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Canada**



The

Alberta spin

The magazine of cycling in Alberta

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President's message

An awesome new season of cycling is now underway, lead out by the success of the first road race in Fish Creek, where 130 riders showed up. Groups of roadies, mountain bikers and streams of commuters are now spotted everywhere. Everyone with a bike is looking for somewhere or some way to get out and pedal it. Most have had enough of a long cold winter, and are in search of a little FUN.

FUN is what our sport should be all about! From winning a BMX race to riding to work for the first time, getting on your bike should put a smile on your face. Wind through your hair (through your helmet vents of course), sun on your face, and fresh air in your lungs are just a few reasons to turn a pedal. It may sound somewhat cheesy, but it's the truth when you think about it. A good day of riding is better than any day of work, or however that saying goes...

Our association is working hard and getting creative, with the ultimate goal of everyone having more FUN on their bikes. An exciting new trip to Moab, the Student Adventure Cycling Program, and BMX integration are just a few of the projects the ABA is working on to achieve this goal. Our members appear to be aiming for a similar goal with Sprockids programs, numerous group rides, new events and races, not to mention the new clubs that have already affiliated with us.

So enjoy the season of cycling, be it competitive or purely recreational. And while I race and can appreciate the frustrations that it sometimes brings, please remember to have FUN on your bike. Smiling while you ride makes the pedals turn easier, and we all know that it's contagious...

Happy Trails,

Chris Check President, ABA



Weldmeister Les Whiteley (ERTC/redbike) displays some directional signs he has made to keep riders on the right route. Watch for them at races this year. Smile and wave at any volunteer marshals attending the signs. (Tactical hint: While all the other riders are busy smiling and waving, put the hammer down and break away on the outside.)

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.

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Mail photos, diskettes (IBM) and paper (if you must) to the ABA Office:

11759 Groat Road Edmonton AB T5M 3K6.

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

2003-4 Newsletter Deadlines

Issue	in-by	out-by	feature
July 2003	June 30	July 15	Results! Pix!
Sept. 2003	August 31	Sept. 15	More results!
Dec. 2003	Nov. 31	Dec. 15	AGM News 'Cross!!!!
Mar. 2004	Mar. 31	Apr. 15	Forms, calendar

Alberta
COMMUNITY DEVELOPMENT



by Jeff Gabert Shell Canada Limited

Calgary - The Alberta Bicycle Association is pleased to announce that it has recently received two grants, one of \$3000 and one of \$4000 from the Shell Canada Community Service Fund.

"The funds have been awarded for the years 2002 and 2003 to recognize and support Samantha Nicholson, Brian Licis, Sean Huggins-Chan and jin Oldham, all Shell Canada employees. The four regularly volunteer with the Alberta Bicycle Association as event and club organizers, and Mr. Licis also serves on the Board of Directors.

The first grant will be used to purchase number plates and bib numbers for mountain bike, road, track, and cyclo-cross events," says Andy Holmwood, Technical Director of the Alberta Bicycle Association. "The second will be used to purchase video photo finish equipment to improve the the operation of both road and track races. We especially appreciate this long term investment."

"Shell believes that contributions of time, effort and caring to non-profit organizations benefit the entire community. Through the Community Service Fund, we recognize and support Shell people who give personal time to non-profit organizations on a regular, volunteer basis," says Jeff Gabert, Shell Public Affairs.

"We have supported Shell volunteers through the Community Service Fund for 25 years. In 2002, Shell Canada granted \$430,000 to nearly 300 non-profit organizations across Canada."

The Alberta Bicycle Association promotes all aspects of cycling in Alberta, including road, track, mountain-bike, cyclo-cross, and BMX racing. Association activities also include the promotion of cycling for recreation and transportation, trail maintenance, and bicycle advocacy. The Alberta Bicycle Association is affiliated to the Canadian Cycling Association and the Union Cycliste Internationale.

Information about the Community Service Fund and Shell's other Community Investment Programs is available by calling 1-800-338-1410. 



by Ray Simundson, Investors Group

Volunteers are really the unsung heroes of community sport and Investors Group is proud to recognize them for their time and talents. It is a special privilege to present the Investors Group Community Sport Administrator Award to cp walsh in recognition of his outstanding service as a volunteer in an administrative capacity

cp's contributions to cycling in Alberta have been numerous since his arrival in the province several years ago. These contributions include

- ⊗ organizing road, track and stage races
- ⊗ serving on ABA's Racing Committee for several years
- ⊗ being the long-time club president of Synergy Racing in Calgary

Along with all this, cp still spends a lot of time on his bike and hosts a radio show on U of Calgary radio CJSW

Investors Group shares the ABA's interest and belief in the importance of community sport activities. We are pleased to be involved in programs like the Community Coaching Conferences. Such programs enable us to support the coaches and volunteers at the grassroots level who help athletes to improve a little bit more each day and to believe in themselves and their dreams.

As a leading financial services company in Canada, Investors Group has been helping Canadians achieve their financial goals for over 75 years. Our partnership with the Coaching Association of Canada has provided us with a unique and effective opportunity to give something back to the communities where we do business and to support the efforts of groups like the ABA who work with Canadians in pursuit of athletic excellence.

Editors note: cp walsh, born Colin, prefers to keep things low-key and lower case. JD 

Investors Group honours cp walsh



Directions

by Andy Holmwood, ABA Technical Director
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⊗ Provincial Mountain Bike Team

Cross-country riders please note, the selection procedure for the 2003 Provincial Mountain Bike Team, competing at the National Championships in Whistler, has been altered due to the unfortunate cancellation of the race in Hinton. The new selection procedure, replacing page 18 of the 2003 ABA Handbook, appears on page 22 of this issue of the *Spin*.

Downhill riders - we do have at least one spot available on our Provincial Mountain Bike Team for a Downhill rider. There is no formal selection procedure for this position; rather DH rider(s) will be selected at the discretion of the Racing Committee. Riders interested in this position are urged to contact Andy with results prior to June 15.

⊗ Coaching Opportunity

The ABA is seeking a female coach or manager to work with Team Alberta at the National Road Championships, June 25 - July 1 in Hamilton, Ontario. Duties will include race and logistical support, in addition to assisting with team

transportation. Candidates must be over 25 years of age, and skilled and safe drivers. NCCP training is preferred. Expenses are covered and an honorarium is provided.

⊗ Athlete Grants

On pages 22 and 23 of this issue of the *Spin* members will find the 2003 Athlete Grant Application. Athlete Grants are intended to assist developing and high-performance Mountain Bike athletes attend high-level competitions not attended by the Alberta Provincial Team. Due to expansion of the Provincial Road Team Program, road athletes are not eligible for grants in 2003. 🚲

ABA VP Womens' Cycling Annette Svederus reports a great response to the ABA Moab Camp April 18-27.

We're thinking of opening an ABA travel agent office...

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



by Andrew Davidson

I wanted to keep all of you updated on my European racing experience and hopefully share some stories or adventures with you (plus it's a good way to keep from going crazy in a house that is low on entertainment sometimes). My trip over here was relatively easy, with only one mishap, as I apparently lost my third of three tickets that was supposed to get me from Amsterdam to Toulouse (France). I had to plead my case to a female airline lady who seemed to have a God-given mission of keeping me off the flight, even as I explained it was just simple mistake and surely there must be some other way to get on board. I pleaded, begged and almost resorted to bribery; when finally the air force general, I mean ticket lady, let me on with only seconds to spare before departure. Phew! I arrived in Toulouse on time, before driving another hour to our final destination of Casselsarrassan (castel-sarah-zan) and was happy to end my 35hr travel marathon in the comfort of what will be my new home for the next 3 months.

Surprisingly I found my first few days in Europe a lot easier than when I last came here in the fall. I was able to get right into sync with the 8hr difference in time zones and I felt pretty alert by the first morning (which is a good thing, considering last fall I was in such a haze the first few days that I managed to trip down a flight of twenty brick steps). However, the living conditions were a bit of a change from what I have become accustomed to in North America. For instance, I don't usually have to put a toque on to go downstairs and eat a bowl of kornflakes and rarely do I ever find myself showering in water that is the next best thing to ice. Things have gotten better as times progressed though, as we have all adapted and at the same time the water has warmed up a bit. While the house is stocked with a ready supply of DVDs, French cycling mags and internet, we have had to find new ways of keeping boredom at bay, with such great rainy day time consumers as cutting one another's hair, making our own peanut butter from scratch (using a secret ingredient created in the first task mentioned) and starting a goatee growing contest - in which I was not even allowed to enter due to the inability to even grow real facial hair. So yes, we are keeping busy when we are not biking, eating or sleeping - in that specific order.

As for the riding, because of course that is the whole reason we're here (or so I'm told), I would love to describe for you an image of endless mountain ranges, deep lush valleys, etc, etc. Yet contrary to these breathtaking images, it is actually quite ordinary and by ordinary I mean flat as pancake in Saskatchewan (?). Yes I too was shocked at first to be in the land that thousands of cyclists would give their right lung to ride in, to discover it is no more exhilarating than the local club ride back home. It turns out that we are actually staying just an hour or two north of the good stuff (the Pyrenees mountains), where Lance and all the heroes of cycling have made their names. However the race schedule that follows over the next 12 weeks will surely give us our share of *col* after *col* (*col* means mountain pass) of climbing goodness. Until then I will continue my battle each day as I train on level, windswept roads on which I can see the surrounding towns in a twenty-mile radius, seriously!

Finally, I must give a quick description of what was my first racing experience of the season - which took place this past Sunday. You could say I was a bit intimidated going into my first race, not that I had any reason to be, with the 1998 MtB World Champion Christophe Dupouy, an ex-CSC/Tiscali and Tour de France racer and other such elite athletes at the start line with me. The field boasted an amazing total of 190 entrants, who were all supposed to be contesting a race on roads barely wide enough for one car and in a state that made even driving on them risky. Add a dash of rain, a sprinkling of oil slicks and a huge barrel of adrenaline mixed with testosterone and you have a recipe for disaster (or a nice batch of peanut butter cookies). Our National Team coach gave us the usual pre-race tips, "stay in the top twenty of the pack", "stay out of the wind" and "don't crash!", but I must have been looking out the window or something during the last pointer.

The first 4km of the race were some of the most exhilarating and frightening moments of my career, as I fought with elbow and knee to stay upfront and upright. After only 4km though the inevitable happened, as a touch of wheels brought 40 riders to the ground and held up the majority of the rest. Yet the Gods rewarded me for my determination to be near the front as I, along with only 19 other riders, were in front of the massacre. As our small group quickly pulled away from the rest of the scattered peleton I rejoiced my good fortune in my head, and in so doing surely awoke the God of Irony. "For he who doth count his blessings too early will later pay with great sacrifices of skin, bone and humility" - and a mere 200 meters after having survived a 160 man carnage-fest, the wheels of my shiny new team bike met up with a nice mixture of oil and water on the road and I quickly became a ball of Lycra covered flesh that sped along the ground at 45km/h. By the time I had finished rolling around on the road and gotten back to my bike, the field was far into the distance and it would have been unlikely to ever see them again. The Irony God must have a sense of humour because the very next racer to come into the corner after me, being a Canadian, re-enacted my crash perfectly. So I ended up calling it a day after only a short 4kms and bailed into the team car for the remainder of the race. I was disappointed to have crashed out for such a stupid reason, but that's the way it goes sometimes - next time I'll know to slow down a bit.

