

The

# Alberta spin

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Canada

The Magazine of the Alberta Bicycle Association

Vol. 34 No. 3 June 2002

## A nice day for a bike race - finally



*A good-sized Women's group in the Criterium at the Velocity Ardrossan Stage Race*

# Race-Do


Loyal Ma styles himself the "Mountain Bike Yoda" but there are other Jedi masters in whom the race-force is strong. Some race organizing details:

ABA Technical Director Andy Holmwood advises criterium lap counter number flippers to keep it simple for busy riders. Show the remaining time only in multiples of five minutes e.g. 35, 30, 25, 20, 15, 10, 5 minutes. Once you're done with the timed portion and into the counted laps portion, then show the exact lap count. This way, it's clear what part of the race we're in. Anything less than 5 means "Habble to the gallop, lads! We're into the last few laps."

Mtb Provincial Chief Commissaire Martin Spencer says to set marshals at intersections. Place them where parts of the racecourse come together and where traffic paths for spectators or other trail users come together. Other places to marshal include potential hazards. Spectators are likely to gather at these so it's doubly important to cover them.

Set up the start with enough length for riders to sort out a bit before the first bottleneck but keep it short enough to motivate riders to get to the bottleneck in a good position in the group (i.e. the front). If there are multiple starts, make sure the starting group and any riders already on the course can merge safely. Place the start and finish areas far enough apart to avoid interference.

Les Whiteley, originator of the Pigeon Lake RR and organizer of the 2002 Edmonton Corporate Challenge Mtb race tells us that when the path to the finish line splits off from the path to continue racing, mark them really well.

Les also has wisdom for marshals. Give each marshalling station a name and map location so if there is an incident, responders know where to go. Give your marshals information about the race such as race details, start and end times, course, non-competitor (spectator, warm-up, public) use of course and alternate routes. This way they will be able to answer questions from passers-by and they will also feel more connected to the event. 

## Contributors!

The Alberta Bicycle Association produces the Alberta Spin 5.5 times a year at the Percy Page Centre Print Shop.

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**Editor:** Jeff Davis [albertaspin@shaw.ca](mailto:albertaspin@shaw.ca) **NEW E-MAIL!!!**  
Contributors this issue:


**Words:** Pat Ferris, Sam Klein, Cayla Loewen, Shawn Loewen, Fiona Morrow, Shauna Richard, Claire Stock, Natasha Ward

**Pictures:** Aaron Andronyk, Sam Klein, Natasha Ward

**Results prep & Web work:** Jeff Ingram  
Linda Medland Davis didn't interfere

## Red Deer BMX builds the sport

by Sam Klein, VP and training director, Red Deer BMX  
<http://members.shaw.ca/rdbmx/>

The Red Deer BMX Club is very busy preparing for the upcoming June 16 provincial race. We had a old fashioned prairie moto shed-raising just recently and have ordered a new gate that should be up and running for this provincial race. A new moto tower will also be built a little later on in the season. We are also busy with a new track design along with a pro section. With a little more cooperation in the weather department, the provincial race should be a great success. Many thanks to all of our volunteers for their hard and endless efforts. 



BMX people go to the wall for their sport. Photo courtesy Sam Klein.

## Publications Mail Agreement #1467549

### Contribute!

ABA E-mail is [office@albertabicycle.ab.ca](mailto:office@albertabicycle.ab.ca)

Jeff Davis 780-483-1880 (Edm) 403-297-8227 (Calg)

E-mail: [albertaspin@shaw.ca](mailto:albertaspin@shaw.ca) **NEW E-MAIL!!!**

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

11759 Groat Road Edmonton AB T5M 3K6.

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

### 2001/2 Newsletter Deadlines

Issue	in-by	out-by	feature
Aug. 2002	July 15	Aug. 8	More results!
Oct. 2002	Sept. 15	Oct. 8	Year Wrap-up
Dec. 2001	Nov. 15	Dec. 8	AGM News 'Cross!!!!
Mar. 2003	Mar. 15	Apr. 8	Forms, calendar
June 2003	May 15	June 8	Results!





# Technical Directions

by Andy Holmwood, ABA Technical Director  
andy@albertabicycle.ab.ca  
403-297-2720  
2<sup>nd</sup> Floor, 818 16 Ave. N.W.  
Calgary, Alberta T2M 0K1

Do you know the Regulations? Are you aware that when you sign-on for an event you are declaring that you have read and understand the Regulations, and agree to abide by them? Regulations are available in hard copy through the ABA office for \$10, or online at [www.canadian-cycling.com](http://www.canadian-cycling.com)

This month's sample:

- ⊗ Never cross a finish line more than once, or you will be rewarded with the time of your second crossing.
- ⊗ You must wear the jersey of the club listed on your license, unless you have received a letter of release from your original club to ride for another affiliated club.

### Provincial Team News:

June is the month of many important selection events for Alberta Provincial Cycling Teams. This year, Team Alberta will compete at National Championships in Road, Track, Mountain Bike, and Cyclo-cross, the Tour de l'Abitibi in Quebec, and in events in the province of Gangwon, Korea.

Alberta athletes heading to National competitions this summer are encouraged to familiarize themselves with **doping control regulations**. Please don't assume your doctor is familiar with the list of controlled substances! The exhaustive source for information in Canada is the Canadian Centre for Ethics in Sport: [www.cces.ca](http://www.cces.ca)

### Athlete news:


**Carrie Tuck**, just returned from a successful racing stint in France with the National Team, unfortunately broke her collarbone at Bikes on Broadway in Saskatoon. We hope to see Carrie back racing later this month.

**Marc Bomhof**, after an extraordinarily successful final season as a junior, is tree planting this summer, in Northern Alberta and BC. Marc spent the winter in Niger, Africa, performing humanitarian aid and working on his French. Marc will be back on the bike in August, preparing for the 2003 campaign.

### Autumn Cycling Camps for Women:

We encourage Women to sign-up for these fall camps:  
Road and Track Edmonton September 14/15  
Mountain Bike Jasper September 21/22  
You'll find registration forms on page 13 of this issue.

No takers to be had in last month's Regulations query, so we shall try again! A shiny 2002 CCA rulebook is up for grabs to the ABA member who best interprets this gem:

*"The purloining of goods is strictly forbidden."* 

## Mountain Bike at the Alberta Summer Games

by Shauna Richard



The Alberta Summer Games are a multi-sport event held every 2 years. Mountain bike cross-country racing is one of the participating sports at the 2002 Games, which will take place August 15-18 in Camrose. MTB teams are comprised of six athletes, 4 males and 2 females and represent 8 regions of the province. Eligible athletes for the Alberta Summer Games include Under 15 and Under 17 riders (born in 1986, 1987, 1988 or 1989).

