

Newmarket Eagles Cycling Club


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I SHOULD HAVE TAKEN MY 25 COG

Date Posted: September 20/06

(Tales from Tackling the Cabot Trail - by Andrew Darke)

The Cabot Trail is a 300 km road built around the coast of Cape Breton, Nova Scotia and running through Cape Breton Highlands National Park.

I booked a tour through Atlantic Canada Cycling (www.atlanticcanadacycling.com) who, for the princely sum of \$105.00 (early bird special) provide 2 dinners, 2 breakfasts, support vehicles and baggage transportation, and a t-shirt. Most people (total 95) camped - I, and two other wimps, took motels.

Day 1 (90K)

Leaving Baddeck (home of Alexander Graham Bell) our first stop after 30 km was the Englishtown ferry crossing of about 100 m (free for bikes) across St-Ann's Gut (a Gut is like a cove - but smaller).

Lunch/breakfast was taken at the Clucking Hen Cafe who advised that persons in a fowl mood would not be served.

The first and only serious climb this day - at about 70 k - was Cape Smokey, which climbs 270 m in 2.5 k, which I calculate to be an average grade of 10-11%, which was certainly a lot steeper than the compensating descent into Ingonish. Although I had a 12-23 on a 26, 39, 48 triple, I soon realized that it would not be enough for day 2.

Day 2 (110K)

With much needed fuel breaks, this beast of a stage included two mountain climbs and took me 8.5 hrs and vast quantities of liquid to cope with the amazingly warm temperatures (low 20's).

The coast road is subject to abrupt changes in elevation and leaving the quaint fishing village of Neil's Harbour, one such transition had me struggling to find the granny gear only to lock the chain with my feet at 3:00/9:00 o'clock. The consequence was inevitable - a DST (dead slow topple) - fortunately no one saw me - not even the sleepy villagers.

After 60 k came the big climb of the day - North Mountain - 445 m high and most of it in a 6 k straight-up grind including some sections of 14-15%. I needed 2 rest/viewpoint stops - but no walking!

This was followed 20 k later by another 300 m climb up the switchbacks of McKenzie Mountain and then the spectacular 400 m descent of French Mountain into the town of Cheticamp - right on the edge of the gulf of St-Lawrence and in brilliant late afternoon - a memorable experience, indeed.

Day 3 (99K)

Leaving Cheticamp and following the coast road and the Margaree Valley, there was nothing particularly difficult this day and fortunately, the rain held off until about 30 k from journey's end back at Baddeck.

All in all a tremendous cycling experience and an impressive feat of organization by Gary Conrod and his helpful staff at Atlantic Canada Cycling, to cope with the needs of such a large group.

Attached is an elevation chart recorded by one of the group. [CLICK HERE](#)

Century Ride

Date Posted: September 18/06

Dave Hammond and Victor want to do a century. The route will be towards Barrie with a westward loop near Alliston. The ride is tentatively scheduled for Sunday the 24th with an 8:30 start time at Main and Water. More updates will follow.

Bob Spencer

BANQUET 2006

Date Posted: September 18/06

Hello to all Eagles: Well it is the time to celebrate the champions of the Eagles once again. Although I think that all our members are champions, just for getting out and doing it! Cycling that is. The Banquet is once again going to be held at the Cardinal Golf club, as everyone who attended last years' bash will attest, it is a wonderful facility, the music was good, and everyone enjoyed themselves. The date is October the 27th. It is a Friday evening and the cost per person is \$30, a veritable bargain!

Please send checks to A. Osborne. 17 William Curtis Circle. Newmarket L3Y 8L7 along with your email address, if you have one. Or you may give the check to me on the Saturday morning rides. I need your money up front so that we know how many will be attending. I think we managed to squeeze in 80 last year. So as the old saying goes, first come first served!!!

El Prez.

Sanford Results and Pictures

Date Posted: September 18/06

The race results and overall standings are up. We also have a bunch of pictures from the race. I guess the one bright spot with DNFing is I got to take some finish line shots. A number of them are quite blurry but I put them up anyways. Bob Spencer also took some with Victor's camera and they are up as well.

Click on **Pics of the Sanford Race** to see them.

PH

News Flash- Bib Shorts Are Here!!!

Date Posted: August 31, 2006

The shorts have arrived, and they look great. They are moving fast, if you placed an order please support the club and pick them up. Call Bob at 905-898-1184 for personalized service.

