, so everyone was an eon behind Millar today. Incidentally, if you again look at the time between Rogers and third-place Uwe Peschel (GER), it was only 0.56 second. Certainly, that was just a misplaced moment of focus, as simple as a slightly mistaken line through a corner. For those two riders it was focus that separated them from each other. It was unwavering focus coupled with powerful talent that put Millar in the rainbow jersey today.

October 10 - Junior Women's and U23 Men's RR.

To keep the peace in the Rokosh family, I took the whole crew out to Hamilton today, taking a advantage of the children's program was starting today at the Mohawk College Campus. As we stopped by the souvenir tent to pick up a couple of t-shirts, who did we find milling about the tables with us? Lyne Bessette, in her full Saturn team kit. I made sure my daughter, Sarah, got a picture with another one of our Canadian cycling superstars.

Lyne was also kind enough to let me ask her a few questions. I've been wondering what the riders have been thinking about this course. Everyone has been talking about how hilly it is, and that the last one that compares to it was Columbia in 1995. "I think it's a great course," Lyne told me. "It's going to be a really hard course. The field is really strong this year, like any other Worlds. And it's World Championships," she said with a big smile. "We have to expect a really good race."

After she talked of her recovery from a broken collarbone and her TT performance, I asked about having the World Championships so late in the season and having to hold form so long. "It's getting hard, because there's no racing, really, to keep your legs going. But this year it's been not so bad. We had the Grand Prix Feminine in Lac St. Jean. There's been the Tour of Tuscany in Europe. The girls have been spread out a little bit, but then back to world's, and everybody is in shape. And the weather is nice. We could have had a pretty bad time here." Indeed! The previous week, parts of southern Ontario received snow, and it was quite wet. So we have been very lucky with such great weather this week.

She also spoke of the strength of the Canadian team. "We have three leaders on the team." I assume she means herself, Genevieve Jeanson and either Manon Jutras or Susan Palmer-Komar, a hometown girl here in Hamilton with extremely good prospects Saturday afternoon. "We had a really great meeting yesterday. And the team is definitely together. We can't wait to race."

My family and I decided we'd conclude our day downtown, and take a little poke around the Start/Finish area. Since that area still isn't terribly kid-friendly, I didn't expect much. By keeping one eye on the kids and another on the team tents and a (recharged) camera to hand I was able to get pictures of some current and former cycling greats like Eddie (The Cannibal) Merckx and Johan Museeuw. They used a school bus to shuttle us from Mohawk College. For both kids, Sarah and Ian, who just turned 3, the bus ride itself was a blast. Of course they had to sit at the very back, to get the best bumps. And Hamilton's roads are so awful that Ian said it wasn't a bus ride, it was a rollercoaster ride. I think they found the smoothest roads for the races.



Above: Wohlberg on his first trip up Beckett. Top right: Sarah and Lyne Bessette (CAN). Right: Johan and Eddie.

October 11 - Junior Men's and Elite Women's RR

The big story for Canada was Genevieve Jeanson's problems with the UCI's anti-doping "health test". There are already a lot of words printed about that so I don't need to add any.

I was cheering for the eternal Jeannie Longo-Ciprelli when it looked like her solo escape was going to work out. It almost did, until she was caught in the last corner, with about 500m left to race. Take enough risks and eventually they'll work out, but not today, Jeannie. I thought maybe Lyne Bessette or Sue Palmer-Komar would be there to mix it up for us. Susanne Ljungskog (SWE) won the final sprint. Lyne Bessette's concern expressed yesterday about Nicole Cooke (GBR) was well placed too, since she finished 3rd, behind Mirjam Melchers (NED).

I've found the feed zones are the best places to see someone recognizable from cycling's upper echelons. However, they aren't necessarily the best places for the fans to interact with them. Bjarne Riis was in front of the Danish tent, congratulating Anders Lund (DEN) on his silver medal performance in the Junior Men's Road Race. A little later I called out to Bjarne to come over for an autograph. I got his attention, but he quickly ignored my request. Dave Ariano, though, has done me one better yet again. He and Liz were out pre-race near the top of the Claremont climb when they spotted Oscar Sevilla (SPA) "inspecting the bushes." Dave called out his name, and Oscar looked around. Let's hope Oscar didn't get a wet foot!



force. When we entered the grandstand to take our seats for the start, I paused down by the course behind a very enthusiastic Italian fan holding a big red, white and green flag. She was a short, slight woman that must have been in her mid-sixties, but she knew the entire Italian team by name, yelling to each of them as they rolled by for the call to the start line. One rider looked up at her after she called his name. She became positively giddy and turned to the person beside her, saying, "He loves me! He loves me!" It was good to see that cycling can keep the fans feeling young just as much as the athletes themselves.

