

The

Alberta

The magazine of cycling in Alberta

Vol. 37 No. 4 Winter 2005/6

Jim Horner 1933-2005

*Jim in a 12-hour TT in
Templepatrick, Ireland, 1961.
239.31 miles, 3rd place.*

**\$2.00 in
Canada**

Off the front... The Big Aloha!

Hello out there in Cycling Land! It has been a busy off-season so far, some good discussion at our AGM in Calgary, followed by an excellent CCA AGM in Whitehorse. Lots of planning meetings of every variety and lots of hard work by the ABA staff should have us in good shape for the upcoming racing season. Of course, the weather has been so mild that it leads me to wonder if the season ever really ended!

At our Board Planning meeting in December, we spent a good deal of time on some strategic planning. What we came up with a clearer Vision and Mission for the organization and some Targets and Goals. Here are the proposed Vision and Mission:

Vision - The Alberta Bicycle Association's vision is for Albertans to recognize and support the value of cycling as sport, recreation and means of transportation.

Mission - Providing leadership, support and education for competitive, recreational and transportation cycling to benefit Albertans.

Goals include Communication & Advocacy, Event Support Services, Resource Development and Rider, Coach & Commissaire Development.

If you have any comments or questions on our new Vision, Mission and Goals, please feel free to email the office!

Some exciting news from the ABA Offices: Our Executive Director, Shauna Richard is Pregnant! Congratulations to Shauna and her husband Simon. I hear that the front-runners for names are "Tim" and "Kahuna."

As well, we have done some hiring in the off-season. We've brought in Jayson Gillespie as a full time Provincial Coach, thanks in part to a Coaching Association of Canada grant, and Adam Bailey as the BMX staff person. Good luck to both of them in the coming months! Contact Jayson at jay@albertabicycle.ab.ca and Adam at bmxx@albertabicycle.ab.ca.

We continue to need the support of our volunteers and clubs in order to find enough officials for the upcoming season. If you have been a Commissaire in the last few years, we look forward to seeing you out again! If you would like to get involved, please check the Commissaire course form on page 45 of this issue of the *Alberta Spin* and contact one of the ABA offices.

I continue to appreciate any input and comments you might have for me. Please feel free to come up, say hi, and engage me in discussion at events this summer!

"The Big Kahuna"
Tim Harris, ABA President



Scope the complete World Masters Games results at <http://www.albertabicycle.ab.ca/results.php>. Go to the ABA website and **click** on the "Results" tab (don't just hover).

Due to incomplete results on the WMG website, we have posted a complete set of official results from the 2005 World Masters Games Cycling events. The ABA is not responsible for the accuracy of these results - we are simply posting them on our site as a courtesy to our members.

Many thanks to race secretaries Kevin MacCuish (Alberta Bicycle Association), Sylvain Richard (Fédération Québécoise des Sports Cyclistes), Chief Commissaires Louise Lalonde, Loyal Ma and Chris Wood and to ABA webmistress Lynda Bourak.

Thanks also to all competitors, organizers and volunteers.

Contributors!

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2006/7 Alberta Spin Deadlines

Issue	in-by	out-by	feature
Spring 2006	May 15	May 31	Forms, calendar
Summer 2006	July 15	July 31	Results! Pix!
Autumn 2006	Sep. 15	Sept. 30	More results!
Winter 2006/7	Jan. 15	Jan. 31	AGM News 'Cross!!!!

WMG results!

Scope the updated publication dates!

Alberta
COMMUNITY DEVELOPMENT



Directions

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Some notes heading into the 2006 season

Don't leave home without...

Riding out of country? If you are planning to compete in races abroad, you may be required to present a letter from the Canadian Cycling Association granting you permission to compete abroad. To obtain such a letter, please contact me with the dates (arrival and departure) and destination(s) of your trip. Please note this policy does not apply to riders competing in the United States, or riders competing with the Canadian National Team.

2006 race numbers...

You may have noticed that your race numbers (both paper and plastic) didn't arrive in the mail with your license. Instead, you will receive your race numbers at your first ABA competition of the year. (Please don't forget wrap-ties or safety pins.) This method will help us reduce mailing costs, and numbers not distributed will be available for re-use the following year. Thanks again to Shell Canada's Community Service Fund for supporting the purchase of ABA race numbers, and special thanks to Shell Canada employees/ABA members **Sean Huggins-Chan, Brian Licis, and Jim Oldham.**

by Pat Ferris

Fort St. John's Blizzard Bike Club had another successful year in 2005. Race conditions were warm and dry at the start in March, and ended up dry and warm at the final 'cross race in October. Very nice compared with last year's winter start and winter finish!

Club highlights were Stephen Ferris's Alberta Provincial Road Championship, 15 local riders going to the World Masters Games in Edmonton, Terry Stone's multi-medal performance at the BC Seniors Games and Wim Kok doing the 'L.E.L. - London-Edinburgh-London' 1400 km Randonneur.

The Grande Prairie club wrestled the Challenge Cup away from the local Blizzard squad for the first time in many years but we'll be back next year!


In early March racing, Stephen Ferris won the Roubaix Cup with wins in the Frozen John and Beaton Park Roubaix's. Pat Ferris was the surprise repeat winner of the first Baldonnel Roubaix in record time over a record turnout and under record dry conditions. Conditions went back to winter for the second Frozen John Roubaix and back to spring for the final Beaton Park race where the Ferris Boys, Stephen, David and Pat were 1-2-3 at the finish.

New staff in the Calgary office...

The ABA welcomes a new staff member to the Calgary office: **Adam Bailey** has assumed the role of BMX Coordinator, a 30-hour per week position. Contact Adam at bmx@albertabicycle.ab.ca

Also, welcome back to Provincial Coach **Jayson Gillespie**. Jayson, who is currently working with several ABA Provincial Team athletes, will be running our Provincial Team program this year. Jayson has been selected for the 2006 Coaching Internship Program, funded by the Government of Canada through the Human Resources and Skills Development Canada National Career Focus Program. In a nutshell, the Government of Canada, through the Coaching Association of Canada, is supporting a substantial portion of Jayson's salary. Special thanks to both entities for their support. Contact Jayson at jay@albertabicycle.ab.ca

The **Alberta Provincial Team Program** has been established for the season - Athletes interested in the Provincial Team program should familiarize themselves with the selection documents that may be found at www.albertabicycle.ab.ca. Projects for 2006 include National Championships in Road, Track, Mountain Bike, and Cyclo-cross, in addition to the Tour de l'Abitibi.


Coaching News: The ABA will offer Level 1 NCCP Technical Courses in both Road and Mountain Bike this spring - please check the website for details. Also, look for the Provincial Cycling Coach's Conference, coming up in October. 

Mike Heintzman held off the Ferris Boys to win the 2005 Spring Stage Race with 28 points. Barb Polehoykie won the Women's with 33 points. Matt Sparling won the Under 19 with 14 points.

In September, it was Robin Baillie who was the winner of the 11th Dawntech Mountain Bike Championships, at Beaton Park, edging out 2004 winner Pat Ferris.

October Cyclo-cross was a runaway success with a great course and record numbers. Robin Baillie won the club Cyclo-Cross Championship with a dominating performance over 2004 Champ Mike Heintzman and Pat Ferris and a record turnout of nineteen riders under warm and dry conditions.

Forty-four members were in attendance at the annual Awards Banquet. The banquet capped off another great club season. Club membership is currently 77 cyclists from a humble start with 12 in 1982.

Next year the club will have a number of events to look forward to. The Tri-Co-op 2006 triathlon will be in its 8th year. The National Cyclo-Cross Championships will be held in Nanaimo in 2006. The BC Summer Games will be happening in Kamloops next July as well. Six locals have signed up for the 2006 Penticton Ironman Triathlon. 

IMBA trail-building course an inspiration

by Kristy Sarnoski

This past spring the Alberta Bicycle Association was able to book a visit to Edmonton from the International Mountain Bicycling Association's (IMBA) Trail Care Crew, who instructed a trail building school focusing on trail maintenance and trail design. IMBA's world-renowned trail care firm has first-class knowledge and experience in trail preservation and making with minimal impact on their surroundings trails friendly for all users.

The 2-day course held on May 28 and 29, 2005 was preceded by communication and meetings with the City of Edmonton's land managers and parks departments. Despite all the conflict going on with trail development in other areas of the city such as Terwillegar Park, the City of Edmonton was open to the concept of the hands-on trail building school occurring in Mill Creek ravine. This is because there is a tremendous amount of recreational and commuting traffic passing through Mill Creek ravine each day even though there are definite safety hazards due to the trail being so close to the creek and subject to erosion over the past few seasons. Before the IMBA course was to take place, The City of Edmonton had its land managers for Mill Creek do a walk through the trail in question and trim back branches (although not in a way that would be the least harmful to the trees) and helped us plan exactly how we were going to re-route the existing trail.

We had about 20 people from Edmonton and surrounding area register for the course that would teach them how to develop trails in an eco-friendly and long lasting manner. All participants received the "Trail Solutions" book valued at \$60, use of tools such as Pulaskis, McLeods, rakes, picks, hoes and shovels as well as lunch each day of the course. The first day of the course consisted of classroom instruction and presentations in the morning followed by hands-on group work in the afternoon. The second day was all hands-on work as we transformed an unrideable stretch into a fully functional section of trail.

Although it was extremely rewarding to be a part of making something lasting in Edmonton, I have to say that I think the classroom portion of the course was almost more valuable. The information we learned was absolutely fantastic and the way in which it was presented would probably turn any anti-biker into a supporter of anything that gets people doing healthy activities outdoors. We actually saw this first hand. A lady from the City of Edmonton who was quite upset that this course was taking place due to her belief that mountain bikers "wreck" the trails was welcomed to participate in the course. She sat in for the classroom portion and, over the course of it, we saw a huge transformation in her attitude. We were all surprised as she met us at Mill Creek with her work gloves and some tools and helped for as long as she had time.

It really meant a lot to the rest of the participants to see that mountain biking does have a chance of being accepted as a viable recreational sport as long as sustainable single-track is created and maintained. The trails made and preserved would benefit not only mountain bikers but also all nature lovers. Upon completion of our new section of trail, the group collectively agreed that there is a need for on-going trail development and maintenance, and in keeping with the ideals of IMBA, decided that Edmonton should have its very own EMBA (Edmonton Mountain Bike Association). This group, headed up by Doug Gleddie, is obviously quite new but is active, particularly with the Sunridge Ski hill, in trying to develop well constructed, sustainable mountain bike trails.

To find out more about IMBA and the courses and seminars they offer:

<http://www.imba.com/canada/ndex.html>



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by Lori-Ann Muenzer ~ Sunday, December 4, 2005

This morning when I got up and was making a pot of coffee I looked out my kitchen window. There was this incredible and beautiful sunrise. I also noticed that Jack Frost had been by and had tipped all the trees. I thought it very fitting that Mother Nature had been by to honour Mr. Guinness this morning.

My very first recollection of Mr. Guinness was at Randy Murchison's Velocity Bicycle Shop. I remember there was a lot of snow and that it was cold out. Steen Madsen and I went into the mechanic's area and there was this gentleman. I'm not sure if he had a hat on but he had his signature "Croakies" - you know the attachment that goes on your glasses so that you either don't lose them or you can hang them around your neck. He had the thickest of Irish accents when he spoke and I tell you that I had to pay attention to everything that he was saying so as not to miss anything. The one thing that I remember the most from that first visit was, "Oh boy, can this man ever talk a lot!"

I had no idea what this gentleman's connection was to the Juventus Cycling Club, nor did I know the wonderful friendship that was about to take shape.

Mr. Guinness was always there at the Argyll Velodrome. He opened the gate to let us in for training; and he was always fair game to pull out his stopwatch to time your Flying 200M, a Standing 500M or even a Kilo. We'd even test him to see just how close he could get to matching the electronic timing and let me tell you he wasn't too far off. You could always count on him to yell at you on your last lap whether you were training or racing.

Because he was always there at the velodrome, he knew who was coming and going, he knew just how hard you worked with your training and how many hours you'd spent riding. If you were riding rollers in the wintertime, he'd turn on the fan, adjust the TV for a clear channel, turn up or down the music or change tracks if the CD was skipping.

Sometimes he'd stand back and that's when you knew that he was up to something. You knew he was calculating because in his hand was his stopwatch. Then he'd ask you "What gear are you riding", take a moment to calculate and then tell you just how fast you were going on the spot!

I think he probably worked on just about everyone's bike. There was nothing that Mr. Guinness couldn't fix. You always knew that whenever you took a problem to him, it would come back better than brand new and you knew that it would work just fine!

Cycling is a journey with many adventures. Mr. Guinness always had stories to share, even ones that went way back to the 1950's and 1960's. He'd recall dates and locations of races and the people who were there. The details were amazing. He'd even bring out magazines to the club house that were older than most of us riders!

I don't know how he knew all that he did. Well actually I do. It's called experience. And Mr. Guinness had a wealth of experience and he was always there to share it with you if you asked. It didn't matter if you were the new kid on the block or a seasoned rider.

Cycling was pure joy to him and this is what I will always think of when I think of Mr. Guinness: it was the love of cycling that mattered and he would share everything that he knew with you when you came through the velodrome gate.

I feel so fortunate to have known Mr. Guinness for 6 seasons since moving to Edmonton and being a part of the Juventus Cycling Club. One of the highlights for me was handing to Mr. Guinness my Olympic Gold Medal from Athens. I think I was at a total loss for words when I saw him but his beautiful smile and hug said everything.

Over the past 2 months while visiting Mr. Guinness in the hospital I saw just how many people's lives he had touched. He affected our lives through one of his greatest passions - the bicycle. The visits and the cards and photographs his many friends put up for him showed this.

Mr. Guinness I am sad that you're not here but I know that now you're not hurting anymore and this is a blessing.

There's a poem that a friend had sent to me a few years ago and it's something that made me think of Mr. Guinness. It's called "A Reason, A Season or A Lifetime"

People come into your life for a reason, a season or a lifetime. When you know which one it is, you will know what to do for that person.

When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally, or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, and their work is done. The prayer you sent up has been answered and now it is time to move on.

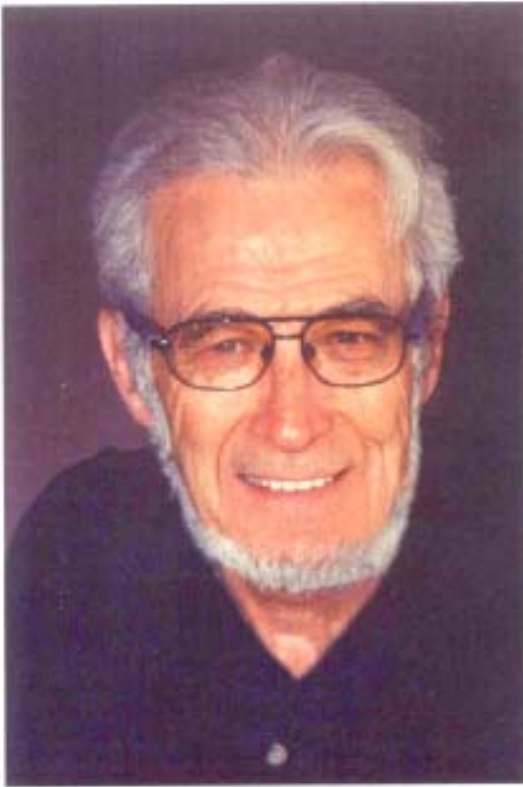
Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it; it is real; but only for a season.

LIFETIME relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant.

Mr. Guinness, the journey has been wonderful, the stories full and plenteous and the memories of you will last a LIFETIME. Know that we will take you in our jersey pockets whenever we're riding. And I promise you that we won't squish you when we put you in our skinsuits when we're riding track. Know that you are in all of our hearts and that so many people love you.

See you on the bike, Mr. Guinness.





by Dave Embury

In the summer of 1982, my friend Peter Christensen and I were looking for a new place and group to ride with.

For some reason we ended up at the Italian centre on Sunday mornings riding with a group nicknamed 'Edmonton's Italian Mafia'. The group was also often called the Nino, Gino, Rino, Lino, Gino and Jim group. This group eventually morphed into the Edmonton Masters Cycling Club and the Edmonton Juventus Cycling Club.

It was during these long Sunday rides that I came to know and appreciate Jim's selfless desire to place his knowledge at Peter and my disposal.

On these rides Jim, Lino, Peter and I became friends. We discussed many different things on these rides but we found a common interest and that the future of young riders was something we believed in.

Jim and Lino convinced The Italian Cultural Society to provide the cash and Peter and I took the lead to establish a junior cycling team with a group of 13 juniors and cadets known as Juventus.

At that time Jim owned a bicycle shop on the north side know as Renroh Cycle (Horner backwards). This is where this young team hung out and listened to Jim's many stories from his days of riding. Of course being the magical mechanic he was he was able to ensure that we all had the best running machines on the circuit.

The team traveled all over Western Canada and became very well known - the van, the trailer and the team were a magical time. Jim was always there providing support for these young men and women. He was at the sidelines at the races fixing bikes and providing his insights to the subtle nuances of bike racing. Jim didn't pick favourites and always helped the young regardless of skill level.

Two heart attacks and one major heart procedure never kept Jim away from his desire to be there for the team. Although the young wondered how a man could go through two heart issues, continue to smoke, have a Guinness or two, have bacon and eggs for breakfast and then still ride a bike, they never ever questioned his dedication to them and to the sport he loved. These young men and women could see why the bike was so special through his enthusiasm, dedication and stories even if sometimes they couldn't understand his Irish brogue


Jim was retired when I was designing the new clubhouse, but was working at Super Fly and Velo City Cycle to fill in the hours and make some spending money. I knew one of the most important things we could do for the club was to find a way of incorporating Jim's love of cycling and love of the young into the facility; the result - Horner's Corner. His influence on the club blossomed from that little shop in the corner.

His workshop tells the story - parts and bikes from years gone by - photos of friends and fellow cyclists young and old; tools, parts, wheels, frames and tires everywhere. Jim was a packrat with every type of bike stuff imaginable from five decades. If you have ever been to his apartment you came to understand that his love was a 24-hour obsession without qualification. He had bikes everywhere - bedroom, dining room, living room, kitchen; I think the bathroom was the only room spared.

We often talked of cleaning and organizing his stuff but we new that it really didn't matter, as this was just his way. There wasn't one of us who didn't trust the wheel he fixed or the tire he glued on a rim; he was the master bike mechanic of Edmonton.

Late last Sunday before I headed to Yellowknife I was in to see Jim. I was able to show him photos of our awards banquet and our promotional DVD for the future indoor facility. Three photos brought a big smile to his face. The picture of Lino accepting the 'Old Crank' award and a picture of his bike and jersey on the wall received special responses but his brightest comments were for the picture of Christopher, Matthew and Samuel receiving their Sprockids certificates and medals. True to his spirit Jim's soft spot for the young was still there at the end.

It is this memory I will cherish.

Jim was part of the start and will be watching the continued success and growth from another locale, but be assured, he is watching, as there isn't an end to this story. His impression has been left on the Samuels, Christophers and Mathews of the next generation. 

For Jim

by Wayne Mackenzie

I did not know Jim for a long time like many of you, but his impact on me has been profound. It was Jim's love of the bike and of youngsters who are just beginning to experience this love that made me promise him, that together we would work with the kids and ensure that they discovered their own love for the bike.

The Sprockids and Lori-Ann Muenzer Programs are offshoots of this promise and it has given me great pleasure to set things in motion to uphold this promise for years to come. Without Jim's encouragement and vision we would not be where we are today. I will do my best to be sure there are always smiles on the faces of, and bikes under, the kids that Jim loved to work with so much.

Jim is no longer with us but his wisdom will continue to guide us. 

2006 ABA Calendar

February 2006

- 11 Western National BMX Ranking Series #1 - BC
12 Western National BMX Ranking Series #2 - BC

March 2006

- 12 Alberta BMX Cup #1 - Morley

April 2006

- 14-23 ABA Penticton Camp
15 Western National BMX Ranking Series #3 - Morley
16 Western National BMX Ranking Series #4 - Morley
23 Alberta MTB Cup XC#1 - Coulee Cruiser
29 bici ITT - ITT Series #1
30 GP bici - CR

May 2006

- 6-7 [Journal Cup #1 - Spring Clean Up](#)
7 [Alberta MTB Cup XC #2 - Bacon Buffet of Suffering](#)
13-14 [Ardrossan - SR](#)
21 Alberta MTB Cup XC #3 - Take Off, Eh?
27-28 [Canmore - ITT, CR, TTT, ITT Series #2](#)
27-28 Western National BMX Ranking Series #5 & #6 - BC

June 2006

- 4 [Pigeon Lake RR](#)
4 Alberta BMX Cup #2 - Medicine Hat
10-11 Deadgoat Marathon Nipika BC - XC-MX
10-11 [Journal Track Cup #2 - Velocity Shishkabob](#)
17 Steamer RR
18 Alberta BMX Cup #3 - Edmonton
18 [Alberta MTB Cup XC #4 - Down 'n Dirty](#)
24 Western National BMX Ranking Series #7 - Airdrie
24-25 Journal Cup #3 - CBTL
25 Western National BMX Rankings Series #8 - Airdrie
25 [Alberta MTB Cup XC #5 - Ridley's Summer Solstice](#)
29 National Road Championships (to July 2)

July 2006

- 1 [Canada Day CR](#)
2 Trofeo Leva Provincial Criterium Champs- CR
7-9 National Track Championships (Jr, Master)
8-9 [Provincial Road Championships - Youth](#)
8 National MTB Championships - DH
9 Alberta BMX Cup #4 - Cochrane
9 National MTB Championships - MX
14-16 Tour de White Rock BC - SR
15 Ride for the Wild Roses - ITT Series #3
16 Stampede RR
15-16 National MTB Championships - XC
17-23 [Tour de l'Abitibi - SR \(Jr. Men\)](#)
19 Tour of Gastown, Vancouver - CR
21-23 Tour de Delta BC - SR
22 [Provincial ITT Championships](#) ITT Series #4
23 [Provincial TTT Championships](#)
27-30 Alberta Summer Games BMX
29-30 Keech - Corr Team Track Challenge



August 2006

- 5-7 [Tour de Bowness - SR](#)
6 Alberta BMX Cup #5 - St. Albert
6-12 [Trans Rockies - Mtb SR](#)
12-13 [Provincial Track Championships](#)
19-20 24 Hours of Adrenalin - XC-MX
20 Provincial RR Championships
20 Alberta BMX Cup #6 - Lethbridge
26-27 National BMX Championships
27 [Provincial MTB Championships - XC](#)

September 2006

- 2-3 [Rundle MTN SR](#)
2-3 Western National BMX Ranking Series -#9, Finals - Calgary
3 Edmonton Masters CC ITT - ITT Series #5
10 Provincial RR Championships - Masters
10 [Bow 80 - XC Marathon](#)
16 Alberta BMX Cup Finals - Calgary
17 [Provincial Hill Climb - ITT Series Final](#)
17 Alberta BMX Championships- Calgary
24 Alberta Cyclo-cross Cup #1 - Edmonton Pedalhead

October 2006

- 1 Alberta Cyclo-cross Cup #2 - Bow Cycle 'cross
7 Alberta Cyclo-cross Cup #3 - Edmonton
8 Alberta Cyclo-cross Cup #4 - Edmonton Juventus
15 Alberta Cyclo-cross Cup #5 - Red Deer
21 Alberta Cyclo-cross Cup #6 - Canmore Terrascape
29 Alberta Cyclo-cross Cup #7

November 2006

- 4 ABA Annual General Meeting and Awards Gala
5 Provincial Cyclo-cross Championships - Deadgoat
18-19 National Cyclo-cross Championships

BMX= BMX Meet, CR= Criterium, DH= Mtb Downhill,
ITT= Individual Time Trial, MX= Mtb Enduro, RR= Road
Race, SR=Stage race, TTT=Team Time Trial, XC=Mtb
Cross-country

BMX-cite!