Cross country events will be held over two days at the Camrose Nordic Centre. Athletes between the ages of 13 and 16 are invited to try out for one of the six positions per zone in the playoffs being held through June and July.

Teams will stay in an athletes' village in Camrose and the Alberta Sport, Recreation, Parks and Wildlife Foundation will be arrange all meals and accommodations. This is a wonderful opportunity to get young members involved in racing. If you, a sibling, son, daughter, teammate etc. enjoys riding and would like to give the games a try, please contact the ABA office at 780-427-6352 (Edmonton) or 1-877-646-BIKE (2453, toll free) for details on playoffs in your areas. The zone you compete for is determined by where you live (see below).

Zone 1 - Sunny South - Playoffs June 1<sup>st</sup> in Medicine Hat.  
Includes: Lethbridge, Medicine Hat, Nanton, Arrowwood, Brooks.

Zone 2 - Big Country - Playoffs July 9<sup>th</sup> in Canmore  
Includes: Banff, Olds, High River, Gleichen, Drumheller, Trochu, Hanna, Empress.

Zone 3 - Calgary - Playoffs June 20<sup>th</sup> in Calgary.

Zone 4 - Parkland - Playoffs June 15<sup>th</sup> in Rocky Mtn House.  
Includes: Rocky Mountain House, Wetaskiwin, Red Deer, Camrose, Stettler, Coronation.


Zone 5 - Black Gold/Yellowhead - Playoffs July 7<sup>th</sup> in Fort Saskatchewan.

Includes: Grande Cache, Hinton, Edson, Whitecourt, Drayton Valley, Swan Hills, St. Albert, Sherwood Park, Leduc, Ft. Sask, Red Water, Athabasca, Calling Lake.

Zone 6 - Edmonton - Playoffs June 20<sup>th</sup> in Edmonton.

Zone 7 - North Eastern Alberta - Playoffs June 15<sup>th</sup> in Fort McMurray.

Includes: Fort McMurray, Lac La Biche, Cold Lake, Smoky Lake, St. Paul, Lamont, Mundare, Vegreville, Tofield, Lloydminster, Viking, Wainright, Provost.

Zone 8 - Peace Country - Playoffs July 8<sup>th</sup> in Grande Prairie.  
Includes: High Level, Fairview, Peace River, Beaverlodge, Grande Prairie, High Prairie, Valleyview, Slave Lake, Fox Creek. 



## Coulee Cruiser XC April 28 presented by Lethbridge Headwinds

#	Name	Club	TIME			
<b>U15 Men</b>			2 Laps	<b>Senior Elite Men</b>		
1.	Bidniak, Michael	Juventus	37:35	1.	Webster, Mark	Bicisport
2.	MacDonald, Paul (J)	Indep	40:20	2.	Myers, Duane Ashley	Terrascape
3.	McPhalen, Robert	Dynamic	42:55	3.	Sutton, Andre	Hardcore
4.	Churchill, Matthew	Pedalhead	44:15	4.	Misseghers, Troy	Mtb City
5.	Kennedy, Peter	Rocky Mtn	49:42			
6.	Herena, Ricky	Bicisport	59:09	<b>Senior Sport Women</b>		
7.	Jones, Josiah	Deadgoat	1:07:49	1.	Portwood, Michelle	Indep
				2.	Misseghers, Christine	Mtb City
				3.	Williamson, Carrie (B)	Spoke
				4.	Angus, Tina	Hardcore
<b>U17 Expert Men</b>			4 Laps			
1.	MacDonald, Mark	CMC	1:05:09	<b>Master Sport Men 30-39</b>		
2.	Hennesy-Moore, John	Rocky Mtn	1:05:44	1.	Seaborn, Jeff	Terrascape
3.	Bain, Brian	CMC	1:08:55	2.	Stolarik, Jiri	Indep
4.	Grant, Zach	Trailrider	1:28:32	3.	Van Dyk, Jack	Terrascape
				4.	Kullman, Brian	Synergy
<b>U17 Sport Men</b>			3 Laps	5.	Licis, Brian	Hardcore
1.	Schaffer, Marty	Rundle Mtn	47:08	6.	Kovacs, Frank	Snakebite
2.	Pauly, Matthew	Rocky Mtn	51:57	7.	Sutela, Cory	Indep
3.	Sparling, Jeff	Olympic Oval	54:35	8.	Lavoie, Daniel	Pedalhead
				9.	Power, James	Spoke
				10.	Woytuck, Warren	Tyrone
<b>Junior Expert Women</b>			4 Laps	11.	Robert, Brad	Headwinds
1.	Morris, Rebecca (S)	CMC	1:22:37	12.	Carter, Sean	Snakebite Society
2.	Churchill, Kimberley (E)	Pedalhead	1:34:24	13.	Down, Patrick	Deadgoat
				14.	Martens, Mike	Snakebite Society
<b>Junior Expert Men</b>			6 Laps	15.	Roch, Douglas	Hardcore
1.	Davidson, Andrew	Trek/VW	1:28:00	16.	Schiefler, Steve	Calgary Cycle
2.	Holland, Eric	CMC	1:28:36	17.	Reichert, Don	Synergy
3.	Sparling, James	CMC	1:31:33	18.	Kim, Angus	Synergy
4.	Bell, Justin	Deadgoat	1:33:03			
5.	Strom, Per	Terrascape	1:33:30	<b>Senior Beginner Men</b>		
				1.	Jones, David	Soma Cycle
<b>Junior Sport Men</b>			4 Laps	2.	Bautista, Manrique	Pedalhead
1.	Cochrane, Steve	Pedalhead	1:05:07	3.	Brown, Dexter	Headwinds
				4.	Hetu, Antony	Bicisport
<b>Senior Elite Women</b>			5 Laps	5.	Williams, Justin	Singletrack
1.	Tykwinski, Annie	Pedalhead	01:27:50	6.	Hardie, Shane (S)	River Valley Cycle
2.	Nicholson, Samantha	CMC	01:33:44			
				<b>Senior Expert Men</b>		
<b>Master Expert Men 30-39</b>			6 Laps	1.	Pittman, Keir	Synergy
1.	Andersen, Ross	Calgary Cycle	1:31:44	2.	Snowdon, Dylan	Calgary Cycle
2.	Sudlow, Paul	Calgary Cycle	1:34:06	3.	Zidek, Tom (S)	Bike Shop
3.	Doyle, Pat	Deadgoat	1:34:44	4.	Wright, Graeme	Rocky Mtn
4.	Woodhouse, Nick	Sport Check	1:36:57	5.	Castle, Ryan	Headwinds
5.	Schmiedge, Kirk	Bicisport	1:37:42	6.	Taylor, Shawn	Rundle Mtn
6.	Prinz, Michael	Singletrack	1:39:00	7.	Martins, Steve	Hardcore
7.	Tykwinski, Rik	Pedalhead	1:42:04	8.	Smith, Jeff	CMC
8.	Garvin, Ed	Singletrack	1:44:13	9.	Cretney, Steven	Pedalhead
9.	Kowalzik, Paul	Rock&Road	1:47:22	10.	Robichaud, Konrad	Bicisport
				11.	Kennedy, David	CMC
				12.	Shields, Brian	Headwinds
<b>Master Sport Women 30+</b>			3 Laps			
1.	Coderre, Annette	Pedalhead	1:16:01	<b>Senior Expert Women</b>		
				1.	Svederus, Annette	United Cycle
<b>Master Expert Women 30+</b>			4 Laps	2.	Grajczyk, Trish	Deadgoat
1.	Licis, Lisa (E)	Hardcore	1:13:56			
2.	Ericksen, Anne-Brit (S)	Snakebite	1:22:21	<b>Senior Sport Men</b>		
				1.	Steenbergen, Anthony	CMC
<b>Master Men 40+</b>			4 Laps	2.	Chambers, Gary	Deadgoat
1.	Brezsnyak, Tim (E)	Deadgoat	1:04:50	3.	Dobler, Aaron	Juventus
2.	Rayner, Phil (E)	Headwinds	1:05:03	4.	Boake, Tyler	Trailrider
3.	Jones, Darcy	Deadgoat	1:07:43	5.	Clark, Brent (B)	Indep
4.	McPhalen, Don	Dynamic	1:07:45	6.	Rasmussen, James	United Cycle
5.	Zelensky, Michael	Pedalhead	1:21:02	7.	Batstone, Keith	Rundle Mtn
6.	Fraser, Craig	Singletrack	1:25:17	8.	Sutherland, Trevor	Deadgoat
7.	Sparling, Chris	Bicisport	1:30:32	9.	Cormier, Dan	Indep
8.	Churchill, Peter	Pedalhead	1:33:00	10.	Riphagen, Neil	Rundle Mtn
9.	Fox, Don	Juventus	1:38:13	11.	Schwabe, Richard	Sport Shack
10.	Stretch, David	Singletrack	1:40:19			
11.	Rachar, Stanley	Rocky	1:43:48			
12.	Yau, Henry	Deadgoat	2:03:03			