Well I'll sign off now, before this email becomes a novel. Thanks for reading, and until next time, Au revoir! 🚴



Alberta
Sport Recreation
Parks & Wildlife
Foundation

BMX Parents have the right slant on track build



How to recognize a BMX parent

Editor's Note: In an effort to get to understand all these enthusiastic, spirited, well-organized people from the BMX world I surfed over to the Edmonton BMX-TREME Racing Club's site <http://www.edmontonbmx.com/> and found the below. I think that it summarises all you need to know. I also assume that refs to "the ABA" mean our own Alberta Bicycle Association.

*To get another perspective on being the parent of an athlete, check the **Center for Sports Parenting** - <http://www.sportsparenting.org/csp/>*

The following is borrowed from another track newsletter, and is now n+1st hand, with no one knowing which track originated it...

When a new parent goes to the track, the first thing they notice is that all of the parents are a close-knit group. It is like one big happy family. This is not an elitist bunch of people and it doesn't take long for a beginning parent to become accepted as a peer. Every BMX parent wants every other BMX parent to be in the same boat they are in.

You will know that you have truly become a dyed-in-the-wool BMX parent when:

- You list your dog as part of your pit crew.
- You justify the purchase of a new frame by telling your spouse it is a safety item.
- Your ABA number is printed on your cheques.
- You own a clean copy of the movie *RAD*.
- You video your kids' races, including practices.
- You have a charge account at all the track vendors.
- You have your BMX parent web page sent by the ABA to other track operators.
- When you stand for the national anthem and you place one hand over your heart and one had on your wallet.
- You have an email reply from the President of the ABA framed and hanging on your wall
- You have the email from BMX Hall of Famers autographed, appraised and hung on the wall.
- You have a collection of race flyers from various tracks from the last 20 years and spend your spare time organizing them.

- Someone in your neighbourhood asks you how old your kid is and you reply "13X".
- You automatically load up the bike and you're only going down to the corner store.
- You fall asleep at the wheel of your car and it takes you to the track instead of home.
- You are late for work but never late for sign-ups.
- Your kid's bike is insured for more than your car.
- You develop a craving for hot dogs.
- You pay a computer programmer a whole lot of money to write a points tracking program.
- You buy a real expensive laptop to record the points on.
- You throw out the spare tire in your car trunk to make room for bike parts.
- Your kid's birthday cake has a miniature BMX track on it and all his gifts are BMX parts.
- You can't decide whether to go to your sister's wedding or to a double points race.
- A Sunday drive in the country means you're going to a race out of town.
- The first item on your monthly budget is entry fees and not the mortgage payment.
- The only clean clothes in the house are a pair of leathers and a jersey.
- The telephone bill has at least three calls a month to the ABA office.
- Your Internet home page is set to your local bike organization.
- The stoplight at the corner turns green and you try for a hole shot.
- Someone mentions a tabletop and you look for a pile of dirt.
- You can't remember the birth dates of your family, but can remember the birth dates of every other kid in your kid's class.
- You try to claim a bike shop as a depenent on your income tax.
- You start a BMX business so you can take a tax deduction.
- No one can understand what you are saying but another BMX'er.
- You are flabbergasted by the price of hamburger at the supermarket but not by the price of a TI bottom bracket.
- Your kid's bike is colour coordinated but your living room is not.
- You keep nodding your head at all of the above.

Sounds like BMX'ers are just like Mtb'ers and roadies. JD 

BMX'ers!

Get your material in to the Alberta Spin! I'm not everywhere but you are so please help make the Spin truly

Albertan!

(you too, Blizzard!)



The Holiday 2002 issue of Pedal magazine (www.pedalmag.com) had a bit on page 9 entitled "BC's new cycling Tax!" It told of the Ministry of Natural Resources' Recreation Stewardship Panel's recommendations for parks and recreation funding. It seems to include new or increased fees for park access, privatization and "a tax on all recreational equipment sold in the province" (including bikes). A Google™ search turned up little specifically related to this and even less about its cycling impact but these sites had a lot of details and strong opinions.
http://www.wilderness-tourism.bc.ca/WTA_Rec_Steward_Response.pdf
<http://www.friendsofbcparcs.ca/recpanel.htm>
 ABA VP Recreation And Transportation Jeff Gruttz gave the situation a look and reports the following.

Comments on the likelihood of a park access or user fee for Alberta parks....

by Jeff Gruttz

I'm involved with a group here in Calgary working with Kananaskis Country folks to ensure trails continue to get maintained - summer and winter. It appears this may have some ripple effects with Alberta's crown lands elsewhere. Here's a distillation of what's happening there:

⊗ Discussions on "user fees" have certainly arisen but users are not willing to have that presented as a viable option until other funding options are exhausted.


⊗ So far K-Country management has cut back on other portions of its operations by not funding an environmental education person and closing a visitor centre 2 days a week to ensure winter trail maintenance continues. Users are not happy with "robbing Peter to pay Paul".

⊗ Friends of Kananaskis Country have raised funds for trail maintenance over the past 3 years and have just begun to work on a corporate fund raising strategy.

⊗ Alberta Recreation and Parks Association (ARPA) staff and volunteers are well aware of the sad state of Alberta parks maintenance. I've informed these folks of the Calgary initiative and should hear a response soon from one of ARPAs committee about how we can best cooperate to take this (lack of) parks maintenance funds issue province-wide.

⊗ The Wilderness Tourism Association's desired role of the BC government as stewards of land came across strongly in the links you provided. That's what we're emphasizing here too with the K-Country staff. We don't want to let the Alberta govt. off the hook for their land and park facility obligations. B.C.'s "recreation equipment tax" (mentioned in the links above) to fund park maintenance might eventually be an option here but I feel that there's still options left to explore in the Alberta treasury before endorsing a similar plan for Alberta.

I'm looking forward to seeing where this issue heads in Alberta. There might be some interesting partnership forming between the government and the not-for-profit sector. I'd be glad to keep you posted.

Check <http://albertawilderness.ca/AWRC/WLA/2003/WLA200302.pdf> 

by Andy Holmwood and Kurt Innes

2003 is a Western Canada Summer Games (WCSG) year and this time the games will be in Manitoba. Cycling will take place at Selkirk Park and Springhill Ski Resort in Selkirk MB from August 2 to 6. Males who are under 19 and females under 21 as of December 31, 2003 are eligible to compete. The same people, who will then be U21 and U23 respectively, will be eligible for the 2005 Canada Summer Games (CSG). The WCSG will contest Road Race and Cross-Country events; the CSG will add a Time Trial and a Criterium. The Alberta government, through the Alberta Sport, Recreation and Wildlife Foundation, gives the ABA a generous grant to support our projects for these events.

The ABA usually sends a team of 6 athletes at the National Championships for RR, Track, Mtb and recognizing its increasing importance, cyclo-cross. We usually send developing riders to give them national exposure or good Juniors trying to get to a higher level. For Junior Women, National Championships are just about the only big race but performance at the provincial level helps get you there.

Junior Men have the Tour de l'Abitibi as a development event for the big Games and Nationals. The \$250 entry fee gets you food, accommodation, international cultural exchange and oh yeah, a lot of Junior World Cup racing, so it's a good deal. High-level women will get a chance to shine with a supported team going to BC for races in Delta, Gastown (Vancouver) and Whistler. The ABA doesn't have much specifically for Espoir (U23) but we do give Masters a bit of respect with team jerseys and mechanical and logistical support.

Selection for road teams will occur early this season, as Road Nationals occur in June: The Ardrossan SR, and Prairie Steamer RR will decide Alberta Provincial Teams for Road Nationals and Tour de l'Abitibi.

On the national side, Kurt is working to raise the level of professionalism in Alberta coaches, supporting the goal of having at least a NCCP Level 1 Coach in each club, carrying on the legacy of original provincial Coach Martin Barras. Kurt would like to see Alberta keep its leadership role in Canadian cycling, both in performance and coaching.

We're up against some tough competition. Quebec has earmarked \$6 million to further support its nationally carded athletes. We're responding with programs like the Penticton camp, run with the help of Stephen Burke and track talent ID sessions at Calgary's Glenmore Velodrome between May 5 and June 8 on Monday and Thursday evenings and Saturday mornings. Kurt believes all types and levels of athletes deserve good coaches (even triathletes!) 

Edmonton's updated Parks Bylaw goes before the Community Services committee May 20. One big change is allowing cyclists the same access to trails as runners and walkers (except in Preservation areas like Whitemud Park. Oh well...). ABA President Chris Check is worried that it's still up to the city to designate what is a trail and hopes to avoid resistance from dog walkers and local homeowners getting proprietary about "their" trails. Meanwhile the top of popular commuting and training hill Keillor Road is collapsing into the river valley. We're witing for things to "settle down" before constructing a new trail to the top of bank. 

Golf experts expect Canadian golfer Mike Weir's win of the coveted Green Jacket at the PGA Masters tournament to bring as many as 7,000 junior golfers in to the sport. Imagine what a Yellow Jersey would do.

Among the questions arising from the Race Organizers' meeting in November of 2002:

- ⊗ Does the Synergy-FVK kivehsekiB Track Karnival on June 22, to be opened with a rendition of *O Canada*, go around the track clockwise rather than the usual CCW?
- ⊗ If Roddi Lega can stuff his bike into his hockey bag, can he get it onto a plane free as hockey equipment?
- ⊗ If the Race Organizers Manual (ROM) came out on a recordable CD, would that be a ROM ROM? And if the ROM ROM was used as a drink coaster, would it be a rum ROM ROM?

While riding at the Spin Around the Clock in the wee hours, Elmo Kugelblitz stayed awake listening to the DJ's records. He was ok until he tried to Do The Time Warp Again. He managed the jump to the left, but the step to the right took him off his rollers.

"Pedestrian desire line"- Transportation engineer-speak for "where people actually want to go".

"Hills aren't flat. Get over it." Sign seen at triathlon in Redwater AB. Speaking of triathlon, the International Triathlon Union is among the first sports governing bodies to formally adopt the World Anti-Doping Agency's new gloal policy against banned substances. Joining them are amateur boxing - and chess.

Barry Evans (EMCC) reports that former Alberta Provincial Coach Martin Barras, now Australian head track Coach, has won the 2002 Cycling Australia Coach of the Year award.

cp walsh (Synergy Racing) reports that the Foundation for Velo Kinetics (FVK), an affiliate of Synergy Racing, held a bike swap in March 15. They had tremendous attendance for a first effort and just managed to pay off the cost of the space. A quick poll of the vendors suggested everyone selling was satisfied and quite a few of us bought from one another-perhaps an indication of our propensity to hoard bike parts. The highlight of the day was a last half-hour blowout by the Bikeage, a store now closing in Okotoks. Best of luck to owners Jason Yanota and Dan Plumbtree! Thanks to all who participated: buyers, sellers and members of the FVK.

"The ClipMount cell-phone holder is ideal for bicyclists and others who want to enjoy the great outdoors, but still need easy access or to be reached via their cell phone or pager", says David Farmer, co-inventor of the ClipMount product. For more information visit www.clipmount.com. Elmo Kugelblitz likes the idea but nobody ever phones him.