Though we began the day in the grandstands, we weren't about to stay there for the nearly six hours of racing. If I wanted to sit and watch the show on TV, I would have stayed home. And the course in Hamilton has been so spectator-friendly that I couldn't pass-up moving around and taking in the action from some of the other spots. It seemed to take maybe 15 to 20 minutes to move from one prime vantage point to another. That's the advantage of a circuit course; you can move about the circuit during the race, see the riders at different strategic locations and never really miss them going by on any particular lap.

Between the Arianos and the Rokoshes, we represented four nationalities. While cheering, we found ourselves yelling in at least four languages: "Dav-eye" (for the Russians, Ukrainians and Poles); "Venga" (for anyone speaking Spanish); "Allez" (for the French and Canadian); and of course "Go hard!" At one point on the course we were sandwiched between an Italian fan sporting an orange "Di Luca Fan" cap on our left and on the right a couple of Belgians in oversized, fuzzy, black, orange and red jester's caps. There could be no mistake that these were the Road World Championships.

Watching the last lap, I felt a surge of adrenaline similar to what I feel during the last lap of my own races. "I've made it to the end. I'm in the peloton, and all I need to do is stay out of trouble to finish. However, what do I think I can do to actually win? Make an early move? Sit in for the sprint? How are the other racers feeling, and how can I take advantage of their strengths and weaknesses?" It was truly exciting to see Astarloa make his final move, even more so because he was a rider I'd never heard of before.

Throughout the week, I pined for my own bike. There were plenty of chances before and after the races to ride the course, and some people even found themselves riding with the pros during the training times that had been set aside. Nonetheless, it was exciting to be at a bike race and see it from the other side of the handlebars. Some pros wish the Worlds would come earlier in the season. But for those of us not quite at the same level of racing, yet still getting ready for a long haul of winter training, these races are exactly the motivational kick we need to get us going and keep us going through the dark, cold months ahead. After all, the races of the summer are won in the gyms of the winter.

And that's the end of the Worlds, as we know it...



(Editors note: For the complete text of Kevin's colourful thoughts of the Big Show, scope <http://www.ertc.org/whatsnew/hamilton.html>. JD)

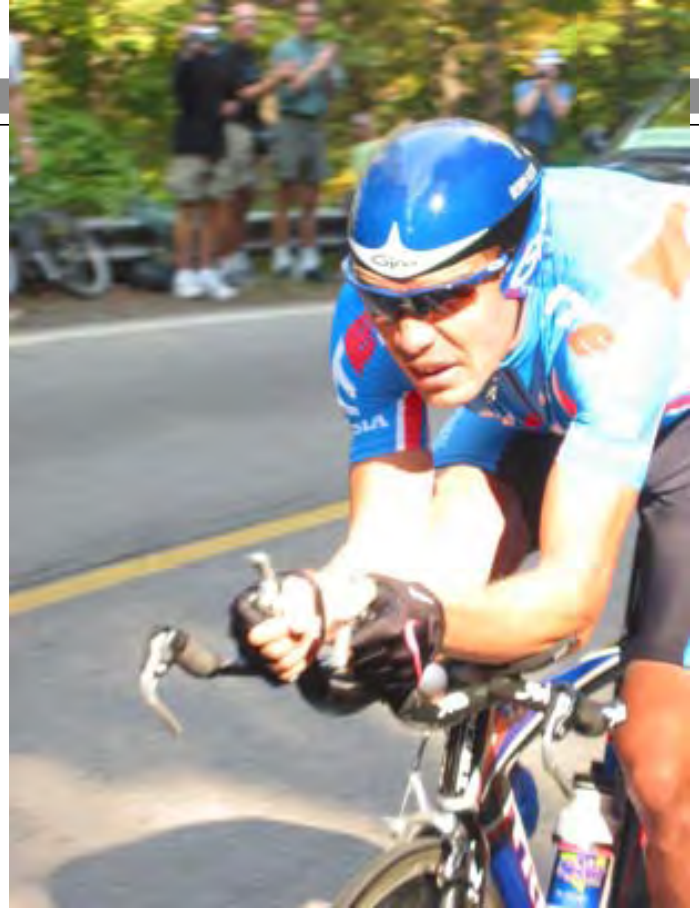
The devil, you say!