# Bicisport presents Fish Creek #1 - Saturday, April 20 Calgary, AB

#	Name	Club	Time	3	dnf					
<b>Cat 1&amp;2</b>										
1	Jeff Bolstad	Synergy	52:30			Ryan MacKenzie	Colnago-Carrera	56:00	Mark MacDonald	Bow Cycle
2	Mike Stickland	Pedalhead	52:30			Rich Wegerhoff	Bicisport	56:00	Dave Kennedy	Bow Cycle
3	Andrew Davidson	Trek/VW	52:30			Spencer Atkinson	Olympic Oval	56:00	Brad Tymchuk	Pedalhead
4	Travis Smith	Juventus	52:30			Eric Holland	Bow Cycle	56:00	Derek Singbeil	ERTC
5	Zbigniew Szymanski	Velocity	52:30			Robert Gasienca	GS Campione	56:00	Stuart Cleary	Redbike
6	Keith Stark	Deep Cove	52:30			Mark Webster	Bicisport	56:00	Gordon Kennedy	Bow Cycle
7	Bob Veroba	Bicisport	52:30			Mike Lawford	Pedalhead	56:00	Dexter Brown	Headwinds
8	Nick Jendzjowsky	Juventus	52:30			Wade Wallace	Pedalhead	56:00	Tom Charlton	Independent
9	Sean Anastasiadas	Independent	52:30			Dan Ward	GS Campione	56:00	Paul Robertson	Terracape Racing
10	Jeff Smith	Bow Cycle	52:30			Phil Rayner	Headwinds	56:00	Tommy Mak	Crankmasters
11	Doug Baron	Bicisport	52:30			Andrew Gage	Synergy	56:00	David Adler	Synergy
12	Keir Pittman	Synergy	52:30			Scott Manktelow	Rundle Mtn CC	56:00	Rob Onodera	Crankmasters
13	Dave Jetz	Synergy	52:30			Craig Good	Bow Cycle	56:00	Spencer Royds	Mountain Bike City
14	Mark Fewster	Juventus	52:30			Philippe Abbott	Olympic Oval	56:00	Jamie Sparling	Bow Cycle
15	Chris Bentley	Olympic Oval	52:30			Cory Sutela	Independent	56:00	Mike Patton	Olympic Oval
16	Kirk Loberg	Juventus	52:30			Michael Johns	Bow Cycle	56:00	David Jones	Soma Cycle
17	Jesse Collins	Bicisport	52:45			Craig Horon	Velocity	56:00	Frank Kovacs	Bicisport
18	Jim Fisher	Colnago-Carrera	52:45			Guri Randhawa	Pedalhead	56:00	Clayton Wilkinson	United Cycle
19	Dominic Gauvin	Rocky Mtn Bikes	52:45			Sean Carter	Snakebite Society	56:00	Kent Flood	Bicisport
20	Len Conlin	Bicisport	52:45			Glenn Murphy	Velocity	56:00	Kim Harris	Independent
21	Robert Stirling	Velocity	52:53			Justin LaPrairie	Mountain Bike City	56:00	Ryan Castle	Headwinds
22	Clayton Paradis	Pedalhead	55:00						Derrill Shuttleworth	Pedalhead
23	Ted Dahms	Pedalhead	55:00						Konrad Robichaud	Bicisport
24	Shawn Taylor	Rundle Mtn CC	55:00						Steve Cochrane	Pedalhead

