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The  Alberta spin

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Technical Directions

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⊗ **Cyclo-cross** season has arrived! The Alberta Bicycle Association will be supporting four riders to attend the National Cyclo-cross Championships, November 9 in Vancouver. Winners of the Open Men and Open Women races at the Alberta Provincial Championships will be offered positions, in addition to 2 Racing Committee choices. If you are interested in being selected, please contact me.

⊗ The **Alberta Coaches and Officials Symposium** will be held Friday, October 17 and Saturday, October 18 in Calgary. This bi-annual conference, sponsored by the Alberta Sport, Recreation, Parks and Wildlife Foundation, features a variety of sessions on mental and physical training, and leadership. For more information on the Symposium, please contact me.

⊗ Sport Administrator question-of-the-month: In the world of cycling, **what defines a Master rider?** Answer - A Master is a rider aged 30 years or older *who elects that status*. Therefore, it's not enough to simply be of adequate age; riders must take the plunge and elect Master's status in order to compete in Masters' events. Please keep this in mind when completing your 2004 license application. If you hang on to your Elite status, you will be limiting the number of races you may enter. On the other hand, if you wish to compete as an Elite rider at a National level, it is recommended you retain Elite status. 

A watch of Commissaires



The blue shirts at the Rundle Mountain Mtb SR, L-r Aydin Odyakmaz, Rick Thiessen, Wally Wright (with improvised Dirt Crit lap counter), Tim Harris. Photo by Jill Branson

Ask The Chief!

by Chief Commissaire Tim Harris

This issue: Some highlights from the year (not that it is over!)


Hey Chief, I kept seeing you out at events this year, everywhere I turned, there you were! Don't you have a life? Ha ha, Just kidding, but seriously what were some of your favourite officiating memories from this year? And what happened to the cool long facial hair? - Art Vandalay - Spokey-dokes

Chief: Ouch! Yes I do have a life, let me tell you about it... Ok, I'm done, on with the answers! It was a great year for me as Chief Commissaire. I think I was able to do at least one event of every type of cycling we offer this year. The year started out with the indoor BMX event at the Outdoor show in Edmonton, as well as a dual and a dirt crit (won by our own illustrious Pres, Chris!) That was a really interesting event, especially seeing the throngs of BMX'ers out for the race. But some of the races that really stand out in my mind were ones where I was able to work with a big group of fellow officials. Stage races like Ardrossan (road), and Canmore (Mtb) offer great opportunities to work as a team, as does the Canada Cup event at COP. All season I felt a really good rapport with each and every Commissaire I had the pleasure of working with.

Two new events for me this year were BMX and Cyclo-Cross. I was able to attend BMX Nationals in Vancouver as a National Commissaire along with our BMX Chief Jim Negenman. It is really amazing to see how the BMX community really brings a "festival atmosphere" to their events. A tent/RV city pops up around the track, and the party ensues! Cyclo-Cross was also new to me this year, as I have been usually back up North teaching by this time. It is always great to see how different skills from across the various segments of cycling carry over, but nothing brought it all together like seeing Roddi Lega bunnyhopping the barriers last weekend!

Cycling is a great sport, and being a Commissaire is a great way to be involved! So hopefully we will see more of you out next year! And the "sweet chin music" as I liked to call it (my facial hair) had to come off for a job interview! So there!

I know I've got you this time - What is horsepower? - Sven Overdabars

Chief: Oooh, nice try, but an easy one. I believe it was that intrepid Scotsman James Watt who coined the phrase. He noticed that it took a horse one minute to raise 330 pounds of coal, 100 ft, so therefore 33,000 foot pounds became one horsepower! 

2003 Alberta Provincial Time Trial Series

1= Canmore, 2= Bentley, 3= Darwell, 4= Red Deer Provincials
 Must have contested at least 3 events

#	Name	Club	1	2	3	4	Total
Category 1&2							
1	Bruce Copeland	Juventus	10	10	10	15	45
2	Geoff Johns	Bianchi/The Bike Shop	6	9	12	27	
3	Chris Rubuliak	Juventus	6	9	6	2	23
4	Gregg Menard	Juventus	2	8	7	4	21
Category 3							
1	John Impy	Bicisport	10		8	15	33
2	Harley Desprey	Velocity	4	8	7	2	21
3	Chris Harrison	ERTC	7	9	4	4	20
4	Graham Rudge	ERTC	6	7	1	1	14
Category 4							
1	Jason Frank	CABC/Projekt 1	9		8	12	29
2	Brian Kullman	Terrascape	5	9	3	5	22
3	Dan Bradley	ERTC	2	7	2	0	11
4	Curtis Roper	Velocity	3	4	0	0	7
5	Greg Yanicki	Bicisport	1		0	0	1
Women A							
1	Marilyn MacDonald	Opus	10	10			15 35
2	Samantha Nicholson	Bianchi/The Bike Shop			10	12	31
Women B							
1	Martine Chardon	Bow Cycle/CMC	7	10	9	7	33
U17 Men							
1	Anthony Stadnyk	Bicisport	7	10	10	15	42
Master A Men							
1	Kevin Rokosh	ERTC/redbike	9		10	15	34
2	Gary Brown	Rundle Mountain CC	6	8	9	9	32
3	Bob McKerrill	CABC/Projekt 1	7	10	7	7	31
4	Reid Dalgleish	Synergy Racing	10		6	12	28
5	Shane Rush	Velocity	5	9	3.5	17.5	
6	Dennis Bland	Crankmasters	2	7	3.5	16.5	
7	Darin Schacker	River Valley Cycle	5	2	3	10	

Master B Men							
1	David Watson	Velocity	10	10	9	7	36
2	Phil Rayner	Headwinds	6	9	9	9	24
3	Jim Yeske	EMCC	2	8	6	3	19
4	Don Mankewich	Crankmasters	0		7	1	8
Master C Men							
1	Peter Heppleston	EMCC	10	9	10	12	41
2	Lev Krivitsky	Crankmasters	9	10	9	9	37
Master D Men							
1	Jim Oldham	Crankmasters	10	10	10	15	45
Master E Men							
1	Peter Bigg	EMCC	10	10	10	15	45
2	Dan Cronin	Crankmasters	9	9	9	12	39
3	Geoff Broadbent	EMCC		8	8	9	25
Paralympic							
1	Brayden McDougall	Bicisport	8	10			15 33
2	John Berczki	Bicisport	9	9			12 30

Is your bike insured?

Maybe it's time to consider insuring your bike again. We can fully insure all bikes on a tenant or homeowner package at no extra cost. Please call me at 403-299-1025 (toll free 1-888-723-8332) or e-mail me at tkovacs@renfrew-insurance.com.

See you at the races! Terii Kovacs A.I.C.

Alberta Road Cup 2003 Final Standings

1=2003 points, 2=upgrading points, 3=2002 ARC points, 4=Fish Creek #1, 5=Ardrossan ITT, 6=Ardrossan Crit, 7=Ardrossan RR, 8=Ardrossan GC, 9=Prairie Steamer Track, 10=Prairie Steamer RR, 11=Prairie Steamer HC, 12=Prairie 12=Prairie Steamer GC, 13=Pigeon Lake RR, 14=ITT series #1 Canmore, 15=Canada Day Crit, 16=Ride for Wild Roses, 17=ITT series #2 Bentley, 18=Tour of Bowness Provincial Crit, 19=ITT series #3 Darwell, 20=Michael Almdahl Provincial RR, 21=Provincial ITT, 22=Provincial Hill Climb, 23=Out of Province races

Cat 3			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
1	Paul MacDonald	Independent	46	46								8			15		15		8							
2	Steven Elm	Calgary Cycle	42	20																15		12		15		
3	Mark MacDonald*	Sport Chek	41	41		4	15				12		10													
4	John Impey	Bow Cycle/CMC	40	20	27											10					10		20			
	David Ariano	ERTC/redbike	40	40		6											8					20	6			
	Nick Friesen	River Valley Cycle	40	40							6	4	10		12							8				
7	Byron Davis	Pedalhead	38	44						4												12	10	12	6	
8	Mike Lawford	Pedalhead	32	32								8	2	6		4					12					
9	Andy Achuff	Pedalhead	30	20																	15		15			
10	David Watson	Velocity	28	28									8								10	4	6			
11	Marty Schaffer*	Bicisport	23	23		15				8																
	Tim Ogryzlo	Pedalhead	23	23																		15		8		
13	Gord Kennedy	Bow Cycle/CMC	22	22												6					10		2	4		
14	Bob McKerrill	CABC/Projekt 1	20	20																	12	8				
15	Harley Desprey	Velocity	19	19																	4	15				
16	David MacIsaac	Independent	18	18			12	6																		
17	Chris Harrison	ERTC/redbike	16	16																	8	4		4		
18	Per Strom	Bicisport	14	38																			8	6	24	
19	Dave Kennedy	Bow Cycle/CMC	12	12																			12			
	Spencer Royds	Tatonka	12	12						4											8					
21	Graham Rudge	ERTC/redbike	10	10																				10		
	Rich Wegerhoff	Deadgoat	10	10																			10			
23	Andrew Gage	Eurotech	8	8	8																					
24	Peter Toth	ERTC/redbike	6	6																		6				
	Bob Burden	River Valley Cycle	6	6												6										
	Phil Rayner	Headwinds	6	6																	6					
	J.P. Roy	Synergy Racing	6	6																	6					
28	Rob McCollum	Pedalhead	4	4																			4			
29	Michael Johns	CABC/Projekt 1	2	2																			2			

italicized riders eligible for upgrade to Category 2.

* junior riders - upgraded at the discretion of the Racing Committee, and not on points.

~ties broken by Provincial ITT performance.

Women A and B			*	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
1	Samantha Nicholson	Bianchi/Bike Shop	A	167	na		10					8	12	8	15	10	12	10			12	15	15	15	15	
2	Marilyn MacDonald	Opus	A	133	na	15						6	15	15	20	12	15			15				20		
3	Jessica Demars	Bianchi/Bike Shop	A	127	na		12	12	15	20			4		4	6	12				10	12	20			
4	Kathy White	Jeune Cyclisme	A	76	na							15	12	12	15	4					8			10		
5	Meghan Blades	Bianchi/Bike Shop	A	57	na		15	6				8	10	8		10										
6	Diana Bladon	Opus	A	56	na	12					10	10		10	6		8									
7	Tanya Bagnell	Way Past Fast	B	56	56		8		12	15											4	4	8	8		
8	Lisa Bowe	Bicisport	A	49	na	8	6	15	8	12																
9	Nola Zwarich	Bianchi/Bike Shop	A	44	na		4	10	8													10	12			
10	Petrina Tulissi	Bianchi/ Bike Shop	A	42	na		4	8			6		2		4							6		12		
11	Amy Woodward	Bow Cycle	A	40	na	6	10		6	4			6	8												
12	Laura Yoisten	Colnago Carrera	A	30	na																15		15			
	Rachel Playfair	Way Past Fast	B	30	34		10																10	10	4	
14	Martine Chardon	Bow Cycle/CMC	B	26	22																12	6	2	6		
15	Annie Tykwinski	Pedalhead	B	16	22	6			6	10																
16	Trish Grajczyk	Deadgoat	B	14	14								4	6	4											
	Kristen Campbell	Pedalhead	B	14	14																6		8			
	Lisa Licis	Hardcore	B	14	47	33				2														12		
19	Laura Brown	Bow Cycle/CMC	B	12	12						12															
20	Nicole Lavoie	Juventus	B	10	28	18															10					
21	Susan Copeland	Juventus	A	8	na												8									
	Katie Ricker	Pedalhead	B	8	8																8					
	Kelly Geisheimer	ERTC/redbike	B	8	8																	8				
	Barb Kostyk	Independent	B	8	8																		4		4	
25	Rebecca Morris	CABC/Projekt 1	B	6	6																	6				
	Leslie Schleich	Bicisport	A	6	na																6					
27	Danielle Kenny	Bicisport	B	4	4	4																				
	Karen Martinuk	United	B	4	4				4																	
	Madelaine Bate	Terrascape	B	4	4					4																
	Shauna Berreth	EMCC	B	4	4																		4			

*sub-category: "B" women upgraded to "A" upon earning 50 upgrading points

Cat 1&2

Doug Grieder Memorial Cup1			2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22		
1	Jeff Bolstad	TRS Racing	113		15	8		15	12	4	15	4	12	12		4							12		
2	Bruce Copeland	Juventus	80													15		15		15		20	15		
3	Bob Veroba	Bicisport	70			10		6	15	15			8										8		
	Marc Bomhof	Bianchi/Bike Shop	70					6	12	10	6	6	10	10											
5	Jesse Collins	Bicisport	60		12	6	12									8		8				8		6	
6	Mike Stickland	Pedalhead	58					10	8	8					8		6					12		6	
7	Roddi Lega	United Cycle	57					12	15	10	20														
8	Zach Bell	Synergy Racing	50																			10	15	6	4
9	Taylor Little	River Valley Cycle	47										10	2	15								20		
10	Geoff Johns	Bianchi/Bike Shop	42									2	4			4						12	10	10	
11	Andrew Davidson	Jet Fuel Coffee	38									8		15	15										
12	Mark Knoll	Bow Cycle/CMC	36																			10	8	6	12
13	Matt Decore	Pedalhead	34										8		6							8			
14	Mark Webster	Bianchi Canada	32					4	4	6															10
15	Cam McKnight	ERTC/redbike	31			15									4	12									
	cp Walsh	Synergy Racing	31			10																6	15		
17	Chris Rubuliak	Juventus	27													6						5	12	4	
18	Gregg Menard	Juventus	25																			5	10	6	4
19	Ryan McKenzie	Colnago/Carrera	24										12	8	4										
20	Kevin Rokosh	ERTC	20																			6	10	4	
21	Jere Hu	TRS Racing	18			8										6	</								

continued from previous page

Cat 4		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
1	Edward Emes	ERTC/redbike	57	38		12			6							12	6	15		6				
2	Reid Dalgleish	Synergy	51	32							6				15					8	12	4	12	
3	Jack Van Dyck	Terrascape	42	42	12			10	12													8		
4	Brian Kullman	Terrascape	42	50	8											4					20	6	12	
5	Graeme Thomson	Bicisport	38	30							15	8	15											
	Robert Fougere	Independent	38	38																	10	20	8	
7	John Twells	Pedalhead	36	36			6	8							10							12		
8	Gary Brown	Rundle Mountain CC	35	26	24									8			12	15						
9	Keith Bayly	Deadgoat	29	29						15	4	10												
10	Curtis Roper	Velocity	28	28	8	6							8					6						
11	Kyle Marcotte	Revoluzione	27	27								15	6									6		
12	Ryan Correy	Synergy Racing	22	22	6						10					6			4					
	Dave Kennedy	Bow Cycle/CMC	22	36	14						10				8									
14	Jason Gillespie	ERTC/redbike	21	21											6				15					
15	Jamie Marshall	TRS Racing	20	20											8				12					
16	Steve German	Revoluzione	16	26					10	4											2		10	
17	Jason Frank	CABC/Projekt 1	15	15																		15		
	Frank Woolstencroft	Revoluzione	15	15																			15	
	Dennis Bland	Crankmasters	15	15											5	10								
20	Daniel Veselic	Rundle Mountain CC	14	14						12	2													
	Lonn Bate	Terrascape	14	29	15								4										10	
22	Rene Regimbald	Synergy Racing	12	12		12																		
	David Damery	Blizzard	12	12									12											
	Robert Beerkens	Independent	12	12										12										
	Michael Heintzman	Blizzard	12	12									10								2			
26	Joffrey Larocque	Bicisport	10	10														10						
	Frank Kovacs	Snakebite	10	10																		10		
28	Jeffery Franc-Law	Juventus	8	8	8																			
	Jon Keech	Synergy Racing	8	8											8									
	Bryan Donnelly	Synergy Racing	8	8											8									
	Myles Marshall	Juventus	8	8											8				8					
	Paul Venturelli	Pedalhead	8	8																8				
33	Darin Schacker	River Valley Cycle	6	6											6									
	Mike Sarnecki	United Cycle	6	12	6		4	2																
	Brad Wilfley	Independent	6	6									6											
	Abe House	Synergy Racing	6	6									6											
	Mike Bidniak	Juventus	6	6																	6			
38	Greg Fullford	Independent	4	4																		4		
	Stephen Kenny	Independent	4	4					4															
	Dean Rawson	Pedalhead	4	4										4										
	Ryan Lakhram	Juventus	4	10		4																6		
	Chris Hooper	Synergy Racing	4	26						4													22	
	Nick Insole	Juventus	4	4																	4			
	Shawn Goulet	Pedalhead	4	4																		4		

italicized riders eligible for upgrade to Category 3.

*junior/U17 riders - upgraded at the discretion of the Racing Committee, and not on points.