A supplement to the Alberta Spin magazine

2005 Alberta BMX Cup

*Total points = Best 3 AB Cups + Final. Ties broken by AB Cup Final

Cruiser Classes

Rank	Name	Club	AB Cup #						Fin	Total*
			1	2	3	4	5	6		
Cruiser 12 and Under Male										
1	Taylor Milligan	Red Deer BMX			50	70	60	50	230	

Cruiser 13 and 14 Male

1	Dillon Sweeney	Airdrie BMX	80	100	80	70	100	80	100	380
2	Josh Woolman	Red Deer BMX			60	60	70	60	250	

Cruiser 15 and 16 Male

1	Eric Hetherington	Medicine Hat BMX		100	100	70	100	60	80	380
2	Justin Stewart	Edmonton BMX	100	80		80	80		100	360
3	Ryan Stewart	Edmonton BMX		70		60	70		70	270

Cruiser 17 to 29 Male

1	Ryan Negenman	Calgary BMX	70	80	30	100	70	40	80	330
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Cruiser 30 to 34 Male

1	Calvin Berube	Velocity CC		100			80	100	100	380
2	Shawn Lee	Red Deer BMX			100		100	80	60	340
3	Kyle Van Ee	Lethbridge BMX	60	80	70	20	70	70	290	
4	Darcy Fauteux	Calgary BMX	20	70	80	60	50	50	260	
5	Ryan Schiffner	Airdrie BMX	40	50	60	50		20	180	
6	Ronald Wasyliv	Calgary BMX	50		50	30	20	40	170	
7	Trevor Steinhauer	Edmonton BMX	30	60		40	30	30	160	
8	Trevor Helm	Okotoks BMX	10	40	40	10	10	10	100	
9	Steve Mysek	Okotoks BMX			30	10	10	10	60	

Cruiser 35 to 39 Male

1	Shawn Loewen	Edmonton BMX		100		80	100		100	380
2	Jody Jacobsen	Calgary BMX	100		60	50	70	100	80	350
3	Lon Kerfoot	Calgary BMX	60	70	80	40	60	70	60	280
4	Brian Otterson	Cochrane BMX	70	50	70		30	50	50	240
5	Jeff Scammell	Edmonton BMX		60		10	50		70	190
6	Mark Chambers	Edmonton BMX		80		30	40		40	190
7	Corey Newman	Edmonton BMX	30	30	50				30	140
8	Todd Shomachuk	Airdrie BMX			40	20		30	10	100
9	Dean Best	Red Deer BMX	80	40		70		80		230

Cruiser 40 to 44 Male

1	Victor Doehring	Medicine Hat BMX		70	80	80	100	80	100	360
2	Tony Fluet (40-44MC)	Edmonton BMX	80	50			70	100	80	330
3	Greg Oucharek	Airdrie BMX		80	70	100	80		70	330
4	Mark Shepherd (40-44MC)	Cochrane BMX	60	100		70	50	60	60	290
5	Paul Kroon	Okotoks BMX		60		60	60	70	50	240

Cruiser 45+ Male

1	Rod Kiehl	Calgary BMX	70	80	100	100	100	100	100	400
2	Larry Corsiatto	Red Deer BMX	50	100		70	80		80	330
3	Ron Mackinnon	Calgary BMX			60	80		80	70	290
4	Larry Wilison	Calgary BMX	40	60	50	50	60	70	60	250

Cruiser 13 and Under Female

1	Kaila Sweeney	Airdrie BMX	80		70	100		100	80	360
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Cruiser 14 to 18 Female

1	Abbey Graalman	Red Deer BMX	60	80	60	80	80		70	310
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Cruiser 30+ Female

1	Wendy Vandenhoven	Airdrie BMX	70	100	80	100	80	100	70	370
2	Joanne Oucharek	Airdrie BMX		60	100	80	100		80	360
3	Tanya Schiffner	Airdrie BMX		80	70	70	70		100	320
4	Kathy Vandenhoven	Airdrie BMX		70	60	60	60	80	60	270
5	Ellen Kuiper	Calgary BMX			50	50	50	70	50	220

Open Junior Cruiser

1	Patrick Lebel	Airdrie BMX		60	80	100	80	100	100	380
2	Brady Van Keulen	Edmonton BMX			70	50		80	80	280
3	Lindsay Edwards	Airdrie BMX	100	30	40		30	60	70	270

Open Elite Cruiser

1	Aaron Lepp	Airdrie BMX		100	100	80	100	100	100	400
2	Neil Fluet	Edmonton BMX	80	70			70	70	80	300
3	Christopher Nakamura	Okotoks BMX	60	40	50	70		80	70	280
4	Neil Sorensen	Red Deer BMX	70	80				60	50	270
5	Justin Doehring	Redcliff BMX Club		50	60	40	50	60	50	220
6	Lori Smith		30	20	30	20	20	30	40	130

20" Female Classes

Rank	Name	Club	AB Cup #						Fin	Total*
			1	2	3	4	5	6		
7 Novice Female										
1	Nicole Schilling	Stony Plain BMX		100	80	300	80	80	100	580
2	Kiana Van Ee	Lethbridge BMX		70	70	210	70	100	80	460
3	Rokelle Donahue	Calgary BMX		80		240		70	70	460

8 Novice Female

1	Vanessa Hood	Medicine Hat BMX	210	70		100	100	100	210	70	590
2	Brianna Lidstone	Red Deer BMX			50	80	60		60	250	

8 Expert Female

1	Daina Tuchscherer	Edmonton BMX		240	240	300	300	300	300	1140
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9 Novice Female

1	Shelby Scammell	Edmonton BMX		100		60	240		80	480
2	Veronica Seitz	Calgary BMX		80	50	80	210	60	100	470

9 Expert Female

1	Ilana Just	Red Deer BMX	300		300	300			210	1110
2	Yvonne Kingston	Medicine Hat BMX	210	210	210	210	180	240	240	900

10 Novice Female

1	Megan Bosak	Calgary BMX		100	60	100		100	100	400
2	Kendra Vandenhoven	Airdrie BMX		100	60	80	70	100	80	360
3	Kassie Davies	Medicine Hat BMX		70	50	70		80	70	290

10 Expert Female

1	Jordan Riguidel	Red Deer BMX			180	210	300	210	150	870
2	Stephanie Hood	Medicine Hat BMX	80	70	100	300	240	240	90	870

11 Novice Female

1	Cassie Crawford	Cochrane BMX		150			70	70	60	350
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11 Expert Female

1	Chelsea Kingston	Medicine Hat BMX	300	300	300	300	300	300	300	1200
2	Brittany Fortin	Cochrane BMX		240	240	240	240	210	210	930
3	Amelia Gillett	Edmonton BMX	240				180	240	240	900
4	Meaghan Schofield	Airdrie BMX		210	210	210	210	180	180	810
5	Jacqueline Chambers	Edmonton BMX		180	180	150			120	630

BMX parents? How about BMX grandparents? "Ma! Don't give the kids Ti bottom brackets before dinner. You'll spoil their appetites!"

12 Novice Female

1	Desirae Lupino	Airdrie BMX	100	180	100	100	100	100	480
2	Kaylee Jacobson	Calgary BMX	80	80	70	180	80	80	420
3	Cassi Woolman	Red Deer BMX		70	60	150	60	50	330

12 Expert Female

1	Sabrina Millman	Cochrane BMX	300	240	300	300	300	300	1200
2	Kayla Best	Red Deer BMX	210	240	240	240	240	240	960
3	Jennifer Harrington	Lethbridge BMX	180	210	120	210	210	210	840

13 Expert Female

1	Abbey Graalman	Red Deer BMX	300	300	300	300	300	300	1200
2	Kyra Mcleod	Calgary BMX	240	240	180	240	300	240	1020
3	Kelsey Gerlitz	Red Deer BMX	150	210	210	240	210	210	870
4	Kyndrilyn Perverseff	Lethbridge BMX	180	150	180	180	240	180	780
5	Candace Mazur	St. Albert BMX	210	150	210		150	720	

14 Novice Female

1	Amanda Lavorato	Lethbridge BMX	210	70	60	100	80	100	80	490
2	Audra Miller	Calgary BMX				80	70	80	100	330
3	Karlie Marshall	Red Deer BMX	60	70	70	100	70	70	310	

14 Expert Female

1	Natasha Vergara	Calgary BMX	300	300	300	240	210	1110		
2	Megan Frew	Calgary BMX	240	240	210	180	180	180	240	930

15 Novice Female

1	Sara Taylor	Medicine Hat BMX	240	100	100	100	240	80	100	680
2	Jocelyn Rutko	Okotoks BMX	80	80	80		100	80	340	
3	Victoria Fontaine	Calgary BMX	50	50	70	90	70	70	300	

15 Expert Female

1	Michilla Negenan	Calgary BMX	300	300	240	210	300	300	300	1200
2	Lindsay Harrington	Lethbridge BMX	210	150	180	150	120	210	180	780
3	Cayla Loewen	Edmonton BMX	210	240	150		150	750		

16 Expert Female

1	Kaila Sweeney	Airdrie BMX	240	300	300	300	300	300	1200	
2	Alannah Johnston	Red Deer BMX	240	240	240	30	240	240	960	
3	Kristen Richardson	Lethbridge BMX	210	210	210	210	60	210	210	840

Junior Female

1	Keriann Brown	Airdrie BMX	500	400	400	500	500	500	2000
2	Amy Brown	Airdrie BMX	400	350	400	350	400	400	1600
3	Lindsay Edwards	Airdrie BMX	350	300	350	250	350	350	1400

Elite Female

1	Adrienne Binnie	Medicine Hat BMX	500	150		400	500	1550		
2	Lori Smith		250	400	100	400	300	350	400	1550
3	Christine Quennell	Airdrie BMX	200	350	250	250	300	350	1250	

20" Male Classes

Rank	Name	Club	AB Cup #						Fin	Total*
			1	2	3	4	5	6		
1	Jack Mackinnon	Calgary BMX			80	70		80	80	310
2	Brayden Wasyliv	Calgary BMX	20		60	70	20	70	220	
3	Adam Kendall	Okotoks BMX	50		60	50	60	220		
4	Connor Kerfoot	Calgary BMX	10	50	10	50	60	10	170	
5	Nolan Delauw	Lethbridge BMX	40	60	20		10	30	150	
6	Kade Best	Red Deer BMX	10	40	10	10	50	110		
7	Connor Scammell	Edmonton BMX	30		30	10		40	110	
8	Austin Javorsky	Cochrane BMX		60	10	10	10	90		
9	Zachary Croft	Airdrie BMX		40	10	10		10	70	
10	Sam Bradford	Edmonton BMX	10	30		10		10	60	

5 and 6 Intermediate Male

1	Matthew Bell	Calgary BMX			200	200	200	200	800
2	Owen Eikenberry	Airdrie BMX	30	60	160	160		140	520
3	Mitchell Webb	Edmonton BMX			100	140	160	100	500
4	Riley Lavorato	Lethbridge BMX	80	100	140	120	140	80	480
5	Brody James Cooper	Calgary BMX			100	80	100	160	440
6	Kent Isaac	Calgary BMX	100	100		100		120	420
7	Colton Kroon	Okotoks BMX	70		120	100	120	40	380
8	Iain Hopkins	Calgary BMX	80		80	30	40	100	300
9	Terryl Shomachuk	Airdrie BMX		70	50		30	60	210

7 Novice Male

1	Drew Lane	Calgary BMX	100		80	100	70	350	
2	Hayden Gutiw	Calgary BMX	40	100	100			100	340
3	Damian Wilkinson	Calgary BMX		40	40	100	80	60	280
4	Dawson Javorsky	Cochrane BMX	60	60	30	60	40	80	260
5	Nolan Lunt	Red Deer BMX	70	10	50	50	70	40	230
6	Carter Kuiper	Calgary BMX		10	60		50	50	170
7	Jordan Eikenberry	Airdrie BMX	60	10		20	40	20	140
8	Shane Koch	Red Deer BMX	50	10		70		10	140

7 Intermediate Male

1	Jessie Bootland	Airdrie BMX	160	200	200	200	200	200	800	
2	Kayd Riguidel	Red Deer BMX		200	140	160	140	140	640	
3	Greg Jackson	Stony Plain BMX	140	140	120	100	160	120	560	
4	Bailey Sproxtton	Stony Plain BMX	30		160	140		160	490	
5	Kirby Phillips	Medicine Hat BMX	100	160	160	80	40	20	440	
6	Keegan Brown	Lethbridge BMX	140	80	40	20	80	100	400	
7	Nash Sweeney	Calgary BMX	120	100	120	60		40	20	360
8	Deven Kawa	Stony Plain BMX	50	80	80	120	100	40	340	
9	Brody Kerfoot	Calgary BMX	80	70	70	70	80	20	60	290
10	Matthew Dyck	Airdrie BMX	100	80		20	20	80	280	
11	Nash Hartford	Okotoks BMX		30	100	60	60	20	240	

7 Expert Male

1	Cody Pratt	Red Deer BMX	300	240	210	300	300	210	300	1200
2	Joel Quennell	Airdrie BMX	200	60		240	240	180	240	920
3	Jordan Green	Airdrie BMX	210	300		210	210		180	900
4	Aidan Martens	Airdrie BMX	240	210	150		180		210	840

8 Novice Male

1	Chase Harrison	Red Deer BMX	80	70	10	100	80	100	330
2	Jacob Renaud	Airdrie BMX		60	60	80	60	80	280
3	Joshua Seitz	Calgary BMX	30	50	40	70	70	70	260
4	Kiran Kawa	Stony Plain BMX		30	60	30	50	170	
5	Ross Tomlinson	Edmonton BMX		10	50	40	40	140	
6	Chase Davies	Medicine Hat BMX	20	40		10	20	30	110

8 Intermediate Male

1	Lane Ouellette	Calgary BMX	80	120	160	200	200	200	760	
2	Taylor Otterson	Cochrane BMX	200	120	200	60	140	160	160	720
3	James Sekora	Red Deer BMX	160	200	100	200	160	40	100	660
4	Jesse Profit	Cochrane BMX	80	160	140	40		120	120	540
5	Corwyn Shomachuk	Airdrie BMX		160	140		140	20	460	
6	Chase Kellin	Airdrie BMX	100	80	20	120		140	440	
7	Marshal Van Iderstine	Cochrane BMX	70	100	100	80	100	20	320	
8	Benjamin Croft	Airdrie BMX	60	40	100	60		80	300	
9	Jared Compagnon	Edmonton BMX	100		20	100		60	280	
10	Cole Mackinnon	Calgary BMX		80	80		100	20	280	
11	Dalton Wright	Airdrie BMX		50	80	20		40	190	
12	Mitchell Mutitt	Red Deer BMX	100		20	20	20	20	160	
13	Noah Lacoste	Stony Plain BMX	60		20	40		20	140	

8 Expert Male

1	Bradley Bergshoeff	Cochrane BMX	210	240	300	300		300	1140	
2	Brandon Pagenkopf	Airdrie BMX		210	240	300	300	210	1050	
3	Brett Sieders	Airdrie BMX	120	300	240	210	240		240	1020
4	Kylar Van Ee	Lethbridge BMX		180	180	180	210	240	180	810

9 Novice Male

1	Steven Young	Airdrie BMX		100	100	100		100	400	
2	Grayson Javorsky	Cochrane BMX	60	50	10	10	70	80	260	
3	Joshua Ritter	Red Deer BMX	60	80		60	50		50	250
4	Justin Langevin	Rocky Mtn. Bike'nBoard		30	20	50	70	170		
5	Jared Sproxtton	Stony Plain BMX	10		40	60		60	170	
6	Isaac Paget	Okotoks BMX		20	10	60	40	130		
7	Cole Farwell	Red Deer BMX		10	10	30	20	70		

9 Intermediate Male

1	Dylan Wolodko	Stony Plain BMX		200	200	100	160	660	
2	Tyler Swanson	Red Deer BMX	80	140	160	160	200	140	660
3	Braden Karish	Airdrie BMX	200		200	80	160	60	620
4	Brandon Koch	Red Deer BMX	160	200		120		20	500
5	Shelby Mysek	Okotoks BMX	40	60	80	80	140	100	400
6	Kyle Chambers	Edmonton BMX	120		140	100		40	400
7	Lucas Beyer	Stony Plain BMX	50		70	80	100	120	370
8	Tavish Striemer	Airdrie BMX	140	60		100		20	320
9	Eric Keir	Cochrane BMX		160	120	20		20	320
10	Troy Proskiw	Velocity Cycling Club		160		60	40	20	280
11	Austin Schwanke	Stony Plain BMX	140		20	20		80	260
12	Ty Watson	Airdrie BMX		40	60	120	20	240	
13	Brulan Kroon	Okotoks BMX	100		20	20	80	20	220

9 Expert Male

1	Stefan Pacheco	Airdrie BMX	300	240	300	300	300	240	300	1200
2	Tanner Vandenhoven	Airdrie BMX	240	300	240	240	240	300	240	1080
3	Ross Delauw	Lethbridge BMX	180	180	120	210	210	780		
4	Lee Ouellette	Calgary BMX	120	210	150	180	150	180	720	
5	Clay Geddert	Lethbridge BMX	150	210	180	210	180	120	720	
6	Christian Stronach	Calgary BMX	90	150	210	150	600			

10 Novice Male

1	Max Lavallee	Okotoks BMX	20	100	60	70	100	330		
2	Kaden Hyndman-Peshke	Airdrie BMX	40	50	80	80	250			
3	Justin Mainville	Red Deer BMX	60	20	20	60	50	70	240	
4	Conner Lunger	Stony Plain BMX	30	30	40	10	40	100	50	230
5	Thomas Corsiatto	Red Deer BMX	50	10	30	70	60	210		
6	Jaden Donahue	Calgary BMX	10	40	60	40	150			

10 Intermediate Male

1	Derek Newman	Edmonton BMX	200	200	200	160	760			
2	Andrew Oucharek	Airdrie BMX	160	160	80	200	600			
3	Miles Hares	Cochrane BMX	160	120	140	120	540			
4	Nathan Molander	Red Deer BMX	140	140	160	160	160	40	520	
5	Mitchell La Chapelle	Airdrie BMX	80	70	100	140	60	140	460	
6	Anthony Prinsen	Red Deer BMX	20	100	100	60	120	20	340	
7	Austin Schiffrer	Airdrie BMX	20	80	120	20	100	320		
8	Cameron Howell	Okotoks BMX	100	80	20	40	80	300		
9	Ryan Langevin	Rocky Mtn. Bike'nBoard	80	100	100	20	300			
10	Kurtis Zacharias	Calgary BMX	70	70	120	80	20	290		
11	Lance Phillips	Medicine Hat BMX	70	50	60	60	20	20	210	
12	Reed Bradford	Edmonton BMX	60	60	20	60	200			
13	Graham Hughes	Okotoks BMX	80	20	40	20	160			

10 Expert Male

1	Austin Higgins	Lethbridge BMX	300	300	300	60	300	300	1200	
2	Tyson Best	Red Deer BMX	180	90	300	300	240	240	1080	
3	Mark Bernacki	Airdrie BMX	210	240	210	120	120	210	870	
4	Tanor Milligan	Red Deer BMX	240	240	210	240	240	210	90	810
5	Kyle Sieders	Airdrie BMX	60	210	180	180	210	150	750	
6	Austin Vandenhoven	Airdrie BMX	150	180	120	120	180	150	180	690
7	Tyler Schilling	Stony Plain BMX	30	150	150	90	180	120	600	
8	Wayde Dochuk	Stony Plain BMX	120	150	90	30	150	90	60	480
9	Justin Tuchscherer	Edmonton BMX	60	90	60	60	30	240		
10	Ryley Irving	Medicine Hat BMX	30	60	30	30	120	30	240	

11 Novice Male

1	Cole Ouellette	Calgary BMX	60	80	100	100	80	360		
2	Colin Urquhart	Calgary BMX	70	70	70	70	280			

11 Intermediate Male

1	Chase Stewart	Airdrie BMX	200	60	160	160	200	720		
2	Logan Marshall	Red Deer BMX	120	160	140	200	200	160	720	
3	Cameron Svenshek	Stony Plain BMX	160	40	120	20	140	160	40	500
4	Mathew Johnston	Red Deer BMX	20	80	40	120	120	140	460	
5	Steven Fithen	Stony Plain BMX	160	100	100	100	100	460		
6	Dylan Bosak	Calgary BMX	20	60	200	140	60	460		
7	Dylan Koch	Red Deer BMX	140	140	20	80	380			
8	Dayton Peterson	Airdrie BMX	80	100	140	20	100	20	360	
9	Louis Chartrain	Calgary BMX	20	80	80	120	300			
10	Justin Schwanke	Stony Plain BMX	80	120	60	20	280			
11	Matthew Pidhirney	Red Deer BMX	120	20	40	20	200			
12	Robbie Townsend	Edmonton BMX	20	60	80	20	180			
13	Jeffery Beveridge	Calgary BMX	20	20	20	20	80			

11 Expert Male

1	Rob Herriman	Airdrie BMX	300	300	240	300	180	300	1200	
2	Timothy Pratt	Red Deer BMX	240	150	300	240	300	240	1140	
3	Zachary Burke	Airdrie BMX	150	90	210	210	240	210	870	
4	Aaron Wight	Calgary BMX	180	240	150	150	120	150	720	
5	Chase Felker	Okotoks BMX	210	120	120	180	180	690		
6	Cameron Lavorato	Lethbridge BMX	60	180	150	180	210	240	690	
7	Cody Basiuk	Airdrie BMX	30	180	60	90	90	120	480	
8	Justin Irving	Medicine Hat BMX	120	120	90	30	60	90	420	
9	Steven Loewen	Edmonton BMX	30	90	120	30	270			

12 Novice Male

1	Brian Reinhardt	Cochrane BMX	100	100	100	80	80	380		
2	Taylor Phillips	Medicine Hat BMX	70	40	50	50	70	100	70	310
3	Coleman Buhler	Stony Plain BMX	50	60	100	40	250			
4	Corbin Lunger	Stony Plain BMX	60	60	30	60	70	50	240	
5	Corey Brown	Airdrie BMX	30	40	70	60	60	230		

12 Intermediate Male

1	Brandon Kerik	Airdrie BMX	200	200	200	200	200	160	760	
2	Alex Hagel	Airdrie BMX	160	140	160	120	160	200	680	
3	Tavis Stewart	Airdrie BMX	140	140	160	140	140	140	580	
4	Brandon Ulrich	Airdrie BMX	80	80	100	160	100	120	480	
5	Jake Adams	Airdrie BMX	120	160	120	120	80	120	40	440
6	Garry Griffin	Red Deer BMX	100	60	60	20	100	140	60	400
7	Zachary Fortin	Cochrane BMX	100	80	20	60	80	320		
8	Curtis Prins	Redcliff BMX	100	80	20	100	300			
9	Brandon Molander	Red Deer BMX	80	120	20	20	80	20	300	
10	Hayden Schiffrer	Airdrie BMX	100	40	60	60	20	240		
11	Nathan Storey	Airdrie BMX	40	40	20	20	20	120		
12	Mackellar Wilkie	Okotoks BMX	20	20	20	20	20	80		

12 Expert Male

1	Simon Meili	Airdrie BMX	300	300	300	300	300	1200		
2	Colton Higgins		210	240	180	240	240	930		
3	Cody Negenman	Calgary BMX	180	60	180	210	300	210	180	900
4	Adam Bourns	Calgary BMX	210	120	210	240	210	870		
5	Jason Lupino	Airdrie BMX	240	240	150	150	240	180	120	840
6	Ryan Spracklin	Edmonton BMX	120	180	120	210	90	600		
7	Mitchell Oucharek	Airdrie BMX	150	120	90	150	150	570		

13 Novice Male

1	Aaron James	Airdrie BMX	70	100	40	50	260			
2	Landon Ferris	Red Deer BMX	80	40	50	30	200			

13 Intermediate Male

1	Adam Anderson	Edmonton BMX	160	40	200	200	160	720		
2	Garth Philpott	Lethbridge BMX	120	140	200	200	660			
3	Nick Baillie	Stony Plain BMX	200	160	160	140	140	660		
4	Bryan Richardson	Lethbridge BMX	140	80	100	20	100	160	80	480
5	Chris Windrim	Red Deer BMX	140	120	120	160	140	40	480	
6	Clint Latwaitis	Red Deer BMX	60	80	60	120	120	100	420	
7	Mason White	Stony Plain BMX	100	80	80	20	280			
8	Gerry Burns	Edmonton BMX	40	60	100	60	260			
9	Duncan Pawson	Cochrane BMX	120	30	20	40	20	210		

13 Expert Male

1	Erick Nicol	Calgary BMX	210	240	300	240	240	300	1140	
2	Cameron Quennell	Airdrie BMX	300	90	300	180	240	1020		
3	Omar Bainto	Airdrie BMX	240	30	210	300	180	240	210	990
4	Dillon Sweeney	Airdrie BMX	180	300	240	60	210	210	180	930
5	Ronald Townsend	Edmonton BMX	210	210	150	150	720			
6	Jesse Schofield	Airdrie BMX	90	180	180	120	120	600		
7	Cameron Helm	Okotoks BMX	200	100	200	120	90	120	60	580
8	Josh Woolman	Red Deer BMX	150	150	150	30	60	90	90	540
9	Ry Kiehl	Calgary BMX	120	180	120	150	30	60	30	480

14 Novice Male

1	Brendan Lee	Airdrie BMX	100	80	80	100	360			
2	Dylan Peterson	Airdrie BMX	80	100	100	70	60	80	360	
3	Jordan Benedet	Red Deer BMX	80	100	100	70	350			
4	Ryan Kelly	Redcliff BMX	70	70	80	70	70	60	280	
5	David Reinhardt	Cochrane BMX	100	0	80	50	40	270		

14 Intermediate Male

1	Alex Vandenhoven	Airdrie BMX	300	80	200	160	180	160	140	820
2	Tyler Burke	Airdrie BMX	140	160	120	300	120	200	800	
3	Dennis Cotton	Redcliff BMX	140	200	240	200	160	800		
4	James Croke	Medicine Hat BMX	200	120	90	140	120	580		
5	Kyle Bracken	Red Deer BMX	120	60	150	100	100	470		
6	Cody Beveridge	Calgary BMX	160	100	30	80	370			
7	Jesse Basiuk	Airdrie BMX	180	20	100	20	30	40	350	