Congrats to ABA Technical Director Andy Holmwood, elected to the Canadian Cycling Associations's High Performance Committee in December 2002 as the Road and Track rep. While the HPC's role is still developing within the new CCA governance structure, major duties include development of selection criteria for World Championships and Games. The Committee includes Chair Warren Lister (SK), Dave Benson (MTB rep, MB), and athlete rep Dominique Perras (QC).

Spinny Stuff

by Martin Spencer,
Assistant-Provincial Chief Commissaire

I would like to welcome a new UCI bigwig Commissaire to Alberta, as Jim Bratrud has left the salty shores of Nova Scotia to hang with us on the dusty prairies. I'm sure Jim will be a big asset to us provincial level officials who have already squeezed Mountain Bike Yoda (Loyal Ma) dry for knowledge and want some fresh meat. Jim is also on the Officials Committee of the Canadian Cycling Association.

The other bit of news is that Tim Harris (the new Provincial Chief), Wally Wright and I have all taken, and surprisingly passed, the written part of our National Level Commissaire course. We still have to do the practical part of the course but once that is done we get new golf shirts!! (CCA National Commissaire uniforms).

Also, since he is now a paid staff member working in the Edmonton ABA office (lucky Shauna!), Tim (the Salesman) Harris is resigning as Provincial Chief and Martin Spencer will move into the position. Tim will do administrative duties, event work and web work. This web work is rumoured to include a cp walsh bedroom webcam and a dating service for U17 riders. 🚲

Penticton camp a highlight

by Andy Holmwood

Over 40 ABA members descended upon Penticton, BC in late March, to take advantage of pleasant spring weather and what surely is the best road riding in the country. The Penticton spring camp is an annual event for the Olympic Oval cycling group. This year's camp was put on in conjunction with the ABA, which invited several young riders who will compete for positions on the 2003 Western Canada Games Team.

Highlights of the camp included the Day 2 Time Trial, presentations by former national coach and 7-Eleven team member Ron Hayman, and the final day ride of the full Ironman loop for all participants. Other highlights: witnessing new rider Ryan Correy inhale 18 slices of Boston pizza in one sitting and watching Canmore's Marty Schaeffer bounce around on his rear wheel in the parking lot.

Andy also notes that the benefits of the camp go beyond the immediate participants. "People will actually pay us to take teenagers off their hands for a week!"

Thanks to Oval coaches Stephen Burke, Tanya Dubnicoff, Chris Bentley, and Kurt Innes for organizing a superb camp. Also, thanks to Rick Thiessen and Ian Robinson (father to U17 rides Brian) for their contributions. 🚲

Wuttwerx for starting the season: Before their first big ride, the Blue Knights Law Enforcement Motorcycle Club has their padre, Rev. Jim bless their motorcycles. Covering all bases, they also have a Firts Nations sweetgrass ceremony.

Spinny Stuff

The first-ever formal meeting of Alberta cycling Coaches opened with conference sponsor Investors Group, represented by Ray Simonson, presenting cp walsh (Synergy) with a community service award (see sidebar). Following that good start, the 20+ attendees heard a wide range of presentations from experts in their fields.

**Dr. Stephen Norris:
Long term athlete development**

Cycling, due to its emphasis on power (in the track events) and endurance (road) and due to it being a lifelong sport and recreation lends itself well to a long-term athletic development (LTD) approach. Many organized sports stress early competition and tend to select early maturers. However, in many sports, cycling included, junior success is a poor predictor of elite success.

LTD has several related aspects. At the level of social, political and cultural policy, Canada has a chequered record. Federal money seems to appear only in Olympic years. Perhaps due to the emphasis on professional sports money for other sports is scarce. The budget for the Australian swim program is larger than the Sport Canada budget for all sports. As athletes move from beginner through age group to elite competition, more resources (money, facilities, coaching, competition) are put into fewer athletes. When cutbacks come, they hit grassroots and development programs first, reducing the base from which to draw elites.

There are organizational problems as well. Many sports emphasize measurable, statistical competitive outcomes and have a high ratio of competitions to practices. (Hockey can have 3 games for every practice.) Sudden increases in frequency, intensity or duration of activity, such as moving to the next age class, lead to increase in overuse and other injuries. Age group sports also have a Relative Age Effect that starts early and continues even to the elites. Whatever date separates age groups, a child born just before the cutoff will be more developed than one born just after it and will get more resources (coaching attention, game time etc.)

Most important to the individual are physiological, mental and social aspects of their own development. We all go through the same stages but on our own schedule. From 1-5 years is early childhood; from 6 to about 11 to 14 there is middle and late childhood. Adolescence, a complicated time, is when things like peak height (growth) velocity occurs and the growth plates on the ends of the bones are highly susceptible to damage that can stunt growth and

lead to osteoarthritis in later years. While all these physiological changes are going on social and cognitive development happens at its own pace.

How do we make the best use of all these aspects? Politically, we need a vision and a commitment to sport as a lifetime lifestyle rather than just a feeder to the professional system. Organizationally, sports should partner with each other to develop good general athletes. Coaches should learn when to use advanced tools like VO2 max testing and when to use much simpler, cheaper tools like the Leger-Boucher ("beep") test.

When dealing with individual athletes, coaches should be aware of the principles of sport progression. Over a course of 10-15 years an athlete goes through various stages. First you should work on FUNdamentals, keying on the fun aspects. Brains keep growing until about age 12 so give the kids lots of experiences and let them build lots of skills. Note that kids are very aerobic and don't benefit from lots of anaerobic or power training. The hormones are simply not in place to support muscle mass gain and gains are mainly due to learning the techniques of training. The "training to train" works the ABCs: Agility, Balance and Coordination, and segues into the "training to compete" phase, where the youngster learns the techniques and skills specific to a given sport. As always, proper, well-executed technique rules.

Before puberty, muscle fiber type is not set so improvements in speed come mostly due to technique, skill and muscle recruitment. Only after a good base of general and sport-specific skills are acquired do you get into "training to win" and intense competition. Finally "mastery and stabilization" locks in the skills, refines the tactics and takes advantage of physical and mental maturity to get into the advanced levels of training.

All this takes time and while some early maturers show great promise and results well before late maturers, the latter usually catch up and even surpass the former. Your age-group system should have a "repechage" element to give all athletes good opportunities as they grow up.

Summarizing, be aware of the natural progressions and individual differences in developing the several S's: Skill, Speed, Stamina, Strength, Suppleness, (P)Sychology, Stature, Sustenance (nutrition). Experience, deliberate, mindful practice, exposure to a wide variety of stimuli and attainment of adult stature form the basis for future excellence.

Scott Maw: Resistance training for Cyclists

Scott brought Dr. Norris's overall picture into focus with details directly applicable to cycling. Keeping in mind the intense strength training is best left until after puberty when the hormones are doing their work, learning the principles and skills of resistance training can be done when the athlete is mentally ready for the required mental discipline.

Scott's strength training ideas echo those of Dr. Norris with respect to age. Kids should start with technique with fun and variety, adolescents should add technique with endurance and circuit training to learn the basic move-

Dr. Norris (l) contributes to Ingrid Simundson's LTD





ments and adults can work on technique, continue endurance training and add more advanced methods and power training. The movements should reflect the progression from general to sport specific.

Cycling is often seen as an endurance sport but strength has value because

- ⊗ it's good for general athleticism, lets you draw on lots of skills and uses all your formative experiences.
- ⊗ it improves start, sprints and hill climbing
- ⊗ it reduces or prevents injuries and speeds recovery from them
- ⊗ it helps correct imbalances both between left and right sides of the body and between flexors and extensors (pulling and pushing actions)
- ⊗ it adds variety to training. You can't spend all your time on a stationary bike.

Strength has several aspects: 1 Repetition Maximum (1RM) is mostly static strength and is hard to train with say, spinning on a wind trainer but is good for starts. As the speed of the contraction goes up, the total amount of force goes down. Once you're up to a good cadence, speed strength and explosive strength are useful to cyclists punching over a short rise or jumping out of a corner on a XC or BMX turn. Longer term power-endurance will get you up a long hill or through a 40k TT in under an hour.

Cycling is a repetitive event with fairly high-speed movement; what's needed is the ability to generate relatively high levels of force quickly and in a repeated manner while resisting fatigue. Because of the speed of the cycling stroke, there's not enough time to reach maximum force so rate of force development becomes paramount. The specifics of the event, from track sprint to triathlon, will determine the details but a well-designed program will help you develop the right quality at the right time.

Learn the movements and technique slowly but bring the movement up to proper speed when you can keep good form. The quicker the speed of the sport movement, the more specific the training movements must be. Specificity is the first principle of resistance training- that the practice movement resembles the actual movement. This way you train the proper muscles, joint angles and energy systems and most important, reinforce the nerve and muscle pathways that ensure proper execution. Technique again.

The second principle is Progressive Overload. This means finding a way to change the workout's volume (total amount of work), frequency (number of repetitions), intensity (level of effort) or mode (what exercises). You can do this in the weight room by changing the numbers: of exercises, of sets, of repetitions or weight used. Your body will adapt to the overload so try to increase some aspect of your workout each time. Another part of Overload is to apply "adversity"; more distraction or stress than you'd get in competition. Try doing your squats on a wobble board or exercise ball. (Have a spotter or two!)

Keeping track of your numbers and how they progress is part of the principle of Individualization. The numbers you keep track of are like a continual testing program that lets you follow how you are reacting to the training program. The bad-news principle is Reversibility. Use it or lose it. Maintain or drain. When you are working on other aspects of training, maintain your strength with workouts every week to 10 days.

Working on other aspects of your training is part of Periodization, breaking your training into blocks or cycles that work on one or two aspects of training and that have specific goals. At the short end of the time scale you have individual sets and reps that you perform with a defined rhythm or tempo. For example: 2:1:1 might indicate: lower the weight (eccentric movement) to a count of 2, pause for a count of 1, then raise (concentric movement) to a count of 1. X would indicate an explosive movement.

On a longer scale, Periodization will vary the intensity and volume and importantly, the systematic rest to achieve peak performance. You should see definite progress in 6 to 10 sessions over 3 to 4 weeks. Remember to keep the speed of the training movements in keeping with the speed of the sport movements. Consider what qualities are important to your training. For example, since cyclists are concerned with power-to-weight ratio, hypertrophy (mass increase) is not too important. Also "drop-dead speed" (e.g. a cadence of 220 rpm) is not too important.

Because of the intensity of weight training and its neuromuscular effects, it's best to come into a weight workout fresh and well rested. So do the weights *before* the long slow distance. When resting between sets of low-rep maximum strength exercises, make it a long deep rest to fully recover and be ready for the next set. This is especially important for power and explosive movements where the rate of force development (RFD) is high.

There is a difference between the internal RFD (how hard you're trying) and the external RFD (how fast the weight actually moves). NCTDC Coach Kurt Innes gave an example of *contrast loading*, where heavy lifting is followed immediately by light, fast movements to get the best combination of internal and external RFD work. He suggests 2- to 4RM squats followed immediately by an 8-second stationary bike sprint. Then some real sit-around-and-do-nothing rest. Save the stretching for later. Too much stretching during or right after the weight workout calms you down when you should be energized. After an aerobic session, active agility stretches are good for speed.