Paskapoo/Snakebite Grand Prix Cyclo-cross
Canada Olympic Park, Calgary, AB - September 28.2003

Master Men		3 DNF	
1	cp Walsh	Synergy	44:18
2	Gregg Achtem	Bow Cycle	44:18
3	Craig Good	Synergy	44:32
4	Peter Toth	ERTC/redbike	45:15
	Lonn Bate	Terrascape	45:36
6	Brendan Bagden	Hardcore	45:50
7	Brian Licis	Hardcore	46:10
8	Brys Fancis	United	49:12
9	Ted Dahms	Pedalhead	50:00
10	Daryl Shuttleworth	Pedalhead	50:57
11	Tommy Mak	Eurotech	52:06
12	Michael Meeres	CABC/Projekt 1	52:17
13	Rich Vervoort	Crankmasters	53:03

Sport Men		1 DNF	
1	Brian Kullman	Terrascape	44:38
2	Paul Ignatiuk	ERTC/redbike	45:59
3	Kevin Noble	United	47:40
4	James Rasmussen	United	48:11
5	Tracey Shearer	Juventus	48:34
6	J P Roy	Synergy	49:45
7	Harley Desprey	Velocity	43:10 +1lap
8	Jonathan Shepley		47:00 + 1lap

Open Men		2 DNF	
1	Sean Barr	Pedalhead	57:11
2	Andre Sutton	Hardcore	57:42
3	Byron Davis	Pedalhead	58:08
4	Gregg Achtem	Bow Cycle	1:00:43
5	Per Strom	bicisport	1:00:50
6	Rick Thiessen	bicisport	1:01:30
7	Manrique Bautista	Pedalhead	1:03:09 +1lap

Junior Men			
1	Phil Abbott	bicisport	45:33
2	Mark MacDonald	Sportchek	45:52
3	Zach Grant	Juventus	42:15 +1lap
4	Brian Robinson	Olympic Oval	42:50 +1lap
5	Slowomir Szulc	United	48:11 +2laps
6	Neal Gregory	bicisport	49:11 +2laps

Open Women		1 DNF	
1	Samantha Nicholson	Bianchi/the Bike Shop	48:01
2	Lisa Licis	Hardcore	49:20
3	Mical Dyck	Terrascape	49:48
4	Madelaine Bates	Terrascape	50:40
5	Jessica Demars	Bianchi/the Bike Shop	54:54
6	Christine Ezinga	Calgary Cycle	57:05
7	Rebecca Morris	CABC/Projekt 1	50:06 +1lap
8	Petrina Tulissi	Bianchi/the Bike Shop	52:19 +1lap

Calgary Crankmasters presents the Stampede RR
July 13, Millarville AB

#	Name	Club	Time
Elite Men			
1	Andrew Davidson	Jet Fuel	3:12:48
2	Mark Webster	Bike Shop	3:12:49
3	Bob Veroba	Bicisport	3:12:49
4	Jeff Bolstad	TRS	3:12:49
5	Phil Abbott	Bicisport	3:12:49
6	Zach Bell	Synergy	3:12:49
7	Matthew Decore	Pedalhead	3:12:49
8	Dan Petersen	Bow Cycle	3:13:15
9	Paul MacDonald	Juventus	3:13:28
10	Bruce Copeland	Juventus	3:13:28
11	Jesse Colins	Bicisport	3:13:31
12	Per Strom	Bicisport	3:14:53
13	Dave Leahy	TRS	3:16:46
14	Dylan Snowdon	Bike Shop	3:20:16
15	CP Walsh	Synergy	3:20:34
16			3:20:34
17	Nick Friesen	River Valley	3:20:34
18	Scott Manktelow	Rundle Mountain	3:22:00
19	Ryan Robinson	Partone	3:22:19
20	Mark MacDonald	Bow Cycle	3:22:36
21	Rob Borstmayer	Juventus	3:22:49
22	Bryant Hebert	Bike Shop	3:22:56
23	Mark Fewster	TRS	3:23:23
24	Graeme Thomson	Bicisport	3:24:29
25	Jamie Sparling	Bow Cycle	3:24:29
26	Harley Desprey	Velocity	3:28:30
27	Don Halliday	CMC	3:29:09
28	Clayton Paradis	Pedalhead	3:30:21
29	Jeremy Myers	Juventus	3:31:38
30	Sean Walsh	Bow Cycle	3:41:22
31	John Bence	Bicisport	3:42:42
32	Matthew Gautier	Rundle Mountain	3:44:46
33	Jason Yanota	Independent	3:44:46
34	Kirk Loberg	Revoluzione	3:46:17
35	John Keech	Synergy	3:46:17
36	Dylan Menard	Juventus	3:46:17
Master C Men			
		55 km	1 DNF
1	Wayne Long	EMCC	1:55:48
2	Steve Sampson	Crankmasters	
3	Peter Happleston	EMCC	
4	Lev Krivitsky	Crankmasters	2:00:35
5	Bill Stilwell	Crankmasters	2:01:35
6	Martin Watson	Crankmasters	2:01:35
7	Darryl Smith	Crankmasters	2:10:10
8			2:10:35
9	Cliff Morrison	Velocity	2:18:17
10			
Master E Men			
		55 km	
1	Peter Bigg	EMCC	2:07:00
Master A Men			
		109 km	10 DNF
1	Rich Wegerhoff	Dead Goat	3:23:40
2	Don Robertson	Bicycle Café	3:23:40
3	Ross Anderson	Calgary Cycle	3:23:40
4	Gary Wade	Fresh Air	3:23:40
5	Brian Kullman	Terrascape	3:23:58
6	Reid Dalgleish	Synergy	3:23:58
7	Stephen Couse	Spoke Bender	3:23:58
8	Phil MacDonald	Snakebite	3:24:25
9	Dean Rawson	Pedalhead	3:24:25
10	Seth Bitting	Independent	3:24:43
11	Kirk Schmiedge	TRS	3:28:55
12	Matt Di Silvestro	Independent	3:33:18
13	Brad Wilfley	Independent	3:34:35
14	Dennis Bland	CrankMasters	3:43:26
15	Darin Schacher	River Valley	3:43:44

Master B Men		80 km	2 DNF
1	Phil Rayner	Headwinds	2:37:00
2	Stephen Kenny	Independent	2:37:00
3	Rob Reid	Dead Goat	2:37:00
4	Dave Watson	Velocity	2:37:00
5	Tommy Mak	Eurotech	2:37:47
6	James Kenney	Crankmasters	2:38:01
7	Carlos Salas	Independent	2:41:40
8	Steve Schiefler	Calgary Cycle	2:42:09
9	Wieslacz Zychowicz	Dead Goat	2:42:28
10	Murray Drew	Single Track	2:44:00
11	Andrew Gage	Eurotech	2:44:00
12	Henry Yau	Dead Goat	2:44:00
13	Matt Aufricht	Independent	2:47:15
14	Rejean Larue	Field Road Race	2:47:38
15	Craig Fraser	Single Track	2:48:51
16	Jeff Coward	EBTC	2:52:39
17	Gary Taylor	Crankmasters	2:58:17
18	Roy Pullmuller	Headwinds	2:59:00
19	Myron Stadnyk	Bicisport	3:47:06

Elite Women		55 km	
1	Samantha Nicholson	Bike Shop	1:55:48
2	Jessica Demars	Bike Shop	1:55:48
3	Megan Blades	Bike Shop	1:55:48
4	Kristin Campbell	Pedalhead	1:55:48
5			2:03:00
6	Amy Woodward	Bow Cycle	2:03:00
7	Lisa Bowe	Bicisport	2:06:24
8	Debbie Proulx	Tatonka	2:08:40
9	Sherlyn Rawson	Pedalhead	2:10:45
10	Sheena Lambert	Synergy	2:14:00
11			2:15:55
12			2:18:25
13	Pepper Harlton	Dirt Girls	2:22:51
14			2:26:15
15			2:29:10
16	Erica Virtue	Synergy	

Master B Women		55 km	
1	Carolyn Soules	Independent	2:10:00



by Shauna Richard, ABA Executive Director

August 10th-16th marked year number two for the Transrockies Challenge. Organized by German company Upsolut, the Transrockies is the sister race of the hugely popular Transalp Challenge which runs through Germany, Austria and Italy. The Transrockies race is similar; teams of two riders race for up to 150km per day for 7 days in a row, starting in Fernie BC and finishing in Canmore AB. The race is designed as a wilderness adventure race, with riders living in a tent village that is set up before each stage of the event, and is torn down and moved to the next location daily. The 2003 Transrockies was close to 700km in length, over 12,000 vertical meters, and covered some of the most beautiful riding in the world. Until last year, nobody thought it would be possible to hold an off-road event linking Fernie to Canmore, but course designer and Albertan Ward Cameron managed to find a way. This year's course was to be fairly similar to last year's course until just days before the start in Fernie when forest fires lit into a significant portion of the Crowsnest Pass. Ward and a group of motorbikers equipped with maps and GPS units quickly changed the course to re-route around the hot spots. This added almost 100km to the overall length of the race, and organizers had to arrange new campsites and accommodations for the 158 riders and their support.

After the noon start from Fernie on Day 1, the remaining six days took on a similar pattern. A cold breakfast would be served until 7:30am. Racing would start at 8am sharp, and riders would spend the next 4-10 hours racing. There were two to three checkpoints along each route so that riders could get off their bikes, refuel and check in with the timer. Teammates had to come through the stations within two

minutes of each other or face a one-hour time penalty. Riders finishing after the 6pm daily time limit would be able to start the next stage, but they would no longer be in contention to win the event.

One of the daily highlights was the evening medal presentations and video clips. Medals and certificates were presented daily to the top three finishers in each category (Open Men, Open Women, Master Men and Mixed). Adidas leaders' jerseys were presented to the overall category leaders after each stage. The video highlight reel was fifteen minutes showing the day's river crossing, awesome climbs, crazy crashes, wildlife sightings and quotes of the day. Then it would be off to tent city for a few hours sleep to get ready for the next day.



Matt Decore and Andreas Hestler rode for Rocky Mountain. Photo by Kitti Kropfreiter

Twenty-one teams out of the seventy-nine that started were Albertan. What surprised me was that even though Transrockies is advertised as the "toughest mountain bike race on earth", only 5 of these 42 Albertans are current ABA members! So you don't have to be a hardcore racer to compete at the Transrockies. You do have to LOVE your bike and be willing to spend between 30-80 hours on your bike in one week (if you're fast you spend a lot less time on your bike - a 50 hour range separated the fastest and slowest teams). You have to love camping, or at least RV-ing, and you have to be able to tolerate the person you are riding with for one whole week.

Some highlights of Transrockies 2003:

Cheering for one-legged cyclist Brett Wolfe and his partner Julene Mitchell. They finished 9th out of 16 teams which is absolutely awesome considering Brett is an above the knee amputee who rides with no prosthetic. The daily videos showed Brett riding up super steep climbs and passing other competitors who had hopped off their bikes to walk.

Witnessing riders in Kananaskis country ducking under the yellow barrier tape to ride the Transrockies course while the entire area was closed to backcountry use due to forest fires. Alberta Tourism considered this event important enough to make exceptions for the race.

Shauna hands out the goodies. Photo by Kitti Kropfreiter



Watching the work crews close 3 km of Highway 1 just outside of Canmore on a Saturday for a bike race! Riders raced along the road travelling opposite of traffic as part of the last stage of the course. Up until just before the race began, riders were going to have to walk their bikes along this section.

Waiting in Canmore for the last place team to come across the line. Team 69, Richard and Laurie Woodburry from Minnesota who are in their late 50's, achieved a personal goal and served as an inspiration to us all by toughing it out and making it to the end. There wasn't a dry eye on Main Street when the couple came across the finish.

Being impressed to see Martin Hornegger from Austria pull his wife up steep sections of the course. When the terrain got tough, he would throw a bungee cord with a clip back to his wife Simone who would quickly attach it to her bars. Remember each team is only as fast as its slower rider. The strategy paid off and they finished first in their category.

Post-stage bag showers. Photo courtesy TransRockies



At the finish in Canmore, seven days after we began in Fernie, Mounties stood in the finish area to hand out finishers medals to each rider as they crossed the line. After dinner each of the riders who completed the seven days was given a finishers t-shirt. These t-shirts are impossible to get if you don't participate in the race. I was told that there were a few t-shirts left over after last year's finish. Once it was confirmed that everyone who had earned a t-shirt had received one, the organizer took a razor blade and destroyed the left over shirts. Albertan Stuart Dalziel crashed in the last stage but forced himself to finish despite suffering a broken jaw, a separated shoulder, and lacerations to his face!

So keep your eye out for information on the 2004 Transrockies Challenge. It's the only way you can get one of those finisher t-shirts, and it's an experience of a lifetime!

Intensities in Tent City. Photo courtesy TransRockies



July 26-27, Argyll Velodrome Edmonton

Omnium #	Name	Club	200 ITT Time	IP *	Time	ITT * Pts	Time	Pts	Race	Pts	Match Sprint	Total Pts
Open Men						4000	1000					
1	Chris Rubuliak	Juventus			5:02.18	1 10	1:10.68	3 5	1	10		25
2	Travis Smith	The Track Team	11.257	2			1:08.72	1 10			1	10 20
3	Cameron Mackinnon	Bicisport	11.621	3			1:09.69	2 7	3	7	3	5 19
4	Lars Madsen	Juventus	11.200	1							2	7 7
5	Gregg Menard	Juventus			5:21.47	2 7						7
6	Tom Amberiadis	Mountain Bike City	11.634	4			1:11.74	4 3			4	3 6
7	Joel Regimbald	Synergy	12.016	6			1:14.61	6 1	5	3	5	2 6
8	Chris Harrison	ERTC/redbike	13.260	10	5:35.00	3 5	1:20.98	10				5
9	Mike Stickland	Pedalhead								4	5	5
10	Tod Barraclough	Juventus	12.471	9	5:39.03	4 3	1:19.29	8				3
11	Tim Caulfield	Juventus	11.754	5			1:13.46	5 2			8	2
12	Ken Cools	Airdire BMX	12.065	7			1:17.36	7			6	1 1
13	Nick Corcoran	Bow Cycle	12.440	8			1:20.89	9			7	
14	Chris Wright	Juventus										
Open Women						3000	500					
*	Laura Yoisten	Colnago-Carrera	13.262	1			39.54	1	1		3	
1	Kathy White	Jeune Cyclisme			4:20.93	1 10	42.47	2 10	2			10 30
2	Susan Copeland	Juventus			4:21.64	2						7 7
*Out-of-Province rider												
Junior Men						3000	1000					
1	Zach Grant	Juventus	13.139	2	3:57.21	1 10	1:14.20	1 10	2 10		1	10 40
2	Renee Regimbald	Synergy	12.806	1	4:08.29	2 7	1:16.08	2 7			2	7 21
3	Ross Harbottle	Bow Cycle	13.326	3			1:24.34	3 5			4	5 10
Junior Women						2000	500					
1	Laura Brown	Bow Cycle	13.760	1	2:53.48	1 10	42.71	1 10	3 10	1	10	10 40
2	Melissa Findlay	Bicisport	14.554	2	3:07.94	2 7	45.80	2 7	5 7	2	7	7 28
U17 Men						3000						
1	Sean Walsh	Bow Cycle	13.755	1	4:13.04	1 10	1:20.50	1 10	1 10	5	5	35
2	Anthony Stadnyk	Bicisport	14.338	3	4:28.00	2 7	1:26.84	2 7	2 7	3	7	28
3	Leo Josephy	Bow Cycle	13.852	2			1:26.92	3 5	5 5	2	10	20
U15 Women						2000	500					
1	Monique Sullivan	Bicisport	14.240	1	3:05.40	2 7	42.66	1 10	4 10	1	10	37
2	Danielle Kenny	Bicisport	15.464	3	3:02.40	1 10	46.89	3 5	5 7	2	7	29
3	Torie Grant	Juventus	15.120	2	3:07.34	3 5	46.77	2 7	7 5	3	5	22
4	Lindsay Walker	Juventus	15.620	4	3:16.01	4 3	46.93	4 3	8 3	4	3	12
U15 Men						2000	500					
1	Eric Smith	Bow Cycle	13.215	1	2:51.29	1 10	42.84	1 10	4 7	1	10	37
2	Spencer Smithman	Juventus	14.374	3	2:58.96	2 7	43.85	2 7	3 10	7	3	27
3	William Monteath	Juventus	14.253	2	3:15.31	3 5	44.00	3 5	6 5	6	5	20
4	Christian Conner	Juventus	16.048	4	3:20.40	4 3	48.26	4 3	7 3	4	7	16
Sport Men						3000	1000					
1	Dylan Menard	Juventus	12.530	1	5:38.39	1 10	1:17.71	1 10			3	5 25
2	Ryan Correy	Synergy	12.722	2			1:21.03	2 7			1	10 20
3	Martin Kaefer	Juventus	13.502	4	5:56.39	2 7	1:22.49	4 3			2	7 17
4	Norm Kalmanovitch	Bow Cycle	13.002	3			1:22.20	3 5			4	3 8
5	Greg Yanicki	Bicisport	13.817	5	6:02.88	3 5	1:26.83	5 2				7
Tandem						4000	1000					
1	Dean Edwards (s)	Juventus	12.340	1	5:11.731	10	1:17.17	1 10				20
Stephen Burke (p)												
CP						3000	1000					
1	Brayden McDougal	Bicisport	16.930	1	5:19.92	1 10	1:34.74	1 10			1	10 30
Team Pursuit						500						
2	Barb Ferner	Bicisport	18.446	1	5:38.56	2 7	56.31	1 7			2	7 21
Name	Club	Category	Time									
Gregg Menard	Juventus	OPEN	5:09.60			Torie Grant	Juventus					U15 Women 3:15.04
Chris Wright	Juventus	OPEN	4000m			Lindsay Walker	Juventus					U15 Women 2000m
Chris Rubuliak	Juventus	OPEN				Spencer Smithman	Juventus					U15 Men
Tod Barraclough	Juventus	OPEN				William Monteath	Juventus					U15 Men

Juventus SC presents the Provincial Track Championships

* Name	Club	1000m Category	Time	5	Name	Club	Category	Time
1 Ken Cools	Airdire BMX	OPEN	1:07.15		Zach Grant	Juventus	Junior Men	1:16.34
Travis Smith	The Track Team	OPEN			Tod Barraclough	Juventus	OPEN	
Cameron MacKinnon	Bicisport	OPEN			Chris Wright	Juventus	OPEN	
2 Joel Regimbald	Synergy	OPEN	1:10.46		6 Anthony Stadnyk	Bicisport	U17 Men	1:18.65
Nick Corcoran	Bow Cycle	OPEN			Leo Josephy	Bow Cycle	U17 Men	
Tom Amberiadis	Mountain Bike City	OPEN			Eric Smith	Bow Cycle	U15 Men	
3 Dylan Menard	Juventus	Sport	1:15.83		7 Monique Sullivan	Bicisport	U15 Women	1:24.21
Chris Rubuliak	Juventus	OPEN			Laura Brown	Bow Cycle	Junior Women	
Gregg Menard	Juventus	OPEN			Melissa Findlay	Bicisport	U15 Men	1:26.11
4 Ross Harbottle	Bow Cycle	Junior Men	1:15.98		8 Spencer Smithman	Juventus	U15 Men	
Sean Walsh	Bow Cycle	U17 Men			William Monteath	Juventus	U15 Men	
Renee Regimbald	Synergy	Junior Men			9 Torie Grant	Juventus	U15 Women	1:28.58
					Lindsay Walker	Juventus	U15 Women	
					Danielle Kenny	Bicisport	U15 Women	



Juventus SC presents the 10-mile Challenge
Argyll Velodrome Edmonton August 24

#1	Chris Rubuliak	Juventus	20:58.1	#2	Zach Grant	Juventus	22:16.5
	Todd Barraclough	Juventus			Joel Regimbald	Synergy Racing	
	Chris Wright	Juventus		#3	Susan Copeland	Juventus	22:48.5
	Gregg Menard	Juventus			Jenni Rubuliak	Juventus	
					Dylan Menard	Juventus	
					Martin Kaefer	Juventus	
					Ira Whyte	Juventus	

Juventus #2 on the straight and on the curve at the 10-Mile Challenge.