14 Expert Male

1	Alexander Sailer	Airdrie BMX	300	300	300	300	1200			
2	Kayd Herriman	Airdrie BMX	240	300	300	240	210	1050		
3	Brandon Brown	Airdrie BMX	210	240	210	300	240	240	990	
4	Sam Leuck	Medicine Hat BMX	210	180	240	180	180	810		
5	Landon Gibson	Airdrie BMX	90	180	150	180	120	120	630	
6	Daryl Schilling	Stony Plain BMX	30	90	120	120	210	60	510	
7	Landen Johnston	Red Deer BMX	120	120	90	210	150	30	510	
8	Matthew Mazur	St. Albert BMX	210	30	90	150	480			
9	Derek Howie	Calgary BMX	120	180	30	90	420			
10	Travis Morrow	Okotoks BMX	30	30	60	30	150	90	30	330

continued from previous page

15 Novice Male

1	Nickolas Gulka	Medicine Hat BMX	120	160	140	120	540
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15 Intermediate Male

1	Tyler Paget	Okotoks BMX	160	160	200	200	160	160	200	760
2	Brett James	Airdrie BMX	200	200	160	200	140	740		
3	Kail Pawson	Cochrane BMX	140	140	140	160	580			
4	Evan Cotton	Redcliff BMX	140	100	120	100	460			

15 Expert Male

1	Scott Bernacki	Airdrie BMX	300	300	300	300	60	300	1200	
2	Shane Clark	Lethbridge BMX	300	240	240	150	240	1020		
3	Eric Hetherington	Medicine Hat BMX	240	210	210	240	180	210	900	
4	Jeffrey Jacobsen	Calgary BMX	210	120	180	210	240	180	840	
5	Kain Tetz	Red Deer BMX	180	210	150	30	180	300	120	810
6	Logan Stephenson	Airdrie BMX	240	60	150	120	30	540		
7	Walter Urvat	Cochrane BMX	150	120	180	120	90	60	510	
8	Ryan Stewart	Edmonton BMX	30	90	120	90	330			
9	Devon Kuly	Edmonton BMX	180	30	90	30	330			
10	Curtis English	Stony Plain BMX	120	30	30	60	30	240		
11	Ken Nicol	Edmonton BMX	30	30	30	150	240			
12	Trevor Gerlitz	Red Deer BMX	90	30	30	30	180			

16 Novice Male

1	Spencer Doan	Edmonton BMX	120	140	120	140	520
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16 Intermediate Male

1	Levi Vance	Red Deer BMX	120	200	160	200	200	140	200	800
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16 Expert Male

1	James Brown	Airdrie BMX	300	300	300	300	1200			
2	Michael Bailey	Okotoks BMX	240	300	210	300	240	240	210	1050
3	Cameron Graalman	Red Deer BMX	210	240	240	300	240	1020		
4	Graham Shepherd	Cochrane BMX	210	240	150	210	210	150	810	
5	Scott Croke	Medicine Hat BMX	180	120	120	150	180	630		
6	Justin Stewart	Edmonton BMX	150	150	180	180	10	520		

17 to 29 Intermediate Male

1	Scott Donnan	Edmonton BMX	160	140	210	160	160	690
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17 to 29 Expert Male

1	Brett Gundlock (17-29XM)	Lethbridge	300	180	300	300	300	1200
2	Joey Leiding	Calgary BMX	150	210	180	240	780	
3	Kristopher Green	Velocity Cycling Club	180	150	180	150	180	690
4	Adam Knight	Edmonton BMX	240	120	150	120	150	660

30+ Expert Male

1	Darren Williams	Lethbridge BMX	240	240	240	210	930
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Junior Male

1	Patrick Lebel	Airdrie BMX	400	500	500	500	500	500	2000	
2	Justin Gundlock	Lethbridge BMX	500	200	400	200	350	400	1650	
3	Matt Yoisten	Calgary BMX	350	500	300	400	400	350	1650	
4	Cody Bell	Airdrie BMX	400	350	350	200	250	1350		
5	Jesse Kowall	St. Albert BMX	300	250	250	300	350	300	200	1150
6	Brady Van Keulen	Edmonton BMX	300	200	250	250	300	1100		

Elite Male

1	Aaron Lepp	Airdrie BMX	300	500	500	500	500	500	2000	
2	Trent Batchelor	Calgary BMX	250	210	350	250	350	200	400	1350
3	Kenny Arthur	Calgary BMX	350	180	300	100	250	300	1200	
4	Neil Fluet	Edmonton BMX	300	150	200	250	350	1100		
5	Christopher Nakamura	Okotoks BMX	200	240	250	150	300	300	200	1050
6	Justin Doehring	Redcliff BMX	120	200	50	150	350	250	950	



Board Bios...

Tara Rogutski (Administrative Assistant) joined the ABA staff in May and has learned quickly about the various disciplines. She has taught spin classes and so prefers bikes that don't wobble side to side but her ballet training gives her good balance.



Jeff Davis (Member at Large) got his first license direct from the CCA in 1974 and thinks that it's easier to park a bike than to park a car. He is always looking to improve his involvement with the ABA as a race organizer, *Alberta Spin* editor, Coach and sometimes even as a racer.

cp Walsh (VP Racing) below left, is in his second year on the ABA BoD after several years on the Racing Committee. As a teacher and radio broadcaster, he knows how to get the message out.

Alan Schietzsch (Member at Large) below centre, rode from Ft. Saskatchewan to Namao in 1972 to see the air show and hasn't stopped riding since. He enjoys being President of Edmonton Bicycle and Touring Club, racing, touring, Commissaireing and watching the development of his son Andrew. BTW, it's pronounced "Sheets".

Annette Svederus (VP Women's Cycling) below right, is a Mtb Coach who has been on the ABA Board for 5 years and brings experience from field hockey, skiing and mountain bike racing.



Elite barrier hop at the Bow Cycle FietsCross in Calgary. Photo by David Roberts

Club Standings

Rank	Club	Points
1	Pedalhead Road/Sleeman	312
2	United Cycle	311
3	Juventus	173
4	ERTC/redbike	85
5	Pedalhead Racing	63
6	Velocity	58
7	Terrascope	54
8	Cyclemeisters/Bow Cycle	58
9	Synergy	36
10	Deadgoat	35
11	Hardcore	28
12	Freeskool	27
13	The Bike Shop	27
14	Rundle Mountain CC	47
15	CABC/Projekt 1	24
16	Crankmasters	14
17	Blizzard	8
18	Calgary Cycle	6
19	Dirt Girls	4
20	bicisport	4

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



2005 Cyclo-cross Cup presented by Pedalhead Road Works

1=Hardcore Hop N Hurl, 2=E-Town Cross, 3=Bow-X Fiets Cross, 4=Velo Cross, 5=Strathcona Cross, 6=Deadgoat Cross, 7=Total Points, 8=Team Points based on combined point totals of each club's top three riders in each category

~ties broken by performance at Deadgoat 'cross

Elite / Open Men

		1	2	3	4	5	6	7	8	
1	Tim Heemskerck	United Cycle	20	20	20	20	100	151		
2	Sean Barr	Pedalhead Road	12	10	10	12	8	12	64	111
3	Nick Friesen	The Bike Shop				15	12	20	47	47
4	Mike Sarnecki	Pedalhead Road	15	12	12	2	6	47		
5	Shawn Bunnin	Cycledelia		15	6	15	36	36		
6	Evan Sherman	United Cycle		8	15	10	33	37		
7	Peter Toth	ERTC/redbike	8		6		15	29		
8	Shaun Adamson	United Cycle	2	6		10		18		
9	Cyrus Kangarloo	Synergy			8		6	14	18	
10	Mike Bidniak	Juventus			4		8	12	14	
11	Per Strom	bicisport					10	10	10	
12	Roddi Lega	Norco Factory Team	10					10	10	
13	Robin Baillie	Blizzard				8		8	8	
14	Todd Barraclough	Velocity		6				6	6	
15	Craig Debellefeuille	Synergy					4	4		
16	Andre Sutton	Hardcore		4				4	4	
16	Ryan Hopping	ERTC/redbike			4			4		
16	Brent Johnson	Independent						4		
16	Cam McKnight	ERTC/redbike				4		4		
20	Brys Francis	United Cycle					2	2		
20	Bruce Copeland	Juventus		2				2		
20	Keith Bayly	Deadgoat			2			2	2	
20	Kevin Williams	Cycledelia				2		2		

Expert Men

		1	2	3	4	5	6	7	8	
1	Michael Johns	CABC/Projekt 1		10	6	8		15	39	43
2	Lonn Bate	Terrascope				12		20	32	32
3	Mark Rumsey	Hardcore	8			10	10		28	28
4	Andrew Reed	Rundle Mountain CC			15			12	27	27
5	Will Carry	Pedalhead Road	12	15					27	66
6	Tracy Shearer	Juventus	4	4	4	4	10	26	48	
7	Brennan Bagdan	Pedalhead Road		8		15		23		
8	Mike Bidniak	Juventus	20					20		
8	Marty Machacek	Synergy	10		8	2		20	20	
10	Sandy Hilton	Pedalhead Road				2	6	8	16	
11	Will Critchley	Pedalhead Racing				15		15	23	
12	John Riess	Pedalhead Road	6				8	14		
13	Phil McDonald	Calgary Cycle		6				6	12	12
14	Chris Stipdonk	United Cycle					12	12	12	
15	Anthony Steenbergen	Cyclemeisters/Bow Cycle		10				10	10	
16	Ken Riess	Pedalhead Racing	2	2		4		8		
17	Jason Frank	CABC/Projekt 1						4	4	
18	Jack Funk	Deadgoat						2	2	2
19	Spencer Smitheman	Juventus			2			2		

Pedalhead Road Works

		1	2	3	4	5	6	7	8		
1	Marg Fedyna	ERTC/redbike	20	20	15				55	55	
2	Sian Barraclough	Velocity	10	12		15	15		52	52	
3	Mical Dyck	Terrascope				20			20	40	65
4	Sarah Robbins	Cycledelia					20	20		40	40
5	Loni Klettl	Freeskool	12	15					12	39	39
6	Kristin Campbell	Pedalhead Road		8	10	12				30	42
7	Madelaine Bate	Terrascope				10			15	25	
8	Susan Copeland	Juventus		10	12					22	45
9	Alana Casidy	Rock 'n Road					8	12		20	36
10	Patty Tetreault	Rock 'n Road					6	10		16	
11	Nancy Burden	Juventus		15						15	
12	Shona Schleppe	Pedalhead Road		4				8		12	
13	Amy Woodward	Cyclemeisters/Bow Cycle							10	10	10
14	Joanne Breau	bicisport					2	2	6	10	10
15	Sandy Ayre	Pedalhead Racing	6	4						10	10
15	Stephanie Roorda	Synergy				4	6			10	18
17	Jill Parnell	Blacksheep Racing						8	8	14	
18	Gail Wozny	Juventus	8							8	
18	Natasha Kuzmak	Synergy						8		8	
20	Tara-Lee Stilwell	United Cycle			6					6	6
21	Jen Virtue	Blacksheep Racing							4	4	
22	Carrie Grover	Dirt Girls						4		4	4
23	Lauren Lankester	Blacksheep Racing							2	2	
24	Samantha Grover	Juventus	2							2	
24	Laura Maguire	River Valley Cycle		2						2	2

Sport Men

		1	2	3	4	5	6	7	8		
1	Gunnar Giese	United Cycle				8	20	15	43	91	
2	Roger Clemens	United Cycle				12	12	12	36		
3	Reid Cummings	Cyclemeisters/Bow Cycle			10	6	10	8	34	38	
4	Gary Brown	Rundle Mountain CC							20	20	20
5	Don Fox	Juventus				6	6	4	4	20	34
6	Vaughn Shears	Pedalhead Racing	8	12						20	30
7	Rod Walker	Crankmasters					8		6	14	14
8	Jeff Sears	Independent			2	12				14	
9	Tim Riess	Pedalhead Road	12							12	12
9	John Encarnacao	United Cycle	6				6			12	
11	Trevor Sutherland	Deadgoat							10	10	10
12	Brent Hooper	Pedalhead Racing		10						10	
12	Dan Hunka	Juventus					2	8		10	
14	Trevor Pombert	United Cycle						2	2	4	
14	Murray Aubin	ERTC/redbike	4							4	10
14	Gary Middleton	Juventus				4				4	
14	Geoff Webb	Cyclemeisters/Bow Cycle					4			4	
14	Axel Hallbauer	ERTC/redbike						4		4	
19	David Mithin	ERTC/redbike	2							2	
19	Michael Zelensky	Terrascope			2					2	2

Bow Cycle presents the FietsCross Cyclo-cross

Calgary AB October 2, 2005

Rank	Name	Club	Time
Sport Men			
1	Chris Stipdonk	United Cycle	39:48
2	David Larson	Juventus	40:44
3	Jeff Sears	Independent	42:01
4	Reid Cummings	Cyclemeisters/Bow Cycle	42:05
5	Rod Walker	Calgary Crankmasters	43:16
6	Don Fox	Juventus	43:54
7	Geoff Webb	Cyclemeisters/Bow Cycle	44:36
8	Michael Zelensky	Terrascape	45:07
9	John Encarnacao	United Cycle	45:49
10	Michael Meeres	CABC/Projekt 1	45:52
11	Andrew Tomassini	The Bike Shop	46:15
12	JP Zquierdo	Independent	47:30
13	Richard Vervoort	Pedalhead	47:44
-1 lap	Tim St. Germain	Independent	40:21
-1 lap	Greg Yanicki	bicisport	42:46
-1 lap	Andrew Schietzsch	Juventus	43:11

Rank	Name	Club	Time
Expert Men			
1	Brent Johnson	Independent	48:25
2	Andrew Reed	RMCC	48:36
3	Brys Francis	United Cycle	48:49
4	Anthony Steenbergen	Cyclemeisters/Bow Cycle	48:57
5	Martin Machacek	Synergy	49:21
6	Michael Johns	CABC/Projekt 1	49:47
7	Tracy Shearer	Juventus	50:39
8	Spencer Smitheman	Juventus	51:05
9	Brian Robinson	Cyclemeisters/Bow Cycle	51:55
10	Andrew Hilton	Pedalhead Road/Sleeman	52:08
11	Jason Frank	CABC/Projekt 1	52:20
12	Tommy Mak	Eurotech	52:28
13	Finn Pedersen	Team Pusch	52:32
14	Mike Prinz	Independent	53:07
15	Orest Massitti	bicisport	54:28
16	Jack Van Dyk	Terrascape	55:37

Women


1	Mical Dyck	Terrascape	42:04
2	Marg Fedyna	ERTC/redbike	43:52
3	Susan Copeland	Juventus	46:18
4	Kristin Campbell	Pedalhead Road/Sleeman	47:12
5	Natasha Kuzmak	Synergy	50:27

Elite Men

4 DF			
1	Tim Heemskirk	United Cycle	1:00:00
2	Evan Sherman	United Cycle	1:02:13
3	Mike Sarnecki	Pedalhead	1:02:16
4	Sean Barr	Pedalhead Road/Sleeman	1:02:20
5	Cyrus Kangarloo	Synergy	1:02:26
6	Peter Toth	ERTC/redbike	1:04:11
7	Mike Bidniak	Juventus	1:04:24
8	Keith Bayly	Deadgoat	1:05:03
9	Craig Good	Synergy	1:05:15
10	Bruce Copeland	Juventus	1:05:35
11	Ryan Hopping	ERTC/redbike	1:06:15
-1 lap	Steve Martins	Hardcore	1:00:15
-1 lap	Craig Debellefeuille	Synergy	1:00:49
-1 lap	Shaun Adamson	United Cycle	1:01:00
-1 lap	Shawn Taylor	RMCC	1:01:24
-1 lap	Peter Lawrence	Team Pusch	1:03:22
-1 lap	Ted Dahms	Pedalhead Road/Sleeman	1:04:43

The weather was perfect for a race held mainly on the grass. The location was a new one for Calgary, on the Campus of SAIT Polytechnic right smack dab in the inner city. The combination of course, location and weather saw the highest turnout for a Bow Cycle cyclocross race since the Canadian National Championship in 2000.

Competitors enjoyed an unpaved uphill start/finish, a slightly downhill 800 m pavement section to recover or to hammer and try to make a gap on followers and a challenging course. The grassy course twisted and turned, throwing off camber sections, high speed barriers and a leg busting one-two punch of hill running at the racers.

Look for a bigger and even better event for 2006. Tell your friends! 



Susan Copeland (Juventus), left, and Dion Clarke (Bow Cycle), above, have other things on their minds than the view. Photos by David Roberts





Goldbar Park, Edmonton, Sept. 24, 2005

Rank	Name	Club	Time
Sport			
1	Andrew Hilton	Pedalhead Roadworks	51:41
2	Jason Proche	Pedalhead Roadworks	51:46
3	Tim Riess	Pedalhead Roadworks	52:23
4	David Larson	Juventus	52:31
5	Vaughn Shears	Pedalhead Racing	54:02
6	John Encarnacao	United Cycle	54:51
7	Murray Aubin	ERTC/redbike	55:01
8	David Mithin	ERTC/redbike	55:14
9	Don Fox	Juventus	55:23
10	Kyle Anderson	ERTC/redbike	55:53
11	Darcy Reynard	ERTC/redbike	56:15
12	Michael Meeres	CABC/Projekt 1	56:24
13	Gus Ruest	Pedalhead Roadworks	56:41
14	Marcelo Lafuente	Pedalhead Roadworks	57:21
15	Peter Knight	United Cycle	57:23
16	Roger Clemens	United Cycle	57:27
17	Mark Woodhouse	Pedalhead Racing	59:25
18	Jan Sacharuk	Pedalhead Roadworks	1 lap
19	Jeff Davis	ERTC/redbike	1 lap
20	Andrew Schietzsch	Juventus	1 lap
21	Connor Witzke	Juventus	1 lap
22	Kim Harris	Eurotech	1 lap
23	Mike Kohlenberg	United Cycle	1 lap

Rank	Name	Club	Time
Expert			
1	Mike Bidniak	Juventus	54:29
2	Keith Bayly	Deadgoat	54:37
3	Will Carry	Pedalhead Roadworks	56:14
4	Marty Machacek	Synergy	56:31
5	Mark Rumsey	Hardcore	56:45
6	John Riess	Pedalhead Roadworks	57:15
7	Tracy Shearer	Juventus	57:28
8	Ken Riess	Pedalhead Racing	58:01
9	Will Critchley	Pedalhead Racing	58:46
10	Kevin Noble	United Cycle	58:48
11	Bob Burden	Juventus	59:23
12	Dave Ellis	Pedalhead Roadworks	1:00:00
13	Chris Check	Pedalhead Racing	1:00:18
14	Brian Kullman	Synergy	1 lap

Above: Roddi Lega (Norco) gets the jump on the other Elites.
Right: Marg Fedyna (ERTC/redbike) makes a push for the win.

Women

1	Marg Fedyna	ERTC/redbike	53:37
2	Nancy Burden	Juventus	53:58
3	Loni Klettl	Freeskool	55:36
4	Sian Barraclough	Velocity	59:37
5	Gail Wozny	Juventus	1:00:24
6	Sandy Ayre	Pedalhead Racing	1:00:44
7	Shona Schleppe	Pedalhead Roadworks	1 lap
8	Samantha Grover	Juventus	2 laps

Open/Elite

1	Tim Heemskerck	United Cycle	1 DNF
2	Mike Sarnecki	Pedalhead Racing	1:04:19
3	Sean Barr	Pedalhead Roadworks	1:04:43
4	Roddi Lega	Norco Factory Team	1:05:10
5	Peter Toth	ERTC/redbike	1:07:55
6	Todd Barraclough	Velocity	1:08:31
7	Andre Sutton	Hardcore	1:09:42
8	Shaun Adamson	United Cycle	1:10:56
9	Guri Randhava	Pedalhead Roadworks	1 lap
10	Nick Jendzjowsky	Pedalhead Roadworks	1 lap
11	Andy Achuff	Pedalhead Racing	1 lap
12	Ryan Hopping	ERTC/redbike	1 lap
13	Pat Doyle	Deadgoat	1 lap
14	Shane Rush	Velocity	1 lap
15	Evan Sherman	United Cycle	1 lap



Pedalhead Roadworks/Sleeman presents the E-town Cyclo-Cross Classic

Goldstick Park, Edmonton Sept. 25, 2005

Rank	Name	Club	Time
Sport			
1	Andrew Hilton	Pedalhead Roadworks	37:44
2	Jason Proache	Pedalhead Roadworks	38:10
3	Vaughn Shears	Pedalhead Racing	38:11
4	Brent Hooper	Pedalhead Racing	38:12
5	David Larson	Juventus	39:18
6	Don Fox	Juventus	39:27
7	Gary Middleton	Juventus	39:53
8	Jeffrey Sears	Independent	40:21
9	Murray Aubin	ERTC/redbike	40:53
10	Roger Clemens	United Cycle	41:04
11	Michael Meeres	CABC	41:44
12	Gus Ruest	Pedalhead Roadworks	42:10
13	Jan Sacharuk	Pedalhead Roadworks	42:30
14	Marcelo Lafuente	Pedalhead Roadworks	42:36
15	Antonio Bilotta	Pedalhead Roadworks	43:16
16	Peter Knight	United Cycle	44:32
17	Michael Kohlenberg	United Cycle	1 lap
18	John Encarnacao	United Cycle	1 lap
19	Jeff Davis	ERTC/redbike	1 lap
20	Darcy Reynard	ERTC/redbike	1 lap
21	David Fairbrother	Independent	1 lap
22	Eric Lastiwka	River Valley Cycle	2 laps
23	Scott Bennet	River Valley Cycle	2 laps

Women

1	Marg Fedyna	ERTC/redbike
2	Loni Klettl	Freeskool
3	Sian Barraclough	Velocity
4	Susan Copeland	Juventus
5	Kristen Campbell	Pedalhead Roadworks
6	Tara-Lee Stilwell	United Cycle
7	Sandy Ayre	Pedalhead Racing
8	Laura Maguire	River Valley Cycle
9	Vanessa Nye	Independent

Expert

1	Keith Bayly	Deadgoat	42:40
2	William Carry	Pedalhead Roadworks	43:09
3	Brys Francis	United Cycle	43:12
4	Michael Johns	CABC	43:30
5	Brennan Bagdan	Pedalhead Roadworks	43:44
6	Phil McDonald	Calgary Cycle	43:55
7	Tracy Shearer	Juventus	45:15
8	Kenneth Riess	Pedalhead Roadworks	45:37
9	LeRoy Brower	Pedalhead Roadworks	45:57
10	David Ellis	Pedalhead Roadworks	46:22
11	Chris Check	Pedalhead Racing	46:22
12	Paul MacDonald	United Cycle	46:22
13	Brian Zurek	Pedalhead Roadworks	46:38
14	Anthony Bjorge	River Valley Cycle	47:50
15	Bob McKerrell	CABC	1 lap

Elite

1	Tim Heemskerk	United Cycle	2 DNF
2	Shawn Bunnin	Cycledelia	57:35
3	Michael Sarnecki	Pedalhead Racing	57:36
4	Sean Barr	Pedalhead Roadworks	57:47
5	Evan Sherman	United Cycle	57:48
6	Shaun Adamson	United Cycle	1:00:30
7	Ryan Hopping	ERTC/redbike	1:00:30
8	Bruce Copeland	Juventus	1:00:50
9	Todd Barraclough	Velocity	1:01:10
10	Andre Sutton	Hardcore	1:01:30
11	Peter Toth	ERTC/redbike	1:02:07
12	Michael Bidniak	Juventus	1:02:25
13	Andrew Achuff	Pedalhead Racing	1:02:28
14	Craig Good	Synergy	1:03:04
15	Guri Randhawa	Pedalhead Roadworks	1:03:43
16	Jere Hu	ERTC/redbike	1:03:43
17	Craig DeBellefeuille	Synergy	1 lap
18	Steve Martins	Hardcore	1 lap
19	Pat Doyle	Deadgoat	1 lap

Experts climb the BacardiBerg one way or another.





Above: Brian "The Runner" Kullman (Synergy) and Jeff Klassen (ERTC/redbike) battle the hill and each other.
Below: Elites go both ways in the cool ditch chicane.