October 12 - Elite Men's RR

What a day for Spain! Spanish riders Igor Astarloa and Alejandro Valverde Belmonte pulled off a one-two finish for their country. It was an exciting race to watch, with Astarloa making his decisive move the last time up Claremont. But being such a small rider with not much momentum to carry him back down from Claremont, I thought we might see a repeat of yesterday's finish, when Jeannie Longo-Ciprelli had a similar lead coming down the big hill, only to be caught coming into the final turn. Not today. Astarloa likely had the inducement of a rainbow jersey waiting for him on the podium to help him fly to the finish.

A good day for Canada too, with our own Michael Barry, after making an exciting move near the top of Claremont to chase down Astarloa, finishing in seventh place in a world-class field. Certainly nothing to cry about. In fact, it was the best Canadian finish since Steve Bauer's 3rd place waaaayyy back in 1984. Well done Michael, especially considering we had a team of four compared to Spain's team of 12!

Like most people, I was expecting the Italians to win and Paolo Bettini in particular. The Italian fans were out in



Above right: Eric Wohlberg (CAN) on his second trip up Beckett. Above: Viatcheslav Ekimov (RUS) goes hard at the World Championships TT. Below: Women's Worlds RR, Manon Jutras (CAN) in front of the group. Photos by Kevin Rokosh.



Alberta Bicycle Association Financial information

Statement of Financial Position

	Year ending December 31	
	2002	2001
ASSETS		
Current		
Cash	125,090	74,829
Accounts receivable	<u>6,119</u>	<u>4,572</u>
	131,209	79,401
Property and Equipment (note 3)		
Office Equipment/		
Software Asset	12,198	11,198
Cycling Equipment	<u>5,525</u>	<u>5,525</u>
	17,724	16,724
Less: Accumulated amortization	<u>(14,786)</u>	<u>(9,212)</u>
	<u>2,937</u>	<u>7,512</u>
	\$134,146	\$86,912
	Year ending December 31	
	2002	2001
LIABILITIES		
Current		
Accounts payable	\$3,597	\$3,597
Deferred Revenue		
Casino Proceeds	96,340	44,705
Trail Access Levies	<u>6,787</u>	<u>3,882</u>
	<u>103,127</u>	<u>48,587</u>
NET ASSETS		
Unrestricted net assets	<u>27,419</u>	<u>34,728</u>
	\$134,146	\$86,912

Schedule of Program Expenses

	Year ended December 31	
	2002	2001
Program		
Gangwon Sports		
Friendship Exchange	\$ 39,420	\$ 45,908
Provincial team projects	21,058	29,049
NTCC Contribution	10,000	-
Athlete grants	9,250	12,295
Commissaire honoraria	6,580	5,389
Clothing	4,387	-
Racing committee	3,223	5,194
Medals	2,319	1,171
Alberta Summer Games	1,223	-
Canada Summer Games	-	-
10,000	-	-
Handbook	-	1,590
Trail access	<u>-</u>	<u>(524)</u>
Total	\$ 97,460	\$110,074

Notes to Financial Statements, year ended December 31, 2002

1. PURPOSE OF THE ORGANIZATION

The Alberta Bicycle Association is incorporated under the Societies Act of Alberta. Its mission is to act as the organizing body which promotes all aspects of cycling in Alberta.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

a) Revenue Recognition

The ABA follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized when receivable or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

b) Capital Assets

Capital assets are recorded at cost. Amortization is provided on a straight line basis over the assets estimated useful lives, which for office and cycling equipment is 3 years.

c) Contributed Services

Volunteers contribute many hours per year to assist the ABA in performing its functions. Because of the difficulty in determining their fair value, contributed services are not recognized in the financial statements.

3. DEFERRED CASINO PROCEEDS

Deferred revenue represents the unexpended balance of the proceeds from casinos held by the ABA in prior years.

The ABA's year end is Dec. 31. The timing of the ABA AGM, late in the year but before the CCA AGM, means that the last complete year is 2002.