Juventus SC presents the Provincial Track Championships

by Chris Check and Mark Webster

AGE: 29 HEIGHT: 5'9"
WEIGHT: 140 (before pancakes)

RESIDENCE: Calgary in summer and Tucson, AZ in winter

SPONSORS: Bianchi Canada, The Bike Shop, Rudy Project, North Wave, Limar, Nature's Path Cereal, Terasana Complimentary Medicine and The PK Institute of Pain

BIKES: Bianchi Team Hardtail, Bianchi EV3 road bike

FAVOURITE FOOD: pancakes and large volume of maple syrup

FAVOURITE DRINK: various forms of COFFEE

FAVOURITE MOVIE: Chasing Amy

FAVOURITE TV SHOW: Degrassi Junior High when I have a t.v.

LAST CD THAT YOU BOUGHT: Interpol - Turn on the bright lights

BEST RACE RESULTS (BEST 5): 12th place 2003 National MTB Championships 4th place 2003 Canada Cup #1 5th place 2003 Canada Cup #4 6th place 2003 Canada Cup #5 1st place 2003 Iron Lung ABA Cup

MOST MEMORABLE RACING MOMENT: Leading and pushing the pace for the 1st lap of the 2003 Canada Cup #1 in Bromont. Or maybe that time a cute girl watching said "nice legs" every time I passed her. Of course she was probably saying that to everyone.

ROAD, CROSS OR MTB? If I pick one, the others will get jealous. I love them all.

HOW'D YOU GET INVOLVED WITH RACING? I started racing in Halifax N.S. The people and atmosphere were great and it quickly turned into a passion. I moved to Calgary and met the Deadgoats. Another great group of riders in Calgary. It's all about the people. Racers are a little neurotic, but when it comes down to it we are just really competitive people driven to pound each other into the ground. Doesn't that sound like fun?

WHO'S THE COOLEST PRO YOU'VE MET? Gord Fraser. Training in Tucson means riding with Gord. When Gord says to be careful on the descent of Medera Canyon and watch for deer and cops, what he really means is go as fast as possible and hit speeds of 80-90 km/hour. Cool or crazy?

DREAM JOB? Getting paid just enough to get by and race my bike full time without wondering where the next meal is going to come from (because I am REALLY hungry all the time).

IF YOU WERE A SUPERHERO, WHO WOULD YOU BE? Superhero's are too bulky to be good cyclists. C'mon man, seriously. The only thing they have right is the Lycra. But one of the x-men might be kinda cool.

ARCH RIVAL? Roddi 'never-DNF-man' Lega. Roddi makes me go faster.

WHAT ARE YOUR GOALS FOR NEXT SEASON? LONG TERM?

Next season I hope to go on a national team project, win a Canada Cup, and eat 10 pancakes for my pre-race meal instead of my usual 8. Long term I hope to be able to continue to race my bike pain/guilt free and make enough money to pay rent. Then I will retire at age 40 and lawn bowl.

WHAT DOES A WEEK OF TRAINING WITH MARK LOOK LIKE?

Depends on time of year. How about the off season...
Monday - gawk and roll/copious coffee consumption (easy ride on way to coffee shop with lots of people watching)
Tuesday - intervals - either intensive endurance or strength 3-5 hrs
Wednesday - See Tuesday
Thursday - long and steady - 5-6 hrs
Friday - See Monday
Saturday - race simulation - 5 hrs of jamming in Tucson's 'shootout'.
Sunday - long and steady sometimes with a lot of climbing 4-6 hrs

Coffee-Eat-ride-sleep-coffee-eat-ride-sleep...and repeat.

WHICH IS MOST IMPORTANT? WORLD CUP OVERALL, WORLD CHAMPIONSHIPS, OR OLYMPIC GOLD? The Olympics reach such a wide audience. Olympic Gold... How cool would that be?

THANKS TO? Mom, bro, Coach Paul Kelly, Bianchi Canada, Team Bianchi-The Bike Shop, The Bike Shop, Zoolander, T-rex, bomber, Geoff, Andy Holmwood, J-Mc-P, Deadgoats - Tim, Keith and Pat. And I can't forget j-lo, lunchbox and 'tonne of fun'.



While in office on the ABA Board of Directors, Elmo Kugelblitz put his bikes into a blind trust where other people ride them and don't tell Elmo where they are going.

Alberta Bicycle Association Annual General Meeting (and party!)

Saturday, October 25th, 2003 7:00 pm. Registration opens 6:00 pm

Commissaires' AGM at 5:00

Varscona Hotel 8208- 106 Street (on Whyte Avenue) Edmonton

Proxy and club vote form on page 18

- 1.0 Review and approval of the agenda
- 2.0 Approval of AGM Minutes, Nov 2nd, 2002
- 3.0 Reports
 - 3.1 President
 - 3.2 V.P. Racing
 - 3.3 V.P. Admin
 - 3.4 V.P. Recreation & Transportation
 - 3.5 V.P. BMX
 - 3.6 V.P. Women's Cycling
 - 3.7 Members at Large
 - 3.8 Chief Commissaire
 - 3.9 Executive Director
 - 3.10 Technical Director
- 4.0 Items for approval
 - 4.1 Audited financial statement (2002)
 - 4.2 Bylaw change (See below)
- 5.0 New Business
 - 5.1 Financial update 2003
- 6.0 Elections
 - 6.1 Vice President Administration (2 years)
 - 6.2 Vice President BMX (1 year)
 - 6.3 Vice President Recreation and Transportation (2 years)
 - 6.4 Vice President Women's Cycling (2 years)
 - 6.5 2 Racing Committee members Road and Track (2 years)
 - 6.6 1 Racing Committee member Mountain Bike (2 years)
 - 6.7 2 Members at Large (2 years)
 - 6.8 3 BMX Committee members (1 and 2 years)
 - 6.9 2 Financial Auditors
- 7.0 Adjournment of business meeting
- 8.0 **Q&A session with ABA board and staff. Bring your issues and concerns**
- 9.0 2003 ABA awards
- 10.0 Fun, frivolity, fellowship, refreshments and cash bar...

Set up the 2004 season!

Race Organizers' Meeting
Saturday
November 22,
2003
Red Deer
10:00 am - 3:00 pm
Lunch laid on!

Experienced and prospective race organizers should attend to hear the latest from the ABA, trade tips and tricks and share stories

Proposed bylaw changes: Addition to article VI – Board of Directors
3.b) Be it resolved that the following Board Directors are to be elected in even numbered years:
Add: VP BMX
3.h) BMX Committee: Two positions will be open for election in odd numbered years and one position will be open for election in even numbered years.

**Canada Olympic Park presents
Canada Cup XC #5**

Calgary August 2-3 DH results on page 41

Club Time

U13 Men

1	Cody Grant	Juventus	38:24
2	Kenneth Lubon	Independent	45:40
3	Jonathon Urton	Rock 'n Road	47:19

U13 Women

1	Charlotte Batty	Bay Cycle/3 Rox Racing	41:44
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U15 Men

1	Drew Smith	Rundle Mtn CC	28:23
2	Leo Lacourciere	Rundle Mtn CC	28:27
3	William Urton	Rock 'n Road	30:25
4	Chris Jackson	Gears Racing Team	30:33
5	Spencer Smitheman	Juventus	30:33
6	Daniel Thorpe	Bay Cycle/3 Rox Racing	30:37
7	Robert Mcphalen	Dynamic Cycle	31:03
8	Logan Brauer	Fort Sask. Bicycle Club	31:48
9	Justin Middleton	Juventus	32:08
10	William Monteath	Juventus	39:19

U15 Women

1	Torie Grant	Juventus	40:51
2	Lindsey Walker	Juventus	41:52

U17 Sport Men

1	Scott Duggleby	Rundle Mtn CC	1:04:03
2	Anthony Killick	Independent	1:05:23
3	Mark Hazlett	Rocky Mtn Bike n Board	1:07:53
4	Jordan Brietzke	Snakebite Society	1:10:24
5	Paul Macdonald	Sport Chek Cycling	1:14:12
6	Michael Wheaton	Juventus	1:20:11
7	Kevin Fox	Juventus	1:34:33

U17 Expert Men

1	Kevin Bowser	Bow Cycle/Cyclemeisters	1:24:55
2	Mike Bidniak	Juventus	1:29:54
3	Blair Dryden	Freewheel Cycles/Kona	1:30:09
4	Codey May	Skis & Biikes	1:30:09
5	Cory Hancock	Bay Cycle/3 Rox Racing	1:31:07
6	Eric Magee	Rundle Mtn CC	1:35:25
7	Vincent Blanchette	VW - Kaltire	1:39:33
8	Pat Berry	Dead Goat Racing	1:40:52

Junior Sport Men

1	Kevin Lega	United Cycle	1:44:18
2	Jared Wilson	River Valley Cycle	1:56:27
3	Kevin McMahon	Independent	2:06:45

Junior Expert Men

1	Max Plaxton	Gears Racing Team	1:40:24
2	Jamie Lamb	Cyclesmith	1:42:49
3	Jonathan Boulanger	Nestea/Perigny	1:43:53
4	Jean-Francois Vennes	Equipe Record	1:45:30
5	Jean Sebastien Perron	Independent	1:45:38
6	Chris Thorpe	Bay Cycle/3 Rox Racing	1:46:22
7	Mark Batty	Bay Cycle/3 Rox Racing	1:50:14
8	Kyle Douglas	Bay Cycle/3 Rox Racing	1:53:45
9	Vincent Scigliano	Critical Speed	1:57:44
10	Jean-Nicolas Laverte	Durand Sports	1:58:28
11	Tyler Foy	Rock 'n Road	2:24:05

Senior Beginner Men

1	Orrin Little	Pedalhead	37:15
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Junior Expert Women

1	Olivia Gagne	Club Cycliste Beauport	1:34:46
2	Emily Batty	Bay Cycle/3 Rox Racing	1:37:42
3	Catherine Vipond	Gears Racing Team	1:39:55
4	Kylie Case	VW - Kaltire	1:42:08

Senior Sport Men

1	Matthew Wex	British Army	1:22:41
2	Colin Bell	Team Bianchi/Bike Shop	1:23:35
3	Earl Nolan	Dead Goat Racing	1:23:44
4	Andrew Royle	Calgary Cycle	1:24:37
5	Jamie Rasmussen	United Cycle	1:30:22
6	Roy Custodio	Terrascape Racing	1:31:33
7	Jesse Cook	Rundle Mtn Cycling Club	1:32:44
8	Jon Shalapay	United Cycle	1:34:12
9	Michael Vukadinovic	Skookum Cycle & Ski	1:35:13
10	Trevor Sutherland	Dead Goat Racing	1:35:39
11	Fred Roy	Northern Bush Rastas	1:40:41
12	Steve Vinci	Snakebite Society	1:51:34
13	Mark Shaw	Dynamic Cycle	1:58:20
14	Carl Bilodeau	Independent	1:59:19
15	Josh Silbernagel	Spokes 'n Attire	2:40:45
16	Adam Currie	Blizzard	2:43:01

Senior Sport Women

1	Bridget Linder	Snakebite Society	1:10:20
2	Kathleen Pistak	Independent	1:17:24
3	Stephanie Carreau	Fly Gurlz	1:20:58

Senior Expert Men

1	Dave Kennedy	Bow Cycle/Cyclemeisters	1:47:57
2	Richard Giberson	Pedalhead	1:48:50
3	Jonathan Nutbrown	Independent	1:49:13
4	Adam Bailey	Black Sheep Mtb.	1:49:53
5	Gord Kennedy	Bow Cycle/Cyclemeisters	1:52:29
6	Devin Erfle	Dead Goat Racing	1:52:42
7	Gary Chambers	Dead Goat Racing	1:52:49
8	David Roberts	Snakebite Society	1:56:22
9	Paul Ignatiuk	ERTC/redbike	1:56:53
10	Jonathan Keats	Pedalhead	1:57:43
11	Kirk Hamilton	River Valley Cycle	1:57:49
12	Ryan May		1:57:49
13	John Twells	Pedalhead	1:58:37
14	Dion Clark	Bow Cycle/Cyclemeisters	2:00:44
15	Darren Anderson	Pedalhead	2:02:55
16	Dominic Gauvin	Rocky Mtn Bike n Board	2:06:59
17	Rylan Lundgren	VW - Kaltire	2:10:30
18	Graeme Wright	Rocky Mtn Bike n Board	2:19:35
19	Brian Kullman	Terrascape Racing	2:21:21
20	Duane Epp	Independent	2:24:14

Senior Expert Women

1	Christine Missegheers	Mtn. Bike City/Tatonka	1:44:59
2	Carrie Williamson	Terrascape Racing	1:48:25
3	Melanie Clark	Independent	1:49:16
4	Marisa Tosi	Terrascape Racing	1:49:21
5	Erica Musyj	Northern Bush Rastas	1:52:29
6	Maria Dacruz	Dirt Girls	1:56:52

Master Sport 30+ Women

1	Laura-Lee Dyck	Independent	1:13:13
2	Susan Sutherland	Synergy	1:20:47

Master Expert 30+ Women

1	Leslie Schlebach	Bicisport	1:44:25
2	Sherry Huybers	Spokebenders	1:53:47

Master 40+ Expert Men

1	Rod Smith	Calgary Cycle	1:21:55
2	Tim Berznyak	Dead Goat Racing	1:26:43
3	Graham Smith	Rundle Mtn CC	1:45:23

Senior Elite Women

1	Marie-Helene Premont	Oryx Procycle	1:49:06
2	Karen Dewolfe	CA. Prunes/Orbitz	1:51:54
3	Sarah Noble	Bike Barn	2:00:01
4	Annie Tykwinski	Pedalhead	2:01:25
5	Sandra Walter	Marin Canada	2:02:26
6	Danelle Kabush	Gears Racing Team	2:02:35
7	Martina Feldmann	Independent	2:03:02
8	Madelanie Bate	Terrascape Racing	2:03:27
9	Mical Dyck	Terrascape Racing	2:04:38
10	Tanis Banks	Gericks	2:05:54
11	Linda Robichaud	Norco Performance Bicycle	2:10:21
12	Heather King	Gears Racing Team	2:11:10
13	Lisa Licis	Hardcore	2:11:53
14	Anne-Marie Jobin	SOS Velo Ski	2:12:53
15	Sophie-Anne Blanchette	Gears Racing Team	2:13:13
16	Kasandra Cote	Normandin/CBSF	2:13:35
17	Stefanie Gauvin	Club Cycliste Beauport	2:16:13
18	Jean Ann Mckirdy	Rocky Mtn/Crystal Decisions	2:16:14
19	Kate Scallion	Norco Performance Bicycle	2:21:08
20	Shannon Hood	Cycledelia/Bike Doctor	2:21:51
21	Kathy White	Jeune Cyclisme	2:23:29
22	Audree Vaillancourt	Record/Specialized	2:24:11
23	Jill Parnell	Black Sheep Mtb.	2:25:08
24	Sandy Ayre	Pedalhead	2:26:23

Senior Elite Men

1	Peter Wedge	Kona Clarks	1:59:46
2	Mathieu Toulouse	Gears Racing Team	1:59:48
3	Jesse Jakomait	Team Hardwood Hills	2:00:25
4	Carter Hovey	Rider's Cycles	2:00:29
5	Andrew Watson	Team Bianchi Canada	2:01:11
6	Mark Webster	Team Bianchi/Bike Shop	2:01:33
7	Mike Garrigan	Team Bianchi Canada	2:01:49
8	Marc Bomhof	Headwinds / Bike Shop	2:02:53
9	Kris Sneddon	Kona Clarks	2:03:37
10	Ricky Federau	Gears Racing Team	2:04:05
11	Matthew Hadley	Radical Edge	2:04:57
12	Greg Reain	Gears Racing Team	2:05:23
13	Derek Zandstra	Bay Cycle/3 Rox Racing	2:05:43
14	Eric Batty	Bay Cycle/3 Rox Racing	2:06:35
15	Matt Patterson	Gears Racing Team	2:07:06
16	Adam Coates	Gears Racing Team	2:08:08
17	Frederic Bussieres	Gears Racing Team	2:08:43
18	Jason Shenkariuk	Independent	2:09:33
19	Jeremy Trudel	le Yeti	2:09:37
20	Tim Oliver	Gears Racing Team	2:09:42
21	Pierre-Alexandre Couture	Club Sportif Bromont	2:11:24
22	Stefan Widmer	Independent	2:12:06
23	Gerry Noble	Bike Barn	2:12:43
24	Yoshito Tsuji	Oak Bay Bicycle	2:13:05
25	Menno Hubregtse	Pedalhead	2:13:39
26	Shawn Bunnin	Cycledelia/Spoke 'n Sport	2:13:57
27	Evan Sherman	United Cycle	2:15:41
28	Nick Lynem	Independent	2:16:17
29	Brian Cooke	Bicycle Cafe	2:16:38
30	Michael Dennis	Gears Racing Team	2:16:49
31	Andre Sutton	Hardcore	2:17:00
32	Steve Martins	Hardcore	2:17:17
33	Martin Lazarski	Gears Racing Team	2:17:50
34	Brad Kerr	Off Road Syndicate	2:18:21
35	Byron Davis	Pedalhead	2:18:22
36	Cory Zetterstom	Bruce's Cycle Works	2:18:39
37	Mike Lawford	Independent	2:19:40
38	Per Strom	Bicisport	2:19:55
39	Matt Spurgin	Evans Cycles R.T.	2:22:00
40	Leith Mcleod	VW - Kaltire	2:22:07
41	Tim Carleton	Sport Swap	2:22:38
42	Tim Ogryzlo	Pedalhead	2:22:55
43	Julian Hine	Gears Racing Team	2:24:33
44	Paul Daniel	Pedalhead	2:28:00
45	Steven Elm	Calgary Cycle	2:28:20
46	Edmond Blanchette	VW - Kaltire	2:31:09