Paul Kelly: Natural sport performance

After a good Junior career, Paul made the National team and also spent four years as a pro in Italy. There he learned about the demands placed on riders in that scene. Paul returned to Alberta where he is now a holistic sport consultant and president of Ciclismo CC.

Paul has studied with Guiseppi Moriani in the area of natural supplementation, purposely avoiding more medically and ethically questionable substances. In high-pressure European racing (300+ riders in a U17 race) and in smaller Alberta races coaches must offer ethically right choices to their riders. Drugs are getting harder to avoid but easier to detect, so athletes must be vigilant about everything that passes their lips. For example, 40% of supplements contain ingredients not listed on the labels. Books contain a lot of knowledge but are often aimed at a general-health audience and are not aimed at athletes.

Paul's recommendations are mainly food-based rather than supplement based. He spoke of several pillars to good nutrition. The first pillar is good, clean food. This supplies energy and the building blocks of a healthy body. For example, the liver organ that is the seat of many chemical processes and can regenerate itself in 4 to 6 months if necessary. Dark leafy greens are good for the liver and supply chlorophyll, calcium and magnesium. Bitter greens like dandelion salad provides potassium and act as a mild diuretic, clearing uric acid and excess nitrogen.

Fruit provide easily absorbable water, fiber, vitamins and minerals as well as anti-inflammatory chemicals. Fruits that come in from abroad (or that you get while you are abroad) can have large amounts of pesticides and "iffy" fertilizers, so go organic if you can and wash the fruit carefully. Other dodgy practices found abroad include injecting melons with water to increase weight.

Good clean food includes good clean meat. Too many hormones and antibiotics in your meat can affect your digestion by upsetting your intestinal flora, the microorganisms that live in your innards and who pay rent by breaking down certain foods and making their nutrients, like B vitamins available to you. Darker and redder is better. Try horsemeat for extra B12 and creatine. You are what you eat, so eat fast animals. Cook the meat enough to kill any bacteria but not so much as to denature (break down) the vitamins. Chef Paul recommends marinating the meat in lemon juice and garlic.

Don't be too afraid of fat. Health Canada, in its desire to keep its food rules simple, put people off any fat. In reality, some fat is good, supporting creation of testosterone, estrogen and myelin (especially important for young children building their brains). Good fish (e.g. salmon) has the well-thought-of 3-, 6-, and 9-omega fatty acids. Don't overcook the fish or you'll denature the good fats, which are also found in flax seeds, nuts and other seeds.

Vegetarian diets, regardless of their ethical attraction, can also mess up your intestinal flora, causing *Candida* (bad) microorganisms to replace *acidopholus bifida* (good). Vegetarian and vegan (nothing that ever had a mother) diets make it hard to get the essential amino acids needed



for protein synthesis but which the body can't make by itself. Consuming some meat gives you more flexibility regarding meal timing and combinations. Good non-meat protein sources include texturized vegetable protein (trade name: Seitan, made from wheat) and tempeh (fermented soy protein). The fermentation aids digestion. Note that the soy is a phyto (plant)-estrogen, good for women but persons of the male persuasion should limit themselves to 1 or 2 servings per week.

Quinoa (pronounced keen-wa) is another protein-rich grain with 25 to 50% protein. You can have too much of a good thing though. Grains, especially white wheat, are acidifying and can hasten the onset of lactic acidosis ("the burn" you get gong up that big hill) and should be balanced with alkalizing foods like fruits and vegetables. Go easy on the salt and note that sea salt has a wider range of minerals, including potassium, than does ordinary table salt.

Glycemic index (GI). This is an indication of how fast the sugar in a food gets to your blood stream and in turn, how fast your insulin production reacts to the sugar. Too much high GI food and your pancreas will remember the story of the boy who cried, "Wolf!" and set you on the road to diabetes. In the short term, high-GI snack just before bedtime (like the Piña Colada yogurt I just had) spike your insulin and reduce your growth hormone, serotonin and melatonin. Insulin peaks and valleys also affect concentration.

Some general rules: Canadian food policy stresses short-term quantity for export rather than quality, so its up to you to find the best quality. "Organic" can be iffy depending upon the type of certification and inspection. Buy in season. Get with some friends, look for deals and buy in bulk.

Another pillar of nutrition is good clean water. Fluoride, in spite of its dental benefits, forms chemical complexes with calcium and potassium, inhibiting their absorption. Go with spring water with mineral and ions as opposed to distilled water, which draws minerals out.

The next pillar is good clean sleep. Your mother (or was it your grandmother) was right; you do your growing while you sleep. This is when your body produces and uses

growth hormone (HGH). 10-15 minutes of yoga breathing will calm you and send you to the HGH zone of dreamland. Reducing the light in your space towards bedtime lets your body know what time it is and gets the sleep-inducing melatonin going.

Finally, good clean air: get it with slow deep breaths.

Norma Lorincz and Stephen Burke: Integrating Athletes with disabilities

“Sport is a right”. So says the disabled sports movement (and a lot of other people).

The disabled sports movement knows what diversity is all about since they deal with classifications based on type of disability as well as the usual age, weight and sex classifications. CP Sports, which includes brain injury and stroke people, recognizes 8 classes, visual impairment has 3 classes. Other classes come from the Stoke-Mandeville movement for spinal cord injury and spina bifida people and from organizations for amputees and Muscular dystrophy people. Along with *les autres* (the others) there are 36 classes to keep track of. Disabled cycling classes are equivalent to the athletics classes and are arranged into 4 divisions.

Handling all these classes generally means that the Paralympics take longer to run than the Olympics. There is an ongoing debate over use of a medical model, based on details of the disability condition, or a functional model, based on the individual's actual abilities in a given sport. There is work being done to streamline the classification system and to organize things on the basis of ability level in order to level the playing field. Medical, physiological and sport specific tests rate the athletes and has an important effect on team selection.

Integration with able-bodied sports is a process and a spectrum of choice. Swimming, for example, is a trailblazer for combining able-bodied and disabled competitors. Sport Canada has mandated that the usual National Sport Organization (NSO) handle both types of athlete. Thus the Canadian Cycling Association (CCA) will handle national team disabled riders. This gives a unified approach and ensures good quality coaching for all participants



Stephen (l) works with Shanon Bourgouin, a Cerebral Palsy Division 2 rider. Note the two-roller setup for Shanon's trick trike.

Among the steps to integration is learning from the experience—the coach, the athlete and the organization should all grow from the effort of raising awareness, sharing knowledge, cooperating and being flexible. As we move forward, we will continue to extend the national sport



system, access funding, encourage grass roots development and acceptance and foster unity in the sport. This will create increased demands on all participants.

Acquired vs. congenital disability

How the person came to be disabled is an important consideration. Someone born

with a disability (congenital) may have a different outlook from someone who became disabled due to illness or injury (acquired). A person who became disabled later in life has had a chance to participate in sport activities and develop skills that a person born disabled did not. This gives the two people different Sport Identities vs. Disability Identities. Different people will have different introductions to sport and different chances for skill development and refinement.

Some athletes come to a sport with little more than a good attitude and have to start at a very basic level. Cyclists may use trikes or bikes with outriggers in order to learn to pedal and adjust as they learn balance. For example, Norma is right hand hemiplegic (difficulty with the right side of her body) and needed work on balance and bilateral control. She did 1-leg pedalling and used a mirror to get neuromuscular training and kinesthetic feedback. This sounds similar to what a lot of able-bodied riders do. Indeed, coaches who can put themselves in the cleats of the disabled athletes and truly understand them improve their able-bodied coaching skills too. Natasha Ward related the story of a CP athlete she worked with who started out unable to walk. The athlete persisted and both she and Natasha learned a lot from the experience.

Parental and family support for young athletes is crucial. It helps the athlete's confidence and gives a balance between protection and opportunity. In spite of the advantages of integration, which include enhanced skills and competency and more competitive opportunities, some segregation removes much stigma and need for explanation of the athlete's condition.

Stephen Burke of the National Cycling Centre Paralympic program reports that all the big sports centres are being integrated and that there is a real crossover between sports. Stephen is a real evangelist for the program and talks to potential disabled athletes from all areas. He takes every chance to meet and greet people (even at shopping malls) and does a lot of work with other sport organizations.

Editor's note: A few words about "disability". Going around the world by any mode of transport is a big project. Going around the world in a wheel chair on the strength of your arms is something beyond. My club had the honour of accompanying Rick Hansen through Edmonton on his Man in Motion circumnavigation in 1987. The dedication he displayed, and the response it generated was very moving. "Disabled"? How about "inspiringly able in spite of adversity"? Yes, Virginia, there still are heroes in the world. JD

The ABA thanks Investors Group, the 3M National Coaching Certification Program and the National Cycling Training and Development Centre for their support for the Alberta Cycling Coaches Conference.



By Natasha Ward BPE, NCCP III, CFC

Training for the firefighter's test in the city of Edmonton was a challenge. First I had to increase my VO_2 while maintaining strength. It is a touchy balance and no doubt a conflict in training to be very strong and powerful and have a great VO_2 .

So I dug deep into the closet and pulled out and dusted off the good old Exercise Physiology text from my university study days and did some research. Lo and behold I remember learning some of this stuff too!

What is Cardiovascular Fitness?

"The ability of the lungs and heart to take on and transport adequate amounts of oxygen to the working muscles, allowing activities that involve large muscle masses (e.g., running, swimming, bicycling) to be performed over long periods of time." (Keteyian) In other words being cardiovascular fit allows us to run, swim, and ride faster and longer.

How do we measure it?

The two most common and useful ways of measuring a person's cardiovascular fitness level is VO_2 and/or Anaerobic Threshold tests. The first is most common, and can be done in several ways. VO_2 is a measurement of the volume of oxygen that your body is using, and the more oxygen your body can use the faster and more cardiovascular fit you are. For example, if you were to compare your heart and lungs to the engine of a vehicle you understand that it would be possible to drive to Calgary much faster in a Porsche 911 RSR than it would in a Firefly 3-cylinder car. So, if you have a larger engine (lung, heart and oxygen exchange) more likely you will be faster over a distance. Note: this does not take into consideration the skill needed to do the activity. Anaerobic Threshold (AT) is the level of intensity that the body is working at, and the body can no longer keep up to the demand of oxygen needed to continue at this intensity for much longer. Moving back to the car example, it is much like redlining a car. The higher speed the engine can work at below the redline, the faster and more efficient the vehicle will be. AT can be increased with training, and is often the more important component to cardiovascular fitness than VO_2 is.

Testing VO_2 and Anaerobic Threshold

There are several options for testing, but the most important thing you need to understand about testing your fitness level is that the test (the same test) needs to be repeated every 4-8 weeks. Understanding that may take some of the choices away from you because a Maximal VO_2 Test at the University, accurate as it is, usually costs \$60 - \$70/ test. The upside of that is that they may, if asked ahead of time, include an AT test too at little to no extra cost. However, for most of us, these costs are too much just to get an idea of our cardiovascular fitness levels, and the sub maximal tests in the gym will do just nicely. There are several tests the fitness trainers can put together for you, but the easiest and not a bad test, if used to compare yourself over time rather than with other people, is the 5-minute bike test found on the Lifecycles. What is impor-



Photo courtesy Natasha Ward

tant is that you record all the data you entered into the bike as well as the number on the bike (each bike has a number under the front console) so that you can repeat the test each time. When you have completed the test the bike will show a score number. This is a sub maximal VO_2 , so the higher the number from test to test will show improvement. This test will not give you your AT, but it will give you a mark to improve on and in conjunction with other tests is a useful tool in measuring cardiovascular fitness.