Oh yeah: Member at Large and *Alberta Spin* Editor Jeff Davis' first license had to be ordered from the CCA, there being no ABA in the days of square wheels. He's been on the Board for 16+ years and likes to have his fingers in all the pies. He hopes that BMX integration will bring the energy and enthusiasm of BMX to the ABA as a whole and takes the "World" aspect of the upcoming World Masters Games very seriously.

Opposite left: Andy gets all the votes into the ballot box. Did you vote? Right: The crowd at the ABA AGM. Were you there?

Statement of Cash Flows

	Year ended Dec. 31 <u>2002</u>	<u>2001</u>
Operating Activities		
Excess of revenues over expenses (expenses over revenues)	(7,307)	(3,186)
Depreciation, not requiring cash	<u>5,575</u>	<u>4,932</u>
	(1,732)	1,746
Change in non-cash working cap items:		
Decrease (increase) in accts receivable	(1,547)	(2,790)
Increase (decrease) in accts payable	-	2,638
Increase (decrease) in deferred trail access levies	<u>2,905</u>	<u>3,882</u>
Cash generated by operating activities	(374)	5,476
Financing Activities		
Proceeds from casino	74,158	56,943
Eligible casino expenditures	<u>(22,523)</u>	<u>(15,900)</u>
Cash generated by (used in) financing activities	51,635	41,043
Investing activities		
Purchase of capital assets	(1,000)	(13,453)
ASRPWF Development Initiatives grant (note 3)	<u>-</u>	<u>6,000</u>
Cash generated by (used in) investing activities	(1,000)	(7,453)
Increase (decrease) in cash	50,261	39,066
Cash at beginning of year	<u>74,828</u>	<u>35,763</u>
Cash at end of year	125,090	74,828

Statement of Operations

	Year Ended Dec. 31 <u>2002</u>	<u>2001</u>
Revenue		
Government Assistance		
ASRPWF		
Annual Association Grant	\$65,300	\$65,300
Gangwon Exchange	39,096	45,500
Alberta Summer Games	1,600	
Canada Summer Games		10,000
HRDC - STEP	<u>2,971</u>	<u>1,857</u>
	108,967	122,657
Licenses and memberships	76,959	68,588
Club Affiliation	41,372	29,414
Fundraising	22,523	15,900
Race Entries and Levies	22,116	16,908
Other	<u>5,307</u>	<u>8,476</u>
	277,244	261,944
Expenses		
Payroll	99,821	87,847
Programs (see schedule)	97,460	110,074
CCA	19,667	18,507
Office	26,399	21,145
Insurance	29,667	13,026
Education	4,502	6,426
Newsletter	5,433	5,076
Other	<u>1,606</u>	<u>3,028</u>
	284,553	265,130
Excess of Revenues over Expenses	\$ (7,309)	\$ (3,186)

Dollars

Statement of Changes in Net Assets

	Year Ended Dec. 31 <u>2002</u>	<u>2001</u>
Balance, beginning of year	\$34,728	\$37,914
Excess of Revenues over Expenses	<u>(7,309)</u>	<u>(3,186)</u>
Balance, end of year	\$27,419	\$34,728



Saturday, October 25th, 2003 7pm Varscona Hotel, Edmonton

(quorum not met at 7:00 pm; meeting adjourned until 7:15 pm, then reconvened with those present)

In attendance:

Andy Achuff (Pedalhead)	Shaun Adamson (United Cycle)	Lance Adamson (Independent)
Tanya Bagnell (Way Past Fast)	Cody Basiuk (Airdrie BMX)	Jesse Basiuk (Airdrie BMX)
Corbin Benoit (Airdrie BMX)	Hayden Benoit (Airdrie BMX)	Dean Bradley (Airdrie BMX)
Chris Check (Pedalhead)	Peter Churchill (Pedalhead)	Joann Burke (Airdrie BMX)
Jesse Collins (Bicisport)	John Cools (Airdrie BMX)	Rose Cools (Airdrie BMX)
Samantha Cools (Airdrie BMX)	Conan Cooper (TRS Racing)	Bruce Copeland (Juventus)
Jeff Davis (ERTC/redbike)	Jessica DeMars (Bianchi/The Bike Shop)	
Victor Doehring (Medicine Hat BMX)	Pat Duperon (Red Deer BMX)	Patricia Emery (Blizzard Cycling Club)
Barry Evans (Juventus)	Bernard Fagnan (Velocity)	Pat Ferris (Blizzard Cycling Club)
Brys Francis (United Cycle)	Randal Gillett (Stony Plain BMX)	Craig Good (Synergy)
Jeff Gruttz (Elbow Valley CC)	Kirk Hamilton (River Valley)	Glenn Hansen (Red Deer BMX)
Jocelyn Hansen (Red Deer BMX)	Tim Harris (Independent)	Chris Harrison (ERTC/redbike)
Tom Herriman (Airdrie BMX)	Chris Johnston (Red Deer BMX)	Jonathan Keats (Pedalhead)
Leslie Kowall (St. Albert BMX)	Brian Kullman (Terrascape)	Nikki Lavoie (Juventus)
Darcy Lehr (Edmonton BMX)	Brian Licis (Hardcore)	Lisa Licis (Hardcore)
Larry Lowen (Red Deer BMX)	Loyal Ma (Rocky Mtn B 'n B)	David McDowell (Synergy Racing)
Tom McKee (River Valley Cycle)	Simon Meili (Cochrane BMX)	Gregg Menard (Juventus)
Cliff Morrison (Velocity)	Jim Negenman (Calgary BMX)	Thomas Pistore (Airdrie BMX)
Nathan Pistore (Airdrie BMX)	Joel Quennell (Airdrie BMX)	Cameron Quennell (Airdrie BMX)
Christine Quennell (Airdrie BMX)	Guri Randhawa (Pedalhead)	Simon Richard (River Valley Cycle)
Katie Ricker (Pedalhead)	Mardel Robillard (Calgary BMX)	Brent Ruelling (ERTC/redbike)
Darcy Sailer (Cochrane BMX)	Christopher Sailer (Cochrane BMX)	Alexander Sailer (Cochrane BMX)
Michael Sarnecki (United Cycle)	Kirsty Sarnoski (Dirt Girls)	Tracy Shearer (Juventus)
Bruce Sorensen (Red Deer BMX)	Neil Sorensen (Red Deer BMX)	Annette Svederus (United Cycle)
Rick Thiessen (bicisport)	David Thistlethwaite (Elbow Valley CC)	
cp Walsh (Synergy)	Shawn Wells (Edmonton BMX)	David Whitten (Hardcore)
Jim Yeske (Edmonton Masters CC)		

Represented by proxy vote:

Greg Bernacki (Airdrie BMX)	Scott Bernacki (Airdrie BMX)	Glen Bradley (Airdrie BMX)
Christina Bruns (Dirt Girls)	Greg Cools (Airdrie BMX)	Susan Copeland (Juventus)
Justin Doehring (Medicine Hat BMX)	Rob Herriman (Airdrie BMX)	Kayd Herriman (Red Deer BMX)
Christine Miller (Airdrie BMX)	Richard Sailer (Cochrane BMX)	Alan Whitten (Hardcore)

Clubs

Bicisport	Blizzard CC	Calgary BMX	Cochrane BMX	Dirt Girls
Edmonton Masters CC	ERT Cycling Club	ERTC/redbike	Hardcore Mountain Bike Team	
Juventus	Medicine Hat BMX	Rocky Mountain Bike 'n Board	Pedalhead Racing Club	
Stony Plain BMX	Synergy Racing	Synergy FVK	United Cycle Racing	

Staff

Shauna Richard	Andy Holmwood
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1.0 Review and approval of the agenda

Motion (Bruce Copeland, Craig Good): to accept the agenda as circulated, with one addition - World Masters' Games update (item 5.4).
Carried

2.0 Approval of AGM Minutes, Nov 2nd, 2002

Motion (Conan Cooper, Kristy Sarnoski): to approve AGM minutes of November 2, 2002.
Carried

3.0 Reports

3.1 President (Chris Check)

- Highlights of the season included:
- ABA association with 24 Hours of Adrenalin and TransRockies.
- thriving racing season, World Masters Games consuming a lot of resources.
- bmx integration: working hard at, some hurdles to overcome. Major focus for ABA in near future.
- ABA Board Members at Large have worked diligently on ABA member survey, trail advocacy within City of Edmonton, and taking steps forward with women's cycling.
- Important issues to address include volunteerism, particularly officials; Board of Directors and Committees need new blood as well.