CLUB RACE #6 - SANFORD - RESULTS

Date Posted: September 17/06

The final club race of the season was run in calm comfortable conditions. Each of the groups had it in their minds to ride this one hard. So it was that a large group 3 was able to beat their projected time splits and hold off the hard charging groups 5 and 4 by one minute.

The winner was **Noah Summers** who outsprinted Tino Paolini in a two up race for the line. Dave Hammond, Trevor Denstedt and Sandor Almasi placed 3 to 5.

Iain Allen finished sixth to give him first place in the overall standings. Lou Montana gained enough points in the race to take clear second overall and Dave "I don't like group 5" Lembcke claimed third in the overall standings.

Thanks to Ralph Neumann and Bob Spencer for officiating.

So that's it for the club race season. The results are ready they just don't want to cooperate when I try to post them. So hopefully they'll be up soon.

PH

KENNEDY 15K TT - RESULTS

Date Posted: September 13/06

On a cool somewhat wet evening we had 12 riders show for our 15k old school time trial. The riders had a choice of a solo or 2-up TT.

Overall, 1st went to Mike Friere, 2nd to Noah & Mark Summers and 3rd to Ed Makkinga. Dave Brown actually had the 2nd fastest time but he was using aerobars.

Thanks to Al Norley, Tony Osborne and James MacDonald for officiating.

See you all on Saturday for the final club race of the season at Sanford.

PH

FINAL TT OF THE SEASON - KENNEDY COURSE - 6:30PM

Date Posted: September 12/06

Just a reminder that the final time trial of the season is tonight on the **KENNEDY** course at **6:30pm**.

Also, the overall club and interclub standing have been updated.

PH

INTERCLUB RACE #6 - MOONSTONE - RESULTS

Date Posted: September 10/06

The final interclub race of the season was three laps around those wonderful ski hills.

1st place went to Andrew Watson, 2nd Shawn Marshall, 3rd Emil Van Dyck, 4th Branden Mattheson and 5th was Mark Doble.

After the race the results for the series were also announced The top ten were

....Name.....	Points
1. Orrin Bowser.....	93
2. Emil Van Dyck.....	88
3. Robb Meier.....	78
4. Don Gain.....	73
4. Steve Varga.....	73
6. Richard Hall.....	70
7. Shawn Marshall.....	57
8. Andrew Watson.....	56
9. Mike Hodgins.....	52
10. Dave Viney.....	50

RACE RESULTS ARE POSTED AND SERIES RESULTS WILL BE UP SHORTLY.

PH

Pictures from Junior LTR and Club Championship RR

Date Posted: September 8/06

Here are some pictures from the **Juniors Learn to Race clinics** and our **Club Championship RR**.

If you have more pictures you would like to have added send them to me and we'll either get them up here or on our main website.

PH

TUES SEPT 12 - KENNEDY COURSE

Date Posted: Sept 6/06

Next Tuesday on the Kennedy 15k course we bring you OLD SCHOOL TIME TRIALING. Leave your aero gear at home and join us for proof that all that gear really does make a difference.

Ride it either as a Two-up Team TT or a single.

Event Rules: Time trial to be ridden on conventional road bikes.

- No Aero bars. Conventional drop bars only
- UCI regulation helmets, no TT specific helmets, no taping over of helmet vents
- No skin suits or shoe covers allowed.
- Wheel regulations:
- No deep section rims, disk wheels, tri-spoke wheels, no carbon
- Cycle computers, power taps, etc - allowed

If you really want to use you're aero stuff we certainly won't stop you :) Just don't expect a prize.

PH

BRADFORD TT - RESULTS

Date Posted: September 6/06

We had perfect conditions for the Bradford 15k time trial.

1st place was **Erich Baumhard @ 17:35**, 2nd went to Dave Pierce @ 18:28 and 3rd was Aiken Scherberger @ 18:55. 4th thru 8th were separated by 11 seconds.

OK, so it was really a 12.15k TT. It was still a good night.