Training for Cardiovascular Fitness

There is a lot to be said about training, and entire textbooks are written on the subject, so to keep things manageable I will focus on two main principles; specificity of training and progressive overload. "To improve endurance performance the athlete must work specific muscles or organs systems at an increased resistance." (Keteyian)

Specificity of training is to train the specific systems of the body that pertain to the activity and performance you want. For example, if you want to train cardiovascular endurance, lifting heavy weights for one or two reps, and then resting five minutes is not going to give you the effect you want. You must work the heart, lungs and large skeletal muscles doing a repetitive activity, such as running, cycling or swimming, for many minutes without stopping.

Progressive overload refers to the increase of stress put on the body over time. As you train your body adapts and becomes more efficient at the activity you are doing, so in order to keep the level of fitness increasing you have to gently increase the stress on the body over time. This stress can be increased in several ways. One way is to increase the time you are performing the activity for, for example, adding one minute to your run a week for five weeks will increase your time from 20 min to 25min. run. Another is to increase the intensity of your run. For example if you were running 2miles in 25min., try to then decrease the time of your 2 mile run by taking off 30 sec. per week, so by 10 weeks you are running 2 miles in 20 min. The key to progressive overload is the word "progressive", it must happen slowly over time.

What intensity should I train at?

Determining the intensity of training you must ask yourself two important questions: What is my current cardiovascular fitness state? What is my cardiovascular fitness goal?

For the beginner

If you are just starting out, you should check with your physician before starting a cardiovascular program and that once you are cleared to go start with the lower end of the cardio training spectrum (train at 60% of your maximal heart rate). Finding 60 % can be done using a chart or by using the formula here: $(220 - \text{your age}) \times .60 = \text{about } 60 \% \text{ of your max heart rate}$. For example: I am 29.9999 years old, so my maximum heart rate is $(220 - 30) = 190$ and then I multiply that by the percent I should be working at, in this case 60%. $190 \times .6 = 114$ beats per. minute, a moderate pace, is where I should be starting.

For the more advanced

If you have been training for some time already and are looking to add to your cardiovascular fitness state, then training can get quite fun. You will find training in zones to be most effective, and to do this correctly you need to know where your zones are. Using the Karvonen method of calculating working heart rates can do this, and for this you need to find your heart rate reserve. This method is slightly more accurate and intensive on your body. To find your heart rate reserve you first must know your resting heart rate. I suggest taking your resting heart rate every morning before getting out of bed (this is a good measurement of gaining fitness too). Once you get a resting heart rate you subtract it from your peak (or maximal) heart rate. Finding your maximal heart rate is best done via maximal heart rate test: *(only do this test if you fit and have no heart conditions!!)*

1. Warm-up 10 min.
2. Progressively overload the body every min. (i.e. take the incline, speed or resistance up)
3. When you start to enter AT (breathing really hard) crank your resistance up as high as you can and go as hard as you can monitoring your heart rate
4. The highest heart rate reading you get will be close to your max heart rate for that activity.
5. Cool down 10 min.

The other option is to find your maximal heart rate by subtracting your age from 220.

Ok, now we are ready to calculate:

Target heart rate = (peak heart rate - resting heart rate) x working % + resting heart rate

Example: Let's say I wanted to work at 70% for 10 min, 80 % for 7 min and 90% for 3 min, then rest and repeat, my calculations for my heart rates would look like this:

Resting Heart Rate: 55bpm

Maximal Heart Rate: 220-30 = 190

Heart Rate Reserve: 190 - 55 = 135

70% Target Heart Rate: 135 x .70 + 55 = 150

80% Target Heart Rate: 135 x .80 + 55 = 163

90% Target Heart Rate: 135 x .90 + 55 = 177

So I would warm up for 10 min and then bring my heart rate up to 150 bpm for 10 min., then I would pick up intensity and bring my heart rate up to 163 bpm for 7 min. and finally I would push even harder and bring it up to 177 for 3 min before bringing it back down to 150 and then cool down for 10 min.

Using The Numbers

So, now you know how to calculate your where your heart rate should be for different percentage of work loads, you need to know where you should be and when. There are many different ideas of the "best" way zone to train in, but what appears to be most prevalent is that to increase VO_2 the athlete should train between 60% and 90% of his/her maximal heart rate. To increase AT, an athlete must train just below or just above his/her AT and it is suggested interval training is best to achieve this. It can all be very

simple or confusing, so to keep things easy here is a table of intervals that is designed to give an athlete a variety of different benefits.

Training Zones

Zone	% of max HR	Description
1	60-65%	Easy riding, recovery training
2	65-70%	Endurance base training
3	70-80%	Aerobic Capacity training
4	80-85%	Lactate Threshold training
5	85+%	Max Aerobic Training, increasing max VO_2

Words of Caution:

Not every person is the same, so the Perceived Exertion must also be used:

Make sure you are not entering a maximal intensity-working zone unless you are a trained athlete.

Moderate Intensity: 50% - 70% of maximal heart rate = easy conversation, light sweating and feeling warm.

Moderate/Hard Intensity: 60%-80% - conversation, more sweating, but no super long-winded explanations of the meaning of life.

Hard Intensity: 75% - 85% "yes" and "no" answers only, heavy breathing and lots of sweat.

Very Hard Intensity: 85% - 100% grunts and very heavy berating (*sic. I think Natasha means "breathing" but I've been known to berate people who try to talk to me when I'm working this hard. JD*), sometimes drooling.

Guidelines For Cardio Training

Warm-ups and cool downs are a must for any cardiovascular program. A warm-up should take a minimum of ten minutes and be a progressive increase in intensity from easy to moderate. The cool-down is again a minimum of 10 minutes and is a progressive decrease in intensity from moderate to easy.


Improving cardiovascular endurance can be as complex or as simple as you make it. The most important guide for improvement is to listen to your body, and if your heart rate is not able to enter the zone you would like it too (either too high or too low) it is a sign of over training. It is recommended to include a variety of zone training in a week and to not do high intensity work two workouts in a row.

Good luck, listen to your body, and if in doubt seek information from a knowledgeable trainer in your city facility. If you have any questions or concerns about this article you can find Natasha at the Millwoods Recreation center.

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Big air, big field at the Edmonton Outdoor Adventure Show



**Icebreaker
Provincial
BMX
Feb. 8-9,
2003**





by Victor Doehring, ABA VP BMX

Greetings BMX racers and parents! Ice Breaker Provincial #1 is completed and was an outstanding success at the Advil Outdoor Adventure Show. Special thanks to Shawn Loewen, Darcy Sailer, Edmonton BMX, Stony Plain BMX and all the volunteers for constructing a fantastic indoor track. The track was completed for a record number of racers to practice Friday afternoon. It was well groomed with an excellent layout of fast, challenging obstacles.

Saturday and Sunday's races brought over 300 racers, 40+ motos and 4 mains. The weekend was very well organized and the races well executed. The Canadian Cycling Association executed the officiating while certifying national level Commissaires and introducing improved rules and methods. Alberta BMX congratulates Jim Negenman and Tom Miller as National Commissaires.

I hope to see everyone at the Lethbridge Provincial #2 May 24 and 25. Edmonton BMX and Stony Plain BMX, thank you for a fantastic time at the Ice Breaker. Thanks to all the volunteers and supporting tracks and riders. 🚲



Left: Which one is ABA President Chris Check (Pedalhead) and which one is Member at Large Mike Sarnecki (United Cycle)?

by Andrew Davidson

Hi all! Sorry if I've kept any of you in suspense, but between riding, eating, racing, eating some more, sleeping and then eating yet again, I have been pretty scarce on free time. It's funny how busy your life becomes with simple routines like eating and sleeping, when you are living the life of a fulltime athlete. I can honestly say that if I am not stuffing my face with food, I am either preparing to, or am thinking about the next time I will return to my favourite room in the house, the kitchen, to eat once again. All eight athletes in the house continue to put their digestive systems to the test, as we ingest an average of 5000 calories per day. This may sound like a magical and almost heavenly lifestyle to some people, yet I must warn you of the great consequences that arise from such tasty indulgences. For example, I have yet to see the bottom of the kitchen sink, as the mile high stack of dirty dishes always hides it and despite our best efforts to reduce the filth pile, it seems to be miraculously multiplying. I can only assume that the plates are breeding in the dishwasher because none of the athletes seems to be responsible for the growing mass. Also, a garbage that fills three times per day, combined with eight guys who are trying to avoid taking it out, turns into one big game of musical chairs, except in this game the goal is to not be the person closest to the garbage when it becomes completely stuffed. So as you can clearly see, endless eating has more side effects than merely an increase in pant size.

Despite what you may now be thinking after my previous description of our daily routine, we do spend time out of the house being tourists and seeing the sights. I must say, though, most of the memorable sights I have encountered on this trip so far have been by way of bike, while out on training rides or during races. You can't really capture the feeling one experiences while overlooking an entire ancient French village from a mountaintop, the same way you can while riding your bike. Sometimes when my mind is overcome with pain from a torture-like training set, I remind myself, "Hey I'm in France!" and I expand my view to take in more than just the narrow road in front of me. I have also had the chance to ride with some of France's fastest fifty-year-old cyclists, as we come across a pack of these diehard riders every so often on training rides. The other day when out by myself for an easy recovery ride I passed a man who looked like he might have been a racer back in the 70's, but was now just an easy-going cycle-tourist. Well, when I informed him I was a road racer from Canada, here in France to train and compete, it rekindled something within his aging spirit because the next thing I knew the two of us were motoring along at 40km/h. I quickly gave up on my hopes of an easy spin, in order to defend my nation's honour against the fifty-year-old fury from France that was trying his best to either impress me or drop me. Fortunately the ride ended without either of us having to cry "Onclé". It impresses me how into the sport everyone here is, especially the retired generation. Even the animals here seem to like bike racing, as I saw a billboard on my ride the other day that gave directions to the "HIPPODROME", which is where I can only assume the local hippopotamuses race their track bikes.

Well, now for the good stuff, the racing. Since my last update there have been four races, one on Saturday and Sunday of each of the past two weekends. On Saturday March 8th we raced around a 157km loop with flat to rolling terrain and a good amount of wind. It was another capacity field of 190 riders and it was a little tough to get to the front at the start. Once we hit the hills I was able to move up pretty quickly

though and spent an hour or so in the top 15-20 riders, constantly getting into little breaks and jumping on all the moves. Looking back now I can see I was a little too eager and was pushing it a bit harder than I should have for the mid point of the race. With about 30km to go, my legs felt drained and I suddenly went from trying to go off the front to just trying to stay near the front. On the final lap of a five lap finishing circuit I finally blew and was shot out the back with 7km to go, finding that pedaling my bike felt much harder than normal, even for my sore state. I stopped to check if I had a flat but everything looked fine. It was only after the race was over that the team manager discovered that my rear wheel had been rubbing against my frame the whole race - a defect of the frame I was riding. Whether or not that contributed to my less than stellar performance is unknown but I was glad to have found out about it before any further racing. Sunday, March 9th was the second day of racing, this time on an inner city circuit that consisted of 5 laps of a 20km loop which contained a 2km gradual climb and other short steep hills, followed by a final 2 laps of a 23km circuit that had two 1km climbs of 15% each lap!!! For those of you who don't know what a 15% hill looks, go look at a wall and you won't be far off. After Saturday's overzealous effort, I went into the day with legs that felt like they were filled with acid-lead, a new compound I use to describe the sensation of burning and heaviness in ones legs. However, I ended up surprising myself a bit as I was one of the only two surviving Canadian espoirs left in the race after 100km. Just as we hit the new 23km circuit for the final two laps I prayed (having not pre-ridden the course) that there would be no brutally punishing climbs ahead. Well, I guess God was busy elsewhere because that 15% climb I mentioned earlier happened to be right around the first corner of the new circuit and I was dropped like a sack of potatoes. My teammate, Cam Evans, who survived the first hill, found the second torturing ascent too much and was out the back 4km later. I was stopped from finishing the race by the officials, but was happy to have lasted as long as I did considering my form going into the event.