Master 40+ Sport Men

1	Henry Yau	Dead Goat Racing	1:01:56
2	Tommy Mak	Eurotech Cycle	1:02:01
3	Ron Bourget	Pedalhead	1:02:06
4	Wieslaw Zychowicz	Dead Goat Racing	1:02:13
5	Michael Zelensky	Pedalhead	1:02:22
6	Don Dagg	Independent	1:06:04
7	Steve Schiefler	Calgary Cycle	1:08:43
8	Don Fox	Juventus	1:09:20
9	Lawrence Keller	Dead Goat Racing	1:12:47
10	Peter Churchill	Pedalhead	1:12:48
11	Paul Mollins	Independent	1:13:33
12	Robert Carleton	Independent	1:32:13
13	Bruce Jackson	Gears Racing Team	1:32:49

Master Sport 30-39 Men

1	Mark Fedoroshyn	Mtn. Bike City/Tatonka	1:27:27
2	Edward Daykin	Calgary Cycle	1:28:36
3	Dan Mcdonogh	Independent	1:29:18
4	Wayne Calder	Dead Goat Racing	1:29:44
5	John Bence		1:30:15
6	Jack Vandyk	Terrascape Racing	1:30:48
7	Allan Wray	Pedalhead	1:31:30
8	Ted Anderson	Dead Goat Racing	1:32:22
9	Kevin Walsh	Independent	1:35:43
10	Rob Novotny	Independent	1:37:48
11	Brent Clark	Independent	1:38:27
12	Frank Kovacs	Snakebite Society	1:39:14
13	Steve Walsh	Independent	1:39:42
14	Murray Aubin	ERTC/redbike	1:40:18
15	Mike Vander Zee	Pedalhead	1:41:58
16	Gord Mcguire Trainor	Independent	1:45:38
17	Don Reichert		1:52:39
18	Terry Williams	River Valley Cycle	1:53:11
19	Ken Masse		2:14:25

Master Expert 30-39 Men

1	Craig Stappler	Calgary Cycle	1:46:47
2	Kelly Servinski	Dead Goat Racing	1:48:23
3	Ross Andersen	Calgary Cycle	1:49:18
4	Clayton Paradis	Pedalhead	1:49:38
5	Pete Leibel	Flash-5 / Norco	1:51:18
6	Stephen Couse	Spokebenders	1:53:20
7	Lonn Bate	Terrascape Racing	1:54:17
8	Jim Brogden	Alter Ego Sports	1:54:30
9	Greg Ashtem	Bow Cycle/Cyclemeisters	1:55:49
10	Jeff Seaborn	Independent	1:58:51
11	Mike Prinz	Single Track Cycle	2:03:03
12	Daniel Bierd	Bicisport	2:05:41
13	Ed Garvin	Single Track Cycle	2:05:56
14	Jason Nadeau	Independent	2:18:15
15	Chris Check	Pedalhead	2:30:09

WUTTWCRX for keeping agrip on things. Harley Desprey (Velocity) says, "Put a strip of hockey tape on the grabbing portion of your brake levers for an extra bit of grabbiness." Use coloured tape for a fashion statement.

WUTTWCRX for fasion statements. Get a paint touchup pen in the same colour as your frame (That's one reason to have all your bikes the same colour). Try Canadian Tire, an autobody shop or Michaels' craft shop. Use it for touching up boo-boo's and also to mark the link on your chain where you started lubing. Lube the chain, the whole chain and nothing but the chain.

WUTTWCRX for retro-bikes: Keep begging Mountain Equipment Co-op to keep 7-speed freewheels in stock.





Track Nationals Team Sprint start. From left to right is Travis Smith, Lars Madsen and Yannik Morin (Quebec), all from TheTrackTeam. Photo courtesy Lars Madsen and Victoria.

2003 Annual General Meeting and Commissaires' Annual General Meeting

The 2003 Annual General Meeting will be held on Saturday, October 25th in Edmonton at the Varscona Hotel on Whyte Avenue at 8208-106 Street. Registration for the AGM will take place between 6:00 and 7:00 pm and the meeting will start at 7:00 pm. Agenda on page 15.

The Commissaires' AGM will take place at the Varscona at 5:00 pm.

Please remember to bring your license or proof of I.D.

Club Vote Form

The _____ club gives permission to ABA member _____

to vote on its behalf at the Alberta Bicycle Association's Annual General Meeting Saturday, October 25th, 2003.

Signature of club president: _____

Name of Club President: _____

License number of member casting vote: _____ Date: _____

Proxy Form

I, _____, being a licensed member of the Alberta Bicycle Association for the 2003 calendar year, do hereby give permission to _____

who is also a licensed member of the Alberta Bicycle Association for the 2003 calendar year, to act on my behalf at the Annual General Meeting Saturday, October 25, 2003.

Signature of member giving permission: _____

Club Affiliation of member giving permission: _____

License number of member giving permission: _____ Date: _____

Please register your one (1) proxy form per licensed attendee at the AGM sign-in between 6:00 and 7:00 pm on October 25th

BMX-cite!

A supplement to the Alberta Spin magazine

Cools is hot!

Couldn't resist...JD

CONGRATULATIONS to Samantha Cools, from Airdrie, Alberta, who is the UCI World BMX Champion

Sam was awarded the Rainbow Jersey in Perth, Australia at the BMX World Championships. Sam beat her U.S. rival Kim Hayashi by 4 bike lengths and posted course times equal to the elite women. She will have one more year in Junior and then move up to Elite Women in 2005 - ready for the Beijing Olympics in 2008. Way to go Sam!

Other Canadian results include:
Troy Nyhaug - 1st in 11 Boys, **7th** in cruiser
Patrick Lebel - 3rd in 15-16 Cruiser, **8th** in 16 Boys,
Jeff Ingram (ABA webmaster) - **7th** in 35-39 Cruiser.

Sam Cools could be found before her events warming up on a fluid trainer - something we see in other disciplines of racing, but is completely unheard of in the BMX community. The tactic worked perfectly as assistant team coach Jeff Ingram stood in the staging pens for long periods of time with Sam's bike and endured the stares of the other riders and ridicule of the staging personnel for each moto. When he neared the stairs for the start ramp he radioed team coach John Cools to bring Sam who merely walked 100 ft from where she was warming up in the Canadian team area to her bike. You can bet the other countries will be at the World Championships in Holland next year with fluid trainers and radio communications



Samantha Cools battles USA's Kim Hayashi for the Rainbow Jersey. Photo by Barney Brown

Support Indoor BMX this winter!

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

It's about the belt: Hurricane Alley

by Scott Brown Lethbridge BMX

It was early in the season. Our club was excited and expanding. We wanted to get on with the task of retaining the Hurricane Alley Belt for the third time in as many years.

The Hurricane Alley Belt is the pride and joy of Lethbridge BMX. It is Big, Black, and Heavy. It has Brass Eyelets and a Large Double-pronged Clasp. The Centerpiece is Big and Golden in colour; it bears the Name of the Competition and Pictures of the Competition Tracks. To each side are more Plates just waiting for more Champions' Insignias.

On June 22, 2003, Race One was upon us. The gate dropped and then it was crazy racing. Medicine Hats rider numbers were low, but they had focus in their eyes, and fire in their legs. They raced like true champions but in the end were overtaken by Lethbridge's sheer numbers. When the dust settled all riders received an awesome number plate for their ride.

August 23, 2003 was Race Two, the final race for the belt this year. As always Medicine Hat delivers, the wind gusted to near-Hurricane speeds. Undaunted, Lethbridge families showed up to claim the belt as their own. Unlike race one in Lethbridge, Medicine Hat riders showed up in droves. They all seemed to have that same focus in their eyes and I found myself wondering if they would have that same fire in their legs, especially now that they outnumbered us. We set up a makeshift ring made of steel posts and yellow rope and handed the belt over to an impartial ref. The gate dropped once again and we raced.

The obstacles were tough and foreign to us, but our coaching and practice made us ready. During intermission Medicine Hat pulled out all the stops: rider prizes, new mom dad and rider races, and of course, the pieing of many faces. It was all a bit distracting but Medicine Hat BMX has this awesome race atmosphere and it was easy to get back into race mode. Again after the racing was over every rider received an award. They were these awesome cooler bags with each club's name on them. Truly an outstanding job by all that were involved in the races.

One week later Lethbridge hosted the CCA Canada Cup Final. It was then when Lethbridge announced to the world that we were once again the Hurricane Alley Champions. And what's this? New cage match rules I mean, a new points system... It doesn't matter what is thrown at us, Lethbridge BMX riders pedal right over the finish line when it comes to the belt and any race. We are the original and so far the only Hurricane Alley titleholders. We are the Hurricane Alley Champions of the world and that's just the way it is.



Winnie-the-Pooh found the day blustery and Po the Teletubbie thought it blowey but for BMXers, it was just another day in Southern Alberta. Photos by Scott Grenier

by Sue Hetherington, Medicine Hat BMX

Another exciting year of competition between Medicine Hat BMX and Lethbridge BMX!

Our goal: to terminate Lethbridge's 4 year reign of victory in the Hurricane Alley Challenge (HAC). In the first half of this year's competition held in Lethbridge in June, 24 of our club members drove to Alberta's Windy City filled with a desire to dominate. Lethbridge's numbers were staggering. All of the kids (including us older ones) from both clubs rode with the same determination and passion. They rode to keep the HAC belt at their home. We rode to bring it to our home. The points soon revealed the daunting task ahead of Medicine Hat. We left this day trailing our friendly rivals by 700 points. It was no surprise to us and once again Lethbridge put on a great race. Scott Brown, president of the Lethbridge BMX Club, walked around the track all day sporting the Hurricane Alley Belt (nice fit Mr. Brown...)

We left that day, heads held high, knowing we had only 7 short weeks to get ready for Part II of the challenge and our chance to claim the elusive belt for our own. The second half of the race was held in Medicine Hat on August 23rd. We were ready for the upset. We had the support of our riders, parents and the community. Lethbridge was going down! The race day was filled with distractions for the visiting riders (every edge counted for us). With the help of their competing children, Moms and Dads who had never been on bikes before had a fun relay race. 12 children were given an opportunity to choose a special someone and pie them in the face. It was dirty, but we were determined to win. Mr. Brown was still wearing the belt when he showed up. We were not completely convinced that he ever took it off. Perhaps a justifiable reason to let Lethbridge BMX keep the belt, but.....NAH, they were going to have to fight this final battle to the end if this icon of trophies was to continue to grace their shelf.

71 riders from both clubs showed up to do battle for the belt on this, the windiest day of the summer. 30 excited young competitors drove in from the south and the remainder were from Medicine Hat. We had the numbers, but could we make up the 700-point spread to upset our neighbours? Our kids rode their hearts out. Medicine Hat's continued, 5-year run of perseverance will continue into 2004. The Lethbridge BMX Club will remain the holders of the HAC Belt for yet another year. The point spread was just enough to allow our Southern Neighbours to remain on top and Scott Brown will continue to wear the Belt for his victorious club. All of us in Medicine Hat congratulate our friends in Lethbridge BMX for a battle well fought and well won!

However, be it known that we will not roll over and give up. 2004 is just around the corner and the battle will continue. We will once again meet the Lethbridge BMX Club in the rider's ring, for the opportunity to pry the belt from their clutching hands (or somehow remove it from Mr. Brown's waist...)

We have built a spot for it at our home track and our perseverance and steadfast determination to bring it to its rightful resting place will overcome our past odds. We won't quit until it's ours! Lethbridge, enjoy your victory while it lasts. See you in the gate!

Hurricane Alley Challenge 2003 - The View from Medicine Hat

by Dean Bradley, ABMXA. Photos by Barney Brown, www.championsphotography.com

From August 15th through August 17th the Airdrie BMX Association was the host of the 2003 Alberta BMX Provincial #4 Race weekend. Airdrie BMX volunteers had been working feverishly on several upgrades and additions to their track, as well as sprucing things up ... and did it ever show! By the time the race weekend rolled around, the Airdrie folks were able to show us a very classy track, and the whole facility was in near immaculate condition! Most noticeable, to mention but a few: the announcer's tower, the excellent condition of the track and grounds, all those decorations, the additional night lighting, and yes ... those three new paved corners!

The main billings of the weekend were the Friday Night Charity Race, Saturday's Award Race, and then on Sunday the big Provincial #4. Once again the bike shops, 'BMX Solutions' and 'Flash Cycle', had their booths set up and were kept busy by the large crowds. Airdrie's raffle draw booth was also a big hit. If any of you were wondering who all those people were who were running around sporting those bright green 'T' shirts ... they were the Airdrie BMX Volunteer Corps! Interest in BMX Team Racing remains strong ... seven teams signed up for the Provincial on Sunday! And by the large numbers of young riders that were racing (the 5 to 10 year olds), the future of our sport in Alberta is well assured!

Of special note: The weatherman decided to retire the Airdrie BMX 'bad weather curse' and presented us with a near 'Goldilocks' weekend. The weather was mostly sunny, with just a little splash of rain on Saturday morning, and temperatures throughout the weekend were not too hot ... not too cold ... JUST RIGHT!

In addition to the racing, two other items of major note were the talk of the weekend. Alberta's first BMX track paved corners were a resounding success, and the riders just couldn't get enough of them! The other major item of note was that the rider count during the weekend went off the



Richter Scale! The weekend started off with the Friday Charity Race with 155 racers in 30 motos! The rider count continued to explode throughout the weekend and peaked at an all-time record high of 321 racers in 50 motos at the Sunday Provincial #4 race!!! The media people (CTV News, etc.) that attended had to stay almost twice as long as they originally planned, just so they could take it all in! Alberta BMXers, you've hit the big times!!!

A few rider comments (in no particular order):

- ⊗ Eric Heatherington (13M Cruiser / Medicine Hat BMX): "It's good to be back in BMX Racing again and next year I plan on racing 20" too. The track is really nice and I can get a lot of speed on those paved corners."
- ⊗ Jesse Kowall (15 Exp. / St. Albert BMX): "Awesome Track! The Airdrie Track is one of my most favourite tracks. Good jumps. The racing is fast and challenging, and I'm having a great time!"
- ⊗ Aaron Lepp (Pro / Lethbridge BMX): "Airdrie is putting on a great show with very friendly volunteers and a fantastic atmosphere. The paved corners are awesome! I hope everyone realizes that it's because of the paved corners, that we were able to race after it rained on Saturday. Paved corners are the best thing that has happened to BMX Racing since sliced bread!"
- ⊗ Glen Edwards (40-45 Cruiser / Calgary BMX): "Love the track! Huge lips and very technical. I need more time to practice! It's nice to see that the Airdrie BMX 'weather curse' is broken!"
- ⊗ Shawn Lee (Pro Cruiser / Rocky Mountain House): "I like the way the races are being run. The track offers everything and has a good layout. I'd like to see more tracks with paved corners. One way or another, we are going to get a BMX track started again in Rocky Mountain House, hopefully by sometime next spring."

BMX Moms can handle the bumps

International competition



⊗ Connor Fields (10 Exp. / Las Vegas, Nevada(That's him just above...)): "I'm up here in Canada to visit friends and to get some coaching at the Airdrie Track. This is my first time racing in Canada. The racing here is a little different, but I like it and it's lots of fun! My home track only has one paved corner. A track with three paved corners is totally awesome!"

Once again local and Alberta BMX Assoc. volunteers did an excellent job of organizing and running a Provincial race weekend. The only time things slipped off schedule a bit was the hour wait for racing to start after the light rain shower on Saturday morning. There is no question that we are now operating on a higher level. The old adage in our sport; "Hurry up and wait", appears to no longer apply. 'Hats off' to all our very hard working, dedicated volunteers! And a very big THANKS to the Airdrie BMX folks for showing us a FANTASTIC weekend of racing!!!

Note: Riders can go to the 'Provincial Points' page of the Alberta BMX Assoc. web-site [www.bmx.ab.ca] to check on their race results.

Pavement? Next they'll be wanting feed zones!



Cochrane BMX Provincial #3 race report

by Dean Bradley, ABMXA,
Photos courtesy Pamela Service, Lethbridge BMX

Against the backdrop of the busy summer holiday season, the Calgary Stampede, the 'BMX Worlds' in Australia and several other events, the Cochrane BMX Association put on a very successful, fun packed weekend for us by hosting the 2003 Alberta BMX Provincial Race #3 and two pre-races on the weekend of July 11th through the 13th.

The races were well organized and run, and prior to the race weekend the Cochrane BMX folks made some major changes and upgrades to their facility (eg. a new rhythm section, upgraded last straight, improved first corner, new P.A. system, rebuilt starting gate, etc). For a track and organization that is only about four years 'young', the Cochrane BMX folks have a very good race facility on their hands and should be proud of what they have accomplished!

The weather was kind to us for the most part, giving us mostly warm summer conditions with a short light sprinkle of rain on Sunday. Mr. John Cools, of 'BMX Solutions' had his booth display set up on Saturday and Sunday, providing on-track BMX retail services. And as per usual at the Cochrane track, the view of the Canadian Rocky Mountains was nothing less than SPECTACULAR!

The Friday night pre-race racked up 23 motos with almost 100 racers tooling around the track! Conditions were warm and sunny with a light 'foothills breeze'. The racing itself, went off without a hitch but unfortunately racer Scott Bernacki injured himself during the practice and had to bow out of the racing for the rest of the weekend. Scotty has since healed up, and is 'back on track'!

For the Saturday pre-race the moto count shot up to 44 motos, with slightly over 200 racers pounding the pedals! Once again the weather conditions were warm and sunny with light winds during the race. The heavy winds that kicked up after the race made for some excitement but didn't affect the racing or the good cheer. At the end of the racing, all participants walked away with a cool 'Cochrane BMX' helmet bag. It makes sense eh ... you've got a helmet to protect your head ... so now some of us have a bag to protect our helmet! Thanks Cochrane BMX!

The BIGGIE, the 2003 Alberta BMX Provincial Race #3 on Sunday morning was run like a German transit system - on time, and on schedule! A very professional job was done by our hard working volunteers. KUDOS to our volunteer race organizers and officials! The moto shed posted 44 motos again, but this time the rider count broke this year's Provincial record with 257 racers on the board! There is no question folks- BMX Racing is alive and well in Alberta! 'Old Man Weather' tried to threaten us with ominous dark rain clouds and two short light sprinkles, but the gate kept dropping until the race was done. The battle for BMX team supremacy raged on, with front-runners 'Team Huff', 'BMX Solutions', 'Redline/B&P Cycle', and 'Medicine Hat' continuing to make strong showings! All in all, a good time was had by everyone!