Strathcona Science Park, Edmonton, October 9, 2005

Sport Men

1	Gunnar Giese	United Cycle	1 DNF
2	David Larson	Juventus	49:08
3	Roger Clemens	United Cycle	50:15
4	Reid Cummings	Cyclemeisters	50:31
5	Dan Hunka	Juventus	50:36
6	John Encarnacao	United Cycle	51:17
7	Axel Hallbauer	ERTC/redbike	51:34
8	Trevor Pombert	United Cycle	51:45
9	Gary Middleton	Juventus	51:51
10	Pat Ferris	Blizzard	52:28
11	Murray Aubin	ERTC/redbike	52:41
12	Mark Woodhouse	Independent	53:07
13	Marcelo Lafuente	Pedalhead Roadworks	53:07
14	Aaron Amar	Pedalhead Roadworks	53:21
15	Michael Meeres	CABC/Projekt One	53:55
16	Mike Kohlenberg	United Cycle	54:03
17	Lance Harris	Juventus	1 lap -
18	Kyle Harris	Juventus	1 lap -
19	Connor Witzke	Juventus	1 lap -
20	Jeff Davis	ERTC/redbike	1 lap -
21	Darcy Reynard	ERTC/redbike	1 lap -
22	Will Monteath	Juventus	2 laps -
23	Mac Garvin	Black Sheep	2 laps -

Women

1	Sarah Robbins	Cycledelia	47:49
2	Sian Barraclough	Velocity	49:01
3	Alana Casidy	Rock n Road	51:47
4	Patti Tetrault	Rock n Road	1 lap -
5	Shona Schleppe	Pedalhead Roadworks	1 lap -
6	Stephanie Roorda	Synergy	1 lap -
7	Carrie Grover	DirtGirls	1 lap -
8	Joanne Breau	Bicisport	1 lap -
9	Samantha Grover	Juventus	1 lap -

Expert Men

1	Brys Francis	United Cycle	1 DNF
2	Brennan Bagdan	Pedalhead Roadworks	50:37
3	Chris Stipdonk	United Cycle	50:48
4	Mark Rumsey	Hardcore	51:22
5	John Riess	Pedalhead Roadworks	51:51
6	Sandy Hilton	Pedalhead Roadworks	51:59
7	Tracy Shearer	Juventus	52:04
8	Marty Machacek	Synergy	52:41
9	Ken Riess	Pedalhead Roadworks	52:48
10	Jeff Helm	Cycledelia	52:52
11	Tim Riess	Pedalhead Roadworks	53:01
12	Bob Burden	Juventus	54:57
13	Ed Garvin	Black Sheep	55:22
14	Jeff Klassen	ERTC/redbike	55:54
15	Brian Kulman	Synergy	1 lap -
16	Claude Breau	Bicisport	1 lap -
17	Wayne Long	United Cycle	1 lap -

Elite/Open

1	Tim Heemskerck	United Cycle	3 DNF
2	Shawn Bunnin	Cycledelia	1:03:50
3	Nick Friesen	The Bike Shop	1:04:47
4	Evan Sherman	United Cycle	1:05:21
5	Sean Barr	Pedalhead Roadworks	1:05:33
6	Mike Sarnecki	Pedalhead Racing	1:05:33
7	Brent Johnson	Independent	1:05:47
8	Kevin Williams	Cycledelia	1:06:49
9	Ryan Hopping	ERTC/redbike	1:06:58
10	Shaun Adamson	United Cycle	1:07:12
11	Craig DeBellefeuille	Synergy	1:07:48
12	Robin Baille	Cycledelia	1:07:56
13	James Sparling	Bicisport	1:08:07
14	Dan Wood	ERTC/redbike	1:08:09
15	Per Strom	Bicisport	1 lap -
16	Peter Toth	ERTC/redbike	1 lap -
17	Shane Rush	Velocity	1 lap -
18	Andre Sutton	Hardcore	1 lap -
19	Cam McKnight	ERTC/redbike	1 lap -
20	Matt Walker	Cycledelia	1 lap -
21	Mike Bidniak	Juventus	1 lap -
22	Craig Good	Synergy	1 lap -



Argyll Park, Edmonton October 8, 2005

Velocity CC presents the Velo 'cross

Rank	Name	Club	Time
Sport			
		1 lap = 5 minutes	3 DNF
1	Chris Stipdonk	United Cycle	46:52
2	Jason Proche	Pedalhead Roadworks	47:41
3	Roger Clemens	United Cycle	47:52
4	Dave Larson	Juventus	47:52
5	Gunnar Giese	United Cycle	47:57
6	Reid Cummings	Bow Cycle	48:50
7	Don Fox	Juventus	50:56
8	Dan Hunka	Juventus	50:56
9	Trevor Pombert	United Cycle	51:22
10	Gary Middleton	Juventus	51:56
11	Mark Woodhouse	Independent	51:56
12	Patrick Ferris	Blizzard	52:21
13	Lance Adamson	United Cycle	52:27
14	Kyle Anderson	ERTC/redbike	46:53 + 1 lap
15	Gus Ruest	Pedalhead Roadworks	47:03 + 1 lap
16	Aaron Amar	Pedalhead Roadworks	47:03 + 1 lap
17	Murray Aubin	ERTC/redbike	47:15 + 1 lap
18	Marcelo Lafuente	Pedalhead Roadworks	47:40 + 1 lap
19	Andrew Scheitsch	Juventus	48:50 + 1 lap
20	Michael Kohlenberg	United Cycle	48:55 + 1 lap
21	Michael Meeres	CABC	49:34 + 1 lap
22	Connor Witzke	Juventus	50:06 + 1 lap
23	Kyle Harris	Juventus	50:35 + 1 lap
24	Jeff Davis	ERTC/redbike	50:43 + 1 lap
25	Shane Siegel	Pedalhead Roadworks	52:44 + 1 lap
26	Darcy Reynard	ERTC/redbike	53:31 + 1 lap
27	Mac Garvin	Blacksheep	50:43 + 3 laps

Women		1 lap = 10 minutes	
1	Sarah Robbins	Cycledelia	45:56
2	Sian Barraclough	Velocity	47:41
3	Kristen Campbell	Pedalhead Roadworks	48:42
4	Madeline Bate	Terrascape	50:06
5	Alana Cassidy	Rock n' Road	50:56
6	Patty Tetreault	Rock n' Road	49:50 + 1 lap
7	Stephanie Roorda	Synergy	50:06 + 1 lap
8	Joanne Breau	Bicisport	52:08 + 1 lap
9	Brenda Reid	Cycledelia	52:44 + 1 lap
10	Shona Schleppe	Pedalhead Roadworks	52:44 + 1 lap
11	Samantha Grover	Juventus	47:15 + 2 laps



Above: Robin Baillie (Blizzard) turns onto the hill.
Below: Shaun Adamson (United Cycle), right, and Sean Barr (Pedalhead Roadworks) head up it.

Expert			1 DNF
1	Brent Johnson	Independent	47:13
2	Will Critchley	Pedalhead Racing	47:13
3	Lonn Bate	Terrascape	47:13
4	Mark Rumsey	Hardcore	47:30
5	Michael Johns	CABC	48:21
6	Brys Francis	United Cycle	48:21
7	Kenneth Riess	Pedalhead Roadworks	49:19
8	Sandy Hilt on	Pedalhead Roadworks	50:00
9	Tracy Shearer	Juventus	50:00
10	Jason Frank	CABC	50:28
11	Brian Kullman	Synergy	50:34
12	Jeff Hehn	Cycledelia	52:37
13	Bob McKerrell	CABC	53:03
14	Jeff Klassen	ERTC/redbike	53:19
15	Tim Riess	Pedalhead Racing	53:20
16	Claude Breau	Bicisport	53:28
17	Ed Garvin	Blacksheep	53:43
18	Brian Zurek	Pedalhead Roadworks	53:44
19	Wayne Long	United Cycle	54:50

Elite		1 lap = 4.5 minutes	3 DNF
1	Tim Heemsker	United Cycle	59:56
2	Nick Friesen	The Bike Shop	1:00:28
3	Sean Barr	Pedalhead Roadworks	1:02:11
4	Shaun Adamson	United Cycle	1:02:18
5	Robin Baillie	Blizzard	1:02:27
6	Shawn Bunnin	Cycledelia	1:02:33
7	Cam McKnight	ERTC/redbike	1:02:33
8	Mike Sarnecki	Pedalhead Racing	1:03:31
9	Bruce Copeland	Juventus	1:03:35
10	Per Strom	Bicisport	1:03:53
11	Ryan Hopping	ERTC/redbike	1:04:23
12	Cyrus Kangarloo	Synergy	1:04:36
13	Kevin Williams	Cycledelia	1:00:02 + 1 lap
14	Andre Sutton	Hardcore	1:00:02 + 1 lap
15	Keith Bayly	Deadgoat	1:00:13 + 1 lap
16	Shane Rush	Velocity	1:00:28 + 1 lap
17	Todd Barraclough	Velocity	1:00:28 + 1 lap
18	Craig DeBellefeuille	Synergy	1:03:18 + 1 lap
19	John Twells	Pedalhead Racing	1:03:49 + 1 lap
20	Nick Jendzjowsky	Pedalhead Roadworks	1:05:10 + 1 lap
21	Kevin Rokosh	ERTC/redbike	1:02:53 + 2 laps
22	Alex Stieda	Independent	1:00:02 + 2 laps



Central Alberta Bicycle Club presents

Red Deer Alberta, Sunday, October 30, 2005

#	Name	Club	Time
Master A Men			
1	Craig DeBellefeuille	Synergy	47:22
2	Craig Good	Synergy	47:58
3	Lonn Bate	Terrascope	47:59
4	Brys Francis	United Cycle	48:40
5	Dan Wood	ERTC/redbike	48:47
6	Phil MacDonald	Calgary Cycle	48:58
7	Marty Machacek	Synergy	49:15
8	Shane Rush	Velocity	49:36
9	Gunnar Giese	United Cycle	50:00
10	Keith Bayly	Deadgoat	50:32
11	Tim Riess	Pedalhead	50:59
12	Sandy Hilton	Pedalhead Road/Sleeman	51:39
13	Rod Walker	Crankmasters	51:39
14	John Encarnacao	United Cycle	53:56
15	Trevor Pombert	United Cycle	at 1 lap

#	Name	Club	Time
Master C Men			
1	Don Fox	Juventus	0:44:59
2	Claude Breau	bicisport	0:45:50
3	Michael Zelensky	Terrascope	0:46:00
4	Pat Ferris	Blizzard	0:46:05
5	Wayne Long	United Cycle	at 1 lap

#	Name	Club	Time
Women E=Elite Women, M=Master Women			
1G	Mical Dyck (E)	Terrascope	38:33
2S	Marg Fedyna (E)	ERTC/redbike	40:09
3B	Madelaine Bate (E)	Terrascope	41:18
4	Natasha Kuzmak (E)	Synergy	44:05
5G	Joanne Breau (M)	bicisport	at 1 lap
6G	Samantha Grover (U17)	Juventus	at 1 lap

#	Name	Club	Time
U17 and Junior Men			
1G	Mike Bidniak (JM)	Juventus	42:02
2S	Spencer Smitheman (JM)	Juventus	42:56
3B	Brian Robinson (JM)	Bow Cycle/Cyclemeisters	44:52
4G	David Larson (U17)	Juventus	45:26
5	Malcolm Brentnall (JM)	Independent	48:28
6S	Kyle Harris (U17)	Juventus	at 1 lap
7B	Connor Witzke (U17)	Juventus	at 1 lap
8	Mac Garvin (U17)	Blacksheep	at 2 laps

#	Name	Club	Time
Elite Men			
1	Tim Heemskerck	United Cycle	1:00:31
2	Shaun Adamson*	United Cycle	1:01:46
3	Nick Friesen	The Bike Shop	1:02:03
4	Ryan Hopping*	ERTC/redbike	1:02:17
5	Sean Barr	Pedalhead Road/Sleeman	1:02:48
6	Jesse Collins	bicisport	1:03:13
7	Andre Sutton	Hardcore	1:03:36
8	Cyrus Kangaroo	Synergy	1:03:49
9	Evan Sherman	United Cycle	1:04:02
10	Per Strom*	bicisport	1:04:12
11	Mike Sarnecki	United Cycle	1:06:13
12	cp Walsh	Synergy	at 1 lap
13	Mark MacDonald*	Sport Chek	at 1 lap
14	Anthony Steenbergen	Bow Cycle/Cyclemeisters	at 1 lap
15	Robin Baillie	Cycledelia	at 1 lap
16	Cam McKnight	ERTC/redbike	at 1 lap
18	Bruce Copeland	Juventus	at 1 lap
19	Jason Frank	CABC/Projekt 1	at 1 lap
20	Chris Stipdonk*	United Cycle	at 1 lap
21	Brian Kullman	Synergy	at 1 lap
22	Lance Harris*	Juventus	at 2 laps

#	Name	Club	Time
Master B Men			
1	Peter Toth	ERTC/redbike	0:40:21
2	Peter Lawrence	Team Pusch	0:41:28
3	Tracy Shearer	Juventus	0:42:18
4	John Riess	Pedalhead Road/Sleeman	0:42:20
5	Michael Johns	CABC/Projekt 1	0:42:21
6	Gary Brown	Rundle Mountain CC	0:43:15
7	Roger Clemens	United Cycle	0:43:45
8	Zbigniew Szymanski	United Cycle	0:44:40
9	Ed Garvin	Blacksheep	0:44:59
10	Kevin Rokosh	ERTC/redbike	0:45:18
11	Tommy Mak	Eurotech	0:45:55
12	Finn Pedersen	Team Pusch	0:46:05
13	Gary Middleton	Juventus	0:46:05
14	Lance Adamson	United Cycle	0:46:17
15	Michael Meeres	CABC/Projekt 1	0:46:38
16	Doug Urness	CABC/Projekt 1	0:46:58
17	Gus Ruest	Pedalhead Road/Sleeman	0:47:20
18	Derrill Shuttleworth	Pedalhead	at 1 lap
19	Michael Kohlenberg	United Cycle	at 1 lap
20	Richard Vervoort	Pedalhead Road/Sleeman	at 1 lap
21	Ted Dahms	Pedalhead Road/Sleeman	at 1 lap

the Provincial Cyclo-cross Championships

Alberta Cup Overall Team Standings 2005

calculated according to the combined team points in each Alberta Cup discipline

Rank	Club	Road	'cross	Mtb	Track	Total
1	Cyclemeisters/Bow Cycle	998	58	473	201	1730
2	Juventus	654	173	494	296	1617
3	United Cycle	539	311	498		1348
4	Synergy	850	36		445	1331
5	Pedalhead Road/Sleeman	627	312	96		1035
6	ERTC/redbike	735	85		8	828
7	Deadgoat	237	35	506		778
8	bicisport	290	4	40	235	569
9	Pedalhead Racing	183	63	315		561
10	Rundle Mountain CC	205	47	173		425
11	Velocity	121	58		191	370
12	Terrascope	122	54	191		367
13	The Bike Shop	259	27	52		338
14	Crankmasters	296	14			310
15	TRS	308				308
16	Dirt Girls	43	4	184		231
17	Sport Chek	74		46	93	213
18	Blacksheep				207	207
19	Edmonton Masters CC	92			73	165
20	Way Past Fast	160				160
21	Mountain Bike City				147	147
22	Ridleys CC	47			100	147
23	Hardcore	26	28	72		126
24	Subway	121				121
25	Café Racers					115
26	CABC/Projekt One	73			24	97
27	Symmetrics	97				97
28	Blizzard	71	8			79
29	Calgary Cycle	8	6		63	77
30	The Track Team					70
31	9th Street Cycle-Logic	64				64
32	Team Coastal	57				57
33	GS Campione	6			50	56
34	Dr. Walker					52
35	Headwinds	10			35	45
36	Grande Prairie Wheelers	43				43
37	EliteWave.com	42				42
38	Schmoe Racing				41	41
39	Freeskool	8			27	35
40	Team Pusch	34				34
41	Cranky's Cranksters	33				33
42	Norco Team Factory	26				26
43	Diet Cheerwine	24				24
44	Timex Multisport	23				23
45	Simple Green/Volvo	19				19
46	Jet Fuel	15				15
47	Eurotech	12				12
48	CFM Cycling	8				8
49	Kelowna Cycle	4				4

It's gone. Summer has deserted us, and given way to the cold realization that winter is coming. Alberta cyclists now face four distinct possibilities for winter training.

1. Hibernate all winter.
2. Move to Hawaii until May.
3. Spend the winter exercising indoors, forming a somewhat closer than desirable relationship with your wind-trainer and the weight-room.
4. Learn to adapt to the cold.

Despite that obvious attraction of number 1 and 2, most of us will require some combination of number 3 and 4 to survive one more Alberta winter.

Q: Is hypothermia common during exercise?

A: No. Hypothermia does occur, but usually it is a result of extremely lengthy bouts of exercise. Often it is related to unforeseen circumstances that require the athlete to spend much more time outdoors than expected. This can include getting lost on winter snowshoeing expeditions, or broken equipment while ski touring. In most cases, by preparing for these eventualities with good equipment, wearing warm clothing, and having an escape plan you can prevent hypothermia.

Q: How about frost-bite?

A: Frost-bite is very common, and almost anyone who has lived through a few Alberta winters knows this. It is caused by freezing of the water within the tissues. Usually it occurs on fingers and toes, and occasionally on the nose or ears.

Sadly, it is your own body that is responsible. When exposed to cold temperatures, the body invokes a primitive reflex: the body's thinking being: "it's better to freeze my fingers and toes off than get hypothermia and die." The body responds by shutting down blood circulation to the toes and hands, to keep the body warm. Decreased blood supply leads to decreased temperature in the toes and fingers, and freezing of water in the tissues. As the water in the tissues freezes, the water is drawn out of the cells and forms ice-crystals in the skin and subcutaneous tissue. Skin can die. Ouch.

Q: Why do I get cold toes so easily, and my training companions don't?

A: Although the reflex to constrict blood-vessels is built in, it can be exaggerated. It is likely that repeated freezing of the toes or hands leads to a more aggressive constriction by the body. Repeated freezing of skin can also lead to increased sweating. The bottom line: every time you freeze your feet or hands, it makes them more likely to turn into chronically cold and wet limbs.

Q: What kind of clothing can prevent frost-bite?

A: The ultimate goal of frostbite prevention is to keep the hands, feet, and face warm and dry. Any clothing that can do this will generally be helpful. For really cold weather, there is no substitute for thick clothing. Firstly, keep those ears covered. In mildly cold weather, covering the face in

a thick layer of Vaseline will provide surprising warmth, as it prevents water evaporation from cooling the skin. When it gets colder, cover the face in a polyester facemask or balaclava.

For very cold weather, hands will benefit from a polyester liner, covered in fleece, then a windproof breathable mitten shell over-top. Mittens are always warmer than gloves; keeping the fingers together minimizes heat loss. Feet are more difficult. For winter sports such as snowshoeing, wearing a polyester liner underneath a thick thermal sock, covered in a bulky winter boot is best.

For athletes who like to cycle in cold weather, it is often harder. One solution is to abandon usual pedal systems and wear "normal" winter boots with flat pedals. If you can't live without those cleats, a creative solution is often needed. Squishing extra socks into your cycling shoes is not helpful, as footwear that is too tight will further limit circulation. The better solution is to buy a pair of larger cycling shoes that allow enough room for additional socks. Over the shoe, a cycling bootie (or several pairs of booties) can provide additional warmth.

Fleece lined or neoprene commercial booties are of good quality but are generally designed for cool weather, not the severe cold of Alberta. My personal favorite cold weather solution are the *JFL super-booties*.

1. Buy a thick felt liner for a snowmobile boot, large enough to fit over your cycling shoes.
2. Cut the liner down to a height slightly over your ankle. Put the liner over your cycling shoe and cut a hole in the bottom for your cycling cleat.
3. Cover the felt liner with a plastic bag, tape the plastic bag over your ankle. This prevents the liner from becoming wet.
4. Cover the whole thing in size XXXXXL Nylon or Gortex cycling booties.

No, it's not beautiful. But that's about as warm as it gets.

Q: If blood vessel constriction is the cause of frostbite, how can I prevent them from constricting?

A: Blood vessels constrict in response to cold, both localized and general body coldness. You can prevent local coldness by keeping the hands, feet, and face covered. However, keeping the rest of the body warm is just as important, as a warm overall body temperature keeps blood vessels open. This is the origin of the strange - but highly effective - hiker's maxim: *if your feet are cold, put on a hat.*

Q: What if I feel my hands getting cold outside, what can I do?

A: Try windmilling, spinning your arms around you as fast as possible, in a swimming-like fashion. This increases the blood pressure in the hands and will usually force blood flow through the constricted blood vessels, and delay the onset of cold injury. Much harder to do with your feet.

Q: If I do develop frostbite, what should I do?

A: Generally, the cycle of freeze-thaw-freeze is the most damaging to the tissues. Therefore, you shouldn't try to thaw the affected area until you can prevent it refreezing. So, if you're out on a ride and get frostbite of the toes, you can't try to warm them up and then continue on your ride. Get indoors fast, warm them up, and prevent them from getting cold again.

Q: How do I warm them up?

A: It is very important that frozen tissues be warmed up quickly and thoroughly. Rapid warming in a hot water bath at 39-41 °C is the best method. This is the temperature of the average hot tub: if you don't have a hot tub consider borrowing your neighbor's. To rewarm at home in the bathtub, use a thermometer to measure water temperature. Since freezing feet are often numb, it's often difficult to feel if the water is too hot, and burns can occur.

Q: When is it just too cold to exercise outdoor?

A: This depends greatly on the activity. Cycling and skiing tend to feel much colder than running due to the induced wind. The American College of Sports Medicine recommends for instance that cross-country ski races be postponed if temperature is less than -20 °C. However, this is very individual; if you feel too cold, either stop the activity or modify your clothing as needed.

Ciao!



*Jeffrey Michael Franc-Law, MD, CCFPEM, Dip Sport Med
Dr. Franc-Law holds certification in Emergency Medicine and Sports Medicine. He is an active XC, DH, and road racer. He is available for individual consultation and training programs at www.voltarace.com.*



2005 Alberta Cup Track points

Rank	Name	Club	Bikeshevik	Total
Women A				
1	Nikki Lavoie	Juventus	63	63
2	AnnaBrit Ericksen	Carter Synergy	52	52
3	Gail Wozny	Juventus	48	48
3	Lisa Bowe	bicisport	48	48
5	Kathy White	Cyclemeisters/Bow Cycle 30		30
Women B				
1	Monique Sullivan	Cyclemeisters/Bow Cycle 56	4	60
2	Natasha Kuzmak	Synergy	44	12 56
3	Maryann Heacock	Velocity	12	12
4	Tara Whitten	Cyclemeisters/Bow Cycle	6	6
Category 1&2				
1	Graeme Thomson	bicisport	48	24 72
2	Mark MacDonald	Sport Chek	61	61
3	Doug Baron	TheTrackTeam	60	60
4	Matt Barlee	Dr. Walker		40 40
5	Reid Dalglish	Synergy		37 37
6	Steen Madsen	Juventus	23	23
7	Craig Debellefeuille	Synergy		16 16
8	Bob Veroba	bicisport		15 15
9	Keith Bruneau	Dr. Walker	12	12
9	Sean Huggins-Chan	bicisport	12	12
11	Craig Good	Synergy		10 10
11	cp Walsh	Synergy	10	10
11	Jim Fisher	TheTrackTeam	10	10
14	Kevin Rokosh	ERTC/redbike		8 8
15	Joel Regimbald	Juventus	6	6
Category 3				
1	Chris Hooper	Synergy	20	38 58
2	Dylan Menard	Juventus	32	32
3	Frank Kovacs	Synergy		22 22
4	Rene Regimbald	Synergy	18	18
4	Mike Patton	Synergy	18	18
6	Eric Smith	Cyclemeisters/Bow Cycle	10	10

Category 4

1	John Plant	Synergy	22	41 63
2	Spencer Smitheman	Juventus	58	58
3	Anthony Stadnyk	bicisport	58	58
4	Will Monteath	Juventus	36	20 56
5	Nic Andrichuk	Cyclemeisters/Bow Cycle 34		34
6	Jon Keech	Synergy		30 30
6	Dave Corr	Synergy		30 30
8	Stuart Harbottle	Synergy		27 27
9	Randy Murchison	Velocity		24 24
10	Greg Yanicki	bicisport		18 18
11	Norm Kalmanovitch	Cyclemeisters/Bow Cycle 8	8	16
12	Rob Leeds	Cyclemeisters/Bow Cycle 14		14
13	Brad Remenda	Juventus	10	10
14	Ron Ellis	Juventus	6	6

Category 5

1	Ed Heacock	Edmonton Masters CC	73	73
2	Reid Hosford	Velocity	67	67
3	Gordon Allan	Synergy	53	53
4	Paul MacDonald	Sport Chek	32	32
5	Jim Smith	Cyclemeisters/Bow Cycle 31		31
6	Mark Nesbitt	Velocity	30	30
7	Roger Tetrault	Velocity	28	28

Paralympic

1	John Berezcki	bicisport	8	8
2	Brayden McDougall	bicisport	4	4

Tandem

1	Keith Bruneau/ Dean Edwards	Velocity	30	30
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Club Standings

Rank	Club	Total
1	Synergy	445
2	Juventus	296
3	bicisport	235
4	Cyclemeisters/Bow Cycle	201
5	Velocity	191
6	Sport Chek	93
7	Edmonton Masters CC	73
8	TheTrackTeam	70
9	Dr. Walker	52
10	ERTC/redbike	8

The Journal Cup

2005 Alberta Road Cup (ARC) final standings

1= Women's Sub Category, 2=Upgrade Points, 3=2004 ARC Points, 4=GP Bicisport #1, 5=GP Bicisport #2, 6=Ardrrossan ITT, 7=Ardrrossan Crit, 8=Ardrrossan RR, 9=Ardrrossan GC, 10=Canmore ITT, 11=Canmore Crit, 12=Pigeon Lake RR, 13=Trofeo Leva, 14=Steamer RR, 15=Steamer Hill Climb, 16=Steamer ITT, 17=Steamer GC, 18=Northern ITT, 19=Canada Day Crit, 20=Wild Roses Ride, 21=Bowness Hill Climb, 22=Bowness Crit, 23=Road Provincials, 24=ITT Provincials, 25=Hill Climb Provincials, 26=Out Of Province, 27=Team Points, 28=2005 ARC Points . Ties broken by Provincial ITT performance.