The following weekend we made an eight-hour escapade, via van, to the location of our next set of races. Unfortunately Saturday was not my day, as I had caught the inevitable team cold, which passed around the entire household, and was too unwell to race. The Canadians who did race however fared well, as they all contributed to the race and helped our team star, Jean-Francois Laroche (although not a U23) to a 6th place finish. The following day was what I had been waiting for this entire trip, as we entered the heart of a small mountain range for the race that afternoon. Yet despite the endless mountain passes we drove through to reach the race start, which had got me drooling at the mouth, the course turned out to be on the seemingly only flat roads within a hundred kilometres of the region. The race did feature one hill of 2km, but was nothing close to the giant mountain ascents we were all anticipating. Early on in the 120km race a big break got away, which turned out to be the winning move, while those absent from it were left to fight for the scraps, which regrettably included myself. However, J.F. (Jean-Francois) managed a very impressive 3rd place and revealed to the French that Canadians are more than just good hockey players! I learned the hard way that letting your guard down and slipping away from the front of the pack for any period of time is dangerous in these French races. Well, live and learn, hopefully I can only improve with each race and with any luck my next report will bring better news, Au revoir - Andrew.

Email for funny or encouraging messages:
wolverineboy16@hotmail.com



NAME: SAMANTHA NICHOLSON

AGE: 33

HEIGHT: 169 cm (5'6")

WEIGHT: 60 kg (132 lbs), well that's my race season weight!

RESIDENCE: Calgary (born in the UK, raised in Hinton, studied in Halifax, lived in The Netherlands for 5 years, lived in Calgary for 1.5 years)

SPONSORS: Bianchi, The Bike Shop, Nature Path Cereal, Rudy Project, North Wave, Limar, Speedplay, Headsweats, Bow Cycle

BIKES: Kona Jake the Snake, Rocky Mountain Element, Bianchi EV4, Rocky Mountain Thin Air, Union "Dutch" bike, Cervelo Prodigy (for sale!)

FAVOURITE FOOD: Anything my husband cooks (!), chocolate, and egg & ham on a bagel (toasted, with sesame seeds)!!

FAVOURITE DRINK: Chai latte

FAVOURITE MOVIE: Breaking Away!

FAVOURITE TV SHOWS: No cable - liked ER and Ally McBeal though.

LAST CD THAT YOU BOUGHT: EMINEM

BEST RACE RESULTS (BEST 5):
4th 'Cross Nationals, Quebec, 2002
13th World Cup #1, 'Cross, Germany, 2002
1st 'Cross Provincial Championships, 2002
1st 'Cross Series, 2nd Road Series, 2nd Time Trial Series & 3rd MTB Series, 2002
Best All Round Rider, 2002

MOST MEMORABLE RACING MOMENT:
My mom flying to Germany from Waterloo to watch me race at the World Cup #1 in Frankfurt. That was cool (thanks mom).

ROAD, CROSS OR MTB? Road rocks because of the speed... MTB is just crazy fun!! Cross is the perfect combination of what is good about road with the fun technical stuff from MTBing all crammed into one intense race! Try it - you'll like it!

HOW'D YOU GET INVOLVED WITH RACING?
Troy Delfs organized a "Learn to MTB Race Clinic" at the Nordic Center in 1996. Then, armed with all of Troy's wisdom, I entered my first race, the "Attack of the Killer Bees" and did well enough to encourage me to continue racing. While I lived in Europe, I would do one or two endurance-MTB races in between my surgeries & injuries (ACL reconstruction, broke my back and herniated my C5 disk).

I got into road racing by fluke, actually. I showed up at the Fish Creek road race last year because there wasn't a MTB race that weekend. I was on my commuter bike which still had its reflectors on, mismatched crank arms, I couldn't use the front brakes because they'd stick on, I couldn't use the front derailleur because it was so worn (wasn't really an issue at Fish Creek!), had never ridden in a pack before, all while wearing my mountain biking shoes with toe studs! I finished 4th and decided that I loved road racing... I subsequently tried 'cross and decided that I love that, too!!



Photo by Ewan Nicholson (www.ewannicholson.ca)

WHO'S THE COOLEST PRO YOU'VE MET? Andreas Hestler! He's awesome!! We all partied after 'Cross Nationals in Quebec City!!

DREAM JOB? Full time racer. Then a career which is biking/sports related, like coaching or big-scale race organizer.

IF YOU WERE A SUPERHERO, WHO WOULD YOU BE? Cyclobabe!?? I would save the world all while kickin' butt on my bike!!

ARCH RIVAL? Dan Proulx. Long story...


WHAT ARE YOUR GOALS FOR NEXT SEASON? LONG TERM?

My goals for 2003 are to finish in top 10% at Road Nationals, top 3 at Cross Nationals and to be on the Provincial Team for both. Long term goals are to make the Canadian National Team and then to later find a career which make use of my passion, commitment, dedication to cycling or somehow sport/fitness/health related.

WHAT DOES A WEEK OF TRAINING WITH SAMANTHA LOOK LIKE?

I typically train 10-16 hours a week, depending on where I am in the season and when I'm planning to peak for races. I subscribe to the theory of the least amount of cycling-specific training necessary to bring about the desired results versus the "more is better" theory! Saying that, no two weeks are the same but a typical week would be:
Monday - Rest day (plus Pilates)
Tuesday to Friday - 1:00-1:30 ride (intervals Tuesday & Thursday)
Saturday - long, hard ride 2:00-4:00 (i.e. group ride or hills)
Sunday - long, easy ride for endurance 2:00-4:00

THANKS TO?

My coach, Dirk Friel: he's awesome and has taught me so much (www.UltraFit.com)! To Ewan, my best friend & husband, plus it's nice to have your own personal water-boy and professional photographer (www.ewannicholson.ca)! To all the physios and massage therapists (especially Roger!) I've needed's taken to keep the pieces that are left functioning. And lastly, to Jessica, my friend (even though I sabotaged her race last weekend). 

Late in 2002, 20 keen ABA'ers put their heads together to lay out the 2003 road, track and Mtb racing season. It started with ABA Technical Director Andy Holmwood describing the structure of the ABA, its committees and its place in the national scheme. Canadian Cycling Association (CCA) Board member Loyal MA (Rocky Mtn Bike 'n' Board) then spoke about CCA and Canada Cup matters, including some of the politics and influences affecting sites for National Championships.

Loyal also said that the international governing body, the Union Cyclisme International (UCI), is changing its World Cup policy, demanding payment of fees rather than supplying money to operators. The UCI is "broadening" sanction opportunities, including 24-hour events and sprint DH (Calgary's 2-minute course at COP qualifies) as long as you pay the UCI fee. Loyal called this a "fire sale". Loyal has big plans for a Rocky Mountain Bike Festival with lots of events June 27-29.

Next came a lot of operational stuff. We discussed Single Event Licenses (SELs), or maybe 2-Event Licenses (2ELS) with a limit of 2 events per discipline, or maybe... SELs are still up in the air but we'll be encouraging Citizens at XC races to race in a licensed category. Insurance plays a big role in all this. For example, COP, which has its own insurance can afford to operate "Open" (unlicensed riders) DH events. The ABA Technical Delegates will again handle the bureaucracy for all this, much to the thankful relief of organizers.

Prize policy will require cash prizes for the top class of male and female riders "Don't penalize those who show up." All ABA XC races will be part of the Alberta Cup points tally. "Reward those who show up at a lot of ABA races." Brian Lisis asked about the cash prize policy and Andy replied that cash had the virtue of splitability, it could be shared among team members whereas merchandise prizes couldn't.

We're trying to get all the operational stuff into the bestselling Race Organizers Manual (ROM) to be mailed on request and stored as an Adobe® Acrobat® .pdf on the ABA website.

Some ABA road races were very well attended, almost too well. Huge categories strain the centre line rule (but the line shall stand firm!) and are hard to Commissaire. We prefer 1 Commissaire to no more than 40 riders in a group. Preregistration worked where it was used, helping to generate signon and start sheets, and encouraging registrants to actually show up. Petrina Tullissi suggests that a race establish preregistration start and end dates. Jeff Davis described the guidelines for a race ad in the *Alberta Spin* that would qualify for the 50% discount.

With regard to RR safety, we'd like to try rolling closures for some road races. This would require police presence but Andy says we should cultivate a relationship with the police. Note that policing is usually quite local so that would require a lot of cultivating. Dale Tuck says we can cultivate marshals with a formal course given to construction site flaggers. Where rolling closures have been used, there are usually 1 or 2 officers out front to close both the

racing lane and the oncoming lane and another officer covering the rear. Andy thinks the increased race fees to cover the coverage would be worth the increased safety.

Petrina asked if there were training materials like a video for rolling closure police. Andy replied that Quebec has enough racing to have created such a training course. Lloyd Lu suggested talking to the Recreation and Transportation people in the ABA who usually know whom to contact in the Halls of Power. Bruce Copeland suggested simplifying the Provincial RR by having just 2 Cats: Open Men and Open Women. We also had the suggestion of "Pay per time at the Hill Climb" to encourage economical use of time.



We talked about body numbers and even frame numbers. We might even go with sequential numbers for TTs to simplify scoring. Developments are expected on this subject so stay tuned. (See page 3 of this issue)

Club racing has been insured through the ABA's insurance for affiliated club members but not officially sanctioned by the ABA. Such races occur mostly on weekdays but some, especially masters races, occur on weekends and the ABA wants to take a more active role. This is mainly due to a fatality at an overgrown (200+ riders) midweek in BC. Lawyers have been seen lurking in the vicinity...

Licensed and unlicensed riders could take part but would have to be members of a single (ABA affiliated) host club. This could be like the AVRA and CBTL track leagues or Ontario's Midweek Cycling Club. The midweek sanction process will include things like an Emergency Action Plan, marshaled corners etc. There are some dodgy events that shall go unnamed but that have organizers, numbers, timing, a finish line and prizes. If it looks like duck...

Masters claim they are not getting enough respect so we are again examining Masters integration. Masters groups have a very wide range of abilities, with Cat 1 level riders lining up with first timers, and newbies can get shelled. Bruce Copeland suggested a 50+ Cat and that Master A and B be able to chose Cat 4 or Cat 5 as their ability merits. We agreed that organizers should be able to combine Cats based on numbers of riders.