Top to bottom: 6 Intermediate Boys; Cam Lavorato (Int boys); Justin Gunlock; happy racers Kynderlynn, Devany and Lindsay.



MEGA THANKS to all the good folks at Cochrane BMX!

Edmonton BMX has X-tremely good season

by Cathy Loewen Track Operator of Edmonton BMX

The Edmonton BMXtreme racing club has had a very successful season reaching our largest club numbers yet. We should reach 180 members by years end.

We have quite a few riders advancing to the next levels of racing with riders and their families now participating in the provincial race series. At the #4 provincial in Airdrie, Edmonton BMX had over 70 riders in attendance. The #5 provincial and grand provincial is being held in Red Deer on September 13 and 14 and a lot o Edmonton riders will attend.

This year's racing in Edmonton grew in attendance with lots of track improvements. In the new season we rebuilt the track, put in a phone line, finished off the fencing, purchased new loaner bikes and helmets, a lap top computer and printer, a digital video camera, 2 new cordless mikes for announcing, a packer, a new trailer, a new compressor, and an alarm system. Stinson Technologies and River Valley Cycle donated an electronic moto counter that is now located right above our start gate, an excellent device to help our races be very well organized. CBC television made Edmonton BMX a commercial that is running now and for the remainder of our race season. We hope it will run for the 2004 season. We have two time slots, one for 30 seconds and the other one is 15 seconds long. These commercials have been even seen during the televised NFL football games. Thanks CBC for this great donation.

by Dean Bradley

On the subject of "paved corners", I did help with putting the paved corners in at the Airdrie Track, but I am by no means an expert on the subject. I understand that they are fairly common in the States, and some tracks have them in Australia and Europe as well. Paved corners make BMX racing both faster and safer ... the alternative is a dirt corner that is constantly crumbling, with soft spots, loose gravel, etc. Track maintenance is also cut almost in half. The cost to pave a typical BMX track corner is approx. \$1,500. As you might guess, you only pave those corners that you do not plan on changing ... say within the next 10 years. For a more knowledgeable account of BMX track paved corners, you might want to touch base with John Cools and Barney Brown.

Photo by Barney Brown. Where was he standing?



"What's the coaching scene like (at the Airdrie Track)", you ask! Well, I would use the words, 'World Class' and 'VERY effective!' Unfortunately the Airdrie Track is the rare exception, rather than the rule. Some local BMX tracks have little to no real coaching going on. Perhaps this will change as our sport continues to grow and becomes more sophisticated. I hope that sometime in the near future we'll see some opportunities for the training of new BMX coaches. I believe there would be a lot of interest at many of the local BMX tracks. I think your idea of you doing an article on the subject of 'cycling coaching' is an excellent one, and would be of service to all cycling disciplines. For good sources of information on BMX coaching, I would once again suggest the names of John Cools and Barney Brown.

As the track operator of the Edmonton BMX Association, I would like to thank our volunteers, our sponsors, our board members and all our riders and parents for the excellent season.

Special thanks need to go out to Darlena Ensor, Louise Kuly, Darcy Perry, Leslie Cleary, Roland & Karen Underhill, Roland & Lois Grombach, and Todd Bekolay. These volunteers worked each and every race night. One very important thank you also needs to go out to Shawn Loewen who is the president of the Edmonton BMX Association for all the hard work and dedication he put in at the track, training our riders, keeping the track well maintained, and making this sport in Edmonton what it is today.

I would also like to thank Shauna Richards from Alberta Bicycle Association for an excellent job well done for issuing all the licenses in such a short time period. We never had to wait more then a week for any new licenses.

The Outdoor Adventure Show is not coming to Edmonton in 2004 and therefore Edmonton will not be hosting an indoor provincial this upcoming year. We will apply to Alberta BMX Association to host a provincial in the provincial race series in 2004. Keep watch for all new information on Edmonton BMX's website, www.edmontonbmx.com See everyone in 2004.

Airdrie goes hard with paved corners



Critical Mass riders muster at City Hall Friday August 29



Claiming the HLB

Riders reach Critical Mass in Edmonton

On the last Friday of each month, a number of Edmonton riders get organized for a Critical Mass Ride, I mean, just happen to all be commuting from the same start point in the same direction to the same destination at the same time.

The Real R&T: Advocacy Affairs



Above: Waiting for chasers at a light. Right: Celebrating a successful sociopolitical statement.



Some thoughts:

Sirens are for emergency vehicles, so just because your bull horn has a siren you don't have to use it. If you are trying to convince motor traffic that you are also traffic, don't occupy both lanes of the High Level Bridge. All you do is annoy the few motorists stuck behind you. Better to take one lane, let the motorists practice passing safely and have as many as possible see cyclists using the road in a orderly and responsible manner

Should you get a \$287 ticket for running a red, tell the arresting officer that you're from Idaho. In that state, "A person operating a bicycle or human-powered vehicle approaching a stop sign shall slow down and, if required for safety, stop before entering the intersection" Section.49-720. STOPPING — TURN AND STOP SIGNALS.

The likely response: "Your Idaho accent needs work." Thanks to Don Hollingshead for the heads-up.

Canada Olympic Park presents the Provincial XC August 23-24

#	Name	Club	Time
U13 Men			
1	Cody Grant	Juventus	0:38:23
2	Alexander Bosch	Dynamic Cycle/Trek	0:45:34
U15 Men			
1	Leo Lacourciere	14.6 Km Rundle Mountain Cycling	0:59:12
2	Robert McPhalen	Dynamic Cycle/Trek	1:03:01
3	Justin Middleton	Juventus/Kona/Freewheel	1:03:29
4	Spencer Smitheman	Juventus	1:06:07
5	Scott Hughes	Juventus	1:07:35
6	Neal Gregory	Bicisport	1:09:22
7	William Monteath	Juventus	1:19:44
8	Jean-Guy Poirier	Dynamic Cycle	1:23:28
U15 Women			
1	Daniel Kenny	7.3 Km Bicisport	0:36:49
2	Torie Grant	Juventus	0:37:24
3	Monique Sullivan	Bicisport	0:45:04
4	Lindsey Walker	Juventus	0:45:09
U17 Sport Men			
1	Sean Walsh	14.6 Km Bow Cycle/CMC	0:59:19
2	Brian Robinson	Olympic Oval	0:59:31
3	Scott Duggleby	Rundle Mountain Cycling	1:04:03
4	Paul Macdonald	SportChek	1:06:55
5	Jordan Brietzke	Snakebite Society	1:07:40
6	Peter Kennedy	Rocky Mtn Bike n Board	1:41:36
U17 Expert Men			
1	Mike Bidniak	21.9 Km Juventus	1:26:29
2	Kevin Bowser	Bow Cycle/CMC	1:29:01
3	Eric Magee	Rundle Mountain Cycling	1:31:51
Junior Sport Men			
1	Jared Wilson	21.9 Km River valley Cycle	1:40:10
Junior Sport Women			
1	Laura Brown	14.6 Km Bow Cycle/CMC	1:35:09
Junior Expert Men			
1	Marty Schaffer	29.2 Km Bicisport/Kona/Bicycle	1:55:35
2	Stephen Yau	Bow Cycle/CMC	1:55:41
3	Shaun Adamson	United Cycle	2:13:03
Junior Expert Women			
1	Pepper Harlton	14.6 Km Dirt Girls	1:08:38
Senior Beginner Men			
1	Nathan Gibeau	14.6 Km Pedalhead Racing	1:12:08
2	Orrin Little	Pedalhead Racing	1:22:17
Senior Sport Women			
1	Janka Hegedus	14.6 Km Pedalhead Racing	1:16:09
2	Christina Bruns	DirtGirls	1:17:29
3	Kim Churchill	Pedalhead Racing	1:25:49
Master Sport 30+ Women			
1	Cindy Koo	14.6 Km Deadgoat Racing	1:14:43
2	Judy Harlton	Dirt Girls	1:19:03
Master Expert 30+ Women			
1	Linda Green	21.9 Km Deadgoat Racing	1:51:54
2	Michelle Hook	Pedalhead Racing	2:05:33
Senior Sport Men			
1	Andrew Royle	21.9 Km Calgary Cycle	1:22:17
2	Earl Nolan	Deadgoat Racing	1:25:39
3	Roy Custodio	Terrascaple Racing	1:26:17
4	Jon Shalapp	United Cycle/Spec./Pils	1:33:01
5	Mike Moleschi	1:35:34	1:35:34
6	Simon Richard	River Valley Cycle	1:36:34
7	Trever Sutherland	Deadgoat Racing	1:39:35
8	Brad Kane	Deadgoat Racing	1:41:04
9	Steve Vinci	Snakebite Society	1:49:09
10	Jeremy Smid	United Cycle	2:02:22
11	Josh Silbermagel	Spokes n' Attire	2:25:00
Senior Expert Men			
1	Richard Giberson	29.2 Km Pedalhead /Bacardi	1:50:11
2	Devin Erfle	Deadgoat Racing	1:53:27
3	Anthony Steenbergen	Bow Cycle/CMC	1:56:11
4	Gordon Kennedy	Bow Cycle/CMC	1:58:03
5	Keith Bayly	Deadgoat Racing	1:59:21
6	Dion Clark	Bow Cycle/CMC	1:59:50
7	Jason Parker	Bow Cycle/CMC	2:00:47
8	Kirk Hamilton	River Valley Cycle	2:02:46
9	Ryan Castle	Headwinds	2:04:00
10	Graeme Wright	Rocky Mtn Bike n Board	2:04:19
11	Darren Anderson	Pedalhead Racing	2:05:48
12	Brian Shields	United Cycle/Trek	2:09:33
13	James Rasmussen	ERTC/Redbike	2:11:03
14	Paul Ignatiuk		2:12:53
Senior Expert Women			
1	Christine Misseggers	21.9 Km Mtb City/Tatonka	1:45:08
2	Melanie Clark	Deadgoat Racing	1:45:42
3	Nicole Gemel	Deadgoat Racing	1:46:23
4	Carrie Williamson	Terrascaple Racing	1:49:15
5	Bridget Linder	Snakebite Society	1:52:11
6	Marisa Tosi	Terrascaple Racing	1:52:39
7	Amy Woodward	Bow Cycle/CMC	1:52:43
8	Maria Dacruz	DirtGirls	1:56:46
9	Rebecca Morris	CABC/Projekt One	2:03:24
Master Sport 30-39 Men			
1	Mark Fedoroshyn	21.9 Km Mtb City/Tatonka	1:24:49
2	Geoff Clark	Deadgoat Racing	1:27:14
3	Wayne Calder	Deadgoat Racing	1:27:35
4	John Bence	Bicisport	1:30:06
5	Ted Anderson	Deadgoat Racing	1:31:09
6	Edward Daykin	Calgary Cycle	1:31:16
7	Brenna Bagdan	Hardcore	1:32:47
8	Frank Kovacs	Snakebite Society	1:36:07
9	Rod Novotny	Terrascaple Racing	1:37:55
10	Gord Mcguire	Trainor	1:40:50
11	Jack Vanduyck	Terrascaple Racing	1:50:23
12	Terry Williams	River Valley Cycle	1:53:31
13	Dan Cormier	Deadgoat Racing	1:54:09
14	Lyle Gaskell	Calgary Crankmasters	2:07:59
Master Sport 30-39 Men			
1	Craig Stappler	29.2 Km Calgary Cycle	1:47:14
2	Clayton Paradis	Pedalhead Racing	1:48:40
3	Ross Andersen	Calgary Cycle	1:49:49
4	Lonn Bate	Terrascaple Racing	1:54:08
5	Dave Crewe	Eurotech	1:54:46
6	Rik Tykewinski	Pedalhead Racing	1:55:01
7	Greg Achtem	Bow Cycle/CMC	1:56:05
8	Tim Breznsnyak	Deadgoat Racing/Bow	1:57:49
9	Brent Macdonald	Deadgoat Racing	2:00:11
10	Tom Brodzinski	Deadgoat Racing	2:00:25
11	Mike Prinz	Singletrack Cycle	2:03:15
12	Daniel Bierd	Bicisport	2:05:53
13	Rich Wegerhoff	Deadgoat Racing	2:06:44
14	Jason Nadeau	Crazy Legs Racing	2:09:23
15	Chris Check	Pedalhead /Bacardi	2:14:18
Master 40+ Men			
1	Rod Smith	21.9 Km Calgary Cycle/Revolution	1:21:30
2	Brian Lolis	Hardcore	1:25:53
3	Stan Magee	Rundle Mountain Cycling	1:27:18
4	Craig Fraser	Singletrack Cycle	1:29:07
5	Phil Rayner	Headwinds	1:32:23
6	Gary Dearing	Bow Cycle/CMC	1:32:57
7	Michael Zelensky	Pedalhead Racing	1:34:47
8	Henry Yau	Deadgoat Racing	1:35:35
9	Gil Siminiuk	1:36:54	1:36:54
10	Don Fox	Juventus	1:42:09
11	Graham Smith	Rundle Mountain Cycling	1:46:57
Senior Elite Men			
1	Marc Bomhof	36.5 Km Bike Shop/Headwinds	2:07:00
2	Jason Shenkariuk	Snakebite Society/Gary	2:10:27
3	Evan Sherman	United Cycle	2:11:09
4	Andre Sutton	Hardcore	2:12:45
5	Robin McKeever	Race 4 Life Sport	2:14:47
6	Brian Cooke	Terrascaple Racing	2:16:20
7	Duane Myers	Terrascaple Racing	2:16:21
8	Don Robertson	Café Racers	2:17:19
9	Tim Ogrzylo	Pedalhead Racing	2:18:26
10	Mike Lawford	Pedalhead/Bacardi	2:21:28
11	Steve Martins	Hardcore	2:21:43
12	Per Strom	Bicisport	2:21:56
13	Dave Kennedy	Bow Cycle/CMC	2:23:12
14	Pat Doyle	Deadgoat Racing	2:26:27
15	Nick Friesen	River Valley Cycle	2:26:42
Senior Elite Women			
1	Annie Tykewinski	29.2 Km Pedalhead Racing	1:59:16
2	Mical Dyck	Terrascaple Racing	2:00:24
3	Lisa Lolis	Hardcore	2:04:56
4	Trish Grajczyk	Deadgoat Racing	2:08:06
5	Annette Svederus	United Cycle	2:17:30
6	Samantha Nicholson	The Bike Shop/Bianchi	2:17:30
7	Laura Whitehead	2:22:11	2:22:11
8	Sandy Ayre	Pedalhead /Bacardi	2:27:22
9	Kathy White		2:35:01

Juventus SC presents the Provincial RR Championship August 17 - Mink Lake

#	Name	Club	Time
Open Men			
1	Taylor Little	River Valley Cycle	4:07:03 gold
2	Paul Berry*	Spoke 'n Motion	4:07:03 silver
3	Jeff Bolstad	TRS Racing	4:07:03 bronze
4	Geoff Johns	Bianchi/The Bike Shop	4:07:03
5	Jesse James Collins	Bicisport	4:07:03
6	Mike Stickland	Pedalhead	4:07:03
7	Kevin Rokosh	ERTC/redbike	4:07:03
8	Chris Wright	Juventus	4:07:07
9	Mark Knoll	Bow Cycle/CMC	4:07:07
10	Sean Barr	Pedalhead	4:07:07
11	Dylan Snowdon	Bianchi/The Bike Shop	4:07:07
12	Ted Dahms	Pedalhead	4:07:07
13	Dan Petersen	Bow Cycle/CMC	4:07:07
14	Sean Williams	Kelowna Cycle	4:07:07
15	Craig Good	Synergy Racing	4:07:07
16	Rob Simpson	Juventus	4:07:16
17	Wade Wallace	TRS Racing	4:07:21
18	Bruce Copeland	Juventus	4:07:21
19	Niall McGrath	ERTC/redbike	4:07:24
20	Gary Alexander	TRS Racing	4:07:33
21	Guri Randhawa	Pedalhead	4:07:33
22	Dave Leahy	TRS Racing	4:07:57
23	Duane Ashley Myers	Terrascape	4:07:57
24	Roddi Lega	United Cycle	4:09:20
25	Steven Elm	Calgary Cycle	4:09:28
26	Gregg Menard	Juventus	4:09:39
27	Mark Fewster	TRS Racing	4:25:00
28	Shawn Taylor	Rundle Mountain CC	4:30:00
*out-of-province rider; ineligible for provincial medal			
Category 3			
1	David Ariano	ERTC/redbike	3:34:30 gold
2	Tim Ogrzylo	Pedalhead	3:34:30 silver
3	Byron Davis	Pedalhead	3:34:30 bronze
4	Rich Wegerhoff	Deadgoat	3:34:30
5	Nick Friesen	River Valley Cycle	3:34:30
6	David Watson	Velocity	3:34:30
7	Rob McCollum	Pedalhead	3:34:30
8	Michael Johns	CABC/Projekt 1	3:34:30
9	Dan Bierd	Bicisport	3:34:30
10	Phil MacDonald	Snakebite Society	3:34:30
11	Ryan Steenbergen	Bow Cycle/CMC	3:34:34
12	Don Halliday	Bow Cycle/CMC	3:34:35
13	Bryant Hebert	Bianchi/The Bike Shop	3:34:35
14	Graham Rudge	ERTC/redbike	3:34:35
15	Ross Andersen	Calgary Cycle	3:34:37
16	Spencer Royds	Tatonka	3:34:40
17	Brian Bain	Bow Cycle/CMC	3:34:41
18	Tim Deschenes	Velocity	3:34:41
19	Mike Lawford	Pedalhead	3:34:44
20	Pat Doyle	Deadgoat	3:34:48
21	Craig Horon	Velocity	3:34:58
22	Andy Achuff	Pedalhead	3:37:17
23	Chris Harrison	ERTC/redbike	3:40:32
24	Harley Desprey	Velocity	3:54:49
Women			
1	Jessica DeMars	Bianchi/The Bike Shop	3:29:01 A gold
2	Samantha Nicholson	Bianchi/The Bike Shop	3:29:01 A silver
3	Nola Zvarich	Bianchi/The Bike Shop	3:30:25 A bronze
4	Rachel Playfair	Way Past Fast	3:30:25 B gold
5	Kristin Campbell	Pedalhead	3:37:23 B silver
6	Petrina Tulissi	Bianchi/The Bike Shop	3:37:24A
7	Tanya Bagnell	Way Past Fast	3:39:14 B bronze
8	Martine Chardon	Bow Cycle/CMC	3:41:36 B
9	Nikki Lavoie	Juventus	3:41:36 B
10	Amy Woodward	Bow Cycle/CMC	3:41:36 A
11	Anna Paton	Way Past Fast	4:42:39 B