Category 1&2 - The Doug Grieder Memorial Cup

Rank	Name	Club	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
1	Tim Heemskerck	United Cycle				12	20			20	15	25			15	20							6	10	10				153	153
2	Nick Friesen	The Bike Shop									1	6				20	15		25			15	12	1	25		12		132	132
3	Ryan McKenzie *	Subway				12	20	2	20	15	20														12		20		121	121
4	Bruce Copeland	Juventus										20		10						20			20			25	10		105	105
5	Jeff Bolstad	TRS				20	10			4	12	10		12										4	12	15			99	99
6	Cameron McKnight	ERTC/redbike					2	12	10	20	15			20	12														91	91
7	Nicolas Jendzjowsky	Pedalhead Road/Sleeman				4		4	2	4	8			8	10	4			15		20			6					85	85
8	James Sparling	bicisport							15			6	15			12			2	15						12			77	77
9	Matt Decore	Pedalhead Road/Sleeman												6	10	12				1	15				20				64	64
10	Sean Barr	Pedalhead Road/Sleeman					8	10		8				8	4						10								48	48
11	Jesse James Collins	bicisport				15						8													20	4			47	47
12	Jake Erker	Symmetrics																						20	25				45	45
13	Dan Skinner	EliteWave.com													2	20			20										42	42
14	Trevor Gunderson	bicisport										10									12					12	6		40	40
15	Christian Meier	Symmetrics																					12	10	15				37	37
16	Peter Toth	ERTC/redbike														8			6	8	12								34	34
17	Philippe Abbott *	bicisport						15	8	2	6		1																32	32
17	Jere Hu	ERTC/redbike				6				6				12	6												2		32	32
19	Scott Manktelow	Rundle Mountain CC									12	4														15		31	31	
20	Robert Martens	Blizzard				4	8						10																30	30
21	Shawn Taylor	Rundle Mountain CC																				6			8	10	4		28	28
21	Devon Smibert	Synergy																					8			20			28	28
23	Roddi Lega	Norco Team Factory					6		8	12																			26	26
24	John Bence	bicisport				2										6	6		10										24	24
24	Mark MacDonald *	Sport Chek						12	6		4														2				24	24
24	Peter Lawrence	Team Pusch													4	8		12											24	24
27	Neal Stoughton	Simple Green/Volvo													15			4											19	19
28	Felix Haspel *	Synergy														10		8											18	18
29	Per Strom *	bicisport				10							1													6			17	17
30	Zack Bell	Jet Fuel													15														15	15
30	Marsh Cooper *	Symmetrics																							15				15	15
30	cp Walsh	Synergy					15																						15	15
33	Jeff Sparling *	Cyclemeisters/Bow Cycle					10									2			2								14	14		
34	Kevin Rokosh	ERTC/redbike										1	2							10									13	13
35	Jeff Sherstobitoff	Symmetrics																						4	8				12	12
36	Zbigniew Szymanski	United Cycle												4							6				1			11	11	
37	Bob Veroba	bicisport																						10					10	10
37	John Twells	Pedalhead Racing																								8			10	10
37	Ted Dahms	Pedalhead Road/Sleeman				8									2														10	10
40	Neal Banner	Cyclemeisters/Bow Cycle																									8		8	8
40	Mike Bidniak	Juventus																					8						8	8
40	Shawn Goulet	Pedalhead Road/Sleeman				6	2																						8	8
43	Gary Wade	Kelowna Cycle																								4			4	4
43	Harley Borlee	Velocity					4																						4	4
45	Graeme Thomson	bicisport																											2	2
45	Reid Dalgleish	Synergy										2												2					2	2
45	Steve German	The Bike Shop																								2			2	2

* = espoir riders

Women A&B

Rank	Name	Club	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
1	Alison Testroete	Cyclemeisters/Bow Cycle A				15	15	8	12	2	10					15	20		25					2	25				149	149	
2	Laura Brown	Cyclemeisters/Bow Cycle A				10	12	15	10	12	20					20	15		20					10						144	144
3	Danielle Kenny *	Cyclemeisters/Bow Cycle A				20	6	20	20	15	25														12		10		128	128	
4	Kristin Campbell	Pedalhead Road/Sleemans A					12	8	6	15			8	8	12	6	8		8		8			1					100	100	
5	Tricia Orzeck	Independent																						20	15	6	10	25	12	88	88
6	Heather Oswald	ERTC/redbike						2			10	6	2	4	12	20	2						20						78	78	
7	Susan Copeland	Juventus										15	20								20		15						70	70	
8	Jessica DeMars	The Bike Shop											20	20									12			15			67	67	
9	Natasha Kuzmak	Synergy					8				20														12	20	2		62	62	
10	Nikki Lavoie	Juventus								6	8	8		6	15		12		4										59	59	
11	Katherine White	Cyclemeisters/Bow Cycle A				8		6	15	4	12						6		6										57	57	
11	Jenny Trew	Team Coastal																						20	25	12			57	57	
13	Bobbi Barbarich	United Cycle										4	2	6		10	4		12	12									50	50	
14	Amy Woodward	Cyclemeisters/Bow Cycle A					12									4	10		10						8				44	44	
15	Pepper Harlton	Dirt Girls													8	12		15	8										43	43	
16	Mical Dyck	Terrascape																								20	20		40	40	
17	Gail Wozny	Juventus								2			12			10						10							34	34	
18	Sian Barraclaugh	Velocity														15													30	30	
19	Joanne Breau	Bicisport												10			2		2										28	28	
19	Sherri Buchignani	Way Past Fast										8																	28	28	
21	Laura Yoisten	Diet Cheerwine					20																				4		24	24	

22	Danelle Kabush	Timex Multisport	A																		8	15	23	23
23	Rachel Gurney	Crankmasters	B	22																	2	20	22	22
23	Samantha Phillips	The Bike Shop	A			10																	22	22
25	Diana Kennedy	Synergy	A				4		2												10	4	20	20
26	Nola Zwarich	The Bike Shop	A																				16	16
26	Chantal Widney	Velocity	B	16				10													6		16	16
28	Marg Fedyna	ERTC/redbike	A																			15	15	15
28	Nancy Burden	Juventus	A																		15		15	15
28	Diana Bladon	Pedalhead Bicycle Works	A																			15	15	15
31	Collen Baldwin	Pedalhead Bicycle Works	A																		4	10	14	14
32	Jennifer Alexander	Way Past Fast	B	10																			10	10
33	Carolyn Soules	Crankmasters	B	6																	6		6	6
33	Trish Grajczyk	Deadgoat	B	6																		6	6	6
33	Tanya Salomon	TRS	B	6		6																	6	6
36	Lisa Bowe	Bicisport	A																				4	4
36	Rebecca Morris	Bicisport	B	4			2															2	4	4
36	Karen Martins	United Cycle	B	4																	4		4	4
36	Jennifer St. Pierre	Velocity	B	4																			4	4
36	Anna Patton	Velocity	A																			4	4	4
36	Diana Klassen Russell	Way Past Fast	B	4			4																4	4
42	Carie Williams	Terrascape	B	2			2																2	2
42	Nicole Joelson	Velocity	B	2																			2	2
44	Kristin Baker	Velocity	B	1																			1	1

~sub-category: "B" women upgraded to "A" upon earning 50 upgrading points; "(U)"= riders eligible for upgrade
 *U17 and Junior riders - upgraded at discretion of Racing Committee and not on points

Category 3

Rank	Name	Club	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
1	Michael Bidniak*(U)	Juventus	153	0			20		12	15	10			15		20	8		25	8				20					153	153	
2	Cyrus Kangaroo	Synergy	50	0																	6		20	4		25	20			75	75
3	Dennis Bland	Crankmasters	55	10	6	4						6		8					1		15			6	15				61	61	
4	John Impey	Cyclemeisters/Bow Cycle	20	12			8					8								15		20				10			61	61	
5	Stephen Ferris	ERTC/redbike	59	0										4		12			10				8	25					59	59	
6	Trev Williams	Way Past Fast	59	12	15							12	20																47	47	
7	Phil Rayner	Crankmasters	39	31	4		2		4	6	15										10								41	41	
8	Ryan Hopping	ERTC/redbike	40	0											15									25					40	40	
9	Devin Erfle	Deadgoat	37	0										12											15	10			37	37	
10	Marty Machacek	Synergy	20	4								10														20			30	30	
11	Aaron Chappell	ERTC/redbike	28	0																					10	10	8		28	28	
12	John Reiss	Pedalhead Road/Sleeman	24	10			4			4										12					6				26	26	
13	Frank Woolstencroft	TRS Racing	25	0																				8	2	15			25	25	
14	Frank Kovacs	Synergy	27	38																8		4			12				24	24	
15	Paul MacDonald	United Cycle	59	37	8				2						12														22	22	
15	Spencer Smitheman *	Juventus	22	0																			10		12				22	22	
17	Jason Frank	CABC/Projekt 1	20	4								2								2		12			4				20	20	
18	Brian Griffin	Independent	20	0																				20					20	20	
19	Keith Bayly	Deadgoat	16	0																			8	8					16	16	
20	Dean Rawson	Pedalhead Road/Sleeman	15	0		15																							15	15	
21	Brian Zurek	Pedalhead Road/Sleeman	30	16												10		4											14	14	
21	James Ritchie	Deadgoat	14	0									6			4							4						14	14	
23	Orest Massitti	bicisport	12	0									12																12	12	
23	Brent Johnson	Independent	12	0																						12			12	12	
25	Dylan Menard	Juventus	40	30		10																							10	10	
25	David Watson	Velocity	28	18									10																10	10	
25	Andy Achuff	Pedalhead Road/Sleeman	20	37																	10								10	10	
25	Dave Ellis	Pedalhead Road/Sleeman	12	2											10														10	10	
25	Claudio Ongaro	Juventus	10	0											2														10	10	
30	Steven Elm	Cyclemeisters/Bow Cycle	29	21																						8			8	8	
31	Brian Kullman	Synergy	35	27									8																8	8	
31	Ryan Steenburgen	Cyclemeisters/Bow Cycle	8	0																			2	6					8	8	
31	Steve Martins	Hardcore	8	0											8														8	8	
32	Chris Hooper	Synergy	7	0		6																		1					7	7	
33	Jack Van Dyk	Terrascape	24	26																			6						6	6	
33	Craig Borgland	bicisport	6	0																				6					6	6	
33	Micael Johns	CABC/Projekt 1	6	0											6														6	6	
33	Anthony Steenburgen	Cyclemeisters/Bow Cycle	6	0																						6			6	6	
33	Scott Klarenbach	ERTC/redbike	6	0																		2							6	6	
33	Darren Anderson	Pedalhead Road/Sleeman	6	0											6														6	6	
39	Bob McKerrrell	CABC/Projekt 1	20	22								4														1			5	5	
40	Lonn Bate	Terrascape	24	20																			2		2				4	4	
40	James Purdy	bicisport	4	0								4																	4	4	
40	Bob Burden	Juventus	4	0																	4								4	4	
40	Carson Bannon	TRS Racing	4	0																							4		4	4	
40	Jason Lapierre	Way Past Fast	4	0																					4				4	4	
45	Anthony Stadnyk *	bicisport	3	0																				2	1				3	3	
46	Jared Green	TRS Racing	4	0																							2		2	2	
46	Tommy Mak	Eurotech	2	0												2													2	2	
46	Matt Wheatley	Independent	2	0	2																								2	2	
46	Spencer Royds	Pedalhead Road/Sleeman	2	0									2																2	2	
49	Erik Bakke	Deadgoat	0	0																									0	0	

"(U)"= riders eligible for upgrade to Category 2. * junior riders - upgraded at the discretion of the Racing Committee and not on points.

2005 Alberta Road Cup (ARC) final standings

1= Women's Sub Category, 2=Upgrade Points, 3=2004 ARC Points, 4=GP Bicisport #1, 5=GP Bicisport #2, 6=Ardrrossan ITT, 7=Ardrrossan Crit, 8=Ardrrossan RR, 9=Ardrrossan GC, 10=Canmore ITT, 11=Canmore Crit, 12=Pigeon Lake RR, 13=Trofeo Leva, 14=Steamer RR, 15=Steamer Hill Climb, 16=Steamer ITT, 17=Steamer GC, 18=Northern ITT, 19=Canada Day Crit, 20=Wild Roses Ride, 21=Bowness Hill Climb, 22=Bowness Crit, 23=Road Provincials, 24=ITT Provincials, 25=Hill Climb Provincials, 26=Out Of Province, 27=Team Points, 28=2005 ARC Points . Ties broken by Provincial ITT performance.

Category 4

Rank	Name	Club	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
1	Steve Soldan	Independent	40	0																				20	15	20			55	
2	Zane Westerbeek (U)	Synergy	55	0																8	20	6	15		6		6	55	55	
3	Reid Cummings	Cyclemeisters/Bow Cycle	42	12			10					12	4									12	6			10		54	54	
4	Braden Young (U)	Synergy	53	0					4														20	2	12	15		53	53	
5	Roderick MacAlister	Crankmasters	45	0	12	8									6				4		15						45	45		
6	Wayne Giles	TRS Racing	38	18											6					12		10	8			4	40	40		
6	Gary Brown	Rundle Mountain CC	20	55								20										20					40	40		
8	Shane Frahm	Edmonton Masters CC	39	0			8			12	15			4													39	39		
9	Brys Francis	United Cycle	37	0	2				15					20													37	37		
10	Eric Smith	Cyclemeisters/Bow Cycle	36	0								6				10											36	36		
10	Paul Ignatiuk	ERTC/redbike	36	0																	4		12	20			36	36		
12	Tim Brewster	9th Street Cycle-Logic	35	0			12			20					2				1								35	35		
13	Kenneth Riess	Pedalhead Road/Sleeman	34	0					4	4				6						20							34	34		
14	Kevin Coghlan	Pedalhead Road/Sleeman	48	15																	8			25			33	33		
14	Brennan Bagdan	Pedalhead Road/Sleeman	33	0																				25	8		33	33		
16	Dion Clark	Cyclemeisters/Bow Cycle	36	4			2	2		10													4	10	4		32	32		
17	Paul Robertson	Terrascape Racing	30	0				6							6					10				8			30	30		
18	Kyle Anderson	ERTC/redbike	28	0																			15	1	12		28	28		
19	Myles Marshall	ERTC/redbike	44	18										2	2	10			2			10					26	26		
20	Johnathan Keats	Pedalhead Road/Sleeman	24	0											12							12					24	24		
21	Kevin Noble	United Cycle	28	6		10			8					4													22	22		
22	Rob Reid	Crankmasters	20	14																					20		20	20		
23	Kevin Walsh	Crankmasters	20	0	4	6																4		6			20	20		
24	Mark Rumsey	Hardcore	18	0											10										8		18	18		
25	Don Fox	Juventus	12	0																					12		12	12		
26	Claude Breau	bicisport	12	0								12														12	12	12		
26	Evan Wick	Cyclemeisters/Bow Cycle	12	0											4	2	6										12	12		
26	Scott Rusnak	Independent	12	0																				12			12	12		
29	Don King	Cyclemeisters/Bow Cycle	10	0																						10	10	10		
30	William Carry	Pedalhead Road/Sleeman	14	4					10																		10	10		
30	Andrew Reed	Rundle Mountain CC	10	0									10														10	10		
32	Peter Robertson	Terrascape Racing	8	0																						8	8	8		
33	Ross Harbottle	Synergy	24	16									8														8	8		
33	Craig Fraser	Calgary Cycle	8	0											4								4				8	8		
33	Mike Norton	Independent	8	0																				6	2		8	8		
33	Dennis Anderson	Pedalhead Road/Sleeman	8	0																	8						8	8		
37	Tracy Shearer	Juventus	6	0																6							6	6		
38	Greg Yanicki	bicisport	12	8																					4		4	4		
39	Nic Andrichuk	Cyclemeisters/Bow Cycle	4	0															4								4	4		
39	Murray Aubin	ERTC/redbike	4	0			4																				4	4		
41	William Blonksi	bicisport	2	0																					2		2	2		
42	Jack Funk	Deadgoat	2	0																				2			2	2		
42	Paul Martin	Deadgoat	2	0																		2					2	2		
42	Peter Heppleston	Edmonton Masters CC	2	0																2							2	2		
42	Mark Fedoroshyn	Independent	2	0																		2					2	2		
42	Will Critchley	Pedalhead Road/Sleeman	2	0																2						2	2	2		
42	Paul Ermantrout	Velocity	2	0								2															2	2		
48	Tom Zidek	Café Racers	1	0																				1			1	1		

*(U)"= riders eligible for upgrade to Category 3. *junior/U17 riders - upgraded at the discretion of the Racing Committee and not on points.

Category 5

Rank	Name	Club	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
1	Justin Middleton *(U)	Juventus	48	0										15							8			25			48	48		
2	Don King (U)	Cyclemeisters/Bow Cycle	40	0																	20			20			40	40		
2	Geoff Webb (U)	Cyclemeisters/Bow Cycle	40	0										20										10		10	40	40		
4	Mark Dumesnil	Pedalhead Road/Sleeman	36	0											20	6	10										36	36		
5	Neal Gregory*	Cyclemeisters/Bow Cycle	35	0		8	2			2							15	6						2			35	35		
6	Rod Walker (U)	Crankmasters	49	15																		4	15		15		34	34		
7	Andrew Phelps	Cranky's Cranksters	33	0										4	15					10				4			33	33		
8	Jeffery Neilson	Terrascape	32	0		6			2	6				10						8							32	32		
9	James Lyon	9th Street Cycle-Logic	29	0						4										15	10						29	29		
10	Mark Ruttiman	Pedalhead Road/Sleeman	36	0	6				10												12					8	28	28		
10	Doug Urness	CABC/Projekt 1	28	0						1					10						2			15			28	28		
12	Lavel St. Germain	Independent	25	0																			15	10			25	25		
13	John Plant (U)	Synergy	49	27																						12	24	24		
14	Matthew DiSilvestro	Independent	23	0																			15	8		12	23	23		
15	Todd Houston	Crankmasters	29	27																					20		20	20		
16	Lance Adamson	United Cycle	26	6	8									8	4												20	20		
16	Robin Clegg	Independent	20	0																		20					20	20		
16	Jason Proche	Pedalhead Road/Sleeman	20	0											8								8	4			20	20		
16	Shane Stevens	Rundle Mountain CC	20	0																						20	20	20		

The Calgary to Austin Peloton Project...

by Shauna Richard

In October, I had the opportunity to join 22 other riders in a relay bicycle ride from Calgary to Austin, Texas. The Calgary to Austin Peloton Project (CTAPP) is a benefit event to raise awareness and support for cancer survivors and their families. We timed our ride to arrive in Austin in time to participate in the Lance Armstrong Foundation's 'Ride for the Roses', which also benefits cancer survivorship.

The ride was originally inspired by Calgarian Brian McGregor. In early 2003, Brian was diagnosed with non-seminoma testicular cancer - the same type of cancer Lance had. Just a couple of months after reading Lance Armstrong's book *It's Not About the Bike*, Brian discovered a small lump during a self exam that would prove to be cancer. In October of 2003, while in the hospital going through chemotherapy, Lance Armstrong happened to be in Calgary. During a hospital visit, Lance and Brian had the chance to talk, and Brian, who was already so inspired by Lance, told him he would see him in Austin at the *Ride for the Roses*.

Brian beat his cancer, and went on to ride with Lance at the 2004 *Ride for the Roses*. In early 2005, as he was looking forward to participating in the Austin ride again, he had the crazy idea to ride his bicycle from Calgary to Austin to take part in the event. He shared this idea with his friends, and instead of telling him it would be impossible, they asked to join him.

Thus the Calgary to Austin Peloton Project, or CTAPP, was born. Some signed up to support Brian. Others joined in memory of a loved one with cancer. The majority of those who joined were novice riders, and some bought their first road bike in order to participate. The unifying factor was to support a great cause.

I was asked to join because the group was short on female riders. I was eager to sign up, but there was an expectation that riders would raise a minimum of \$25,000 each. Coming from the non-profit industry, I was up front in telling the organizers that I would likely not be able to raise that kind of money. What I could supply, however, were volunteers. My husband Simon came along and drove our team's support vehicle. My friend Shannan, also a cancer survivor, signed up as volunteer coordinator. My friend Kim and her friend Christina joined as part of the medical team, and my friend and coworker Andy flew to Austin at the end of our journey and drove one of the support vehicles back to Calgary. My friend Allan, another cancer survivor, wasn't able to come along but he was instrumental in helping me raise funds and spread the word.

Along with being the only female in the peloton, I was also the only Edmontonian. I was one of the last riders to sign up with CTAPP, so I only had a couple of months to get ready. My friends took me out on training rides and helped me fundraise. I can honestly say I couldn't have done it without them.

The ride was scheduled to begin from the Cyclepath South in Calgary on October 12th. Dawn broke with an amazing sunrise and temperatures hovering just below the freezing mark. Although this was a relay ride, we all rode together for the first 10km. The City of Calgary Police Department provided a full rolling enclosure through the streets of Calgary during morning rush hour (this would be the envy of any of our race organizers). Once we got to Fish Creek Park, the other four teams broke off, and my team headed out of Calgary to start the first 100km leg of our journey.

The 23 peloton riders were divided into five groups, with each group riding 100km before handing off to the next group. We had support vehicles and a strong group of volunteers to escort us over the 3800km trek, which we managed to complete in under a week. Each team had a designated support vehicle and driver. The peloton was always followed by an ambulance with a minimum of two medical staff people. There were also additional vehicles that towed the bikes that weren't in use. From the time we left Calgary on Wednesday, October 12th until we reached our destination six and a half days later, there was always a peloton with an ambulance on the road - night and day. The pelotons were also joined by Don Marcotte, our documentarian and videographer, and Alex Stieda. Alex was the first North American to earn the Yellow Jersey in the Tour de France, and he was our color commentator and riding expert.

My team included Brian McGregor and his son Evan. At 15, Evan was the youngest (and tallest) CTAPP rider. The fourth member of our group was Roger, a retired school councillor. Roger's wife had baked an entire box of homemade power bars before the trip, so our group was very well fed along the way.

As you can imagine, planning the logistics of this event was a major undertaking. One of the riders, Ryan, drove the entire route the month before we rode it. He made careful notes of each planned transition point and also kept an eye out for highway construction and other obstacles we



Right: Shauna's crew on the road between Calgary and Vulcan. Photo by Don Marcotte. Opposite top: At the Travis County Expo Center in Austin - We made it! l to r: Simon, Shauna, Roger, Evan and Brian. Photo by Kim Ellis.

...The Ride of a Lifetime

might face along the way. Once this was complete, it was up to rider and logistics coordinator Ari to figure out which teams were going to be where at what times. All of our hotels were booked ahead of time, which turned out to be essential as we discovered going through the Dakotas over the weekend. That weekend marked the start of pheasant hunting season, and even in small towns, there was not a vacant room to be found.

After a day or two, we started settling into a routine. In a typical day we would eat, get ready to ride, ride for four hours, get changed, eat, drive for 400km, sleep, and do it all over again. We usually had 16 hours between shifts.

Riding from Calgary south to Montana and then east through that state and into North Dakota was chancy. It's not unusual to see snow in mid-October; we could see evidence of a major snowstorm that we were lucky enough to miss by a week or two. For the pelotons, it was not until we turned towards South Dakota that the weather got bad. We were battered by an unrelenting headwind for most of the rest of our journey. South Dakota - windy. Nebraska - windy. Kansas - windy. Oklahoma - windy. Texas - hot and windy. I don't know if it was because of the Texas hills, or because our legs were used to it, or because we were excited to reach our destination, but even though the wind was strong in Texas, it just didn't seem as bad.

Our ride ended much the same way as it began. All of the




riders and volunteers met up just outside of Austin, and we all rode in to town together. We finished our 3800km journey at the Travis County Expo Center in Austin. The Expo Centre is where staging would occur for the Ride for the Roses five days later.

Austin was fabulous. We spent five nights at the Austin Hyatt relaxing and recovering. The Hyatt was the sponsor hotel for the Ride for the Roses, and this massive hotel was filled with cyclists and their bikes. During our five days in Austin, we gorged ourselves on Tex-Mex and BBQ. We spent hours at the pool, we slept in and we generally relaxed and recuperated.

We ended our adventure with the Lance Armstrong Foundation's (LAF) *Ride for the Roses*. This ride has been running for several years, and has raised millions of dollars for cancer survivorship. Over 6000 cyclists took part in the last one! Riders have the option of riding loops of varying lengths - anywhere from 7 miles to 100 miles. Many of the ride participants had heard of 'the group of Canadians who rode to Texas', and complete strangers would chat with us about our CTAPP jerseys and yellow cowboy hats.