When you read these words you may have already ridden your first race or two and you'll know for real how things are working in 2003. But remember that the organizers have been working on the 2003 season since last fall. 🚴

Fish Creek Circuit Race #1

April 12 2003, Calgary, Alberta

#	Name	Club	Time	sub-cat
A and B Women - 35 minutes+ 3 laps				
1	Marilyn MacDonald	Opus	47:44	A
2	Diana Bladon	Opus	48:10	A
3	Samantha Nicholson	Ciclismo	48:10	A
4	Lisa Bowe	Bicisport	48:10	B
5	Amy Woodward	Bow Cycle	48:25	B
6	Danielle Kenny	Bicisport	48:25	B
7	Nola Zwarich	Ciclismo	48:25	B
8	Debbie Proulx	Tatonka	48:37	B
9	Meghan Blades	Ciclismo	48:37	B
10	Petrina Tulissi	Ciclismo	48:37	A
11	Susan Sutherland	Synergy	48:48	B
12	Anne Brit Carter	Snakebite Society	49:25	B
13	Dianna Kennedy	Synergy	49:39	B
14	Marisa Tosi	Terrascap	49:55	B
15	Jessica Demars	Ciclismo	50:02	A
16	Madelaine Bate	Terrascap	50:38	B
17	Christine Elzinga	Calgary Cycle	50:38	B
18	Melissa Findley	Bicisport	44:00	B

#	Name	Club	Time
Category 5 - 30 minutes + 2 laps			
1	Matt Roles	Bow Cycle	41:10
2	Brian Robinson	Olympic Oval	41:10
3	James Aufricht	Olympic Oval	41:10
4	Chris Sparling	Bow Cycle	41:10
5	Kasper Woiceshyn	Olympic Oval	44:15
6	Matt Catley	Synergy	44:40
7	Nicolas Andrichuk	Olympic Oval	44:47
8	Anthony Stadnyk	Bicisport	44:59
9	Greg Kung	Olympic Oval	46:09
10	Terri Kovacs	Snakebite Society	49:00
11	Marie Briere	Bicisport	54:00

#	Name	Club	Time
Paralympic Category - 4 laps			
1	Dean Edwards	Juventus	15:01
	Tabdem pilot: cp walsh (Synergy Racing)		
2	Ryan Arbuckly	Bicisport	16:59
3	John Berezhi	Bicisport	18:26
4	Brayden McDougall	Bicisport	18:39
5	Barb Ferner	Bicisport	20:19
6	Paul Jalbert	Bicisport	22:53
7	Shanon Bourgoin	Bicisport	23:42

#	Name	Club	Time
Category 1&2 Men - 50m + 3 laps			
1	Jeff Bolstad	TRS Racing	1:04:05
2	Jesse Collins	Bicisport	1:04:05
3	cp Walsh	Synergy	1:04:05
4	Jere Hu	TRS Racing	1:04:05
5	Robert Gasiencia	Ciclismo	1:04:05
6	Ryan Robinson	Part One Intern'l	1:04:05
7	Bob Veroba	Bicisport	1:04:05
8	Ted Dahms	Pedalhead	1:04:05
9	Robert Stirling	Velocity	1:04:05
10	Dan Peters	Sport Chek Cycling	1:04:05
11	Kirk Loberg	Revoluzione	1:04:05
12	Bernie Fagnan	Velocity	1:04:05
13	Niclas Christofferson	Lifesport	1:04:05
14	Dave Leahy	TRS Racing	1:04:05
15	Mark Fewster	TRS Racing	1:04:05
16	Craig Good	Synergy	1:04:05
17	Nick Woodhouse	Sport Chek Cycling	1:04:05
18	Sean Anastasiadis	Sport Chek Cycling	1:04:05
19	Shayne Hutchins	Bicisport	1:04:05

#	Name	Club	Time
Category 3 - 45 minutes + 3 laps			
1	Wade Wallace	TRS Racing	56:25
2	Philippe Abbott	Bicisport	56:25
3	Dylan Snowdon	Ciclismo	56:25
4	Andrew Gage	Eurotech	56:25
5	James Sparling	Bow Cycle	56:25
6	Marco Albinus	Bow Cycle	56:44
7	Phil Rayner	Headwinds	56:44
8	Steve Martins	Hardcore	56:44
9	Per Strom	Bicisport	56:44
10	David Watson	Velocity	56:44
11	Roy Polmuller	Headwinds	56:44
12	Andre Sutton	Hardcore	56:44
13	John Bence	Bicisport	56:44
14	Duane Myers	Terrascap	56:44
15	Jason Shenkariuk	Snakebite Society	56:44
16	Rich Wegerhoff	Deadgoat	56:49
17	Tim Ogryzlo	Pedalhead	56:49

#	Name	Club	Time
Category 4 - 35 minutes + 3 laps			
1	Zach Bell	Synergy	45:01
2	Jack Van Dyck	Terrascap	45:47
3	Chris Harrison	ERTC	45:47
4	Curtis Roper	Velocity	45:47
5	Ryan Correy	Synergy	45:47
6	Spencer Royds	Tatonka	45:47
7	Brian Bain	Bow Cycle	45:47
8	Jayson Gillespie	ERTC	45:47
9	Frank Kovacs	Snakebite Society	45:47
10	Ben Adams	Synergy	45:47
11	Shane Carritt	CABC/Projekt 1	45:47
12	Chris Hooper	Synergy	45:47
13	Joel Regimbald	Synergy	45:47
14	Marty Schaeffer	Rundle Mountain CC	45:47
15	Ross Anderson	Calgary Cycle	45:47
16	John Twells	Pedalhead	45:52
17	Lonn Bate	Terrascap	45:52
18	Colin Smith	Synergy	45:52
19	Kyle Marcotte	Revoluzione	45:52
20	Reid Dalgleish	Synergy	45:58
21	Harley Desprey	Velocity	45:58
23	Dave Kennedy	Bow Cycle	45:58
24	Keith Anderson	Revoluzione	46:02
25	J.P. Roy	Synergy	46:02
26	Bryan Donnelly	Synergy	46:02
27	Ryan Castle	Headwinds	46:02
28	Rob Enns	Bicisport	46:06
29	Abe House	Synergy	46:21
30	Daniel Veselic	Rundle Mountain CC	46:25
31	Wayne Long	EMCC	46:25
32	Roy Custodio	Terrascap	46:25
33	Shaun Adamson	United Cycle	46:25
34	Richard Vervoort	Crankmasters	46:35
35	Wayne Giles	Bow Cycle	46:41
36	Brian Shields	Independent	46:44
37	Lev Krivitsky	Crankmasters	46:50
38	Petrina Tulissi	Ciclismo	46:57
39	Brent Bittner	Rundle Mountain CC	at 1 lap
40	Jason Nadeau	Crazy Legs Racing	at 1 lap
41	Robb Nethery	Snakebite Society	at 1 lap
42	Mike Martens	Snakebite Society	at 1 lap
43	Tommy Mak	Eurotech	at 1 lap
44	Jason Frank	CABC/Projekt 1	at 1 lap
45	Jon Keech	Synergy	at 1 lap
46	Adrian Marcano	Calgary Cycle	at 1 lap
47	Frank Woolstencroft	Revoluzione	at 1 lap
48	Mel Storozynsky	Bicisport	at 1 lap
49	Jamie Marshall	TRS Racing	at 1 lap
50	Bill Blonski	Bicisport	at 1 lap

Commissaire Tim Harris says the new Photo Finish equipment, bought with a generous grant from Shell Canada, worked fine. If you ask him nicely, he'll show you the video.

Race organizers! Get your message out!
 Send your material to the Alberta Spin by June 30 for the next issue.
 We like race announcements, race reports, race pictures, race gossip...
 Remember to thank your volunteers, hype your sponsors and if your events supports a cause, let all your participants know about it!

Due the cancellation of the "Blood, Sweat and Gears" race in Hinton, the Provincial Mountain Bike Team selection procedure has been modified slightly from the procedure which appears on page 18 of the 2003 ABA Handbook. The following selection format will be used to determine the 2003 Provincial Mountain Bike Team. Please note, the points schedule which appears on page 19 of the 2003 ABA Handbook remains unchanged.

The Provincial Mountain Bike Team, competing at the National Championships at Whistler, B.C., July 18 - 20, will be comprised of the following 6 riders.

1. 1st Elite Female Cross-country rider on points
2. 1st Espoir or Elite male Cross-country on points
3. 1st Junior Male Cross-country on points
4. Racing Committee Selection - *Downhill specific*
5. Racing Committee Selection - Downhill or XC
6. Racing Committee Selection - Downhill or XC

In making "Committee Selections", the Racing Committee will evaluate the following factors: results, potential, and ability to compete at a National level.

- ⊗ If a selected rider chooses not to participate in the Provincial Team Program, the Racing Committee *may* choose an alternate rider, from either discipline or any category, at their discretion.
- ⊗ Selected Cross-country riders must, upon request of the Team Manager, participate in the **Team Relay** event.
- ⊗ The Provincial Mountain Bike Team will be selected no later than June 24.

Cross-Country Selection Races

With points schedule for A: Espoir & Elite Men, B: Elite Women, C: Junior Men

Event (Location)	A	B	C
Accept the Challenge (Stony Plain)	3	3	3
Canada Cup #2 (Hardwood Hills, ON)	1	1	2
Canada Cup #3 (Mt. Tremblant)	1	1	2
Down 'n Dirty (Edmonton)	3	3	3

- ⊗ Best two results (points allocated according to the schedule) of the above races to count.
- ⊗ Espoir Men will earn points in the Elite category
- ⊗ Junior Men will earn points in Junior Expert
- ⊗ Ties will be broken by results at the Down 'n Dirty

Masters Riders

Three Master riders will be selected to the Alberta Provincial Team competing at the National Mountain Bike Championships. These riders will be offered a jersey, paid race entry, and logistical support only. The riders will be selected according to the number of *2003 Alberta Mountain Bike Cup* points accumulated up until June 23.

1. 1st Master A Male
2. 1st Master B Male
3. 1st Master Female

1. Purpose:

This program is intended to meet the unique needs of Alberta athletes seeking high-level competitive opportunities.

2. Eligible Athletes:

Licensed ABA members in the categories of Junior Men, Junior Women, Espoir and Elite Men, Elite Women, and Master Men and Women are eligible to apply for grants in the discipline of **Mountain Bike only**.

3. Details:

Up to \$750 is available per athlete. Assistance will be provided to athletes attending national/international calibre events outside the province of Alberta and not covered by any other grant program. Eligible expenses are limited to travel, accommodation, and race entry.

Applicants are required to include the attached form with their application, detailing the suitability of the event for their development, performance goals, a budget for the project, and team details (road stage races).

Deadline for receipt of applications is 4:30 p.m. Friday, June 13. To be considered, applications must be received at either Calgary or Edmonton ABA office by that time.

4. Administration:

Applications will be reviewed shortly after receipt, and successful applicants will be notified. Grant recipients are required to provide an account of actual expenses within two weeks of the completion of the event.