#	Name	Club	Time	3	dnf					
<b>Women</b>										
1	Diana Bladon	Opus				Cam MacKinnon	Olympic Oval		Olympic Oval	
2	Amy Woodward	Olympic Oval				Jason Sweet	GS Campione		GS Campione	
3	Jenny Trew	Opus				Rob Nethery	Pedalhead		Pedalhead	
4	Laura Yoisten	Colnago-Carrera				Duane Myers	Terracape Racing		Terracape Racing	
	Samantha Nicholson	Bow Cycle				Jack Van Dyk	Independent		Independent	
	Louise Penkman	Synergy				Jean-Pierre Roy	Bicisport		Bicisport	
	Lysanne Delogne	Opus				Rob Healy	Independent		Independent	
	Paula Kane	GS Campione				Nicholas Kennett	Bicisport		Bicisport	
	Silping Wong	Pedalhead				Russ Colnett	Bicisport		Bicisport	
	Anne-Brit Ericksen	Snakebite Society				Byron Davis	Pedalhead		Pedalhead	
	Colleen MacCallum	Pedalhead				Anthony Steenbergen	Bow Cycle		Bow Cycle	
	Lisa Bowe	Olympic Oval				Steve Martins	Hardcore		Hardcore	
	Nadine Mueller	ERTC				Joel Regimbald	TTR Racing		TTR Racing	
	Melissa Findlay	Olympic Oval				Jiri Stolarik	Independent		Independent	
	Kathy White	Jeune Cyclisme				Brian Kullman	Synergy		Synergy	
	Deane Jabs	Bicisport				Nick Woodhouse	Soma Cycle		Soma Cycle	
	Michelle Portwood	Independent				Ross Andersen	Calgary Cycle		Calgary Cycle	
	Debbie Proulx	Mountain Bike City				Marcus Albinus	Bicisport		Bicisport	
	Erica Virtue	Olympic Oval				Brian Shields	Headwinds		Headwinds	
	Sara Cohen	Headwinds				Per Strom	Terracape Racing		Terracape Racing	
	Carolynne Laughey	Pedalhead				Robert Straga	Independent		Independent	
	Jillian Walsh	Olympic Oval				Scott Websdale	Cafe Racers		Cafe Racers	
	Dawn Dittman	Soma Cycle				Peter Churchill	Pedalhead		Pedalhead	
	Samantha Cools	Airdrie BMX				Eric Wong	Spokes and Attire		Spokes and Attire	
	Laura Brown	Olympic Oval				Mike Bigelow	Bicisport		Bicisport	
	Susan Sutherland	Synergy				Andre Sutton	Hardcore		Hardcore	
	Jessica Demars	GS Campione				Tim To	Bicisport		Bicisport	
						Ryan Lakhram	Juventus		Juventus	
						Rene Regimbald	Olympic Oval		Olympic Oval	

**Cat 5**

1	Marty Schaffer	Rundle Mtn. CC	55m56s
2	Wayne Long	EMCC	
3	Anthony Stadnyk	Bicisport	
4	John Hennessy-Moore	RM Bike 'n Board	
5	Adam Snow	Independent	
	Sean Walsh	Olympic Oval	
	Chris Sparling	Bicisport	
	Charles Sinclair	Soma Cycle	
	Paul MacDonald	Independent	
	Don Sharpe	Olympic Oval	
	Paul Gumbley	Olympic Oval	
	John Desramaux	Crankmasters	
	Jeff Conroy	Independent	
	Kim Churchill	Pedalhead	
	Rebecca Wilkinson	Synergy	
	Rebecca Morris	Bow Cycle	



# Michael Almdal Memorial Scholarship

Michael Almdal, one of Alberta's premier cyclists, was fatally injured while training for the Provincial Road Race Championships on August 24, 1990 at the age of 22. In his first season of racing, 1984, Michael placed third as a junior in the Provincial Road Race Championships. He twice competed in Quebec's Tour de l'Abitibi, where in his second year he finished 15th. He won the senior (Cat 1) Provincial Road Race in 1987 and 1988 and then went on to compete in the Olympic Trials in Vancouver. His ultimate goal was to compete in the Tour de France.

"Biker Mike" was one of the few athletes able to attend university full-time and train for cycling full-time. He had just completed his 2nd year of engineering at the University of Calgary. He brought the same discipline and intensity to his studies as he did to his racing.

His memory lives on through a Memorial Scholarship Fund and the annual awarding of the Michael W. Almdal Memorial Cup. Michael's family and friends established the Fund in 1990 to commemorate his athletic and academic accomplishments. The fund, in co-operation with the Alberta Sport, Recreation, Parks and Wildlife Foundation, will provide a \$2500 scholarship to an accomplished cyclist attending an accredited college or university on a full-time basis.

Please call the ABA office to receive an application form. The form must arrive at the ABA office by Friday August 2, 2001. The award will be presented at the Provincial Road Race Championship in Okotoks on Sunday, August 18, 2001.

**Previous Winners:**

- |                       |   |
|-----------------------|---|
| 1991 - Mat Anand      | 1992 - Oliver Utting  |
| 1992 - Sonia Utting   | 1994 - Jacob Erker  |
| 1995 - Colin Davidson | 1996 - Trevor Gunderson   |
| 1997 - Paul Kelly     | 1998 - Withdrawn  |
| 1999 - Mike Stickland | 2000 - Cameron McKnight  |
| 2001 - Carrie Tuck    |   |

Fort St John Blizzard rep Pat Ferris says: "Check out our web site at [www.dawntech.bc.ca/blizzard](http://www.dawntech.bc.ca/blizzard). We have been racing despite a few cancellations. Read our 'Roubaix' series or 'Spring Stage Race' series for race news from the frozen north. We've had a good turnout for bad weather racing.

Elmo Kugelblitz is upset about breaking a fingernail when trying to click on all the web site addresses in the print version of the Alberta Spin.

Elmo, whose last foray into technology resulted in a stealth bomber so stealthy he lost it behind the rumpus room couch, is getting back on the horse, so to speak. He is working on a suspension saddle for rodeo bronco and bull riders. He hopes it will be ready in time for the 2002 Calgary Stampede.