That evening we flew back to Calgary a little more tired, a little more tanned and full of wonderful memories. CTAPP raised over \$400,000 in 2005, and is looking to better that number this year. For more information, to donate, or to join the peloton, visit www.ctapp.org.

Special thanks to: Jones Brown Inc., Canadian Cycling Association, Alberta Bicycle Association, Pedal Magazine, United Cycle, Pedalhead Roadworks, Shannan Roberge & Kim Ellis and all of the girls in the Sirens Sports Club, Allan Menard, Susan Fraser (mom), Simon Richard, Andy Holmwood, Lori-Ann Muenzer, Wilf and Dianne Richard, Lawrence Richard (pa-in-law) and all those who contributed to CTAPP. 

Board Bio: Shauna Richard (Executive Director) has a sports admin background with a degree from U of A. She has been a bicycle racer and was particularly inspired by the effort and improvement of the Paralympic riders at the Ardrossan SR.



2005 Alberta Mountain Bike Cup Final Standings

1=Coulee Cruiser, 2=Accept the Challenge, 3=Down 'n' Dirty,
4=Provincial XC, 5=Total points

Rank	Name	Club	1	2	3	4	5
Senior Elite Men							
1	Tim Heemskerck	United Cycle		15	15	25	55
2	Neil Grover	Mountain Bike City	20	12	12	10	54
3	Evan Sherman	United Cycle	12		20	20	52
4	Troy Misseggers	Mountain Bike City	15	20		15	50
5	Devin Erfle	Deadgoat	6		6	4	16
6	Pat Doyle	Deadgoat	8		6		14
6	Andre Sutton	Hardcore		8		6	14
8	Tristan Galbraith	Kona				12	12
9	Niclas Christofferson	Independent	10				10
9	Jonathan Nutbrown	The Bike Shop		10			10
9	Mathew Decore	Pedalhead Road/Sleeman			10		10
12	Ryan Hopping	ERTC/redbike			8		8
12	Brian Cooke	Independent				8	8
14	Adam Bailey	Blacksheep	4	2			6
15	Kelly Servinski	The Bike Shop		4			4
15	Clark Dion	Cyclemeisters/Bow Cycle			4		4
17	Duane Myers	Terrascape	2				2
17	Earl Nolan	Deadgoat				2	2
17	Paul Ignatiuk	ERTC/redbike			2		2
20	Mike Sarnecki	Pedalhead Racing				1	1

Rank	Name	Club	1	2	3	4	5
Senior Elite Women							
1	Madelaine Bate	Terrascape	15		15		25 55
2	Trish Grajczyk	Deadgoat	12		12		20 44
3	Mical Dyck	Terrascape	20		20		40
4	Katherine White	Cyclemeisters/Bow Cycle	6	8	20		34
5	Sandy Ayre	Pedalhead Racing	4		12		16
6	Annette Svederus	United Cycle			15	12	27
7	Marisa Tosi	Terrascape	10		6	10	26
8	Christine Misseggers	Mountain Bike City	8		10		18
9	Danelle Kabush	Timex Multisport Team				15	15
10	Pepper Harlton	Dirt Girls	2				2

Rank	Name	Club	1	2	3	4	5
Senior Expert Men							
1	Brian Bain (U)	Cyclemeisters/Bow Cycle	4	20	20		44
2	David Roberts	Cyclemeisters/Bow Cycle	10	8	25		43
3	Mark MacDonald	Sport Chek Cycling	15	6	6		27
4	Robert Leeds	Cyclemeisters/Bow Cycle	12		10		22
5	Ryan Castle	Regina CC	8		12		20
5	Anthony Steenberg	Cyclemeisters/Bow Cycle			20		20
7	Neill Banner	Cyclemeisters/Bow Cycle	15		15		15
7	Jeffrey Neilson	Terrascape			15		15
9	John Twells	Pedalhead Racing		10	4		14
10	Erik Bakke	Deadgoat	6		6		12
11	Alan Whitten	United Cycle		8			8
11	Phil McDonald	Calgary Cycle			8		8
13	Roy Custodio	Terrascape	4				4
13	Mike Stoner	Pedalhead Racing			4		4
15	Kevin Noble	United Cycle	2				2
15	Jeff Sparling	Cyclemeisters/Bow Cycle	2				2
17	Shane Stevens	Rundle Mountain CC				1	1

Rank	Name	Club	1	2	3	4	5
Senior Sport Men							
1	Tom Van Ommanan	Pedalhead Racing		15	10	8	33
2	Evan Allan	Independent				25	25
3	Darcy Neniska	United Cycle	10		12		22
4	Will Critchley	Pedalhead Racing		20			20
4	Michael Grattan	CFM Cycling				20	20
6	Steve Vinci	Pedalhead Racing			4	12	16
7	Felix Haspel	Synergy	15				15
7	Mike Norton	Ridleys CC		15			15
7	Stephane Morier	Independent			15		15
10	Mark Woolstenholme	Cranky's Cranksters	6	8			14
11	Lannie Thielen	Headwinds	12				12
11	Devon Smibert	Synergy			12		12
13	Kevin Finlay	Independent		10			10
13	Brad Harrington	Cyclemeisters/Bow Cycle			10		10
15	Garnet Ezard	Independent		8			8
16	Eric Hemphill	Independent			6		6
17	Scott Book	ERTC/redbike	4				4
18	Mark Dumesnil	Pedalhead Road/Sleeman	2				2
18	Emils Muehlenbachs	Pedalhead Racing			2		2

Rank	Name	Club	1	2	3	4	5
Senior Beginner Men*							
1	Cody Johns	River Valley Cycle				6	20 26
2	Mike Baker	Independent	20				20
2	Stephen Bates	United Cycle				20	20
4	Jeff Jones	Lethbridge BMX	15				15
4	Chris Langill	Schmoe Racing				15	15
4	Cam McTaggart	Independent				15	15
7	Aaron Nissen	Pedalhead Racing			12		12
7	Duncan Cameron	Independent				12	12
9	Martin Beaulie	River Valley Cycle			10		10
9	Brian Loewen	Independent				10	10
11	Mike Waddinghan	Independent			8		8
11	Ted Boyko	Independent				8	8
13	Terry Carlyle	United Cycle			6		6

Rank	Name	Club	1	2	3	4	5
Senior Beginner Women*							
1	Anne Hosker	Pedalhead Racing				4	20 12 36
2	Kyla Conner	Independent	20				20
2	Laura Simpson	Schmoe Racing				20	20
4	Debby Heemskerck	United Cycle				15	15
4	Vanessa Swarbrick	Dirt Girls				15	15
6	Erin Hutnan	Dirt Girls			12		12
6	Stephanie Harris	Dirt Girls				12	12
8	Clotilde Belanger	Dirt Girls			10		10
8	Lori Clarke	Dirt Girls				10	10
10	Connie Verbrugge	Dirt Girls			8		8
10	Janice Kohut	Dirt Girls				8	8
12	Amber Finlay	Calgary Crankmasters			6		6
12	Sarah Sharpe	Independent				6	6
14	Kimberley Valor	Dirt Girls			4		4
15	Kelly Stanley	Dirt Girls				2	2

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

Rank	Name	Club	1	2	3	4	5
Senior Expert Women							
1	Amy Woodward (U)	Cyclemeisters/Bow Cycle	2010	6	25		61
2	Bridget Linder	Cyclemeisters/Bow Cycle	12	8	15		35
3	Karen Martins	United Cycle		15	12		27
3	Pepper Harlton	Dirt Girls		12	15		27
5	Alison Testroete	Cyclemeisters/Bow Cycle		20			20
5	Danielle Kenny	Cyclemeisters/Bow Cycle			20		20
5	Carrie Tuck	The Bike Shop				20	20
8	Carrie Williamson	Terrascape	15		4		19
9	Ingrid Zschogner	The Bike Shop		8	10		18
9	Linda Green	Deadgoat		6		12	18
11	Jill Parnell	Blacksheep	10				10
11	Heather Grover	Mountain Bike City	6		4		10
13	Rebecca Morris	bicisport		8			8
14	Janka Hegedus	Pedalhead Racing	4				4
15	Laura Brown	Cyclemeisters/Bow Cycle		2			2
15	Diana Kennedy	Synergy			2		2

Rank	Name	Club	1	2	3	4	5
Senior Sport Women							
1	Jennette Allum	Ridleys CC				10	20 20 50
2	Tara Whitten	Velocity				20	20
3	Amy Barnett	Cyclemeisters/Bow Cycle				15	15
3	Isabelle Julian	Headwinds			15		15
3	Clotilde Belanger	Dirt Girls				15	15
3	Kim Ritter	Sport Chek				15	15
7	Lisa Bowe	bicisport			12		12
7	Laura Maguire	River Valley Cycle				12	12
9	Katherine O'Brien	Independent			8		8

Rank	Name	Club	1	2	3	4	5
Master Expert 30-39							
1	Lonn Bate	Terrascape			8		20 20 48
2	Darren Anderson	Pedalhead Racing	2		15	8	15 40
3	Keith Bayley	Deadgoat			15		12 10 37
4	Tom Brodzinski	Deadgoat			20		12 4 36
5	Sean Barr	Pedalhead Road/Sleeman			10	20	30
6	Jeffrey Bolstad	TRS Racing					25 25
7	Pete Leibel	Norco				15	15
8	Geoff Clark	Deadgoat			12		12
8	Neil Johns	Hardcore				10	2 12
8	Mike Norton	Ridleys CC					12 12
11	Tim Bresznyak	Deadgoat			10		10
11	Allistair Abdai	Deadgoat				6	4 10
11	Mark Rumsey	Hardcore				4	6 10
14	Wayne Calder	Deadgoat				8	8

14	Dave Jetz	Eurotech Cycle			8	8
16	Steven Johnson	Independent	6		6	
16	Brys Francis	United Cycle	4	2	6	
16	Grant Eastman	Calgary Cycle			6	6
19	Bruce Penner	United Cycle		2	2	
20	Mark Fedoroshyn	Independent			1	1

Master Expert 40+

1	Tracey Shearer	Juventus			20	20	12	52
2	Dwayne Ellis	GS Campione	20		15		15	50
3	Peter Lawrence	Team Pusch					25	25
4	Edward Roddy	Deadgoat	12		10		2	24
5	Derrill Shuttleworth	Pedalhead Road/Sleeman	8	15			15	23
6	Ed Garvin	Blacksheep	10				10	20
6	Geoff Clark	Deadgoat					20	20
8	Mike Cavaliere	Rundle Mountain CC	15					15
9	Stan Magee	Rundle Mountain CC		12	1	13		
10	Dave Whitten	United Cycle		12				12
11	Gary Dearing	Cyclemeisters/Bow Cycle	6				4	10
12	Jack Funk	Deadgoat	8					8
12	Mike Prinz	Independent					8	8
14	John Gilchrist	Deadgoat					6	6

Master Sport Men 40+

1	Ivan Dansie (U)	Deadgoat	12	15	12	25	64	
2	Greg Bartlett (U)	United Cycle	15		20	20	55	
3	John Riess	Pedalhead Road/Sleeman	8	10	15		33	
4	Darcy Jones	Deadgoat	20				20	
5	Keenan Cannady	Ridleys CC					20	20
6	Rob Hunter	Rocky Mtn Bike 'n Board	10	8			18	
6	Gerry McCuaig	Deadgoat	6				12	18
8	Kevin Walsh	Calgary Crankmasters			15		15	
9	Don Fox	Juventus	6	8			14	
9	Michael Zelensky	Terrascape		6	8		14	
11	Tom Ebborn	Blacksheep		12			12	
12	Garry Ogletree	Hardcore		10			10	
12	Gary Middleton	Juventus					10	10
14	Bruce Johnson	Independent	2	4			6	
14	Jeffrey Bell	Independent					6	6
16	Henry Yau	Deadgoat	4				1	5
17	Roger Clemen	United Cycle	4				4	
17	Joe Buszowski	Rundle Mountain CC					4	4
19	Clayton Stafford	United Cycle	2				2	
19	Michael McCarthy	United Cycle			2		2	
19	Dave Ford	Deadgoat					2	2

Master Sport Women 30-39

1	Mari-Josée Santerre	Rundle Mountain CC					25	25
2	Lisa Licit	Hardcore		20	4		24	
3	Margie Smith	Independent	20				20	
3	Cory Elek	Offroad Syndicate				20	20	
5	Kelsey Miller	Cyclemeisters/Bow Cycle	15				15	
5	Kathy Flynn	Ridleys CC		15			15	
5	Sonja Findlater	Independent			15		15	
8	Diane Wirtz	Hardcore		12			12	
9	Michelle Wolstenholme	Dirt Girls			12		12	
10	Michelle Milke	Dirt Girls		10			10	
10	Rita Richter	Velocity	4	6			10	
10	Michelle Ellis	Dirt Girls			10		10	
13	Michelle Ellis	Dirt Girls			8		8	
13	Jennifer Earle	Independent			8		8	
15	Sandy Cousins	Dirt Girls	6				6	
16	Heather Rachar	Crankmasters	2				2	

Master Expert Women 30-39

1	Loni Kletti	Independent	20	20	25	65	
2	Michelle Hook	Pedalhead Racing	15	15		20	50
3	Juliette Franklin	Deadgoat	20	8		28	
4	Judy Harlton	Dirt Girls	15	12		27	
5	Linda Green	Deadgoat	20			20	
6	Kathryn Johnson	United Cycle		10		10	

Master Women 40+

1	Barbara Clemes	Rundle Mountain CC				25	25
2	Carnie Grover	Deadgoat			20		20
3	Patty Tetreault	Rock N' Road			15		15
4	Christine Rozak	Dirt Girls			12		12

U17 Sport Men

1	David Larson	Juventus	12	20	32	
2	Scott Hughes	Juventus	10	20	30	
3	Neal Gregory	Cyclemeisters/Bow Cycle			25	25
4	Mike Weldon	Blacksheep	15		8	23
5	Kaspar Woiceshyn	Cyclemeisters/Bow Cycle	20			20
6	Robert McPhalen	Calgary Cycle	15			15
6	Peter Knight	United Cycle		15		15
8	Adam Noden	United Cycle		12		12
9	Connor Witzke	Juventus		10		10
10	Adam Pisani	United Cycle	6			6

U17 Expert Men

1	Spencer Smitheman	Juventus	20	20	20	60
2	Justin Middleton	Juventus		15	25	40
3	Logan Brauer	Juventus			15	15
4	Drew Smith	Rundle Mountain CC		12		12
5	Leo Lacourciere	Couloir Bike & Ski		10		10

Junior Sport Men

1	Brenton Wood	United Cycle	20	20	40	
2	Evan Wick	Cyclemeisters/Bow Cycle			25	25
3	Anthony Stadnyk	bicisport			20	20
4	Matt Catley	Independent		15		15
	Thomas Cowan	Independent			15	15

Junior Expert Men

1	Mike Bidniak	Juventus	15	2	25	42	
2	Eric Magee	Rundle Mountain CC	15	8		15	38
3	Cody Canning	United Cycle	20		12		32
4	Brian Robinson	Rundle Mountain CC		10		20	30
5	Ryan Anderson	Juventus	20	4		24	

U13 Women

1	Erin Middleton	Independent		20		20
2	Alexis Oswald	Independent			15	15

U15 Women

1	Kendra Middleton	Juventus	20	20	25	65
2	Samantha Grover	Juventus	15	15		30
3	Amanda Nadeau	Independent		12		12

U17 Sport Women

1	Kelly Hall	Juventus	12	20	25	57	
2	Hilary Ebborn	Blacksheep	20	15		35	
3	Michelle Beveridge	Blacksheep	15	10		25	
4	Torie Grant	Juventus		20		20	
4	Lauren Lankester	Blacksheep				20	20
6	Jennifer Virtue	Blacksheep	12	6		18	
7	Lindsey Walker	Juventus		8		8	

Junior Sport Women

1	Terri Anne Howard	Independent		20		20
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Junior Expert Women

1	Danielle Kenny	Cyclemeisters/Bow Cycle	20	20	25	65
2	Jenny Dueck	Independent			20	20
3	Trisha Gladysz	Cyclemeisters/Bow Cycle	15			15

U13 Men

1	Kevin Stafford	United Cycle	20	20	20	25	85
2	Trevor Bosch	Calgary Cycle	15	15		30	
3	Michael Lankester	Blacksheep				20	20
4	Evan Wishloff	Independent			15	15	

U15 Men

1	Kurt De Freitas	Independent		20	20	25	65
2	Mac Garrin	Blacksheep	20	8		20	48
3	Eric Johnson	Independent		10	12		22
4	Garth Philpott	Lethbridge BMX	15			15	
4	Kolton Canning	United Cycle		15		15	
4	Nathaniel Preston	Juventus			15	15	
7	Aidan Jones	Lethbridge BMX	12			12	
7	Keith Ogletree	Hardcore		12		12	
7	Blaine McNally	River Valley Cycle			12	12	
10	Alexander Bosch	Calgary Cycle		10		10	
11	Isaac Niles	Okotoks BMX	2			2	

You may be getting excited about the 2006 racing season now but many ABA Race Organizers (ROs) were excited enough about 2006 to meet in Red Deer in November 2005 to plan the race calendar. Or maybe it was the free lunch.

We set up the 2006 ABA race calendar to minimize conflicts and to blur the distinctions between disciplines. While we don't suggest riding your TT bike with the aero bars and spider web wheels in a BMX race, we've arranged things to allow lots of cross-over and chances for riders to try several kinds of events. Negotiations over the best dates sometimes became tense, with at least one RO waving a wad of \$20 bills to attract the attention of ABA Technical Director Andy Holmwood.

We came up with a calendar with lots of great events in all disciplines. BMX starts the earliest, with national events in Mid-February and Alberta events indoors in Mid-March. Mountain bike cross-country (XC) and road begin late in April, followed quickly by track the first week in May. Then there's something every weekend, all the way through to a full Cyclo-cross schedule from late September to early November.

There are race series in several disciplines. To get ready for 2007 Worlds in Victoria BC, we have 7 Alberta BMX Cup races plus Provincials and, across Canada, 8 CCA National BMX Ranking Series events plus Nationals. The ITT series returns for the aero-bar crowd, the Journal Cup meets give trackies chances to shine and we have 5 Alberta Mtb Cup races plus Provincials. 'cross Nats are late this year, giving us time for 8 Cyclo-cross Cup races plus Provincials. The traditional road and Mtb events are back as well.

Part of the coordination involves having two races in the same part of the province on the Saturday and Sunday of a weekend. There are criterium weekends, TT weekends, road and Mtb stage race weekends and cyclo-cross weekends.

There are several feature events this year. The ABA Penticton camp goes April 14 to 21. Ok, it's not actually a

race but it's a lot of fun and could give you an edge once the racing starts. Velocity will organize the Alberta Youth Championships in July and the Junior Men will get international exposure at the Tour de l'Abitibi in Québec. July stays busy with several National Championships as well. BMX is the featured cycling event in the Alberta Summer Games in 2006 and the 24 Hours of Adrenalin and Trans-Rockies will give Mtb'ers big events to work toward.


You may notice other changes as well. The ABA is getting on the electronic registration bandwagon. We're still working on insurance, waiver and parental release signatures but please take advantage of advance registration opportunities when they are offered.

We'll be making the best use of our information-shuffling efforts to produce timely and accurate results. They will even look more pro, printing with event and sponsor names and logos and being web ready as .pdf files.

We'll call-up the top-5 Elite Men and Women (on Alberta Cup points) at Alberta Cup XC and 'cross races. We're looking to recognize our top racers, emphasize Alberta Cup performance and ensure our top racers a good starting position, which they've earned.

All this organizing can be a big job. As Andy H. says, "ABA racing with 5 [road] categories at the same time is the most logistically complicated racing going."

Make that 6 categories. Some road races will offer Category 6. Not a *really* big hurricane, Cat 6 will provide an option for Master Women, 55+ Men and U17 riders to have a suitable race while staying away from the dreaded field limits for races on open roads.

All in all, a lot of things to look forward to in 2006. See you on the ro..., uh tra..., er dir... Yo. See you on two wheels. 



Board Bios...

Andy Holmwood (Technical Director), right, has had his position for 8 years. He prefers the provincial and recreational scene to working at the National level, even though he serves on the CCA's High Performance Committee.

Natasha Kuzmak (VP Recreation and Transportation), left, brings passion and an environmental and urban planning background to her position. Adventures early in her cycling experience include a trip from Calgary to Canmore and back.



Photo by Alan Schietzsch ARS Technical Images



Dean Bradley sends these pictures of DH and 4X action from the summer of 2005. Above: Albertans in the gate at the 2005 Panorama BC Cup 4X. Left: Glen Bradley at the 2005 Sun Peaks Canada Cup DH.

Dean says that Alberta DH & 4X news for 2006 remains slim and sketchy but that there is a move afoot to try to revive these sports in Alberta. A group of ABA members is trying to form the 'Alberta Down Hill Racing Association'. Plans are, of course, to affiliate with the ABA.

The only thing for sure (so far) for DH racing in Alberta, is that COP Calgary will be offering some local DH races in the spring. Here's the link to the info (see **'Race League Is Back!'**); <http://www.coda.ca/winter2005/extra/summer.asp>



Board Bio...

Jim Negenman (Chief Commissaire) has been a BMX Commissaire for many years and looks forward to learning about the other disciplines. He gets a lot of his enthusiasm for cycling from his BMX-riding kids.

The TransRockies Challenge:

by Jessica DeMars (*The Bike Shop*)

My derailleur is broken." I was standing in the rain, my feet slowly sinking into the wet, muddy gravel road, staring dejectedly at my bike. Only moments before, I had been slogging my way up the hill with all of the other remaining TransRockies participants, my partner Rob Blanchard just behind me. As I slowly churned my pedals trying to find that right balance between moving forward and spinning my tires uselessly in the muck, I heard a loud snap, followed by the sound of my chain in the spokes. Thinking my chain had slipped off my cassette, I hopped off my bike to remedy the situation. And that's when I saw the carnage. It wasn't good at all.

We were on day six of a grueling seven day mountain bike race and had been holding firm to fourth position. This was surely going to cost us. Rob and I stood there for a moment, kind of frozen in the reality of what was happening. We watched grimly as the teams behind us in the standings pedaled past. Fifth place, six place, seventh place. We were slipping further and further down as the seconds passed. The excitement of finishing in reach of the podium drained from me and an all-too-familiar sinking feeling set in.

It had been on day one, two and a half hours after the start of the stage. Rob and I had been flying through some of the best singletrack Fernie had to offer: Roots, Kids Stuff, Little Chain Ring - it brought back memories of long weekends spent riding with the guys a few years ago. Both of us were riding well, staying near the front of the pack, pacing ourselves under the heat of the midday sun. Temperatures exceeded thirty degrees Celsius but we were managing to stay hydrated. Just as we exited the last of the singletrack and hit the pavement that took us to the finish line, Rob's frame broke - sheared off at the chainstay. We were reduced to a tourist pace, with Rob alternately running and coasting on his broken steed. Downhearted, we could only watch as the teams behind us rolled past.

That same feeling of disappointment swept over me as I stared down at my mangled bike. I felt like I was looking over a lame horse, deciding whether to bring out the gun or wait for the vet. I really had no idea what I was doing here anyway. Four years ago, I had seen the TransRockies Challenge come through Bragg Creek and I thought the participants were all crazy. Despite spending nearly every weekend competing in races myself, I told my friends I would never do something like this. Yet here I was standing in the cold rain, legs starting to cramp and heart pounding in my ears, trying to comprehend what was happening. Rob and I had worked so hard the past five days and I just wasn't ready to see it all washed away in the rain. I pushed thoughts of "Why me?" away and dropped my pack. "Well, let's get this thing off because I'm going single speed today," I said to Rob, although the thought of finishing the stage that included 2000 meters of climbing on a single speed made me sick to my stomach. I took out my tools to remove my derailleur.

Just as I was reaching for my Allen keys, the clouds parted and a beam of light came down from the heavens. I looked up, blinded, and a shadow blocked my eyes. It couldn't be. No. Yet there he was, riding up the hill towards me.

"Hey, what's up guys?" It was Super Tom. Super Tom, who had carried his partner's bike down the death descent on day two after she blew her knee apart in a crash. Super Tom, who gave his wheel to the leader the next day after a pack crash taco'd it. Super Tom, the McGyver of the 2005 TransRockies Challenge. And here he was riding towards us, looking to help. Super Tom set to work swapping out my derailleur and replacing it with his while Rob and I hung back watching him work and passing him a tool when he needed it. I looked down the trail at the last of the competitors struggling up the hill. One woman limped past me, in tears, her partner pushing both of their bikes through the sticky mud. Ordinary people would have long ago sought shelter from the elements, choosing instead to lounge in their recliners, cup of hot coffee in hand. But there were no ordinary people in this race.

