

# EXTRA ORDINARY REFLECTIONS

## Spring BBC Meeting

Where:

Shorewood Community Center  
901 Swarthmore Court, Madison

When: Sunday, April 1, 5:00 p.m. –  
7:15 p.m.

Agenda:

4:30 - BBC Board arrives to set up.

5:00 - Socializing. Soda will be available compliments of the BBC, but bring your own beer. Delinquents will have an opportunity to pay up their dues.

5:30 - **Food from Gino's—Free to BBC Members**

6:00 - BBC Business Meeting.

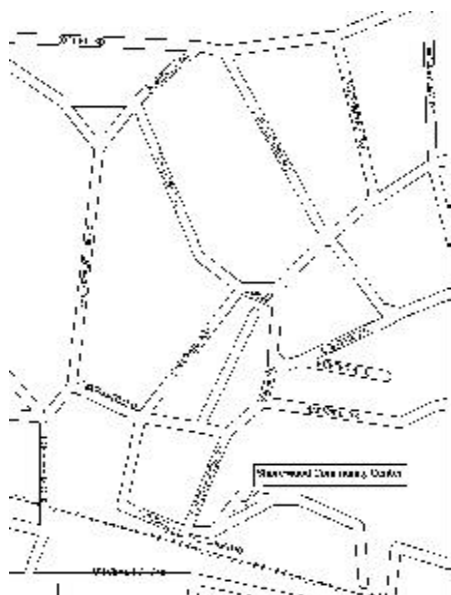
6:30 - Program. There will be a short general discussion of the BBC's goals to be followed by an account of a lengthy tour.

7:00 - Door prizes

7:15 - Clean up

## How to find it —

Please use this map:



## 2001 Ride Schedule Inside!

Members can find complete listings, schedules and details of all the BBC rides for this season in this issue of *ExtraOrdinary Reflections*, starting on page 7. You can even rip out pages 7-14 and carry the thing around all summer!

## Pick your moments

by Jim Bruskwitz

*(Editor's note: This is the first of several articles Jim will be writing for the newsletter this year about health and safety issues related to our favorite sport.)*

If you haven't already started to hammer away at your training in preparation for the best year ever, you are giving it some serious thought. Those thoughts will lead you to that place in your training where you know that you are getting in the kind of good hard work that's got to make you strong and faster. No doubt, good hard training is part of any successful athlete's training regime. The more the better—the more that is well placed and absorbed, that is.

If recovery weren't an issue, you could train at the highest intensity possible each training bout and position yourself to achieve your personal best. You can't recover that fast. I want to encourage you to pick your moments when you go hard, so that you are exercising from a position of compensation - having absorbed the training stress from the collection of previous workouts. Since the racing season is still ahead, periodize your training to promote continued fitness growth throughout the season.

*Please turn to page 3*

## From the President

It's a real pleasure to write my first column for the newly redesigned *ExtraOrdinary Reflections*. Thanks to Scott Pauli for creating the design and to Fred Gooding, our tireless editor, for the many extra hours spent on this issue, putting Scott's concept into practice.



Johanna Solms,  
BBC President

It's spring meeting time already. We really need your participation, as we're planning to do some work on what the Bombay Bicycle Club means to each of us and how we see our future.

It's safe to say that we are committed to maintaining all that's wonderful about our club while continuing to grow. Madison has a large and diverse community of cyclists—faster, slower, younger, older, serious tourists, casual recreational types, racers, commuters, mountain bikers, gearheads and the rest of us, even morning people and evening people. It's our stated mission to include them all, but that can present some challenges.

And what do 100% of members want from the club? To ride! In fact, we can hardly wait to get back out there, after a particularly bike-unfriendly winter. Nancy Crabb and Sharon Martinez pushed hard to get the 2001 schedule ready to insert in this issue. The first ride is April 1; let's start off big. Note the addition of Tuesday Evening Leisure rides to the lineup. They'll follow the same routes as the fast rides, but leave 15 minutes later. So whether you are training hard,

*Please turn to page 3.*

## Cycling in Nova Scotia

by Katrina Schroeder

**A**s I crank my legs up the hill on my Trek 1100 road bike, sweat swimming down my face, I ask myself, "Why am I doing this???" Then I glance up and see bald eagles soaring, and look down to find whales playing in the beautiful ocean. These are the memories that I have from biking along the Cabot Trail on Cape Breton Island, Nova Scotia.

There were a total of 23 people on this rather small ride around the Island, but it provided for a close atmosphere where everyone was comfortable talking and socializing with each other. The ride was run by a one-man operation called "Atlantic Canada Cycling." He puts out seven rides a summer including a rally. Our trip started in Port Hawkesberry where we had a "party" the night before the ride started. After I got over the shock of how few people there were (I was used to rides with at least a couple hundred people on them), it was fun. With only a couple of people from Canada, the ride was mostly Americans from places like Vermont, Mississippi, and Connecticut. The first two days weren't bad. There was no food provided (no rest stops), so we got used to stocking up on oak cakes (a Scottish specialty) along the way.