#	Name	Club	Time
Category 5			
1	Cliff Morrison	Velocity	1:28:16 gold
2	Peter Heppleston	EMCC	1:28:16 silver
3	Anthony Stadnyk	Bicisport	1:28:16 bronze; gold - U17
4	Gilbert Bilodeau	Blizzard	1:28:19 silver - U17
5	Spencer Smitheman	Juventus	1:28:21 bronze - U17
6	Tessa Bilodeau	Blizzard	1:28:21
7	Lev Krivitsky	Crankmasters	1:28:21 gold - JR Women
8	Justin Middleton	Juventus	1:28:21
9	Peter Bigg	EMCC	1:28:21
10	Neal Gregory	Bicisport	1:28:21
11	Don Fox	Juventus	1:29:03
12	Terii Kovacs	Snakebite Society	1:36:41
13	Torie Grant	Juventus	1:36:41 silver - JR Women
14	Myron Stadnyk	Bicisport	1:36:50
15	William Monteath	Juventus	1:43:18
16	Christian Conner	Juventus	1:43:24
17	Sandy Cousins	EMCC	1:44:19
18	Kevin Fox	Juventus	1:51:54
Category 4			
1	Brian Kullman	Terrascape	3:00:00 gold
2	Jayson Gillespie	ERTC/redbike	3:00:00 silver
3	Reid Dalgleish	Synergy Racing	3:00:00 bronze
4	Robert Fougere	Independent	3:00:00
5	Paul Venturelli	Pedalhead	3:00:00
6	Mike Bidniak	Juventus	3:00:00 gold - JR Men
7	Shawn Goulet	Pedalhead	3:00:00
8	Michael Heintzman	Blizzard	3:00:00
9	Myles Marshall	Juventus	3:00:00
10	Darin Schacker	River Valley Cycle	3:00:00
11	Kevin Coghlan	Pedalhead	3:00:00
12	Vince Scigliano	Critical Speed	3:00:00 silver - JR Men
13	Sean Walsh	Bow Cycle/CMC	3:00:00 bronze - JR Men
14	John Twells	Pedalhead	3:00:00
15	Dean Rawson	Pedalhead	3:00:00
16	Gary Chambers	Deadgoat	3:00:00
17	Devin Erfle	Deadgoat	3:00:00
18	Greg Fulford	Independent	3:00:00
19	Jeremy Myers	Juventus	3:00:00
20	Mike Sarnecki	United Cycle	3:00:05
21	Kevin Noble	United Cycle	3:00:05
22	Stephen Ferris	Blizzard	3:00:07
23	Daniel Veselic	Rundle Mountain CC	3:00:07
24	Keith Bayly	Deadgoat	3:00:09
25	Ron Bourget	Pedalhead	3:00:15
26	Michael Meeres	CABC/Projekt 1	3:00:15
27	Ted Emes	ERTC/redbike	3:00:15
28	Gerry McCuaig	Deadgoat	3:00:18
29	James Radford	River Valley Cycle	3:00:35
30	Pat Ferris	Blizzard	3:00:41
31	Manrique Bautista	Pedalhead	3:00:48
32	Jack van Dyk	Terrascape	3:03:27
33	Shaun Adamson	United Cycle	3:05:02
34	Jonathan Keats	Pedalhead	3:10:01
35	Curtis Roper	Velocity	3:13:36
36	Nick Insole	Juventus	3:14:31
37	Darren Anderson	Pedalhead	3:20:42
38	Murray Aubin	ERTC/redbike	3:23:44
39	Wayne Long	EMCC	3:24:48
40	Adam Snow	Bicisport	3:29:44
41	Mel Storzynsky	Bicisport	3:30:02
42	Jason Frank	CABC/Projekt 1	3:43:46
not placed:			
	Kevin Wong	Synergy Racing	
	Scott Osinchuk	Pedalhead	
	Gil Siminiuk	Independent	

Central Alberta Bicycle Club presents the Provincial Time Trial Red Deer August 31

#	Name	Club	Time
Open Women			
1	Marilyn MacDonald	Opus	1:00:36
2	Samantha Nicholson	Bianchi/The Bike Shop	1:02:19
Women "B"			
1*			
1	Lisa Licis	Hardcore	1:04:33
2	Rachel Playfair	Way Past Fast	1:05:55
3	Tanya Bagnell	Way Past Fast	1:07:22
4	Martine Chardon	Bow Cycle/CMC	1:08:42
5	Barb Kostyk	GS Campione	1:15:00
Master A Women			
1	Terii Kovacs	Snakebite Society	1:18:50
Master B Women			
1	Carolyn Soules	Independent	1:10:36
Paralympic			
1	Brayden McDougall	Bicisport	28:13
2	John Berezcki	Bicisport	30:22
Junior Women			
1	Laura Brown	Bow Cycle/CMC	24:39
U17 Men			
1	Anthony Stadnyk	Bicisport	23:43
2	Neal Gregory	Bicisport	24:14
3	Brian Robinson	Olympic Oval	24:16
4	Eric Smith	Bow Cycle/CMC	25:21
5	Kasper Woiceshyn	Olympic Oval	25:30
6	Leo Josephy	Bow Cycle/CMC	26:14
7	Nicolas Andrichuk	Olympic Oval	26:18
8	William Monteath	Juventus	26:21
Junior Men			
1	Wayne Giles	Bow Cycle/CMC	47:45
2	Zach Grant	Juventus	49:04
3	Shaun Adamson	United Cycle	49:09
Category 3			
1	John Impey	Bow Cycle/CMC	57:12
2	Andy Achuff	Pedalhead	57:14
3	David Kennedy	Bow Cycle/CMC	58:22
4	Byron Davis	Pedalhead	58:45
5	Per Strom	Bicisport	1:00:09
6	David Ariano	ERTC/redbike	1:00:20
7	Chris Harrison	ERTC/redbike	1:00:27
8	Gord Kennedy	Bow Cycle/CMC	1:00:41
9	Harley Desprey	Velocity	1:01:00
10	Graham Rudge	ERTC/redbike	1:01:05
11	Joel Regimbald	Synergy Racing	1:02:08
12	Kurt Huebert	Independent	1:05:30
Master A Men			
1	Kevin Rokosh	ERTC/redbike	55:58
2	Reid Dalgleish	Synergy Racing	56:42
3	Gary Brown	Rundle Mountain CC	56:59
4	Bob McKerrrell	CABC/Projekt 1	59:08
5	Robert Beerens	Independent	59:14
6	Robert Gasienca	Bianchi/The Bike Shop	1:00:14
7	Dennis Bland	Crankmasters	1:02:26
8	Darin Schacker	River Valley Cycle	1:02:44
9	Dave Jaeger	CABC/Projekt 1	1:03:37
10	Kirk Loberg	Revoluzione	1:04:41
11	Michael Fix	EBTC	1:05:26
12	Robert Armstrong	Independent	1:12:04

#	Name	Club	Time
Category 4			
1	Robert Fougere	Independent	58:14
2	Jason Frank	CABC/Projekt 1	1:00:00
3	John Twells	Pedalhead	1:00:21
4	Frank Kovacs	Snakebite Society	1:01:15
5	Jack Van Dyk	Terrascape	1:01:21
6	Brian Kullman	Terrascape	1:01:27
7	Greg Fulford	Independent	1:01:48
8	Stephen German	Revoluzione	1:01:54
9	Kevin Coghlan	Pedalhead	1:02:32
10	Chris Hooper	Synergy Racing	1:03:01
11	Andrew Hallett	Independent	1:03:40
12	Daniel Veselic	Rundle Mountain CC	1:04:31
13	Gary Rybaczk	ERTC/redbike	1:04:34
14	Curtis Roper	Velocity	1:04:34
15	Lukas Rasmussen	Headwinds	1:04:53
16	Jan Sacharuk	Pedalhead	1:05:46
17	Greg Yanicki	Bicisport	1:05:52
18	Mel Storzynsky	Bicisport	1:06:25
19	Dylan Menard	Juventus	1:07:38
20	James Radford	River Valley Cycle	1:09:56
21	Bill Blonski	Bicisport	1:15:08
22	Dan Bradley	ERTC/redbike	1:16:05
Open Men			
1	Bruce Copeland	Juventus	53:21
2	Zach Bell	Synergy Racing	54:28
3	Gary Alexander	TRS Racing	54:47
4	Geoff Johns	Bianchi/The Bike Shop	55:00
5	Bob Veroba	Bicisport	55:08
6	Mark Knoll	Bow Cycle/CMC	55:37
7	Gregg Menard	Juventus	56:04
8	Mark Fewster	TRS Racing	56:27
9	Chris Rubuliak	Juventus	56:50
10	Dylan Snowdon	Bianchi/The Bike Shop	57:27
11	Jesse Collins	Bicisport	59:50
Master B Men			
1	Zbigniew Szymanski	Velocity	57:07
2	Tim Deschenes	Velocity	57:42
3	Phil Rayner	Headwinds	58:16
4	David Watson	Velocity	58:41
5	Peter Toth	ERTC/redbike	58:42
6	Ted Dahms	Pedalhead	58:43
7	Michael Johns	CABC/Projekt 1	1:01:00
8	Jim Yeske	EMCC	1:06:21
9	Brian Licis	Hardcore	1:06:52
10	Don Manekewich	Crankmasters	1:07:06
11	Myron Stadnyk	Bicisport	1:14:57
Master C Men			
1	Wayne Long	EMCC	59:08
2	Peter Heppleston	EMCC	1:02:11
3	Lev Krivitsky	Crankmasters	1:02:43
Master D Men			
1	James Oldham	Crankmasters	1:16:21
Master E Men			
1*	Peter Bigg	EMCC	1:06:04
2	Danny Cronin	Crankmasters	1:16:06
3	Geoff Broadbent	EMCC	1:26:32

***Maurice Johnson Award winner, best time on VTTA age standard**

What I did on my summer vacation:

Karl Wilberg, of the powerful Wilberg Brothers Racing Team of yore, went to the TdF (Tour de France to non-roadies) with a bunch of his (now) closest friends, had the time of his life, and even got to write a full page article, with colour photos, in the *Edmonton Journal's* Travel section. Front of the section even!. Scope www.stiedacycling.com for info on 2004's Tour tour.

Blizzards get 'crossed up

by Pat Ferris
Blizzard Bike Club – Fort St. John, BC
www.dawntech.bc.ca/blizzard

It is now Cyclo Cross season for the Blizzard Bike Club. Sunday is the first event for the fifth annual 'Muddy Face Race' series. Prizes will be awarded as per the overall points riders accrue on each race in the four race series.

Robert Martens had a perfect unbeaten record for the Men's Series cyclo-cross with the Muddy Face Trophy for 2000 and 2001. Vaughn Hildebrand was the upset winner of the 2002 series by winning three of the four races in the series.

There will be four events, this year, all sponsored by SEACOR. They will be September 21, October 5, 12th and 19th. The actual Muddy Face Trophy date will be Oct. 19th.

Cyclo-Cross is a great spectator event as the riders go round and round a small twisting, marked loop in the forest and the fields. It is an off-road event ridden and run with road-style bicycles or mountain bikes. It is a sort of steeplechase event with riders covering fields, single track and carrying their bikes over barriers and obstacles. The bikes themselves have knobby tires, mountain bike type brakes and plenty of mud clearances. A lot of mud and snow is considered great for cyclo-cross conditions.

Dennis Morrison was the first winner of the 'Muddy Face' trophy back in 1998. He won the event on the Finch field circuit in a memorable affair that had lots of mud and fresh snow.

Robert Martens has won the 'Muddy Face Trophy' 2000 and 2001. The 1998 winner Dennis 'Muddy Face' Morrison and 1999 champion Trevor McDonell also will try to get their trophy back amid the mud and snow. Vaughn Hildebrand won in 2003 but has now moved to sunny Victoria and is unlikely to defend.

Some of the local riders will be attending the Alberta Provincial Cyclo Cross in Edmonton October 26th. The National Championships are in Vancouver November 6th. Pat Ferris picked up a bronze in 2001 at the Provincial Cyclo-Cross. Pat and Stephen Ferris and Robert Martens went to the Nationals in 2001 with Martens picking up 9th place.

Sept 20th and 21st, Pat and Stephen Ferris will be in Edmonton to do two days of provincial cyclo-cross. The Pedalhead Cyclocross goes on Saturday and the Hardcore Hop N' Hurl is happening Sunday.

The first 'Muddy Face Race' starts at 2:00 pm at the Martens Estates in Baldonnel, fourth house on the left after the old Airport School. Bring a noisemaker and be prepared to cheer. 🚴

The 2003 Blizzard Club Cyclo-cross schedule is as follows:

Sept. 21 - Muddy Face #1	- Roberts' Place -	2:00 pm
Sept 25- Thursday Niter	- North Peace High -	6:00 pm
Oct. 5 - Muddy Face #2	- Roberts' Place -	2:00 pm
Oct 12 - Muddy Face #3	- Roberts' Place -	2:00 pm
Oct 19 - Muddy Face Trophy	- Roberts' place -	2:00 pm
Oct 26 - Provincial Cyclo Cross	Edmonton, AB	
Nov 9	- National Cyclo Cross	Vancouver, BC

Blizzard Mountain Biking

by Pat Ferris
Blizzard Bike Club – Fort St. John, BC

Stephen Ferris capped off a great season with a convincing win in the Dawntech Mountain Bike Championships, Sunday. He became Club Mountain Bike Champion with a time of 1:19:39 hours for the 4-lap event. 2001 Champion Robert Martens was second at 1:21:35 and defending 2002 Champion Trevor McDonell was 3rd at 1:22:08. Stephen gets his name etched on the Champion's Trophy three years after his dad Pat Ferris won it.

Twenty riders came out under rain, cold and snow flurries at Beaton Park. The 4-lap event contained a record amount of difficult single track, blown down trees and wet, rough ground for the riders to contend with.

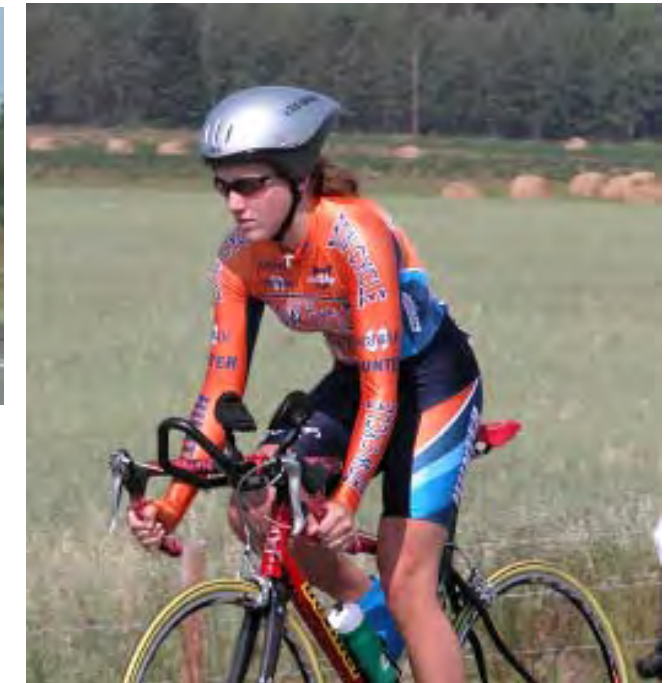
Stephen Ferris was the first out of the gate at the start. Robert Martens took over the lead into the first off-camber turn. Ferris took over at the front after a kilometer and never lost his lead. He came in with a gap of 2:04 seconds over second place Martens. Trevor McDonell worked his way up to 3rd spot despite a late crash to come in with 1:22:08. Gilbert Bilodeau was 4th, close behind, at 1:22:33. Richard Howes had 5th at 1:26:25 and Andrew Kovacs 5th at 1:27:50. 2000 Champion Pat Ferris was 7th at 1:30:09. Roger St. Jean was 8th at 1:33:12, Gary Hilderman 1:43:16 and Adam Currie 2:01:33.

Jolea Bilodeau won the 2-lap event with 1:07:14. Adam Bilodeau was 2nd at 1:08:12, Dayna Stickle 1:18:20, Danielle Howes 1:23:44, Landon Howes 1:23:56 and Tammy Howes 1:23:56. Tessa Bilodeau won the 1 lap with 27:32. Angela Ripley was next at 31:20 and Trisha Gladysz third at 33:34.

This past Saturday Wim Kok completed the 200 km Quiche cycling brevet in 10 hours and 30 minutes. Earlier this August Kok successfully finished the 1,230 km Paris-Brest-Paris randonneur ride in 79 hours and 28 minutes. This ultra marathon cycling event takes place every four years in France. This year over 4,000 riders from 26 countries participated in the legendary ride, first held in 1891. 🚴

Editor's note: The Blizzard cycling club of Ft. St. John BC affiliates with Alberta because of geographical proximity (we're closer than the Lower Mainland) and not just 'cuz we rock.

Top: Cat 4s at the west turnaround at the Provincial RR. Centre left: Cat 4s pass the Open Women at the RR. Centre right Laura Brown (Bow Cycle/CMC, Junior Women) starts the Provincial ITT. Bottom right, Geoff Broadbent (l) and Peter Bigg, both EMCC, celebrate Master E victory in the ITT. Bottom left: Gary Alexander (TRS Racing, Open Men) has the fastest paint job at the ITT. Next time Elmo Kugelblitz addresses the ABA Racing Committee, he will propose a Cervelo P3-only category for time trials, subdivided by tax bracket.



Prov Pix!