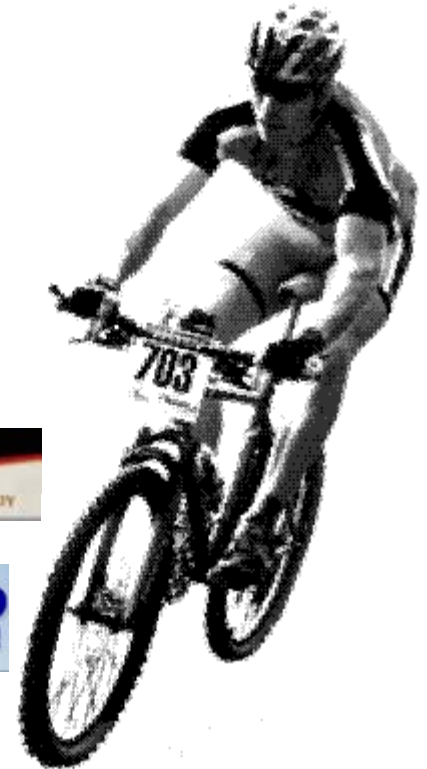


## 2002 Accept the Challenge Mountain Bike Race

[www.connect.ab.ca/~fjordan/bikerace](http://www.connect.ab.ca/~fjordan/bikerace)

Sunday, July 28

Thank you to our sponsors:



- Lots of fun, food and prizes!
- Trials Demonstrations!
- An Alberta Mountainbike Cup Race
- Unlicensed racers are invited!
- Sanctioned by the Alberta Bicycle Association



This is my 3rd year as President of Edmonton BMX and my 5th year back into racing. I started racing back in the early 80's and I enjoy it even more now than I did back then. Tracks are getting longer and more technical and I think it keeps the sport fun and exciting for all ages of boys and girls. I race two classes of bikes every race night and try to keep everything running smoothly. This is not easy when trying to catch your breath between motos.

I think all our members and parents would agree that without a great track operator (who also happens to be my wife) the show would not go on. She puts in at least 30 hours a week taking registrations, building motos, keeping points and standings and running races two nights a week. Cathy and the other mom volunteers help run a very organized facility and we are all proud of it. Thanks to everyone who helps and supports BMX in Canada, it's fun for the whole family! 🚲



## Edmonton BMX already riding

by Shawn Loewen  
President, Edmonton BMX Association

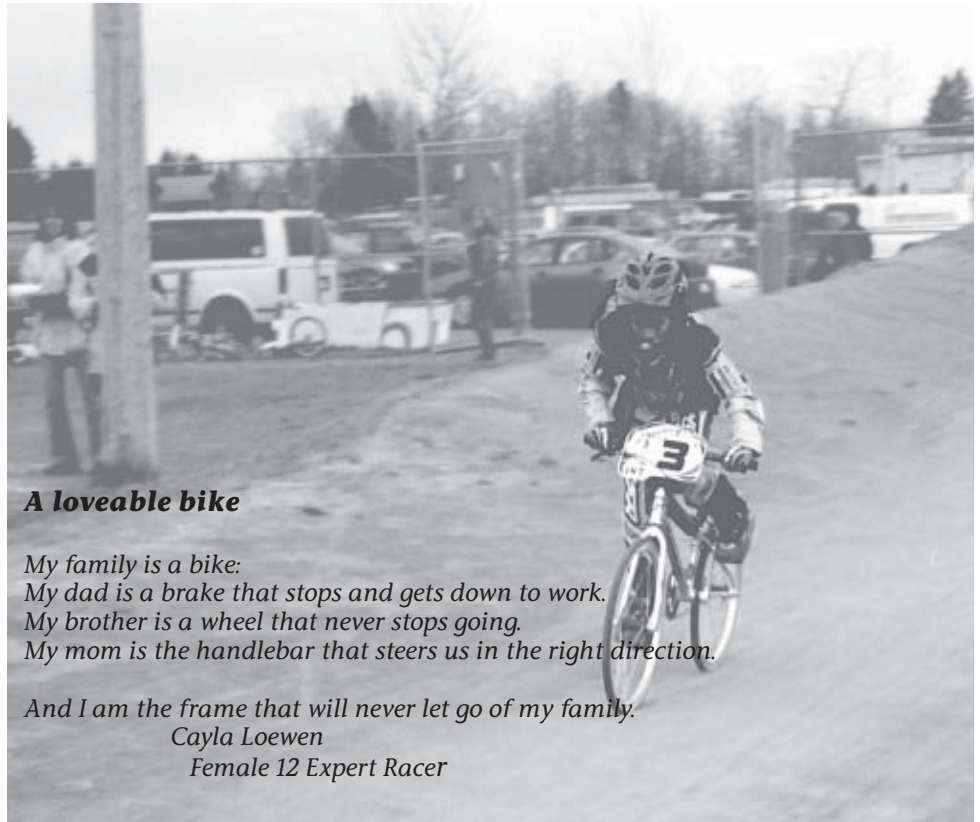
Well, our season is finally under way with four... Our racing club is growing larger every race night with more members and have an average of 80 riders per race. We have a new section of track, which includes a pro jump and is exciting to race on it. A lot of hard working volunteers have put in time and effort into this track this year. If you're not a member, you should know that it wouldn't be what it is without the dedicated volunteers and parents.





# Ready up and

...races already in the books for 2002. ...ght. We are currently at about 110 ...race. We have just completed our ...p, and our members were very ...unteers have already put a lot of time ...familiar with the sport of BMX, ...today without the help of our



### A loveable bike

*My family is a bike:  
My dad is a brake that stops and gets down to work.  
My brother is a wheel that never stops going.  
My mom is the handlebar that steers us in the right direction.*


*And I am the frame that will never let go of my family.*  
Cayla Loewen  
Female 12 Expert Racer

## Dirt: More is better

Mtb'ers! Think you're tough because you ride off-road? BMX'ers even bring their own dirt! I spoke with Edmonton BMX-Treme president Shawn Loewen while he worked on their track by the Argyll Velodrome. (Presidents do get their hands dirty). He explained some of the fine stuff- the fine-grained, low-plasticity clay used to make a hard-packed smooth riding surface. Locally smooth, that is. On a larger scale, the Edmonton track's jumps, humps, bumps and lumps are a real challenge, especially with the extra distance he was adding.

Says Shawn, "This clay isn't cheap. It makes good paved roadbeds as well so we have to pay as much as \$200 a load for it." Putting effort into their facility is nothing new. "We shovelled the most recent snow off the track so we could get some Saturday practice in. My back still feels that one."

The extra length Shawn was adding included a "Pro section", an even more X-treme set of bumps and jumps that is the required route for the Pro-Level riders. Lower level riders can train on the section and even opt to ride it in a race if they think it's the faster line. The equivalent section at CalgaryBMX is really pro: steep rise, big gap. Just the thing to separate the great from the good. Or your teeth from your jaw if you land too hard.

A BMX racer himself, Shawn is looking forward to trying clipless pedals. "It looks a bit scary to be clipped in when coming down from big air. Being clipped in will get me thinking about spinning more, though. I may even lower my gear ratio to get a better spin". Technique rules. 