3.2 V.P. Racing (Guri Randhawa)

- Very successful season on racing front, however, with a couple of cancellations.
- Discipline cross-over continuing and growing.
- Need some new organizers; many races have had same organizer for many years.
- Limited pool of commissaires continues to be an issue.
- New women's road project; training camps in Moab and Okanagan.
- Guri personally involved with mid-week racing in Edmonton; events now sanctioned, with better safety.
- National/International events: World Cup MTB coming to Canada Olympic Park in 2004, World Masters' Games in 2005.

3.3 V.P. Administration (Andy Achuff)

- Organization is sound financially, but things such as fluctuation in membership and insurance rates have serious effects on budget.
- Future staffing levels (addition of part or full-time staff person) also to have large impact on ABA budget.

3.4 V.P. Recreation & Transportation (Jeff Gruttz)

- Committee working on ring road awareness in Calgary and Edmonton.
- R and T sector also seeking better communication with overall ABA membership, so they may become their own advocates. To this end, a listing of area Transportation Managers will be forthcoming on ABA website
- Motorbike and bicycle safety week happened in May.
- Conference attended in Portland; summary appeared in spring Spin issue.
- Other organizations with involved:
- Active and Safe Routes to School, promoting walking and cycling to school
- Alberta TrailNet - Jeff is ABA rep to TrailNet; experienced huge success in east-central Alberta.

3.5 V.P. BMX (Vic Doehring)

- Alberta BMX contributed greatly to ABA membership numbers; 644 riders bought ABA licenses, mostly juveniles.
- BMX declining other places in the world, but sport is still growing in Alberta.
- Small steps occurring with integration - cautious approach. CCA could give ABA more leeway here with programs.
- Alberta produced a World Champion this year - Samantha Cools. Large number of Alberta numbers on National BMX team.

3.6 V.P. Women's Cycling (Annette Svederus)

- 2003 was a productive year for Annette.
- Greater efforts made to improve women's camps. Spring camp

held in Edmonton, another camp travelled to Utah and Colorado.

- Sugoi Dirt Series occurred, with Cycling BC.
- Jasper Women's Camp also occurred, with increased attendance.
- Annette also involved with school presentations, combining science and cycling.

3.7 Members at Large (3)

Brian Licis: responsible for communication; conducted email member survey by email. Highlights included:

- Most respondents were racers (94%)
- 85% satisfied
- 47% have not volunteered - most significant statistic.

Mike Sarnecki: off-road advocacy director in Edmonton.

Revised parkland bylaw passed; ABA successful in raising awareness - cyclists were able to have a voice.

-Trail Access Fund continues, but has been under-utilized.

Jeff Davis: Alberta Spin Newsletter Editor.

-Jeff receiving input from a number of sources for the Spin, including a number of photographers.

3.9 Chief Commissaire (Tim Harris)

- Good year; 3 National Commissaire Courses were held.
- Worked closely with BMX community.
- Chronic shortage of officials still occurring; schedule looked bleak early in the season. "Commissaire Recruitment Program" upcoming.

3.10 Executive Director (Shauna Richard)

- Highlights of the year including receiving Torchy Peden Award at CCA AGM, last December.
- Outdoor Adventure Show occurred in Edmonton early in the season.
- Shauna travelled with TransRockies for a week, World Masters' Games becoming a positive increasing, involvement.

3.11 Technical Director (Andy Holmwood)

- Provincial team program expanded significantly this year, with a new women's project.
- Coaching development - First-ever Alberta Cycling Coaches' Conference held in March, much development occurring here.
- Events co-ordination - 50 days of sanctioned racing in Alberta this year; has become large part of staff roles.

Motion (cp Walsh, Nathan Pistore): to accept the reports as presented.

Carried

Items for approval

Audited financial statement (2002)

Motion (Annette Svederus, Tim Harris): to accept audited financial statement.

Carried

4.2 Bylaw changes (p. 24 of AGM Guide)

Motion (Tom Herriman, Andy Achuff):

To change Article VI (Board of Directors) of the bylaws of the Alberta Bicycle Association bylaws as follows:

Current: 3.B) Be it resolved that the following Board of Directors are to be elected in even numbered years: President, Two Members at Large.