Points Table for Elite, Espoir, and Junior riders

Races are evaluated on anticipated number and quality of competitors, and status (international/national or provincial)

Schedule			
Place	1	2	3
1	45	30	20
2	40	26	16
3	36	22	12
4	33	20	10
5	30	18	8
6	27	16	6
7	25	14	4
8	22	12	3
9	20	10	2
10	18	8	1
11	16	6	
12	14	4	
13	12	3	
14	10	2	
15	8	1	
16	6		
17	4		
18	3		
19	2		
20	1		



Athlete Grant Application Form

(please provide attachments if necessary)

PERSONAL INFORMATION

Name: _____

Address: _____

City/Province: _____ PCode: _____

Home Telephone: _____ Work Telephone: _____

Category: _____ E-mail _____

EVENT INFORMATION

Event(s): _____

Date(s): _____

Location(s): _____

Why is this event suitable for your development? What are your performance goals?

BUDGET: Please identify expenses and revenue sources

Expense	Details	Amount
----------------	----------------	---------------

Travel:	_____	_____
_____	_____	_____

Accommodation:	_____	_____
_____	_____	_____

Race Entry:	_____	_____
_____	_____	_____

Total Expenses \$ _____

Revenue Sources (e.g.: personal, club, sponsor etc.)

Total Revenue \$ _____

Edmonton riders, including a lot of ABA'ers, were on a roll from 6:00 pm Friday to 6:00 pm Saturday March 28-29, 2003 at the Phase IV Stage in West Edmonton Mall for Spin Around the Clock, a fundraiser for the Livia Stoyke Foundation (www.livia.ca) During this event, relay teams composed of 1 to 24 riders cycled on wind trainers for 24 hours to raise over \$7000 for charity. Local bands, dance groups and artists provided entertainment and inspiration.

Noteworthy noticings:

Best style points to ABA Past President Tom McKee (RVC) who did his 2-hour shift on rollers without using a support, even to mount. Tom also gets the Tool Time award for using the edge of the cardboard team sign to lathe a slot in his front roller.



Of course, there was the roller rider who tried to watch swooping, swinging, sliding, smashing big-hit

bike videos while playing air bagpipes to Bill Bourne's *Dance and celebrate...*

Best mojos were on the Hash House Harriers, a drinking club with a running problem that featured Former ABA VP Women's Cycling Laurel Shuttleworth. Bikes and riders were adorned with bunny ears, stuffed chicks, iridescent streamers, disco balls and a towel.



Best draw prize: Toss-up between the CBC Saturday Night Blues T-shirt and the Stony Plain Records compilation CDs.

Best diet: Debbie's Team used the Toshiba Microwave Cookbook, and the Fanny Farmer Cookbook (Aunt Fanny to her devotees...) to level up the front wheels of their wind-trainer-trapped bikes.

Best form: The belly dancers who graced hour 2.




Best lungs: Sarah Conrad (Dirt Girls) whose spin class calling got the cadence up in hour 1. DGs also had a 4-up TTT going in hour 20.



Best Economics: Chris Harrison (ERTC/redbike) applauds the federal government's commitment to green transportation and economic stimulation: "I just got my tax refund so now I can go out and buy bike stuff." (and maybe a pair of legs, too).

Best T-shirt: Jillian Madsen rode for Janet Stein's Crazy Crew and quoted from the Book of Confections:

"In the beginning was the Word. And the Word was Chocolate.

And it was good." 





ABA Board member Brian Licis thanks all of the 110 ABA'ers who responded to the recent survey. We were especially impressed with the number of comments that went beyond the multiple choice questions.

**Special response:
(you know who you are)
Put your underwear on!**

Smiles at Women's Mtb Camp in Jasper, Sept. 20-22, 2002

Left: kickin' back.

Below left: S-l-o-w s-p-e-e-d d-r-i-l-l-s.

Below right: Tire change practice

Photos by Annette Svederus



Cat 4 action at Fish Creek #1. Photo by Angelique Gillepie

by Chief Commissaire Tim Harris

Hey again! This is the second episode of "Ask the Chief" and we have several good questions this issue! If you have any questions for this section, please phone the office at 1-877-646-BIKE or email me at office@albertabicycle.ab.ca.

Hey Chief, I've got a question for you! I just got my number plate and road numbers, why aren't they the same? Thanks *Superfastriderdude*

Chief: Hey *Superfast*, good question! The road numbers are assigned based on your Provincial road category (Cat 1&2, 3, 4, 5, and Women A and B.) And the mountain bike plate is assigned according to your mountain bike category. This is why the two numbers do not correspond. Here is the number breakdown. If you think your numbers are wrong, please give us a shout at the office and we'll check for you!

Road Numbers:

Cat 1&2 - 1-99 Women A - 100-199 Women B - 200-299
 Cat 3 - 300-399 Cat 4 - 400-499, 600-699, 800-899
 Cat 5 - 500-599

Mountain Bike Plates:

Sr. Elite Women 1-49 Sr. Elite Men 50-99
 Sr. Expert Men 100-169 Sr. Expert Women 170-199
 Jr. Expert Men 200-229 Jr. Sport Men 230-279

Junior/U17 Sport Women 280-299
 Master Sport Men (30-39) 300-449 Sr. Sport Women 450-499
 Sr. Sport Men 500-679 Beginner Men 680-699
 Master Expert Men 700-749 Master Sport Women 750-779
 Master Expert Women 780-799 Master Sport Men (40+) 800-849
 U17 Sport Men 850-899 U17 Expert Men 900-919 Junior/U17
 Expert Women 930-939 U15 Women 940-949 U15 Men 950-979
 U13 Men 980-989 Beginner Women 990-998

Superfast: I have a follow up question, I received road number 52, does that mean I was 52nd last year in Cat 1&2?

Chief: Another great question! No, only four groups get assigned numbers according to their Alberta Cup points. They are the **top ten** in Cat 1&2, Women, Senior Elite Men, and Senior Elite Women. Everyone else is random.

Superfast: Alrighty, I think I can stump you this time, why is my belly-button lint blue?

Chief: Wow, a bit unrelated, but the reason is that blue is a colour that visually can be dominating. So even though the lint may be made up of different colours, it is the blue that stands out!

Thanks for the great questions; we will have some rule clarifications in the July issue!



and **redbike**

present

The 9th Pigeon Lake Road Race

Sunday June 8, 2003

Mulhurst Bay Community League, Mulhurst AB
 Hwy 2 to Hwy 13, West on 13 to 780, around
 Pigeon Lake to the Northwest

Entry fee \$30, of which \$10 to the prize fund for cash prizes to all categories per ABA prize rules

Signon 9:00-10:15, racing at 10:30 a.m.

Cat 5: 6x9.5=56km

Cat 1&2: 2x58.4 + 2x9.5=136km

Cat 3: 2x58.4=117km

Cat 4: 1x58.4 + 4x9.5=96km

Open Women: 1x58.4 + 2x9.5=77km

Snacks and BBQ for all riders and workers.

Jeff Davis 780-483-1880 plrr2003@shaw.ca

E-mail us your name, club and category to be eligible for draw prizes.

The Race 'Round the Lake

The Canada Day Criterium

Tuesday July 1, 2003

Legislature Grounds, downtown Edmonton

Entry fee \$30

Cash prizes and primes for each group

Signon ends 30 min before each race.

Group 1: Women, Master C+ 1:00 35m+3laps

Group 2: Master A&B 1:50 40m+3laps

Group 3 Cat 4 2:45 50m+3laps

Group 4 Cat 1&2&3 3:50 60m+3laps

Course is a 1.2 km loop with 14m/lap climbing

and has been rated as

"The best circuit in Canada"

Peter Toth events@ertc.org

The Race in the Park

May 10-11	SR	Ardrossan SR	Edmonton	Rob Stirling/Velocity	403-247-5457	arowles@coda.ab.ca
May-11	XC	Iron Lung	Calgary	Aimee Rowles/COP		
May 17-18	XC #1, DH #1	Canada Cup	Bromont, QC			
May-18	DL/DH		Red Deer	CABC		
May 17-19	SR	Bikes on Broadway	Saskatoon	Cycledelia		
May 24-25	TR	Bikeshvik Grand Prix	Calgary	cp Walsh/FVK	403-289-2664	bikeshvik@yahoo.com
May-25	XC	Accept the Challenge	Stony Plain	Brian Licis/Hardcore	780-466-2781	thelicii@hotmail.com
May-31	DH	DH 9	Calgary - COP	Aimee Rowles/COP	403-247-5457	arowles@coda.ab.ca
May 31 -	SR (ITT, RR)	Prairie Steamer	Calgary	cp Walsh/Synergy Racing	403-289-2664	synergyracingcc@yahoo.ca
Jun-01						
May 31 -	XC #2	Canada Cup	Hardwood Hill, ON			
Jun-01						
Jun 7-8	XC #3, DH #2	Canada Cup	Mt. Tremblant, QC			
Jun-08	RR	Pigeon Lake	Pigeon Lake	Jeff Davis/ERTC/redbike	780-483-1880	plrr2003@shaw.ca
Jun-14	ITT	ITT Series #1	Canmore	Shawn Taylor/	403-609-2592	shawntrain@hotmail.com
Jun-15	TTT	Club Challenge 6-Up	Canmore	Rundle Mountain Cycling Club		www.rundlemountaincyclingclub.com
Jun-15	XC	Down 'n Dirty	Edmonton/	Kristy Sarnoski/Dirt Girls	780-462-0205	dirtgirl@telusplanet.net
Jun 21-22	TR	Kivehsekb Track Carnival	Calgary	cp Walsh/FVK	403-289-2664	bikeshvik@yahoo.com
Jun-22	XC	Summer Solstice	Kananaskis	Ron Uhlenberg/Ridley's	403-283-1421	ron@ridleys.com
June 27-30	RR, ITT, CR	National Road Championships	Hamilton, ON			
June 27-29	RR, XC, DH, CR	Rocky MTN Bike Festival	Rocky Mtn House	Loyal Ma/RMBB		
June 28-29	XC, DH, 4X	World Cup	Mt. St. Anne, QC			
Jul-01	CR	Canada Day	Edmonton	PeterToth/ERTC/redbike		peter@ertc.org
Jul-05	TTT (2-up)	Ride for Wild Roses	Calgary	Rebecca Wilkinson/Synergy		
July 5-6	SR - MTB	Rundle Mountain Stage Race	Canmore	Shawn Taylor/	403-609-2592	shawntrain@hotmail.com
Jul-12	XC - enduro	12 hours of Paskapoo	Calgary/COP	Aimee Rowles/COP	403-247-5457	arowles@coda.ab.ca
July 12-13	XC, DH, 4X	World Cup	Grouse Mtn, BC			
Jul-13	RR	Stampede RR	Millarville	Jim Oldham/Crankmasters		
July 18-20	SR	Tour de Delta	Delta, BC			
July 18-20	XC, DH	National MTB Championships	BC			
July 19-20	XC - enduro	24 Hours of Adrenaline	Canmore	Tri-Life Sports	905-944-9436	info@trilife.com
Jul-20	ITT	ITT Series #2	Bentley	Bruce Copeland/RVCC		
July 20-27	SR	Tour de l'Abitibi	Val d'Or, QC	contact ABA		
Jul-23	CR	Gastown Grand Prix	Vancouver, BC			
July 25-27	SR	White Rock	White Rock, BC			
July 26-27	TR	Provincial Championships	Edmonton	Juventus	780-490-5979	lamadsen@telusplanet.net
July 26-27	XC #4, DH #3	Canada Cup	Western Canada			

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