The third day we had a warning as to what would be coming later that week. We went up a mountain called "Kelly's Mountain." It wasn't too bad, and for those of us who hadn't trained very much, it was good practice. That night we ate a group dinner of mussels and corn, cooked on the beach by Nathan, the guy driving the gear truck. The camp site was right on the ocean, so we had a great view and after dinner a guy named Ray built a bonfire on the rocky beach.

The fourth day we went up Mt. Smoky. There was a great view from the top, as well as a bunch of motorcycle riders who were laughing at me because I was so red and out of breath. I've decided now that it was worth it, though at the time I had never climbed anything as hard, and was not sure that I wanted to ever climb something like that again. Lucky for my dad, who wanted to me to stay, it was a long way home. The day after we had a sort of a break day, with only hills, no mountains. But the 6th day was the killer.

The night before the big day one of the riders was reading the preview for the day from a packet we had all received before the ride. Apparently

we had all skipped over that page when we decided to sign up! It talked about tough, challenging mountains, three all together. When the day came we were all up and on the road earlier than usual, anticipating the hot long day ahead. It was a physically trying day, but seeing whales and a moose made up for how much my legs hurt that night. The last two days weren't bad, and when the eight days were over I was glad that I had done all of the climbs, seen all the great wildlife, and met all of the great people whom I hope to keep in touch with. ♦



The author's father in one of his more customary poses.



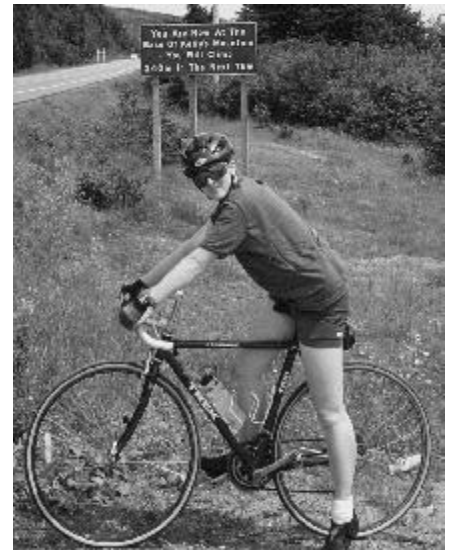
The author at some desceptively flat spot in Nova Scotia

## Itinerary for Nova Scotia:

7/23/00	Port Hastings to Whycocomagh .....	51.2 miles
7/24/00	Whycocomagh to North Sydney .....	65.8 miles
7/25/00	North Sydney to St Ann's Bay .....	34.5 miles
7/26/00	St Ann's Bay to Ingonish .....	42.8 miles
7/27/00	Ingonish to Cape North .....	34.8 miles
7/28/00	Cape North to Cheticamp Island .....	53.7 miles
7/29/00	Cheticamp Island to Inverness .....	38.7 miles
7/30/00	Inverness to Port Hastings .....	54.4 miles
Total.....		375.9 miles



Katrina (16 years old at the time) and her friends started driving in Columbia, Maryland, and managed to drive about 2,500 miles before they were done. The bike route was a counter-clockwise circuit starting in the southwest at Port Hastings.

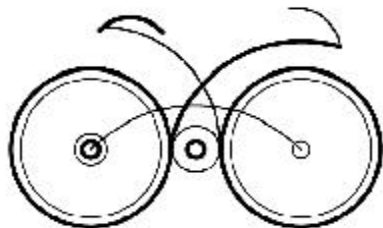


The tour around the Cape Breton Peninsula can get to be quite rugged at times. The sign warns Katrina of a 3.5% grade during the next 7 km., though there are many longer and steeper ones on that route.



<p><b>ExtraOrdinary Reflections</b>, the newsletter of the Bombay Bicycle Club of Madison, Inc., is published five times per year. Please e-mail comments, articles, photos, and letters to the editor or mail to: Editor, ExtraOrdinary Reflections, 321 S. Midvale Blvd., Madison, WI 53705-5030.</p>	<p><b>Membership Renewals:</b> <i>Please check the expiration date on your mailing label.</i> Your timely renewal is the only sure way to continue receiving ExtraOrdinary reflections and the various other membership benefits. Please see the renewal coupon on page 19 for renewal instructions.</p>	<p><b>Acknowledgments:</b> This newsletter is published through the efforts of the Board and of many volunteers. Most of the costs of the newsletter are covered through advertisements placed by area bike shops and businesses. <b>Please</b> patronize our advertisers.</p>		
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<p>BBC Web Site: <a href="http://danenet.org/bcp/bombay.html">http://danenet.org/bcp/bombay.html</a></p>				

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