Proposed - 3.B) Be it resolved that the following Board of Directors are to be elected in even numbered years:
President, Vice-President - BMX, and two Members at Large.

BMX Committee - In odd years, two BMX positions on the BMX Committee shall be open for election. In even years, one position on the BMX Committee shall be open for election.

Rationale: Currently the President of Alberta BMX is appointed to the Board as Vice President - BMX. BMX tracks, however, are not required to be members of Alberta BMX in order to affiliate with the ABA, therefore the President of Alberta BMX may not represent the entire BMX community in Alberta. An elected BMX community will improve communication between BMX tracks and the ABA.

Discussion:

- Regarding nature of the BMX Committee (Committee would be VP BMX plus two other members.)
- Why need for change? (Elected position would be preferable to appointed position, similar to current structure for other Committees.)
- Propriety of Alberta BMX President sitting on ABA Board *de facto* (Plan emanating from 2002 AGM was to elect a VP of BMX in 2003.)

Carried (7 opposed)

New Business

5.1 Financial update 2003

- Material presented in AGM Guidebook.

5.2 Review of 2004 Membership Fees

- ABA prices have remained unchanged in many years, despite increase in services and programs. Association is looking to add an Events Coordinator, and dedicate more staff time to BMX. Board to consider membership fee increase for 2004.

5.3 Club Commissaire Program 2004

- A concrete step to produce more Commissaires: Depending on number of licensed racers, each club would be obliged to supply a certain number of officials.
- ABA looking to add another 60 officials.

5.4 World Masters' Game Update (Shannon denBesten)

- Event to be held in Edmonton, July 22 - 31, 2005.
- 27 sports participating, including cycling.
- website: www.2005masters.com
- Many people from cycling community already involved: Matthew Decore, Jeff Davis, Chris Check, Tom McKee, Dave Embury, Jim Yeske, and Shauna Richard are involved.
- Cycling competitors will require a UCI license.

Elections

6.1 Vice President Administration (2 years)
No nominations received - nominations re-opened after other elections

6.2 Vice President BMX (1 year)

Nominated: Vic Doehring (Pat Duperon),
Loyal Ma (Tom Herriman)

Elected: Loyal Ma

6.3 Vice President Recreation and Transportation (2 years)

Nominated: Jeff Gruttz (David Thistlethwaite)

Elected by acclamation: Jeff Gruttz

6.4 Vice President Women's Cycling (2 years)

Nominated: Annette Svederus (Guri Randhawa)

Elected by acclamation: Annette Svederus

6.5 2 Racing Committee members Road and Track (2 years)

Nominated: cp Walsh (Guri Randhawa), Guri Randhawa (Andy Achuff)

Elected by acclamation: Guri Randhawa and cp Walsh

6.6 1 Racing Committee member Mountain Bike (2 years)

Nominated Brys Francis (Mike Sarnecki),
Kirk Hamilton (Tom McKee)
Andy Achuff (Guri Randhawa),
Brian Kullman (cp Walsh)

Elected: Andy Achuff

6.7 2 Members at Large (2 years)

Nominated Conan Cooper (cp Walsh), Lisa Lici (Annette Svederus) Brys Francis (Mike Sarnecki), Kirk Hamilton (Tracey Shearer)

Elected: Conan Cooper and Lisa Lici

6.8 2 BMX Committee members (1 and 2 years)

Nominated: Tom Herriman (Samantha Cools), Darcy Sailor (Ron Gillett) Jeff Ingram (Tom Herriman), Vic Doehring (Annette Svederus), Jim Negeman (Mardel Robillard), Pat Duperon (Mardel Robillard)

Elected: Tom Herriman, Vic Doehring (2 yrs)
Darcy Sailor (1 year)

6.9 2 Financial Auditors (1 year)

Nominated: Dave Whitten (Lisa Lici),
Andy Achuff (Chris Check)

Elected by Acclamation: Dave Whitten and Andy Achuff

Revisited - 6.1 Vice President Administration (2 years)

Nominated: Simon Richard (Kristy Sarnoski),
Brys Francis (Annette Svederus)

Elected: Brys Francis

Motion: (J. Davis, Kristy Sarnoski) to destroy the ballots.
Carried

7.0 Adjournment

Motion (Jeff Davis): to adjourn the AGM at 9:50 p.m.
Carried





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