# Velocity presents the Ardrossan Stage Race May 11-12

GC #	Name	Club	TT #	CR Time	RR #	RR Time	GC Time
<b>Category 4</b>							
1	Mike Patton	Olympic Oval	1	7:18	1	37:18	2:55:10
2	Mark Knoll	Bow Cycle	2	7:28	2	37:18	2:55:26
3	Geoff Johns	Campione	4	7:45	3	37:18	2:55:43
4	David Ariano	ERTC/RVC	8	7:56	9	37:18	2:55:50
5	Ryan Steenbergen	Bow Cycle	9	7:56	9	37:18	2:55:54
6	Tim Ogryzlo	Pedalhead	11	7:59	5	37:18	2:55:57
7	Kirk Schmiedge	Bicisport	17	8:06	4	37:18	2:56:04
8	Ryan Rawlyk	Bicisport	19	8:11	9	37:18	2:56:09
9	Kevin Rokosh	ERTC/RVC	32	8:27	9	37:18	2:56:15
10	Frank Kovacs	Snakebite	30	8:23	20	37:32	2:56:35
11	Harley Desprey	Velocity	49	9:17	8	37:18	2:57:15
12	Jiri Stolarik	Independent	21	8:14	25	38:29	2:57:23
13	Brent Hambleton	Bicisport	7	7:53	26	38:29	2:57:30
14	Jonathan Keats	Pedalhead	41	8:55	28	39:00	2:58:35
15	Andrew Robinson	Olympic Oval	18	8:07	19	37:32	2:59:23
16	Michael Sarnecki	United	16	8:04	6	37:18	2:59:27
17	Dean Rawson	Pedalhead	37	8:36	30	40:18	2:59:34
18	Andy Achuff	Pedalhead	20	8:12	7	37:18	2:59:41
19	Andre Sutton	Hardcore	31	8:26	24	38:18	3:00:19
20	Kevin Coghlan	Pedalhead	22	8:14	31	41:48	3:00:42
21	Gordon Morrison	EMCC	6	7:50	36	42:48	3:01:18
22	Mark MacDonald	Bow Cycle	10	7:58	23	38:18	3:01:30
23	Ralf Pagenkopf	Soma Cycle	35	8:33	36	42:48	3:02:01
24	Clayton Wilkinson	United	23	8:15	21	38:08	3:02:15
25	Konrad Robichaud	Bicisport	36	8:35	29	39:32	3:02:44
26	Curtis Roper	Velocity	15	8:03	31	41:48	3:02:54
27	Byron Davis	Pedalhead	5	7:48	9	37:18	3:03:25
28	Brian Licis	Hardcore	25	8:16	31	41:48	3:03:48
29	Chris Harrison	ERTC/RVC	25	8:16	27	38:49	3:04:18
30	Nathan Shedd	Bicisport	3	7:33	44	46:18	3:04:31
31	Damian Stachura	Sports Shack	39	8:47	31	41:48	3:07:39
32	Stuart Cleary	Redbike	34	8:32	49	48:48	3:08:00
33	Reid Dagleish	Juventus	14	:02	31	41:48	3:09:13
34	David Kennedy	Bow Cycle	38	8:38	9	37:18	3:10:15
35	Peter Churchill	Pedalhead	47	9:12	47	47:18	3:13:34
36	Craig Murdoch	Pedalhead	40	8:50	39	44:48	3:14:11
37	Tyler Luchko	ERTC/RVC	43	8:58	44	46:18	3:21:41
38	Michael Meeres	Bow Cycle	46	9:10	39	44:48	3:22:41
39	Nick Insole	Juventus	48	9:13	44	46:18	3:27:25
dnf	Stephen Mundy	ERTC/RVC	12	8:00	17	37:32	dns
dnf	Mark Wood	EMCC	13	8:01	18	37:32	dns
dnf	John Gilchrist	MBC	24	8:15	22	38:12	dnf
dnf	Murray Aubin	River Valley	27	8:18	36	42:48	dns
dnf	Gary Rybaczk	ERTC/RVC	28	8:20	39	44:48	dnf
dnf	Gordon Kennedy	Bow Cycle	29	8:22	9	37:18	dnf
dnf	Simon Craig	Independent	33	8:29	9	37:18	dnf
dnf	Derek Singbeil	ERTC/RVC	42	8:58	47	47:18	dnf
dnf	Darcy Visscher	Sports Shack	44	9:00	39	44:48	dnf
dnf	David Ferris	Blizzard	45	9:01	39	44:48	dnf
dnf	James Polzin	ERTC/RVC	50	9:53	49	48:48	dnf

Category 5							
No DNF!							
1	Wayne Long	EMCC	1	8:23	1	31:14	1:27:41
2	Lisa Bowe	Olympic Oval	4	9:14	2	32:42	1:30:40
3	Chris Sparling	Bicisport	3	8:58	3	33:04	1:30:54
4	Brian Bain	Bow Cycle	2	8:56	4	33:22	1:30:50
5	Rebecca Morris	Bow Cycle	7	9:51	5	33:23	1:30:54
6	Rebecca Wilkinson	Synergy	5	9:17	6	33:30	1:37:22
7	Laura Brown	Olympic Oval	8	9:59	7	34:40	1:40:25
8	Kim Churchill	Pedalhead	9	10:17	8	34:41	1:40:43
9	Corrie Hamm	Synergy	10	10:29	10	36:46	1:40:43
10	Brad VanderVeen	Velocity	6	9:46	9	35:12	1:44:10



Podium poses by Aaron Andronyk, courtesy Chief Organizer Rob Sterling



Elmo Kugelblitz, P. Ing. has extended bicycle technology to a related field with the development of SPD-style clipless stirrups for rodeo bull riders. Staying above the controversy of whether the word is pronounced "row-dee-oh" or "row-day-oh", he insists, "The important part is the bull..."