2003 Provincial Hill Climb Results

Mt: Norquay, Banff, Sept 14, 2003

#	Name	Club	Time
Open Men			
1	Bruce Copeland	Juventus	13:26
2	Mark Knoll	Bow Cycle/CMC	13:40
3	Zach Bell	Synergy	14:03:8
4	Dan Peterson	Bow Cycle/CMC	14:04:2
5	Mark Webster	Bianchi Canada	14:06
6	Dylan Snowdon	Bianchi/the Bike Shop	14:18
7	Jesse Colins	Bicisport	14:26
8	Gary Alexander	TRS	14:31
9	Jeff Bolstad	TRS	14:32
10	Shane Savage	Rocky Mtn Bicycles	14:46
11	Shawn Taylor	RMCC	16:34

#	Name	Club	Time
Open Women			
1	Samantha Nicholson	Bianchi/the Bike Shop	16:30
2	Petrina Tulissi	Bianchi/the Bike Shop	18:20
3	Kathy White	Juene Cyclisme	19:04

#	Name	Club	Time
Cat 3			
1	Steve Elm	Synergy	14:16
2	Byran Davis	Pedalhead	14:38
3	Graham Rudge	ERTC/redbike	14:39
4	Tim Ogryzlo	Pedalhead	14:43
5	Per Strom	Bicisport	14:51
6	Gord Kennedy	Bow Cycle/CMC	14:56
7	Dave Kennedy	Bow Cycle/CMC	15:02
8	Ross Anderson	Calgary Cycle	15:12
9	Jason Shenkariuk	Snakebite	15:21
10	John Impey	Bow Cycle/CMC	15:22
11	Harley Desprey	Velocity	15:55

#	Name	Club	Time
Cat 4			
1	Frank Woolstencroft	Revoluzione	14:31
2	Brian Kullman	Terrascape	14:33
3	Lonn Bate	Terrascape	14:35
4	Robert Fougere	Ind	15:03
5	Kyle Marcotte	Revoluzione	15:05
6	Reid Dalglish	Synergy	15:18
7	Steve German	Revoluzione	15:48
8	Dan Bradley	ERTC/redbike	16:56
9	Graeme Thomson	Bicisport	17:05
10	Jason Frank	CABC/Projekt 1	17:05
11	Frank Kovacs	Snakebite	17:11
12	Dylan Menard	Juventus	17:48
13	Nick Corcoran	Bow Cycle/CMC	21:16

#	Name	Club	Time
Senior Women B			
1	Tanya Bagnell	Way Past Fast	19:05

#	Name	Club	Time
Junior Men			
1	Phil Abbott	Bicisport	14:43
2	Wayne Giles	Bow Cycle/CMC	15:08
3	Adam Snow	Bicisport	16:50
4	Shaun Adamson	United	17:19
5	Steven Yau	Bow Cycle/CMC	17:30
6	Zach Grant	Juventus	17:38

#	Name	Club	Time
U17 Men			
1	Brian Robinson	Olympic Oval	16:18
2	Anthony Stadnyk	Bicisport	16:56
3	Ryan Anderson	Juventus	17:01
4	Neal Gregory	Bicisport	17:18
5	Kasper Woiceshyn	Olympic Oval	18:35
6	Eric Smith	Bow Cycle/CMC	18:49
7	Spencer Smitheman	Juventus	27:25

#	Name	Club	Time
U17 Women			
1	Alana Snow	Bicisport	22:13

#	Name	Club	Time
Master A Men			
1	Gary Brown	RMCC	14:25
2	Ryan Robinson	Part 1	15:11
3	cp Walsh	Synergy	15:43
4	Dennis Bland	Crankmasters	16:06
5	Jason Nadeau	Ind	16:07
6	Kevin Rokosh	ERTC/redbike	16:10
7	Darin Schacker	RVC	17:04
8	Peter Eaton	Deadgoat	17:32
9	Bob McKerrell	CABC/Projekt 1	17:39
10	Greg Fulford	Ind	18:00
11	Tracy Shearer	Juventus	18:00

#	Name	Club	Time
Master A Women			
1	Barb Kostyk	GS Campione	20:28
2	Terii Kovacs	Snakebite	20:33
3	Kathy Keil	RMCC	20:39

#	Name	Club	Time
Master B Men			
1	Pat Dodge	Bianchi/the Bike Shop	14:36
2	Tim Deschenes	Velocity	15:26
3	Tommy Mak	Eurotech	15:45
4	Rod Smith	Calgary Cycle	15:56
5	Zbigniew Szymanski	Velocity	16:08
6	David Watson	Velocity	16:22
7	Henry Yau	Deadgoat	17:05
8	Don Mankewich	Crankmasters	17:20
9	Ted Dahms	Pedalhead	17:24
10	Carlos Salas	Independent	17:28
11	Michael Meeres	CABC/Projekt 1	17:40
12	Myron Stadnyk	Bicisport	26:05

#	Name	Club	Time
Master B Women			
1	Carolyn Soules	Ind	19:42

#	Name	Club	Time
Master C Men			
1	Peter Heppleston	EMCC	17:02
2	Lev Krivitsky	Crankmasters	17:43
3	Wayne Long	EMCC	17:45

#	Name	Club	Time
Master C Women			
1	Marie Kaplan	EMCC	21:36

#	Name	Club	Time
Master D Men			
1	Barry Evans	Juventus	18:05

#	Name	Club	Time
Master E Men			
1	Peter Bigg	EMCC	19:39
2	Danny Cronin	Crankmasters	22:34

#	Name	Club	Time
Paralympic			
1	John Berezcki	Bicisport	22:32

What I did on my summer vacation

The real hill climb: David Ariano (ERTC/redbike) and Joe Hostyn ascend Mont Ventoux in France. Photo by Liz Ariano.



Edmonton Masters CC presents the Darwell ITT #3

Darwell AB August 10

#	Name	Club	Time
Women			
1	Samantha Nicholson	Bianchi/The Bike Shop	1:01:13
2	Jessica Demars	Bianchi/The Bike Shop	1:01:48
3	Nola Zwarich	Bianchi/The Bike Shop	1:03:58
4	Kelly Geisheimer	ERTC/redbike	1:05:29
5	Martine Chardon	Bow/Cyclemeisters	1:06:06
6	Shauna Berreth	EMCC	1:06:21
7	Linda D'Illo	EMCC	1:14:04

#	Name	Club	Time
Cat 5			
1	Peter Heppleston	EMCC	1:00:51
2	Lev Krivitsky	Crankmasters	1:01:23
3	Don Mankewich	Crankmasters	1:03:08
4	Jim Yeske	EMCC	1:04:09
5	Peter Bigg	EMCC	1:04:59
6	Karl Schneider	EMCC	1:05:37
7	Anthony Stadnyk	Bicisport	1:05:43
8	Jon Billheimer	Velocity	1:09:14
9	Jim Oldham	Crankmasters	1:11:57
10	Danny Cronin	Crankmasters	1:12:54
11	Myron Stadnyk	Bicisport	1:13:05
12	William Monteath	Juventus	1:13:46
13	Geoff Broadbent	EMCC	1:14:57

#	Name	Club	Time
Cat 4			
1	Gary Brown	1 DNF	
2	Jamie Marshall	Rundle Mtn, CC	56:39
3	Ross Andersen	TRS	57:23
4	Reid Dalglish	Calgary Cycle	57:59
5	Ted Emes	Synergy	58:18
6	Nick Insole	ERTC/redbike	58:32
7	Nick Insole	Juventus	58:50
8	Dennis Bland	Crankmasters	59:09
9	Jason Frank	Central AB BC	59:15
10	Darin Schacker	River Valley Cycle	59:17
11	Robert Fougere	Independent	59:29
12	Michael Sarnecki	United Cycle	59:29
13	Shawn Goulet	Pedalhead	1:00:43
14	Mike Trofimuk	Bow/Cyclemeisters	1:00:55
15	Brian Kullman	Terrascape	1:01:05
16	Dan Bradley	ERTC/redbike	1:01:15
17	Joffrey Laroque	ERTC/redbike	1:01:42
18	Gary Rybaczk	Bicisport	1:01:49
19	Jeremy Myers	ERTC/redbike	1:02:26
20	Jeremy Myers	Juventus	1:04:15
21	Greg Yanicki	Bicisport	1:06:48
22	Lyle Gaskell	Crankmasters	1:08:09
23	Rob Armstrong	Independent	1:09:46

#	Name	Club	Time
Cat 3			
1	Andy Achuff	1 DNF	
2	Andy Achuff	Pedalhead	56:07
3	Steven Elm	Calgary Cycle	56:45
4	John Impey	Bow/Cyclemeisters	56:50
5	Bob McKerrell	Central AB BC	57:45
6	Peter Toth	ERTC/redbike	57:45
7	David Watson	Velocity	58:00
8	Tim Deschenes	Velocity	58:03
9	Harley Desprey	Velocity	58:05
10	Craig Horon	Velocity	59:30
11	Craig Horon	Velocity	1:01:06

#	Name	Club	Time
Cat 1&2			
1	Bruce Copeland	Juventus	52:02
2	Geoff Johns	Bianchi/The Bike Shop	53:59
3	Kevin Rokosh	ERTC/redbike	54:07
4	Mark Knoll	Bow/Cyclemeisters	54:15
5	Greg Menard	Juventus	55:58
6	Chris Rubuliak	Juventus	56:28
7	Shane Rush	Velocity	59:09

*Includes 1:00 late penalty

Juventus CC presents the Bentley TT #2

Bentley AB July 20

#	Name	Club	Time
Cat 1&2			
1	Bruce Copeland	Juventus	48:38
2	Chris Rubuliak	Juventus	52:12
3	Gregg Menard	Juventus	54:05
4	Shane Rush	Velocity	56:04

#	Name	Club	Time
Cat 3			
1	Steven Elm	Calgary Cycle	55:01
2	Bob McKerrell	CABC/Projekt One	55:40
3	David Watson	Velocity	56:43
4	Chris Harrison	ERTC/redbike	57:00
5	Phil Rayner	Headwinds	57:07
6	Harley Desprey	Velocity	57:46
7	Graham Rudge	ERTC/redbike	58:03
8	Robert MacCollum	Pedalhead	1:00:58

#	Name	Club	Time
Cat 4			
1	Edward Emes	ERTC/redbike	1 DNS
2	Edward Emes	ERTC/redbike	55:11
3	Gary Brown	Rundle Mtn. CC	56:10
4	Dennis Bland	Crank Masters	56:16
5	Jamie Marshall	TRS Racing	56:52
6	Darin Schacker	River Valley	57:18
7	Brian Kullman	Terrascape Racing	57:51
8	Mike Heintzman	Blizzard BC	58:17
9	Frank Kovacs	Snakebite Society	58:45
10	Nick Insole	Juventus	59:36
11	Dan Bradley	ERTC/redbike	1:00:01
12	Mel Storozytsky	Bicisport	1:00:23
13	Jeremy Meyers	Juventus	1:00:26
14	Curtis Roper	Velocity	1:00:34
15	Shaun Adamson	United Cycle	1:01:17
16	Dave Jaeger	CABC/Projekt One	1:01:53
17	Murray Aubin	ERTC/redbike	1:04:54
18	Robert Armstrong	Ind	1:08:19
19	Bill Blonski	Bicisport	1:14:22

#	Name	Club	Time
Cat 5			
1	Lev Krivitsky	1 DNF	
2	Lev Krivitsky	Crank Masters	57:55
3	Peter Heppleston	EMCC	58:57
4	Jim Yeske	EMCC	1:02:07
5	Peter Bigg	EMCC	1:03:21
6	Karl Schnieder	EMCC	1:03:34
7	Anthony Stadnyk	Bicisport	1:04:29
8	James Oldham	Crank Masters	1:09:30
9	Danny Cronin	Crank Masters	1:11:19
10	Geoff Broadbent	EMCC	1:14:25
11	Kasper Woiceshyn	Olympic Oval	1:14:49

#	Name	Club	Time
Paralympic			
1	Brayden McDougall	Bicisport	15:45
2	John Berezcki	Bicisport	16:24
3	Barb Ferner	Bicisport	17:06

#	Name	Club	Time
Tandem			
1	Dean Edwards/Ted Dahms	Juventus/Pedalhead	56:45

#	Name	Club	Time
Open Women			
1	Marilyn McDonald	Opus	1 DNS
2	Marilyn McDonald	Opus	59:16
3	Martine Chardon	Bow Cycle/CMC	1:05:55
4	Nicole Lavoie	Juventus	1:08:02
5	Katie Ricker	Pedalhead	1:10:08
6	Rebecca Morris	CABC/Projekt One	1:11:53
7	Barbara Kostyk	Ind	1:11:55
8	Paula Kane	GS Campione	1:13:08
9	Kim Churchill	Pedalhead	1:14:20

Pedalhead presents the Grote Prijs Pedeel Cyclo-cross

Goldstick Park Edmonton September 20

Open Men 60 Min	1 DNF
1 Roddi Lega	United
2 Sean Barr	Pedalhead
3 Byron Davis	Pedalhead
4 Todd Barraclough	Juventus
5 Cp Walsh	Synergy
6 Craig Good	Synergy
7 Peter Toth	ERTC/redbike
8 Steve Martins	Hardcore
9 Evan Sherman	Hardcore
10 Mike Sarnecki	United
11 Andre Sutton	Hardcore
12 John Twells	Pedalhead
1 Lap	
13 Dave Eliis	Pedalhead
14 Ross Anderson	Calgary Cycle
15 Pat Doyle	Dead Goat
16 J.P. Roy	Synergy

Open Women 45 Min	
1 Samantha Nicholson	Bianchi/Bike Shop
2 Lisa Licis	Hardcore
3 Kristin Campbell	Pedalhead
4 Trish Grajczyk	Deadgoat
5 Anette Svederus	United

Master Men 45 Min	
1 Andy Achuff	Pedalhead
2 Brennan Bagdan	Hardcore
3 Brian Licis	Hardcore
4 Greg Achtem	Bow Cycle
5 Ted Dahms	Pedalhead
6 Brys Francis	United
7 Ross Anderson	Calgary Cycle
8 Bruce Penner	United
9 Tim Brezsnjak	Dead Goat
10 John Riess	Ind
11 Vaughn Shears	Pedalhead
12 Derrill Shuttleworth	Pedalhead
13 Michael Meeres	CABC/Projekt 1
14 Richard Verveort	Crankmasters
15 Pat Ferris	Blizzard

Junior Men 45 Min	
1 Stephen Ferris	Blizzard
2 Spencer Smitheman	Juventus
3 Will Monteath	Juventus

Sport Men 45 Min	
1 Paul Ignatiuk	ERTC/redbike
2 Kevin Noble	United
3 Tracey Shearer	Juventus
4 James Rasmussen	United
5 Harley Desprey	Velocity
1 Lap	
Dan Fox	
Jan Sacharuk	
Dan Bradley	
Tim Riess	
John Shepley	
Jeff Davis	



Titanic Battles



Above: Open Men vs. gravity on Saturday's Bacardiberg. Above left: Lisa Licis (Hardcore) vs. Marg Fedyna (Bow Cycle) Right: Roddi Lega (United Cycle) vs. the artificial obstacle. Photo by Shaugn Butts racerhead.ca



Above: J.P. Roy vs. Craig Good (both Synergy Racing) Below: Andre Sutton (Hardcore) vs. Guri Randhawa (Pedalhead)



Hardcore presents the Hop 'n' Hurl Cyclo-cross

Gold Bar Park September 21

#	Name	Club	Time
Master 'cross			
1	Andy Achuff	Pedalhead	41:46
2	cp walsh	Synergy Racing	41:48
3	Craig Good	Synergy Racing	42:05
4	Brennan Bagdan	Hardcore Racing Club	42:46
5	Greg Achtem	Bow Cycle/CMC	42:55
6	Will Carry	Pedalhead	43:02
7	Ted Dahms	Pedalhead	43:17
8	Tim Brezsnjak	Deadgoat Racing	44:07
9	Ross Andersen	Calgary Cycle	44:34
10	Brys Francis	United Cycle	44:55
11	John Reiss	Independent	45:10
12	Brian Telzereau	Independent	46:00
13	Derrill Shuttleworth	Pedalhead	47:15
14	Richard Vervoort	Crankmaster	48:30
15	Pat Ferris	Blizzard	49:53

Junior 'cross			
1	Slawomir Szulc	United Cycle	45:40
2	Will Monteath	Juventus	52:05

Sport 'cross			
1	Paul Ignatiuk	ERTC/redbike	44:30
2	Kevin Noble	United Cycle	44:50
3	James Rasmussen	United Cycle	45:52
4	Tracy Shearer	Juventus	46:05
5	Don Fox	Juventus	49:13
6	Gil Siminiuk	Independent	@ 1lap
7	Jonathan Shalabay	United Cycle	@ 1lap
8	Mike Doroshuk	Independent	@ 1lap
9	Jeff Davis	ERTC/redbike	@ 1lap

Women 'cross			
1	Samantha Nicholson	Bianchi/Bike Shop	49:22
2	Lisa Licis	Hardcore Racing Club	49:50
3	Marg Fedyna	Bow Cycle	49:53
4	Trish Grajczyk	Deadgoat Racing	53:29
5	Kristin Campbell	Pedalhead	54:00
6	Susan Copeland	Juventus	
7	Sandy Ayre	Pedalhead	
8	Annette Svederus	United Cycle	
9	Rebecca Morris	CABC	
10	Nicole Lavoie	Juventus	
11	Jennifer Barr	Pedalhead	

Open 'cross			
1	Roddi Lega	United Cycle	1 DNF
2	Sean Barr	Pedalhead	57:59
3	Todd Barraclough	Juventus	1:00:10
4	Byron Davis	Pedalhead	1:00:50
5	Guri Randhawa	Pedalhead	1:01:26
6	Andre Sutton	Hardcore Racing Club	1:03:09
7	Peter Toth	ERTC/redbike	1:03:10
8	John Twells	Pedalhead	1:04:18
9	John Twells	Pedalhead	1:04:36
10	Dave Ellis	Pedalhead	@ 1lap
11	J.P. Roy	Synergy	@ 1lap
12	Craig Good	Synergy	@ 1lap
	Pat Doyle	Deadgoat Racing	@ 1lap

Elmo Kugelblitz and his friend Albert Aspin were banned from the ski hill when they tried to take turns riding up the hill on a cyclo-cross bike and riding down it on a snowboard. The authorities put restrictions on 'cross-boarder trading.

Gold Cyclo-cross weekend in Edmonton

Moab, Utah and Fruita Colorado - The Inaugural Alberta Bicycle Association Trip
by a combined effort of the group...(Susan Teige and Annette Svederus)

First off we would all like to say THANK YOU to the Alberta Bicycle Association, PedalHead, United Cycle, Hardcore and River Valley Cycle for their support and for making this trip a possibility. Annette and Natasha deserve special recognition for all of their patience in coaching, driving and stopping for bathroom breaks. Thank you!