Finally, after 25 minutes of repairs, Rob and I were off. My new derailleur afforded me only six gears, which was of course better than the single gear I had been facing a half hour ago. Rob and I began a desperate effort to regain the time lost to our competitors. The greasy singletrack of Tom Snow Trail added to our frustration as we tried to move past the teams clinging to the back of the group. We rode on, obsessed with gaining ground, and completely ignored our bodies' demands for food and drink. Desperation turned to depletion, though, and we hit the gravel road of Powderface Trail in a full fledged bonk. Slowly and silently we rode on, feeding our aching muscles with a variety of energy bars and gels, waiting for recovery.

I sunk into a sort of depression and it took all of my resolve to continue. I really just wanted to get off my bike, sit at the side of the road and cry until some dry, warm 4x4 support vehicle came to pick me up. Although this wasn't an unusual feeling, it did come earlier than it had in the other stages. During the race, it didn't matter how long the stage was, I always managed to bonk in the last ten kilometers. On day two coming into Elkford, Rob had gently put a hand on my back to help guide me in. Again on day three after climbing the Highwood Pass, my body hit the wall and I crossed the finish line with head down. But this time we were still a long way from the finish line - I couldn't just coast in, I had to recover soon.

Maybe I just needed some trails, instead of this dreaded gravel road, I thought when we finally hit the Jumpingpound Trailhead. That's when the ice pellets started - not exactly what I had in mind for motivation. The trail's incessant climb was definitely not helping either. Only a few weeks earlier we had done this same ride and managed to stay on our bikes for nearly the entire climb. But now, our bodies ravaged from six days of riding, we were walking. I put on my plastic rain jacket to protect myself from the ice and wind. This turned into a game though, as no sooner had I put in on, then the sun

came out. Off came my jacket and, of course, it started raining again. I looked up to the sky and cursed.

Of course, it could have been worse. We could have been walking in the shin deep muck that the horse trails of Sandy McNabb offered on day four. It had been the type of mud that clung to your bike like snow to a snowball, progressively making it heavier and heavier. You'd never, ever choose to ride through this, yet there we were slogging away and worse yet we had paid for the privilege to do so!

Yes, I guess the slick rocks on Jumpingpound Ridge were better but not by much. The technical demands of the trail coupled with sheer exhaustion had reduced me to a moron on a mountain bike. This race had made my body forget the previous eight years I had spent racing my bike, and instead it acted as if this was an entirely new sport. I was off my bike more than I was on it.

Seven hours after we had started the day, we crossed the finish line at Rafter Six Ranch - never had I been so relieved to see that banner. Thank goodness for our fantastic support crew; Linda our team nurse made sure we started eating for recovery, Barry hydrated us with the best water in the Rockies, Ryan practically spit polished our bikes and Cindy herded us off to the showers, making sure we had all the right clothes to stay warm.

That night, our last night of TransRockies, we stayed with the group for dinner. Previously we had been eating by ourselves, preferring our own meals to ensure we were getting the right fuel for the race. It was nice to mingle with all of the other participants, listening to riders swap war stories from the trail. We loitered around The Bike Shop tent where we had left our trusty steeds for one last tune up before the end. Groups of riders clumped around the stage profile that was posted for the next day, speculating on the course and pace. I was filled with a sense of peace knowing that the end was near and that, despite all of our obstacles, we had accomplished what few people in the world would even attempt.

The last day of the race was one day I will never forget. We awoke to clear blue skies - the air was cool and crisp and there was a heavy frost on the ground, but it was the first time in three days we had not woken to rain. We were treated to a late start to the stage, since it was to be shorter than the rest - a mere 45 kilometers - practically a sprint. Rob noticed some gear issues and at the last minute the techs decided to change his cables. I stood in the start gate, twitching and bouncing, anxiously awaiting my partner. Thirty seconds before the start, Rob appeared beside me and a wave of relief went through me. The gun went off and the pack of riders pushed off, jockeying for a good position. We approached a short, steep pitch at breakneck speed and were immediately bottlenecked. This had been my pet peeve throughout the entire race - heroes with very little technical skills, racing to the front only to get off their bikes at the first sign of difficulty. I managed to push us through the traffic jam and into the singletrack, in good position.

I don't know if it was the thought of the finish line, or that my body had been through so much it didn't recognize pain anymore, but that day I was untouchable. I rode hard and fast, technically astute. I could ride anything that lay before me on the trail without hesitation. The day took us along the TransCanada Trail, which had some of the best technical riding of the entire race. It was the most fun I'd had all week. Every time I cleaned a technical descent, the memory of slogging in mud was wiped from my mind. Every rooty climb erased the long, slow grunts on gravel roads. I felt like I could ride forever.

So when we came into Canmore for the finish, I felt a little twinge of sadness, kind of like the one you feel when all of the fun of Christmas morning is over. We had pushed ourselves through the highest of highs and the lowest of lows; ridden through intense heat and near-freezing temperatures. We had spent hours on our bikes soaked to the bone. There were days when we beat down the trails, and days when the trails conquered us. Our mental courage and physical strength had been tested to the limit, and it was all finally coming to an end.

As we drew nearer to the finish line, we could hear the crowds before we could see them. Support crew members, families, friends, local residents, bike enthusiasts - everyone had gathered to watch the competitors on this final leg. There were balloons, flags and cheering faces. I slowed down a bit to take it all in. A big smile started across my face and I looked at Rob. We did it. We finished the toughest mountain bike race in North America, the TransRockies Challenge. We rode in hand in hand, crossing with the team that would finish just ahead of us in the standings. After all we had been through, we managed to secure fifth place.

A woman at the finish congratulated us and slipped a medal over my head. I searched the crowd and found our crew and my parents who had joined them. Hugs all around, and then everyone wanted to hear what had happened that day. I was overwhelmed with all that was going on around us. Families were crowding around their loved ones who had competed, beers were being opened, cameras were flashing. Everyone had smiles on their faces today. Gone were the looks of desperation, pain and utter depletion that were so common in the previous six days. Forgotten were the long gravel roads, the thick muddy trails, the rain, the wind, the sheer exhaustion experienced in the middle of nowhere. Everyone was caught up in the moment of completion and so was I.

So, was it worth it? After the heartbreak and the hardships we had faced over the previous week? Struggling against the elements, pushing our bodies beyond what we thought they were capable of, day after day, begging them to go just a little further? I looked around again and saw amidst the smiles and tears, under the sweat and layers of dirt, ordinary people who had accomplished an extraordinary feat and I was lucky enough to be among them. A smile crept across my face. Of course it was worth it.

I turned back to my crew and rejoined the festivities. 

*Note: The TransRockies Challenge is a seven day mountain bike race from Fernie, BC to Canmore, AB that covers over 600 km of mountain and road trails and over 9000 meters of climbing. Scope www.transrockies.com

Awards Gala 2005 November 12th, 2005 Edmonton, AB



President's Awards

For outstanding volunteer commitment in organizing the races of the World Masters Games
Chris Check – Pedalhead Racing
Dave Embury-Juventus
Tom McKee – River Valley Cycle
Peter Toth – ERTC/redbike
Jim Yeske – Edmonton MastersCC



Bert Halliwell Trophy – Junior Road Race Champion
Eric Smith – Cyclemeisters

Senior Men's Provincial RR Championship Trophy
Nick Friesen – The Bike Shop

Manfred Meier Trophy – Women's RR Champion
Alison Testroete – Cyclemeisters

Alberta Road Cup

Recognizes the dedication, consistent performance and sacrifice of racers competing in Alberta races

Elite Men - Doug Grieder Memorial Cup

Tim Heemskerk – United Cycle

Elite Women

Alison Testroete - Cyclemeisters

Maurice Johnson Memorial Trophy

Best Rider (male & female) on age standard in the Alberta Provincial 40km ITT Championship

Bruce Copeland - Juventus

Carolyn Soules – Calgary Crankmasters

Lenair Holdings Trophy -Fastest Male, 40 km ITT

Bruce Copeland – Juventus

Bruce Copeland (Juventus) with the Time Trial Series Trophy.

Board bio: Bruce Copeland (Member at Large) has been on the BoD before and likes what it does for cycling in Alberta. One of the provinces best TT'ers, he provides the racer's point of view on the Board.

cp Walsh (Synergy), centre, getting his 7-year itch, I mean 7-year Service Award from ABA President Tim Harris. Board Bio: A stint as Administrative Assistant under former ED Lisa Dickner (née Colombo) got him interested in being a Commissaire. That got him interested in being Provincial Chief. That got him interested in being President. With a degree and background in Sport Admin, he stresses the leadership aspects of his position. ABA ED Shauna Richard, left, is also having a good time.

Service Awards

For Volunteer Commitment
2 year awards
Brys Francis – United Cycle
Lisa Lics – Hardcore Racing
Tom Herriman – Airdrie BMX
Jim Negenman – Calgary BMX
7 year awards
cp Walsh – Synergy Racing
10 year award
Jeff Gruttz – Elbow Valley Cycle

Alberta Time Trial Series Cup

Cat 1 & 2 - Bruce Copeland - Juventus

Cat 3 - John Impey - Cyclemeisters

Cat 4 - Wayne Giles – TRS Racing

Cat 5 - Todd Houston – Calgary Crankmasters

Women A - Susan Copeland - Juventus

Women B - Sherri Buchignani – Way Past Fast

U17 Men - Neal Gregory – Cyclemeisters

Junior Men - Nicolas Andrichuk - Cyclemeisters

Master A Men - Gary Brown – Rundle Mountain

Master B Men - Phil Rayner – Calgary Crankmasters

Master C Women – Karen Cameron - Crankmasters

Master C Men - Wayne Long – United Cycle

Master D Men - Patrick Hodgkinson – Crankmasters

Master E Men - Danny Cronin – Crankmasters



Track Awards

Junior Kilo Trophy

Anthony Stadnyk – Bicisport

Scott Trophy - JR Men Omnium

Anthony Stadnyk – Bicisport

Journal Cup

Women – Nikki Lavoie

Cat 1 2 3 – Graham Thomson

Cat 4 – John Plant

Cat 5 – Ed Heacock

Mike Bidniak (Juventus) with the Alberta Mountain Bike Cup and his keeper certificate. Thanks to Dylan Snowdon (The Bike Shop) for designing and creating the trophies for the TT and Mtb Cups. Thanks also to ERTC/redbike for sponsoring the Junior BAR trophies.

Cyclo-Cross Cup

Women - Marg Fednya - ERTC/redbike

Sport - Gunnar Giese – United Cycle

Expert - Michael Johns - CABC

Elite/Open - Tim Heemskerk – United Cycle



Tim Heemskerk (United Cycle) with one of the trophies he won... let's see... big, shiny, heavy... must be the Doug Greider Memorial Cup.



Alberta Mountain Bike Cup

Recognizes the dedication, consistent performance and sacrifice of racers competing in Alberta races

Elite Women - Madelaine Bate – Terrascape Racing

Elite Men - Tim Heemskerk – United Cycle

Sr. Expert Women - Amy Woodward - Cyclemeisters

Senior Expert Men - Brian Bain - Cyclemeisters

Senior Sport Women - Jennette Allum - Ridleys

Sr. Sport Men - Tom Van Ommeren – Pedalhead Racing

Master Expert Women - Loni Klettl - Freeskool

Master Expert Men - Lonn Bate – Terrascape Racing

Mtr. Sport W. - Marie Josee Santerre – Rundle Mountain

Mtr. Sport Men - Trevor Sutherland – Deadgoat Racing

Master Expert Men 40+ - Tracy Shearer - Juventus

Mtr. Sport Men 40+ - Ivan Dansie – Deadgoat Racing

Junior Expert Women - Danielle Kenny - Cyclemeisters

Junior Expert Men - Mike Bidniak - Juventus

Junior Sport Women - Kelly Hall - Juventus

Junior Sport Men - Brenton Wood – United Cycle

U17 Expert Men - Spencer Smithman - Juventus

U17 Sport Men - David Larson - Juventus

U15 Women - Kendra Middleton - Juventus

U15 Men - Kurt De Freitas - Independant

U13 Women - Erin Middleton - Juventus

U13 Men - Kevin Stafford – United Cycle

Best All 'Round Trophies

U15 Women - Annie Stadnyk – Bicisport

U15 Men - Mac Garvin – Blacksheep Cycling

U17 Women - Lauren Lankester – Blacksheep Cycling

U17 Men - Spencer Smitheman – Juventus

Junior Men - Brian Robinson – Cyclemeisters

Elite Women - Mical Dyck – Terrascape Racing

Elite Men - Tim Heemskerk – United Cycle

Master A Men - Lonn Bate – Terrascape Racing

Master B Men - Peter Toth – ERTC

Master C Men - Michael Zelensky – Terrascape Racing

Master E Men - Peter Bigg – EMCC



Michael Zelensky (Terrascape) with the Master C BAR (Best All 'Round) award.

Dr. Stephen Norris, physiologist with the multi-disciplinary sport science group at the U of Calgary, has been beating the drum for a balanced long-term view of Phys. Ed. and sport for several years. His ideas regarding starting children early on a wide range of activities and supporting them through the stages of their growth and development set the stage for successful involvement in sport for a person's whole life, whether such success involves the top step of an Olympic podium or lifelong enjoyment of physical recreation.

Dr. Norris discussed his views with people from many sports at workshops in October 2005 operated by the Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF). The workshops covered topics such as the reasons for Long Term Athlete Development (LTAD), what it is and how to adapt it to specific sports. Because cycling is a good physical activity (PA) for people of almost any age and because it has lifestyle as well as competitive aspects, LTAD principles are very well suited to cycling.

Why child and youth sport?

There is a long list of reasons to start children on a lifetime of physical activity. Children should learn that there are many pleasant experiences connected with sport and physical activity: fun, growth and development, skills development, fun, personal achievement and challenge, life skills and lessons like punctuality, teamwork, dealing with rules and authority, fun and future health. Did I mention fun? And that's just for the kids.

An active start and FUNdamentals is the basis for the program. Adults have a stake in children's sport as well. They derive entertainment, vicarious experience, pride, social involvement and oh yeah, fun as well. Remembering to keep good experiences for the children foremost will keep everything in context. In spite of many sports having an early emphasis on competition and its consequent winners and losers, losing is not the same as failure. "The only failure is not trying" is a quote that comes to mind. Adults involved in children's sports have a development path as well, from club coach or worker through to national team but the kids always come first. We must understand their motivations, values and expectations.

Taking a cue from the Japanese philosophy of *kaizen* (continuous improvement), Dr. Norris suggested being mindful of the whole process, from an individual drill in a practice to a team's goals for the season to support for LTAD across the country. He used the example of a Formula One auto race pit stop: clear goal, defined roles for all participants, good communication, practiced routines, processes studied with a view to optimizing them.

Dr. Norris spoke of 5 S's: Stamina, Strength, Speed, Suppleness and Skill. Skill, both general and sport-specific, is the basis of success. All are trainable at any time in your life but some times are better than other times.

Dr. Norris noted that success and peak performance comes at different times in different sports.

Emphasis:	Power	P&T	Technique	T&E	Endurance
Sports, e.g.:	Football, Throws	Hockey, Volleyball	Gymnastics, Tennis	Swim	Run, Road Cycle
Peaks at age:	28-34	22-27	15-22	22-27	28+

In all cases, we see that success comes after many years of development. Three interdependent factors contribute to this long-term process:

- Fundamental preparation in multiple sports
- Sport-specific training for maximum performance
- Long-term mastery and participation

Time is important in another sense. All this training and development has to fit into a busy school (or work) day. Building an environment where you can get better is a many-faceted task. Competition is just one part of it. Form partnerships with other sports for cross-training and even social development opportunities. Don't worry about poaching athletes between sports or clubs.

The LTAD model moves away from the idea of the pyramid with a wide base of young participants supporting a few internationally recognized elites, losing many people on the way to the top. Rather, LTAD

encourages all participants to be Active For Life and offers opportunities for everyone to take part at a suitable level.

Note that during the physically and emotionally turbulent adolescent years, say 10 to 16, chronological age rarely matches maturation level. Early bloomers get a lot of attention but this does not always translate into adult success. Late bloomers, perhaps due to more time to "grow into" their bodies, often match or surpass early bloomers. This is especially important for females, who mature earlier than males. This means that it's hard to make valid comparisons between adolescent athletes. A sport program should leave the door open or even offer a repechage element to offer more youth a chance at elite competition.

Working with the stages of a person's physical and mental development is a large part of LTAD. Different body systems mature at different rates, For example, brain growth reaches maximum between age 10 and 12. (Parents of teenagers know that there is still a lot of brain



Dr. Norris (l) speaks with Glen Cowper of the ASRPWF

development to come after age 12...). This means that it's good to have wide range of stimuli and experiences (including good reading). Young children have little memory of the last thing you told them and learn through mimicry, so provide good visual examples of skills that you want to teach.


There are ways of tracking physical maturation. Dr Norris sets great store by Peak Height Velocity (PHV) or maximum growth rate. This is the time in a youth's life where they outgrow clothes by the time they get home from the store and is cheap and easy to measure. Measuring seated height, which removes the influence of rapidly changing limb bones, is also effective.

Motivation Makes Mastery. Have short- and long-term goals and evaluate for effort and improvement as much as for ability and performance. Share athletes between sports and reward all sports and organizations that con-

tributed to an athlete's success. Remember that Lance Armstrong was a triathlete before he specialized in cycling.

Mastery applies to Coaches and sport administrators as well. Be a true student of your sport, mindful of technical and personal aspects. Note the demographics of participants and if possible, conduct exit interviews at each break in the program. Find out who is leaving and why, and who knows, they may come back.

Now that's thinking Long Term.

(See the May 2003 Alberta Spin for another article on Dr Norris and Long Term Athlete Development. See also http://www.cd.gov.ab.ca/building_communities/sport_recreation/resources_links/sport_resources/index.asp, particularly the Canadian Sport for Life link, for much more info.) 

by Jeff Gruttz - (outgoing) V.P. Recreation and Transportation

A quick overview of some of the areas the Committee has been working on to make life better for all Alberta cyclists.

Alberta Infrastructure and Transportation (AT) issues:

- ⊗ Role model for satellite carpool lots in provincial highway right-of-ways approved by Calgary City Council, Sept. '05. This has symbolic significance for its statement on transportation options endorsed by AT.

- ⊗ Positive breakthrough on AT sanction to permit off-road bicycling paths in provincial road rights-of-way occurred in Oct. '05 for portions of the Trans Canada Trail alignment between Ponoka, Red Deer, Penhold, and Springbrook.

- ⊗ Most of the R&T committee's recommendations have been included for bicycle and motorist road sharing content in the provincial Driver's Training Handbook (see 'ABA website' below).

- ⊗ Transverse rumble strip standard (full road width rumble strips in advance of stop signed or traffic light controlled intersections on rural roads) have been updated by the Transportation Association of Canada to enhance bicyclists' safety. Next initiative will involve encouraging AT to retrofit currently substandard transverse rumble strips throughout the province.

Bicycle law enforcement guide for law enforcement personnel:

- ⊗ In progress by committee volunteers with advice from Calgary Police Services Mountain Bike Unit. This will be a vest pocket interpretation of laws pertaining to bicyclists. For counterpart example see: <http://www.floridabicycle.org/> (left margin under cyclists' rights and responsibilities hit "law enforcement guide"). Intent is to go provincial with this guide.

Rec and Trans content on ABA website:

- ⊗ Buttons will include: bicycle incident reporting, governance, minutes, mass events skills card, recreation &

touring clubs, AT area managers, Alberta bicycle history and an Alberta bicycling advocates' resource handbook. The latter item is modeled after the Cascade Cycle Club's resource and the first two chapters are complete. Handbook completion - March '06.

Education and conferences:

- ⊗ R&T member input, cyclists' perspective into an urban design forum "21st Century City", Calgary, Oct. 2005.

- ⊗ Shauna handled registration for a one-day Velo Quebec Bikeways Planning workshop held in Edmonton on 11 Oct. '05. Full registration with ten on waiting list. Attended by cycling advocates, urban transportation planners and engineers from Edmonton, Calgary, Lethbridge and Surrey, B.C. No AT staff members attended. R&T committee intends to cooperate with City of Calgary staff to host another VQ Bikeways Planning workshop Spring '06.

- ⊗ Trails and Pathways National Symposium hosted at Edmonton's Shaw Conference Centre by Alberta Recreation and Parks Assoc., Canadian Parks and Recreation Association and Alberta TrailNet 11-15 Oct. '05. Sessions included topics on Walkable and bikeable communities (Dan Burden), Bicycling advocacy and infrastructure (in Quebec, Ontario, Victoria), Trail economic benefits and a Rail-to-trail overview from the U.S.

- ⊗ ProWalk/ ProBike, the major biennial N American training and advocacy conference, is coming up in September '06, Madison, Wisconsin.

Education initiatives:

- ⊗ The ABA now owns a very useful Alberta customized cycling road skills CD from U.S. cycling educator John Ciccarelli. Content will be integrated with our CAN-BIKE Skills courses. Sections will be adapted for online learning as part of Rec & Trans content on the ABA's website.

Committee representation:

- ⊗ We have a well-balanced group including a healthy mix of racing, recreational and touring cyclists from Edmonton, Calgary and Grande Cache. We welcome new members and contributors. 

Jeff Gruttz has been keeping an eye on the hazards presented by sight-challenged Bioptic drivers. Scope <http://www.biopicdriving.org>

No rest for Rec&Trans Committee in 2005

For the full 411, contact the ABA office. Or come to next year's AGM. We like full representation from the membership.

Tim Harris - President

Successes in 2005 included the World Masters Games, the continued growth and synergy with the BMX community, the resurgence of Road racing, and the new staff and direction at the CCA. Challenges include the World Masters Games, decrease of interest in Mountain bike, lack of an Alberta Canada Cup race, and issues with the National BMX series. The combination of successes and challenges has made for an interesting first year as President, and I have greatly enjoyed my first year as "the Big Kahuna!"

Road racing continues to grow, bringing with it field limits and the constant struggle to make each of the categories as balanced as possible. The Racing Committee under the leadership of cp Walsh has continued to do an excellent job regulating all Road, Track, Mountain bike and Cyclocross racing in the Province.

The BMX Committee and the Recreation and Transportation Committee continue to do excellent work in their areas of concern. Special thanks to Jeff Gruttz and John Cools for their leadership within these Committees.

I would like to thank all the staff at the ABA. Shauna Richard and Andy Holmwood continued to offer amazing leadership, and I believe that thanks to their efforts, we have the best Provincial Association in Canada! Kevin MacCuish, Jayson Gillespie, Bernie Fagnan and Tara Rogutski all did an excellent job assisting Andy and Shauna, and a special thanks to Kevin MacCuish who has taken a job with Cycling BC, best of wishes Kevin!

I would like to thank our Race Organizers, Volunteers, Commissaires, Cyclists and Parents, for all working together to make cycling in Alberta a vibrant and exciting community in which to be involved. Thanks to the Board for its continued support and leadership, and I look forward to continuing to serve the ABA as its President.

Brys Francis - V.P. Administration

The 2005 year began with Shauna, Andy, and I attending the ASRPW Sport Leadership Summit in Banff. This informative conference covered a diverse range of topics from coaching developments, athlete perspectives to risk management and volunteer screening. After interviewing several candidates for ABA Communication Coordinator we decided to hire two individuals to split the technical and administrative duties. The board also began the process of updating the current mission statement to accurately reflect the ABA's purpose. As well, we continued with the financial operations of the association and closed the year with a review of the financial audit of the 2004 year.

During the season I was involved with the Terwillegar Park User Group Meeting addressing the city of Edmonton's future plans for this land area. I was also involved with the County of Strathcona and the planning of the mountain bike venue for the 2007 Western Canada Summer Games.

cp Walsh - V.P. Racing

This past season of 2005 has been a good challenge for our committee. We sought to harmonize the many points schedules, introduce new people to cycling, and manage our budget responsibly. We made informed and equitable choices surrounding road, track, mountain bike and cyclocross racing in the province.

As we close the season, I hear of others interested in joining our committee. This is positive news. For too long many of our members have thought of the ABA as a nebulous governing body. Now, more of our members are coming to understand that they too can affect change—that they can run for a position and be a significant part of the decision-making team. I do hope we'll have more women and parents seeking a position as we can all certainly gain from varied perspectives.

Thanks to Andy Holmwood for his diligent work ethic, to Kevin MacCuish for his pitiful puns, to my committee members for letting me hold the gavel and to the beautiful and equally competent women behind the big pedals in Edmonton, Tara Rogutski and Shauna Richard.

Jeff Gruttz - V.P. Recreation and Transportation

The Committee has been quite busy. Please see separate article on page 37 of this issue of the Alberta Spin.

Annette Svederus - V.P. Women's Cycling

The last few years have seen an increase of women and girls in cycling. BMX contributes to more youth cycling as well as an overall increase in women and girls in mountain biking, road cycling and cyclocross. There is opportunity amongst youth and adults to bridge all disciplines of cycling: BMX, road, mountain bike and cross. The ABA provides the opportunity to promote cycling both as recreational and competitive. This is key to increasing women's participation.

There has been more and more interest in camps and clinics as well as an increase of women on the trails and at events. Although we did not have specific women's camps this year there is still interest and enthusiasm amongst women. There is a need for ability-based rather than age-based groups for women.