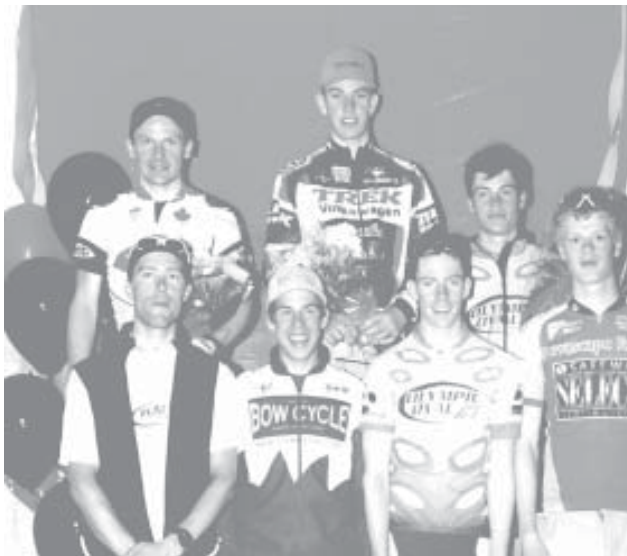




GC #	Name	Club	TT #	CR Time	RR #	RR Time	GC Time
<b>Category 1&amp;2</b>							
1	Cameron McKnight	ERTC/RVC	3	6:55	6	51:39	2 3:08:19 4:06:53
2	Stuart Hughes	Bow Cycle	4	6:59	8	51:39	6 3:08:25 4:07:03
3	Dave Jetz	Synergy	6	7:11	7	51:39	8 3:08:25 4:07:15
4	Bob Veroba	Bicisport	1	6:45	12	52:07	4 3:08:25 4:07:17
5	Nick Jendzjowsky	Juventus	5	7:06	5	51:39	10 3:08:33 4:07:18
6	Jeff Bolstad	Synergy	18	7:33	2	51:39	1 3:08:15 4:07:27
7	Kirk Loberg	Juventus	9	7:21	9	51:45	7 3:08:25 4:07:31
8	Matt Decore	Dr. Walker's	11	7:29	3	51:39	5 3:08:25 4:07:33
9	Roddi Lega	Trek	12	7:29	4	51:39	9 3:08:25 4:07:33
10	Mike Stickland	Pedalhead	17	7:33	1	51:39	3 3:08:21 4:07:33
11	Keith Stark	Independent	15	7:32	14	52:07	11 3:08:39 4:08:18
12	Keir Pittman	Synergy	16	7:32	13	52:07	12 3:08:55 4:08:34
13	Mark Fewster	Juventus	14	7:31	16	53:07	13 3:18:19 4:18:57
14	Gregg Menard	Juventus	10	7:23	21	54:39	14 3:24:53 4:26:55
dnf	Jesse Collins	Bicisport	8	7:19	10	52:07	dnf
dnf	Zbig. Szymanski	Velocity	19	7:36	11	52:07	dnf
dnf	Gergely Hegedus	Bow Cycle	13	7:29	18	53:09	dnf
dnf	Jeff Smith	Bow Cycle	20	7:36	17	53:07	dnf
dnf	Darcy Hertzberg	Bicisport	7	7:14	20	54:09	dnf
dnf	Bruce Copeland	ERTC/RVC	2	6:51	15	52:07	dnf
dnf	Robert Simpson	Juventus	22	7:48	19	53:39	dnf
dnf	Dominic Gauvin	RMBB	21	7:45	22	56:09	dnf
dnf	Justin Gullickson	Bicisport	23	8:28	23	57:39	dnf



GC #	Name	Club	TT #	CR Time	RR #	RR Time	GC Time
<b>Women</b>							
1	Jessica DeMars	Campione	2	8:55	1	38:05	1 2:30:01 3:17:01
2	Lisa Licis	Hardcore	5	9:15	5	38:17	3 2:30:18 3:17:50
3	Michelle Portwood	Independent	4	9:04	3	38:17	5 2:30:30 3:17:51
4	Colleen MacCallum	Pedalhead	6	9:15	4	38:17	4 2:30:30 3:18:02
5	Nadine Mueller	ERTC/RVC	3	9:00	7	39:58	2 2:30:05 3:19:03
6	Silping Wong	Pedalhead	9	9:38	8	39:58	6 2:34:24 3:24:00
7	Janka Hegedus	Juventus	10	10:11	9	40:14	7 2:34:24 3:24:49
8	Nola Zwarich	Campione	8	9:34	2	38:16	8 2:37:15 3:25:07
9	Kristin Campbell	Pedalhead	7	9:31	6	39:51	10 2:43:13 3:32:37
10	Sherlyn Rawson	Pedalhead	12	10:30	12	44:05	9 2:43:13 3:37:48
dnf	Sam Nicholson	Bow Cycle	1	8:31	11	41:05	dnf
dnf	Tracy McQuair	Pedalhead	11	10:14	10	40:15	dnf
dnf	Chantal Lauzon	Bicisport	13	10:45	13	44:05	dnf



GC #	Name	Club	TT #	CR Time	RR #	RR Time	GC Time
<b>Category 3</b>							
1	Andrew Davidson	Trek/VW	1	7:12	1	47:05	8 2:38:30 3:32:47
2	Robert Gasienca	Campione	3	7:31	4	47:11	3 2:38:26 3:33:08
3	Philippe Abbott	Olympic Oval	2	7:28	5	47:11	8 2:38:30 3:33:09
4	Eric Holland	Bow Cycle	4	7:35	5	47:11	2 2:38:24 3:33:10
5	Spencer Atkinson	Olympic Oval	5	7:37	2	47:11	5 2:38:30 3:33:18
6	Per Strom	Terrascape	7	7:39	5	47:11	8 2:38:30 3:33:20
7	Mark Webster	Bicisport	8	7:39	5	47:11	7 2:38:30 3:33:20
8	Dan Bierd	Bicisport	11	7:48	5	47:11	8 2:38:30 3:33:29
9	Kevin Masters	Pedalhead	12	7:48	5	47:11	8 2:38:30 3:33:29
10	James Sparling	Bow Cycle	13	7:50	5	47:11	8 2:38:30 3:33:31
11	Taylor Little	United	14	7:51	5	47:11	4 2:38:30 3:33:32
12	Jere Hu	Synergy	17	8:03	5	47:11	1 2:38:20 3:33:34
13	Craig Good	Bow Cycle	16	8:00	5	47:11	8 2:38:30 3:33:41
14	Kevin Bowser	Olympic Oval	18	8:04	5	47:11	8 2:38:30 3:33:45
15	Paul MacDonald	Juventus	23	8:13	5	47:11	6 2:38:30 3:33:54
16	Paul Christensen	Campione	6	7:38	5	47:11	17 2:44:30 3:39:19
17	Gerry Heacock	Velocity	33	8:45	30	53:05	8 2:38:30 3:40:20
18	Conan Cooper	Pedalhead	26	8:21	5	47:11	19 2:53:22 3:48:54
19	Jeff Klassen	ERTC/RVC	20	8:11	5	47:11	20 2:54:57 3:50:19
20	Sean Huggins-Chan	Bicisport	29	8:27	33	56:05	18 2:50:22 3:54:54
21	Harley McKinney	ERTC/RVC	22	8:13	28	52:05	21 2:56:46 3:57:04
22	Steve Cochrane	Pedalhead	32	8:44	31	53:05	22 3:04:28 4:06:17
dnf	Craig Horon	Velocity	9	7:45	5	47:11	dnf
dnf	David Crewe	Synergy	15	7:51	5	47:11	dnf
dnf	cp Walsh	Synergy	18	8:04	3	47:11	dnf
dnf	David Watson	Velocity	21	8:12	5	47:11	dnf
dnf	Ryan Lakhram	Sports Shack	24	8:18	5	47:11	dnf
dnf	Jeff Sparling	Olympic Oval	27	8:24	5	47:11	dnf
dnf	Guri Randhawa	Pedalhead	28	8:26	5	47:11	dnf
dnf	Timothy Gladysz	Blizzard	30	8:28	26	49:05	dnf
dnf	John Impey	Bicisport	10	7:46	29	52:05	dnf
dnf	Stephen Ferris	Blizzard	31	8:41	27	52:05	dnf
dnf	Ray Hilts	Velocity	25	8:20	32	53:05	dnf