Our trip started in Edmonton on a sunny Friday morning in the United Cycle parking lot where four of us met to commence our mountain biking adventure. It was then on to Red Deer and a final stop in Calgary to pick up the rest of the anxious participants. The first navigation test was finding a bathroom at the Calgary rendezvous, where Tim Horton's came to the rescue.

As all of the bikes were loaded, there was one fully rigid bike... how would it be able to keep up in the mountain bike Mecca of Moab and Fruita? With the bikes, gear and excited participants loaded into the van and Pedalhead trailer, it was off for the next challenge, the border crossing. The long journey to Moab provided many hours for the group 'to get to know each other'. Annette Svederus and Natasha Ward were our expert coaches, navigators and Moab veterans. It turns out that Henry and Andrew had also experienced Moab before, leaving Cindy, Janet, Kathy, Sebastian, 'The Tick' and Susan to experience Moab and Fruita for the first time.

The border crossing went smoothly, almost too smoothly, considering the van full of excited adolescent school kids. Once over the border, with no interrogation, no unpacking/repacking, but less a couple of apples, the push was on for



Up next on our adventure was a bright sunny day for the infamous Porcupine Rim trail (rated as: too difficult for mortal non-expert riders to do, full suspension required!). Although a loose headset caused a frustrated Sebastian to retrace his steps on the road and vow to ride it again in the near future...the rest of the invincible gang accepted the challenge. The drops, climbs, sand, and rock combined with amazing views from vistas, was fully engaging. Often it was hard to concentrate on the trail with views of the valley and the Colorado River constantly popping up. The day was once again not yet finished until an ice cream stop and some wine and cheese at Dead Horse Point for sunset.

We befriended a group of fellow Canadians from the Lower Mainland of BC, flat pedal kin of Natasha's. The groups combined and the Canadian connection headed for an adventure on Gemini Bridges. Although less frequent then on day 1, we would still hear from the ground.... "*\$%&@*...I can't get my feet out of my pedals!" (apparently always with rock around). This did not seem to bother anyone, as the photos from the bridges were nothing but smiles, although it may have been due to the views of the magnificent canyons.

Salt Lake City. A late night and an early morning for "waffles" (acquiring a house for 'The Tick'), we proceeded to 'tour' the freeway system of Salt Lake City, passing a broken down car and a Volkswagen dealership a few times before continuing southbound towards Moab!

After arriving at our first residence, "Red Valley Homes" in Moab we proceed up passed the 'Jeep Jamboree' parking lot (everything you can imagine in 4x4) to trust the gripping power of the Slickrock. We shared this area with other cyclists, dirt bikers, and the Jeeps. Although there was some trepidation about the grippiness of the rock, it proved itself keeping our tires firmly on the ground! White paint spots were our guides along this trail with helpful signs "Danger" and "Caution" painted on the rock just before the steep, circular drops. The introduction to Moab and Slickrock was fantastic, could it get any better?

The Moab experience continued to include the ascent and descent of Amasa Back for some while others improved technique and gained more control of their two wheels. Our adventures continued to include the Courthouse Trail to Balanced Rock, with lizards, sand dunes, beetles, and a magnificent view of Arches National park with the snow topped La Salle Mountains in the background. Some concluded the evening with a screaming fast road ride to the bottom, while others watched and yelled from the van.



The single track in Fruita was fantastic, including Mary's Loop and the rolling fast single track of Horsethief Bench and then pushing our limits to ride more and more single-track to ride the Moore Fun Trail, how can you not ride a trail when it is called "More-Fun"!!! The riding and views along these trails here were so great that we returned on our final day to get one last ride in on Rustlers Loop.

Once in Fruita it was hard not to get caught up in the excitement of the Fat Tire Festival... trials riding, sponsor stands, new bikes, bike stuff and of course beer! We were able to pry ourselves away from the festivities to ride Fruita's famous Benchlands or Road 18 depending on whom you talk to. Once again we were treated to superb single-track and tested our limits on ascending, descending and technical skills! As the trip was coming to an end there were rumblings about going home: "Did we really have to go back? Could we not stay a few more days? A couple more single-track rides?..."

After much debate and convincing the group that reality had to set in... and not all of us could be professional mountain bike riders and some people had commitments like work and family...we packed our bikes and gear, gathered the strays from the Festival and began our reluctant journey home. The reluctance lessened once the group began planning the next trip... what they wanted to ride again, what they missed and would like to ride next time, how they could get more time off work...and so on for the 20 hour return to snowy Alberta.

PS. Tick Mouse is our mascot (a blue mouse cat-toy) who was cruelly abducted on the journey and held for ransom...



Opposite bottom: Even the rocks need good balance
 Top: Gemini Bridges in Moab
 Left: Rest in peace at Dead Horse Point, Moab
 Bottom: Trailers and trailer-ers at Benchlands/Road 18 in Fruita Colorado. Photos courtesy Annette Svederus



From Moab it was off to the single-track trails of Fruita, Colorado. The van and trailer was packed up and the 'trailer park' was left in the dust as we made our way to the Fruita Fat Tire Festival. Our next dwelling was with Tim at the Grapeland B & B, a two-story house with a hot tub, porches and balconies to catch the morning breeze and relax after riding. We then connected with Joe from Yeti and road some 'locals only' trails near Rabbit Valley. Once again the mighty Colorado River kept popping up in postcard like settings making riding seem like an IMAX film, except the adrenaline of riding on the edge made you try to keep focused.



Tour of Bowness - Alberta Provincial Criterium Championships

Bowness, Calgary, Alberta - August 4, 2003

#	Name	Club	Time
Category 5			
1	Anthony Stadnyk	Bicisport	36:23
2	James Aufricht	Olympic Oval	36:24
3	Neal Gregory	Bicisport	at 1 lap
4	Kasper Woiceshyn	Olympic Oval	at 1 lap
5	Norm Kalmanovitch	Bow Cycle/CMC	at 1 lap
6	Myron Stadnyk	Bicisport	at 1 lap
7	Nick Andrichuk	Bow Cycle/CMC	at 3 laps

#	Name	Club	Time
Category 4			
1	Joel Regimbald	Synergy Racing	46:23
2	Andy Achuff	Pedalhead	46:23
3	Joffrey Larocque	Bicisport	46:23
4	Myles Marshall	Juventus	46:23
5	Curtis Roper	Velocity	46:23
6	David Kennedy	Bow Cycle/CMC	46:23
7	Kevin Coghlan	Pedalhead	46:23
8	Daniel Vesilic	Rundle Mountain	46:23
9	Craig Stappler	Calgary Cycle	46:23
10	Edward Emes	ERTC/redbike	46:23
11	Keith Bayly	Deadgoat	46:23
12	Jon Keech	Synergy Racing	46:23
13	Rik Tykwinski	Pedalhead	46:23
14	Rene Regimbald (J1)	Synergy Racing	46:23
15	Mike Sarnecki	United Cycle	46:23
16	Jamie Marshall	TRS Racing	46:23
17	Darin Schacker	River Valley Cycle	46:23
18	Brad Wilfley	Independent	46:23
19	Frank Kovacs	Snakebite Society	46:23
20	Greg Achtem	Bow Cycle/CMC	46:23
21	John Twells	Pedalhead	46:23
22	Dennis Bland	Crankmasters	46:23
23	Bryan Donnelly	Synergy Racing	46:23
24	Ross Andersen	Calgary Cycle	46:23
25	Scott Osinchuk	Pedalhead	46:23
26	Bryant Hebert	Bianchi/The Bike Shop	46:23
27	Ryan Correy	Synergy Racing	46:23
28	Shaun Adamson(J2)	United Cycle	46:23
46 starters; 28 classified			

#	Name	Club	Time
Women A and B			
3 DNF			
1	Laura Yoisten	Colnago/Carrera	47:06
2	Samantha Nicholson	Bianchi/The Bike Shop	47:06
3	Jessica DeMars	Bianchi/The Bike Shop	47:06
4	Kathy White	Jeune Cyclisme	47:20
5	Leslie Schleichbach	Bicisport	
6	Tanya Bagnell(B1)	Way Past Fast	
7	Petrina Tulissi	Bianchi/The Bike Shop	
8	Meghan Blades	Bianchi/The Bike Shop	
9	Annie Rogoschewsky(B2)	CABC/Projekt 1	

#	Name	Club	Time
Category 3			
4 DNF 1 DSQ			
1	Harley Desprey	Velocity	46:39
2	Mike Lawford	Pedalhead	46:39
3	Gordon Kennedy	Bow Cycle/CMC	46:39
4	Spencer Royds	Mountain Bike City	46:39
5	JP Roy	Synergy Racing	46:39
6	Chris Harrison	ERTC/redbike	46:39
7	Michael Johns	CABC/Projekt 1	46:39
8	Phil Rayner	Headwinds	46:39
9	Don Halliday	Bow Cycle/CMC	46:39
10	David Watson	Velocity	46:39
11	Per Strom	Bicisport	46:39
12	Craig Horon	Velocity	46:39
13	Rich Wegerhoff	Deadgoat	46:39
14	Phil MacDonald	Snakebite Society	46:39

#	Name	Club	Time
Category 1&2			
11 DNF			
1	cp Walsh	Synergy Racing	51:12
2	Mike Stickland	Pedalhead	51:12
3	Mark Knoll	Bow Cycle/CMC	51:12
4	Matt Decore	Pedalhead	51:12
5	Kevin Rokosh	ERTC/redbike	51:12
6	Zach Bell	Synergy Racing	51:12
7	Dan Petersen	Bow Cycle/CMC	51:12
8	Dave Leahy	TRS Racing	51:12
9	Joe Lepine	Bicycles Plus	51:12
10	Jesse Collins	Bicisport	51:12
11	Jeff Smith	Bow Cycle/CMC	51:12
12	Guri Randhawa	Pedalhead	51:12
13	Mark Fewster	TRS Racing	51:40
14	Ryan Robinson	Part1 International	51:40
15	John Bence	Bicisport	51:40



FinishLynx finish camera expert Thom Steenaerts sends this digital image file of cp walsh (Synergy Racing) pixelling out Mike Stickland (Pedalhead) by one edge for the Cat 1&2 win. Note detail below.

Thom explains that the foreshortening distortion and seemingly curved spokes in the full image are due to the riders actually going faster than the speed for which the camera is calibrated.

COP Canada Cup DH August 2-3

XC results on pages 16-17

#	Name	Club	Times
Under 17 Sport Men			
1	Dustin Sharma	Independent	2:34.11 2:29.85
2	Ryan Selk	Independent	2:40.06 2:34.16
3	Peter Hodgson	Independent	2:40.00 2:37.59
4	Richard Newnes	Independent	2:43.46 2:44.75
5	Cody Macarthur	Independent	2:48.98 2:43.88
6	Thomas Davies	Independent	DNS 2:51.00
7	Chris Proctor	Independent	3:02.24 2:55.51
8	Mark Ewan		3:25.41 2:55.86
9	T.J. Sumlak	Independent	2:56.87 3:03.24
10	Jeremy Smith	Independent	3:02.81 3:32.33
11	Dale Hession	Ridley's	3:07.61 3:03.43
12	Iain Thomas	Independent	DNF 3:07.46
13	Patrick Leibel	Independent	3:11.08 DNS

#	Name	Club	Times
Under 17 Expert Men			
1	David Friesen	Mtn. Cycle / Revolution	2:33.58 2:30.95
2	Matt Pauley	Rocky Mountain B'n B	2:41.82 2:36.12
3	Rod Leland	Pinkbike	DNF 2:38.14
4	Wiley Bell	Rocky Mountain B'n B	2:43.55 3:44.69

#	Name	Club	Times
Junior Sport Men			
1	Joel Hall	Skookum Cycle	2:34.93 3:03.27
2	Braden Hughes	River Valley Cycle	2:39.12 2:40.94
3	Jason Klein	Independent	2:42.23 DNF
4	Rhys Davies	Independent	2:46.67 2:43.48
5	Andrew Newnes	Independent	2:47.51 2:44.34
6	Chris Whitehouse	Cranky's Cranksters	2:51.95 2:45.54
7	Norrie Christian	Redbike / Norco	2:56.97 2:47.21
8	Jason Conroy	Cranky's Cranksters	2:48.98 2:48.60

#	Name	Club	Times
Junior Expert Men			
1	Sean Brown	Intense Cycles	2:21.41 2:19.52
2	Adriano Digiacinto	Steed / Santa Cruz	2:20.01 2:19.95
3	Jamie Biluk	Olympia / Sombrío	2:20.32 2:35.21
4	Jordan Giesbrecht	Mad March Racing	2:22.40 2:24.29
5	Tyler Pighin	Ride & Glide / Kona	2:25.49 2:23.58
6	Sheldon Timms	Taws	2:24.21 2:26.10
7	Matt Sturgeon	Radical Edge	2:28.46 2:32.27
8	Brendan Dick	Bits & Bikes	2:36.76 2:59.36

#	Name	Club	Times
Senior Sport Men			
1	Kurtis Ellis	Café Racers / Maccan	2:31.05 2:32.61
2	Ryan Robison	Selkirk Sports	2:34.97 2:33.24
3	Cabel Crombach	Independent	2:48.48 2:37.39
4	Sean Jenkins	Giant Bicycles	2:42.06 DNS
5	Scott Stratton	Stratton Plumbing	2:42.55 2:43.71
6	Mike Acton	Ridley's	2:49.01 2:51.04
7	Josh Wallace	Bits & Bikes	2:50.94 DNS
8	Charlie Banaga	Independent	3:12.98 DNF
9	Clarke Ross	Pedalhead / Giant s	3:16.98 DNS

#	Name	Club	Times
Master 40+ Men			
1	Greg Epp	Independent	2:47.42 2:48.41
2	Robert Lange	Overtime Store	2:56.50 3:07.23
3	Timothy Smith	United Cycle	3:05.75 3:30.23
4	Miles Tornberg	B & P Cycle	3:33.36 3:26.14

#	Name	Club	Times
Senior Expert Men			
1	Aaron Clark	Independent	2:23.56 2:23.02
2	Kevin Hons	Block 8/Roach/Bow	3:44.55 2:29.14
3	Patrick Labbe	Fun Stuff Kamloops	2:32.55 2:30.97
4	Noel Edwards	Café Racers / Maccan	2:32.28 2:32.36
5	Jeremy Sawatzky	Alter Ego Sports	DNS 2:39.78
6	Paul Terstappen	Independent	2:51.58 2:48.10

#	Name	Club	Times
Senior Expert Women			
1	Tanya Grunsky	Bicycle Café	2:49.49 2:46.99

#	Name	Club	Times
Master Sport 30-39 Men			
1	Tommy Marjakangas	Mountain/Revolution	2:54.02 2:33.00
2	Steve Gray	Over the Edge/Troy Lee	3:08.36 2:46.63
3	Brendan Billings	Café Racers	2:47.79 DNF
4	John Girard	B & P	3:09.06 2:55.19

#	Name	Club	Times
Master Expert 30-39 Men			
1	Graham Beatty	Hate and Discontent	2:24.60 2:25.20
2	Darcy Lehr	ERTC / Redbike	2:27.99 2:25.87
3	John Starcevic	Independent	2:35.55 DSQ
4	Brian Whalen	Over the Edge/Troy Lee	2:40.86 2:38.76
5	Chris Jerrett	Special Forces/Freeride	2:49.73 DNS

#	Name	Club	Times
Senior Elite Men			
1	Hugo Donais	Norco Factory Team	2:16.07 2:15.70
2	Michael Jones	Norco Factory Team	2:15.82 2:28.00
3	Mathieu Laurin	Balfa Cycles	2:19.50 2:16.27
4	Brant Lyon	Giant Bicycles	2:17.66 2:16.44
5	Eric Goss	Giant/Troy Lee/Smith	2:17.10 2:16.67
6	Geoff Pendrel	Balfa Cycles	2:19.76 2:18.99
7	Stu Hilder	Cove Bikes/ IDUN	DNF 2:19.58
8	Dominic Menard	La Cordee/Tomac/CGI	2:21.63 2:19.59
9	Mike Van Herk	Lifecycles Racing	2:22.67 2:20.26
10	Andy Czuczor	Sun Ringle/Maxxis/Scott	2:21.56 2:20.70
11	Serge Chiasson	Fernie Alpine Resort	2:20.87 2:25.85
12	Nathan Briggs	Selkirk Sports / Norco	2:21.60 2:22.68
13	Daniel Eheler	Nestle / Jack Cycle	2:22.57 2:23.28
14	Mark Wolstenholme	Cranky's/Giant Bicycles	2:22.60 2:26.86
15	Jonathan Pilon	SPA / Maxxis / Spy	2:23.97 2:22.69
16	Martin Chabot	FAR	2:36.56 2:23.24
17	Jason Green	Yeti / Cove	2:23.44 2:26.52
18	Nicholas Jewett	Independent	2:32.32 2:24.07
19	Radek Burkat	Pinkbike.com / Calgary Cycle	2:25.10 2:24.55
20	Marc Fontaine	Intense/Truativ/Maxxis	2:24.65 2:24.56
21	Darren Sakwi	Olympia / Juiced Clothing	2:25.77 2:29.14
22	Jean Lemire	Intense Canada	2:29.25 3:45.89
23	Nicolas Gosselin	Virago Racing	2:29.59 2:30.72
24	Chris Sinclair	Epic Ride	2:30.46 2:33.99
25	Josh Mead	Ruthless Cycle	2:30.54 2:31.11

#	Name	Club	Times
Senior Elite Women			
1	Danika Schroeter	Simon's / Hoots	2:30.15 2:30.20
2	Deb Mackillop	Norco Factory Team	2:38.89 2:39.64
3	Sheila Morris	Dropmachine/Kreater	2:51.72 2:48.35
4	Lisa Mcinnis	HUB Cycle	3:30.57 2:51.29
5	Darcy Turenne	Kona / Smith	2:52.30 2:51.86

This pedal-powered lawn mower was available on auction website eBay. *Bicycling's* review of the device about 10 years ago listed its top speed as about 1 mph



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Kathryn Johnson (United Cycle, 184), Anne Brit Carter (Snakebite Society, 177) and Lisa Bowe (Bicisport, 458) mix it up at Accept the Challenge XC. Photo by Matthew Sweet

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