In 2005 I had the opportunity to be involved with Sport Canada and the ABA in a Woman in Coaching Initiative leading up to and including Canada Summer Games.

Kristy Sarnoski - Member at Large

Highlights included the IMBA Trail Building Course. Please see separate articles in this issue on page 5 and in the Autumn 2005 issue of the Alberta Spin.

Jeff Davis - Member at Large

Advocacy, Trails – The changes to the Edmonton Parks Bylaw that opened up much of the River Valley to off-road cycling survived community review. Terwillegar Park has similarly resisted attempts to develop it more than most dog-walkers and cyclists want. There have been meetings re: a Mtb Facility with stunts, features, North Shore stuff. Please see separate article on page 40 of this issue of the Alberta Spin.

Highlights from the AGM reports of the ABA Board of Directors

Racing - Lots of racing with the World Masters Games being the showcase. A chance for riders, Commissaires and Organizers to experience racing at a high level. Except maybe for results posting...

I propose that we set up a Race Operation Improvement Taskforce (ROIT) to consider documenting and promoting best practices in race organization. Please Contact Jeff Davis albertaspin@shaw.ca for details or to contribute.

Bicycle Import Tariff - Google "Procycle" "surtax" for lots of info on a proposed 30% surtax on lower-end bikes (~\$600 retail) imported from China. I believe it will make it harder to get into cycling and specifically will make it harder to buy kids' bikes (i.e. BMX bikes).

Alberta Spin Magazine - We are back on schedule with *Alberta Spin* publication. ABA webmistress Lynda Bourak has posted online versions of the 2005 issues of the mag.

Shauna Richard - Executive Director

Once again, we are at the conclusion of an extremely successful year for cycling in Alberta. The number of licensed members has risen dramatically for the fifth consecutive year, tripling the number of licensed riders we had in 2000.

The biggest draw for licenses this year was from riders wishing to compete in the World Masters Games. We had many new riders' license, as well as previous members who haven't licensed in years. Alberta played host to close to one thousand cyclists from here at home and around the world. Our organizers, officials, volunteers and staff were instrumental in creating lasting positive memories for all to take home. We'll put the experience we gained to use over the next few years as Alberta bids to host National and International events.

In the Edmonton office, I was pleased to have Administrative Assistant Tara Rogutski fill this position after an unexpected staff change. Tara was hired to fill a summer position but we are delighted that she will be staying with us in a permanent capacity.

Thank you to all volunteers and staff who have worked so hard over the past year. This year has been busy yet rewarding and I am looking forward to 2006.

Andy Holmwood - Technical Director

Our Provincial Team program was very active this year. Excluding BMX, over 30 athletes were involved in six Provincial Team projects (all National Championships, Tour de l'Abitibi, BC Super Week, Fernie Canada Cup), and three camps. These activities involved the participation of seven coaches. Highlights of the 2005 program include: medals by both men and women at Road Nationals two medals at Canada Games, including one gold; Women finished 2nd in team standings, both men and women involved in National Team program in Road, Track, and Mountain Bike and Cyclo-cross.

Earlier this fall, the Calgary office organized the inaugural Youth Road Championships, an event which was very

much a success. Coaching development this year included coordination of well-attended courses in Road, Track, and Mountain Bike disciplines.

I was fortunate to work at the Calgary office over the past season with Kevin MacCuish, ABA Events Coordinator, and Jayson Gillespie, our Provincial Coach over the summer. I'd like to thank our partner in many areas, the National Training Centre - Calgary, including Tanya Dubnicoff, Kurt Innes, and Adam Bailey. I'd like to also acknowledge Course Conductors Loyal Ma and Natasha Ward, coaches Annette Svederus and Andy Achuff and last but not least my Edmonton co-workers Tara Rogutski and Shauna (Rocket) Richard.

Kevin MacCuish - Events Coordinator

Our busy calendar contained 79 days of racing, including all disciplines and all levels of sanction. Interest continues to grow in the Road and BMX disciplines. Major events coordination activities for 2005 included calendar and race policy planning, updating of points standings, BMX event and provincial team coordination, Commissaire management and working as Technical Delegate and Commissaire at events. Items of note from the 2005 season include:

- ⊗ World Masters Games (July): ABA and its Edmonton-area cycling clubs were heavily involved in the organization and execution of the cycling disciplines included in this multi-sport games.
- ⊗ BMX Activities: In 2005, BMX in Alberta continued to grow, with a 7-race provincial BMX series and an attempt to award points for club-level BMX racing. The early-season release of an ABA BMX policy guide combined with support from the Alberta BMX Association made for a well-attended and smoothly run season of BMX racing.
- ⊗ 2006 Alberta Summer Games: ABA and the BMX Committee convinced the 2006 Alberta Summer Games in Red Deer to reinstate BMX. Each of the 8 ASRPWF Zones will need workers to make the Games a success.
- ⊗ Commissaire Retention and Recruitment: Finding enough Commissaires to work at 2005 races was a challenge. We need to work with ABA's clubs to find new ways to encourage existing Commissaires to work once or twice per year and we must continue to train new Commissaires.
- ⊗ Mountain Bike Events: 2005's record rainfall affected much of the 2005 Mountain Bike calendar with venue access problems and poor course conditions. We look forward to hosting a much stronger and more varied Mountain Bike series in 2006.

I would like to thank our many volunteers and my colleagues, Andy, Shauna, Tara and Jayson for their assistance and support. I wish you all the best, whatever the future may bring.

Editor's note: Now Cycling BC can really say, "We got Alberta's Goat" JD

The ABA thanks Events Coordinator Kevin MacCuish for all his work, especially with BMX, and wishes him the best of luck in his new position as Mountain Bike Manager with Cycling B.C.



Edmonton Mountain Bike Facility may be getting off the ground

For many years, Edmontonians have sought options for cycling in the city, so much so that they have taken the initiative to create their own cycling environment if a suitable one did not exist. Such activity has usually been contrary to Edmonton Parks policy and even applicable law.

On January 1, 2004, changes to the Parks Bylaw greatly improved the opportunities for cross-country riding on unpaved trails. However, there were very few places for freeriding, dirt jumping, downhill riding, and stunts and features like ladders, ramps, bridges and other constructed obstacles of interest to the off-road skills crowd. Where materials, terrain and concealment came together, skills-based mountain biking enthusiasts (you know who you are) built their own features and Parks staff found them, photographed them and removed them.

I use the term "skills-based mountain biking" to distinguish it from the more endurance based cross-country style and because it sounds friendlier than "extreme". There is no real division between the two styles; it's more a matter of the mood and intent of the rider on a given day. That said, some riders have made large commitments to equipment and practice in order to push the limits of their skills. Expensive bikes and trips to Canada Olympic Park (COP) in Calgary and even to Whistler, Fernie and other places in BC show the lengths to which riders will go to enhance their skills.

In the last year, a number of people and organizations have made good progress on responding to the needs of skills-based mountain-bike riders by coming together to discuss and even plan skills-based Mountain Bike Facilities (MBFs). Responding to a City Council request, Parks staff and the City of Edmonton's Trails Pathways and Routes Advisory Committee (TPRAC) have met with other groups in the Edmonton area to make these plans a reality.

2005 saw several meetings at Sunridge Ski Area in Strathcona Science Provincial Park in Strathcona County, just east of Edmonton. Alberta Parks staff (John Leslie), Strathcona County (SC) staff (John Dance, Cliff Lacey) and Sunridge staff (Ian Bokher) met with Edmonton Parks people Gabrielle Barry, Enrique Peris and Kim Sanderson. Sandwiched in the middle were Jeff Davis of the TPRAC and Brys Francis of the Alberta Bicycle Association (ABA).

SC will host the 2007 Western Canada Summer Games (WCSG) and Sunridge will be the venue for the Cross Country mountain bike race. Our meetings worked to establish the course and procedures for the WCSG race in 2007 and 2 test events in 2006 and 2007. We also discussed piggybacking a MBF for SC and eastern Edmonton on to the trail development work. The SC people were keen on the attraction of a MBF to youth and Edmonton Parks people wanted to leverage SC's efforts to create a MBF as part of a regional plan for such things. We eventually decided to separate the two aspects of the work and that Sunridge (www.sunridgeskiarea.com) would pursue its own commercial MBF with lift access. (Note to mountain bike race organizers: Sunridge events have special considerations for Emergency Action Plans, such as what to do in the event of a Bhopal-like chemical release from the nearby refineries. And you think you have details to sweat...)


Focusing Edmonton efforts on Edmonton MBFs, Parks Innovation sparkplug Kim Sanderson considered a network of MBFs of various sizes and levels of sophistication based on the model of a number of small neighbourhood skateboard parks and one or a few larger, fancier installations. This gives flexibility, with the smaller MBFs being portable so that many neighbourhoods can get experience with them and provide input into the process.

Kim provided pictures of the Gleneagles Mountain Bike Park in West Vancouver BC that show many good design principles. The Gleneagles MBF is next to a Rec. facility, making it a family destination and increasing safety. The features connect well and have difficulty options for all levels of rider. Constructed features like ramps, ladders and teeter-totters are built with the solidity of medieval siege engines but can be moved around to reconfigure the park.

There is a lot of knowledge available both locally and abroad about MBF design. Most bike shops have a group of gnarly guys and gals who know how and where to put up guerilla stunts. There are also published standards and guidelines, and pros who know how to work with them. One of the best books on the subject is *Trail Solutions*, produced by the International Mountain Bike Association (IMBA). Participants in the IMBA trail building session in Edmonton (including City staff) received copies of the book and found it very useful. The book provides wisdom on everything from land use negotiation to erosion control and trail flow.

In late November, United Cycle brought in Bike Skills Park Designer Jay 'Hoots' Krantz, who designed the Gleneagles MBF and others in the Lower Mainland of BC. Jay met with City staff, TPRAC and ABA reps Jeff Davis and Jeff Gruttz and Bill Oak, Scott Torrance and Doug Pettigrew from the Rabbit Hill Ski Area, southwest of Edmonton. The Rabbit Hill people were enthusiastic and were looking to be COP North. They hope to have ski lift service for bikes in the summer of 2006. They even whispered the words "Downhill Racing" so keep your ears open for more on this.

Jay provided wisdom on being sensitive to the local communities of riders and of neighbours to the MBF and on MBF construction. He advised us not to mess with mere Bobcats but to use a large excavator to move and pack dirt for jumps efficiently. Use a quad ATV to pack the dirt as you go and protect your working fill pile (70/30 clay/sand for imperviousness) from rain. The vibe he picks up in Edmonton is that we prefer jumps and tables more than skinnies and that there is lots of positive energy here.

People like Doug Gleddie (Edmonton Mountain Bike Association) and Harvey Brauer (Velocity) are working to create the Edmonton Mountain Bike Association so that there will be a contact organization among the cycling community to be the go-to group. The City has distributed a simple survey to bike shops to gauge interest in and determine the demographics for MBFs. Let's use the positive energy of the cycling community and the interest shown by the City to make skills-based mountain bike areas a reality in the city. 

2006 ALBERTA BICYCLE ASSOCIATION MEMBERSHIP APPLICATION

1. Personal Information

PLEASE PRINT CLEARLY

Page 1 of 2

Last Name	First Name	Date of Birth (YY/MM/DD) / /	Age as of Dec. 31 2006 <input type="checkbox"/> Female <input type="checkbox"/> Male
Phone – Home ()	Phone – Work ()	e-mail	
Street Address		City, Province	Postal Code
Name of Club/Home Track- <i>non club members see other fees</i>		Citizenship	Renewal of 2005 ABA license? <input type="checkbox"/> Yes <input type="checkbox"/> No
Signature of Club/Track President <i>*mandatory for club/track members</i>		I would like to receive the ALBERTA SPIN Newsletter by mail <input type="checkbox"/> Yes <input type="checkbox"/> No <i>The ALBERTA SPIN Newsletter is available on-line through our website</i>	

2. License Selection

Multi-Discipline License	BMX License	Non-Racing License	Other Fees
Road, Track, MTB, Cross <input type="checkbox"/> \$120 - Senior riders born in or before 1987 <input type="checkbox"/> \$75 - Junior riders born between 1988-1995 <input type="checkbox"/> \$75 - Master riders born in or before 1951 <input type="checkbox"/> \$75 - DH/4X ONLY riders born in or before 1990 <input type="checkbox"/> \$75 - Paralympic License Please choose all that apply: I will be competing in the following disciplines: <input type="checkbox"/> Road <input type="checkbox"/> Mountain Bike Cross-Country <input type="checkbox"/> Mountain Bike Downhill/4X <input type="checkbox"/> Cyclo-cross <input type="checkbox"/> Track	BMX Racing Please indicate your BMX ability category: <input type="checkbox"/> Novice <input type="checkbox"/> Intermediate <input type="checkbox"/> Expert <input type="checkbox"/> Junior <input type="checkbox"/> Elite <input type="checkbox"/> \$70 - riders born between 1988-2001 <input type="checkbox"/> \$85 - riders born in or before 1987 If you would like to add a BMX license to a Multi-Discipline license, please select your BMX ability category and see 'Other Fees'.	<input type="checkbox"/> \$35 - General Membership <input type="checkbox"/> \$0 - Commissaire: <input type="checkbox"/> Road/Track <input type="checkbox"/> MTB <input type="checkbox"/> BMX The following are in addition to a racing license or a General Membership. <input type="checkbox"/> Coach - Please indicate: <input type="checkbox"/> Road/Track <input type="checkbox"/> MTB <input type="checkbox"/> BMX <input type="checkbox"/> Manager - must have completed a commissaire course: <input type="checkbox"/> Road/Track <input type="checkbox"/> MTB <input type="checkbox"/> BMX <input type="checkbox"/> Organizer : <input type="checkbox"/> Road/Track <input type="checkbox"/> MTB	BMX + Multi Discipline <input type="checkbox"/> \$25 - Add BMX Code to Multi-Discipline License – select ability under BMX License Independent Fee <input type="checkbox"/> \$50 - Must be paid by all non-club members - includes affiliation and insurance Pedal Magazine <input type="checkbox"/> \$12 - 6 issues! Rush Processing <input type="checkbox"/> \$10 - 2 business days and return by courier within Canada

3. Payment information

License Fees \$_____ + Optional Fees \$_____ = \$_____ Total

Payment by cheque payable to *Alberta Bicycle Association*
 Payment by cash
 Payment by VISA (other credit cards and debit not accepted)

Name as it appears on card _____

Visa# _____ Exp _____

Signature of cardholder _____

4. License Information

I have previously held an ABA license.
 I have previously held another CCA or UCI License - please provide a copy (**mandatory**).
 I have not previously held a cycling license - provide a copy of birth certificate (**mandatory**).

If any cycling authority has refused to issue you a license in the past three years, please submit a letter indicating the suspending authority, start date, end date and any pertinent details.

The Alberta Bicycle Association Membership Application Form can now be completed on-line at www.albertabicycle.ab.ca

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

WAIVER, RELEASE & INDEMNITY

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

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

I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

SIGNATURE: _____

DATE: _____

PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT

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

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

SIGNATURE _____

DATE: _____

DECLARATION

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

NAME: _____

SIGNATURE: _____

DATE: _____



ABA MEMBERSHIP BENEFITS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

2005 Maurice Bernard Club Award

Club	Total Medals	BMX			Cyclo-cross	Criterium			Hill Climb			Time Trial			Road Race			Track			X-Country													
		G	S	B		G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	Tot										
1 Airdrie BMX	340	180	120	40	5	5	20	5	25	45	5	50	15	10	25	15	10	25	90	20	5	115												
2 Cyclemeisters/Bow Cycle	245	21			60	20	10	90	20	20	20	5	15	10	25	15	10	30	45	10	5	60												
3 Juventus	240	22			15	10	25	15	5	20	15	20	5	40	15	30	45																	
4 Synergy Racing	225	22																																
5 Calgary BMX	205	22	75	90	40	205																												
6 Calgary Crankmasters	175	18																																
7 Red Deer BMX	135	12	90	30	15	135																												
8 biciport	135	11			15	10	25	15	15	30	5	35	5	5																				
9 Terrascope	115	11			15	15	30	45	45	10	10	30	30																					
10 United Cycle	115	10			15	10	25	15	5	5	10	10	30																					
11 Deadgoat	90	9			15	10	25	15	10	5	15	15	15	10	5	15	15	15	30	30	30	60												
12 ERTC/redbike	90	8																																
13 Lethbridge BMX	80	10	30	20	30	80																												
14 Rundle Mountain	80	6																																
15 Edmonton BMX	70	8	15	40	15	70																												
16 The Bike Shop	70	7	15		15	15																												
17 Medicine Hat BMX	70	6	30	40	70																													
18 Cochrane BMX	60	6	45		15	60																												
18 TRS Racing	60	6																																
20 Pedalhead Road/Sleeman	50	4																																
21 Black Sheep	45	4																																
22 Team Pusch	40	3																																
23 Ridleys Cycle	30	3																																
24 Velocity Cycling Club 25	3																																	
25 Edmonton Masters	25	2																																
26 Pedalhead	20	3																																
27 FreeWheel	15	1																																
27 Stony Plain BMX	15	1	15		15																													
27 Subway	15	1																																
30 Mountain Bike City	10	2																																
30 Okotoiks BMX	10	2			10	10																												
32 CFM Cycling Club	10	1																																
33 CABC/Projekt 1	5	1																																
33 Dirt Girls	5	1																																
33 GS Campione	5	1																																
33 Sport Check	5	1																																
33 St. Albert BMX	5	1			5	5																												
Grand Total	2935	282	495	340	170	1005	135	70	35	240	75	50	25	150	210	110	40	360	165	80	30	275	75	50	30	155	135	80	30	245	285	170	50	505
37 Clubs																																		

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

We have included BMX in the 2005 MBCA and, as predicted, they have blown the other disciplines right off the page... Actually, if you look closely, there are several instances of clubs having success in many disciplines.

2005 Maurice Bernard Club Award

2006 NCCP Coaching Courses

Dates	Course	Location	Instructor	Fee
March 10 - 12	NCCP Level 3 Technical	Calgary	Houshang Amiri	register thru CCA*
March 18 - 19	NCCP Level 1 Technical Road	Calgary - Canada Olympic Park	Andy Holmwood	\$125
tba	NCCP Level 1 and 2 Technical Track	Edmonton - Argyll Velodrome	Kurt Innes	\$125
May 12-14 Friday: 7 pm - 10 pm Sat/Sun: 9 am - 5 pm	NCCP Level 1 Technical Mountain Bike	Calgary - Canada Olympic Park	Loyal Ma	\$125

- ⊗ Pre-requisite for Level 1 Technical courses is "Introduction to Coaching – Part A". Please visit <http://www.cd.gov.ab.ca/asrpwf/programs/sports/nccp/index.asp> for course information
- ⊗ Registrations due 10 days prior to course; courses may be cancelled if numbers are low
- ⊗ *register for the Level 3 Technical Course through the CCA: www.canadian-cycling.com
- ⊗ Pre-requisites also apply to Level 2 courses; please contact Andy Holmwood for info
- ⊗ Courses are open only to ABA members
- ⊗ Riding is involved in all courses; please come prepared
- ⊗ **Please circle the course(s) in which you wish to register**

Last name, first name

Home Phone

Work Phone

Mailing Address

City

Postal Code

Visa payment: Name (exactly as it appears on card): _____
(sorry - no Mastercard. Make cheques payable to: Alberta Bicycle Association)

Expiration Date: _____ Card #: _____

Signature: _____

Email address: _____

More Information: ABA Calgary – phone (403)297.2720 email: andy@albertabicycle.ab.ca
Mail or fax registration/cheque to: ABA Edmonton – 11759 Groat Rd, Edmonton, AB T5M 3K6
Fax – 780.427.6438

Alberta Bicycle Association – Annual General Meeting
Saturday, October 29, 2005
University of Alberta – Van Vliet Physical Education Building
Room E – 120

Meeting called to order at 4:12 pm

1.0 Review and approval of the agenda

Motion (Guri Randhawa, Bruce Copeland) to approve the agenda as presented:

Motion Carried

2.0 Approval of AGM Minutes, October 30th, 2004

Motion (Guri Randhawa, Leslie Kowall) to approve the minutes as circulated:

Motion Carried

3.0 Reports

3.1 President – Tim Harris

-World Master Games a big focus
 -BMX issues now at CCA level
 -Staff was effective this year

3.2 VP Administration – Brys Francis

-improvements in website a positive development

3.3 VP Racing – cp Walsh

-points schedules harmonized across disciplines
 -Canada Games a big focus
 -Learn to Race clinics successfully reintroduced

3.4 VP BMX

-season was successful; membership numbers up to over 900,
 2 new tracks in Morley and St. Albert
 -Canadian championships went well at Airdrie
 -Alberta Summer Games coming in 2006 – good for development of BMX
 -Grande Prairie and Innisfail tracks may come on board in 2006

3.5 VP Recreation and Transportation – Jeff Gruttz

-Jeff's report included in AGM package

3.6 VP Women's Cycling – Annette Svederus

-busy year for Annette: involvement in Women in Coaching Apprenticeship program, and working with young athletes at Canada Games
 -general growth in women's cycling

3.7 Member at Large – Kristy Sarnoski

-heavily involved with IMBA trail building clinic

3.8 Members at Large

Member at Large – Lisa Licis

-Lisa busy with twin kids, unable to work as volunteer coordinator for WMG

Member at Large – Jeff Davis

-Jeff highlighted a number of advocacy issues in Edmonton, in addition to racing in Edmonton and the Spin Newsletter

Member at Large – Bruce Sorensen

-no report

Chief Commissaire – We lost two Chief Commissaires this year, due to a resignation and a departure from Alberta. Tim Harris and Kevin MacCuish handled most of the load.

3.9 Executive Director – Shauna Richard

-membership numbers are way up; licensed numbers have tripled in past three years. BMX growth, resurgence of road contributed this.
 -ABA looking to online registration this year.

3.10 Technical Director – Andy Holmwood

-highlighted strong performances by athletes throughout the disciplines; men and women made National Teams in all disciplines. Indicative of both good athletes and good coaching in Alberta.
 -good showing at Canada Games

- 3.11 Events Coordinator – Kevin MacCuish**
-Kevin's report included in AGM package
- Motion** (Bruce Copeland, Lance Adamson) to accept reports as presented:
Motion Carried
- 4.0 Items for Approval**
- 4.1 Audited Financial Statement (2004)**
-healthy surplus recorded in 2004
Motion (Don Fox, Tanya Dubnicoff) to approve audited financial statement:
Motion Carried
- 4.2 Bylaw Changes**
"Racing Committee Position" – carried, no one opposed, no abstentions
- Mechanism to expel Board or Committee member
-carried, no abstentions, no one opposed
- 5.0 New Business**
- 5.1 Financial update 2005**
-Shauna detailed current financial position, included in AGM Guide
- 6.0 Elections**
- 6.1 Vice President Administration (2 years)**
Nominated (by Tim Harris) – Brys Francis (declined)
- 6.2 VP Recreation and Transportation**
Nominated (by cp Walsh) – Natasha Kuzmak (elected by acclamation)
- 6.3 VP Women's Cycling**
Nominated (by Tanya Dubnicoff) – Annette Svederus (elected by acclamation)
- 6.4/6.5 Racing Committee (3 members for 2-year position, 1 member for 1-year)**
Nominated (by Glenn Murphy) – Guri Randhawa
- Nominated (by Bruce Copeland) – Harvey Brauer
Nominated (by Jayson Gillespie) – Adam Bailey
Nominated (by Guri Randhawa) – Glenn Murphy
Nominated (by Guri Randhawa) – cp Walsh
- Elected to two-year terms: Guri Randhawa, cp Walsh, Adam Bailey
Elected to one-year term: Harvey Brauer
- 6.6 2 BMX Committee members**
Nominated (by Steve Burke) – Tanya Dubnicoff
Nominated (by Rose Cools) – Ron Nichols
Nominated (by Sue Hetherington) – Vic Doehring
- Elected – Vic Doehring and Ron Nichols
- 6.7 2 Members at Large**
Nominated (by Jeff Davis) – Alan Schietzsch
Nominated (by Annette Svederus) – Karen Martins
Nominated (by Don Fox) – Bruce Copeland
- Elected: Bruce Copeland, Alan Schietzsch
- 6.8 2 Financial Auditors**
Nominated (by Lisa Licis) – Brys Francis
Nominated (by cp Walsh) – Karen Martins
- Elected by Acclamation: Brys Francis and Karen Martins
- Note – VP Administration to remain vacant for the time being*
- Motion** (Guri Randhawa, Jeff Davis) to destroy the ballots:
Motion Carried
- 7.0 Adjournment**
-meeting adjourned at 5:40 pm.

*Alberta Bicycle Association
11759 Groat Road
Edmonton, AB T5M 3K6*

*ph: 780-427-6352 fax: 780-427-6438
e-mail: office@albertabicycle.ab.ca
<http://www.albertabicycle.ab.ca>*



On the (back) cover:
*John Keats (Pedalhead/Bacardi) dauntlessly
dares the dangerous downhill at the 2005
ERTC/redbike Canada Day Criterium.
Photo courtesy Greg Skafte*