*Tasha moves too fast for the camera...*

This is the third in a series of articles designed to help you make educated training choices about riding and racing your bike by taking you through the steps required to develop a yearly training plan. All athletes are different and so are their goals to so please keep in mind that these articles are here to assist you in your decision making, not to provide a training bible.

In the month of June the race and riding season is well underway and that means that you are training hard. You should also be resting hard too. During the race season it is important to ensure that you are well rested for those races where you intend to do well. There are three main points involved in accomplishing this:

- ⊗ you need to have a planned race strategy.
- ⊗ you need to work on your mental skills to help prepare you before and during a race.
- ⊗ you need to maintain your conditioning without over-training during the competitive season.

### Three kinds of race

Having a *race strategy* is very important for maximizing performance in all aspects of elite competition. The first step in planning is to sit down with a calendar and plan out which races you intend to ride. You should choose the most important races (selection or points races) and break the list into three priority categories. The first and lowest category will be considered "training" races or "dress rehearsal" races. Attend these races for training and learning purposes rather than for serious competition. These "training" races are important, as they will allow you to perfect your tactical skills such as fueling, recovery, passing and visualization. After each of these races you should be keeping a record of your strengths and weaknesses physically, technically, tactically and mentally. This record should give you an idea of where you need more work and what you're doing well. The second category of races will be those where you intend to do well. During these races you will put into practice everything you've learned from your "training" races. The third category is the one or two races that are most important in your season. These races might include Provincials or Nationals and are your chance to show the world what you've learned and mastered during the season.

### Get your head together

During the race season it's important that a lot of your training should be done in your head as well as on your bike and it should be done properly. Many athletes think they need to train the body hard and push themselves all race season. This usually leads to over-training, which can end your season, however everyone is different so you need to find out what works best for you. This is where that

record that you've been keeping comes in; so make sure you record your thoughts, feelings, and mental skills tricks in your training diary. Use this storehouse of information to help you train and race better by understanding what energizes you and what drains you. By recording physical (heart rate, energy level etc) and mental states (feelings, emotions, etc) it is easy to chart and predict your state of performance. If you race hard every weekend, and do the hard club rides every Tuesday I am willing to bet you will be decreasing in your level of performance within weeks. It's okay to push yourself hard from time to time but you must plan to rest and recover both mentally and physically from those efforts.

### The rest of your season

During the race season it's easy to let your physical conditioning slide, to allow things like endurance, leg and core body strength to decline. This can happen easily especially if you're over-training. In order to maintain your physical conditioning you only need to train it once a week. So, that said, it's easy to add a day that is just for lunges, back extensions, sit-ups for core body strength, another day for intervals and one day for long endurance but low impact riding. Short recovery rides are nice after a race or interval session, but make sure they are easy and short rides with little impact. For example a leisurely pedal in the river valley trails would be considered a recovery ride. This is the combination that should make up your week of physical training during the race season. You don't want to be spending too much time on the bike during the race season, so if you're not feeling rested for those important races you have planned for, cut your work load in half.

So you have to remember to keep in mind those three key elements during the race season. First, make up a race plan by choosing races and prioritizing them. You then count backward from the race day to design your training schedule. Second keep a detailed record of your mental state, physical state, and tactical choices during races and training. This allows you to understand how to achieve an ideal performance state when you need it. Third, limit your physical training to what you need in order to maintain your muscular strength and improve your race performance. Understand that you only need to train something once a week to keep it in shape for racing.

If you have any questions you would like me to answer I will post them at the end of the next Self Coaching Corner, please submit them to:

[dh\\_girl@hotmail.com](mailto:dh_girl@hotmail.com)

OR

Natasha Ward c/o Alberta Bicycle Association  
11759 Groat Road  
Edmonton, AB  
T5M 3K6



*Train hard. Rest harder.*

- Steve Lund



# 2002 Women's Training Camps Road and Track Mountain Bike

## Women's Road & Track Cycling Camp Saturday-Sunday September 14-15

9:30-4:00

Edmonton ñ Argyll Velodrome

\$25 - ABA members \$40 - non- members

The road to cycling success is paved...

- ⊗ An introduction to road and track racing - learn about equipment and clothing, riding skills, training, racing tactics and strategy.
- ⊗ Track bikes will be supplied.
- ⊗ Please bring road bikes for Saturday's session.
- ⊗ Camp includes instruction by NCCP-trained professional cycling coaches and experienced racers

## Women's Mountain Bike Camp Friday-Sunday September 20-22

Jasper International Hostel, Jasper, AB

\$50 - ABA members \$75 - non- members

Enhance your skills and enjoy riding in the Rocky Mountains around Jasper

- ⊗ Camp will meet Friday evening at Hostel (no activities planned). Rides scheduled for Saturday/Sunday.
- ⊗ Participants will be notified of specific times and details upon registration
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- ⊗ Camp includes instruction by NCCP-trained professional cycling coaches.

To register: Select one or both:

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**More information:** ABA Calgary - phone: 297-2720, e-mail: [andy@albertabicycle.ab.ca](mailto:andy@albertabicycle.ab.ca)

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

Get the most out of your ABA membership!





## Velocity Ardrossan Stage Race

*Top: Andy "Homeboy" Holmwood instructs the Cat 4 horde at the Criterium..*

*Right : the Cat 4 horde cruises by the trees in the Road Race. There will be leaves on them eventually.*

*Bottom: Commissaires Dwight Denton and William Thompson instruct the Cat 5s. It's great to see so many new riders this year.*







*Women work together while Cat 4s have the angle -- whether leaning in the Crit or descending the big hill at the Road Race.*

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

ph: 780-427-6352 fax: 780-427-6438  
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