NEXT WEEK IS THE FINAL TT OF THE SEASON. IT WILL BE AT THE KENNEDY COURSE @ 6:30 PM

PH

Canadian Half Iron Duathlon, Ottawa, ON

Date Posted: September 6/06

Held on Saturday, September 2nd, 2006, Newmarket Eagles Pat Tuero and Jean Parks finished 1st and 2nd, respectively, for their age category (women 40-49) at this year's Ottawa Half Iron Distance Duathlon. This race consisted of a 2 km run, followed by a 90 km bike ride, and finally a 21.5 km run. There was another woman in their age category that finished ahead of Pat and Jean; however, since she came in 3rd overall for women, she was bumped-up to another category. Upon their return home, both claimed to feel, "fresh and lively." However, by the following morning, this was not the case. In fact, one of the above mentioned participants demanded, "Coffee - now!" from her very supportive husband. Here is the results link: <http://www.sportstats.ca/res2006/canadiand.htm>

KENNEDY 15.3K TT - RESULTS

Date Posted: August 29/06

20 riders made it to the 6:30 start of the Kennedy 15k time trial. Sunny conditions with a noticeable northwest wind created what people thought were slower conditions. Actually going an extra 300 metres had the greatest effect on the times.

1st place was **Erich Baumhard @ 20:33**, 2nd was James MacDonald @ 21:19 and 3rd was Dave Pierce @ 21:53. Glen McCrone also broke the 40k barrier to claim 4th place @ 22:48.

Full Results are posted.

PH

Kennedy 15k TT - 6:30 Start

Date Posted: August 28/06

REMINDER

The start time for the Kennedy 15k TT is **6:30pm**.

Something Different for the Final TT of the Season

Date Posted: August 28/06

I would like to get your opinions on whether we should change up the last TT of the season. I have set up a poll with some suggestions. I have set up a forum that does not require you to register to post replies in the "General" section. Have a look and post your replies [here](#)

PH

CLUB CHAMPIONSHIP ROAD RACE - RESULTS

Date Posted: August 27/06

Forty-six riders attended the Percy Shropshire Memorial Club Championship Road Race on Saturday. The weather was perfect and the Bradford N/S course was as always quite a test. There will be quite a few stories to tell about this race but in the end first place was fought out between groups 4A and 4B.

The top five were 1st - **Brian Brill**, 2nd - Dave Lembcke, 3rd - Phil Harper, 4th - Lou Montana, 5th - Mike Friere.

FULL RESULTS ARE POSTED

Also there has been a shake-up in the Overall Points Standings. Iain Allen still holds on the first but there are only 16 points separating 2nd from 10th. Full standings will be updated when Keith gets back from vacation.

PH

YOUTH ROAD RACING CAMP

Date Posted: August 27/06

The Youth Road Racing Camp held its last session on Monday June 19. By all accounts the entire six-day programme went very well. The 16 participants (50% girls) seemed to really enjoy themselves and the results were evident from their improvement in bike handling skills. No matter what the level of skill or experience, everyone was able to become a safer more confident rider.

Of course it wouldn't have happened without a large team of volunteers. It takes a lot of work to design and implement an effective and orderly programme for six consecutive Monday evenings. At least 10 people contributed to the pre-event planning, helping out on site or both. Also, Havy's Bike Shop in Keswick deserves a mention for donating prizes and offering special pricing on road bikes for participants as does the Newmarket Eagles Cycling Club for handing out an award to each participant.

Many thanks to all of the volunteers: Gord Clarke, Kevin Lindberg, Al Fry, Paul Cooney, Mark Summers, Gord Mickovski, Adam Wade, Sue Trimble-Havilland, Little John, Glen Cameron, Ed Makarchuk, Victor Tolgyessy, Glen McCrone, Rob Brydges, Ken Macdermid, El Prez, Bev Winn and any others that we have missed. Without our volunteers, this programme would not be possible.

Thanks to all of our members for their continued support of the Youth Fund that subsidized this programme.

GREEN MOUNTAIN STAGE RACE

Date Posted: August 23/06

Anyone interested in doing the Green Mountain Stage Race on labour day weekend being held in Waitsfield, Vermont that needs a place to stay (looking to fill two spots in a house) and/or transportation to and from the race can call Glen McCrone at 905-775-5234.

Info about the stage race can be found [HERE](#)

PENVILLE 10K - RESULTS

Date Posted: August 23/06

We had 16 riders out on a very pleasant evening for the 10k Time Trial on the Penville Course. Ed Veal took first with a time of 14:03. Second went to Erich Baumhard at 14:06 and third place went to Glen McCrone at 15:26.

Full Results are posted.

PH

CLUB ROAD RACE No 5 - PERCY SHROPSHIRE MEMORIAL RR

Date Posted: August 22/06

This Saturday, on the combined North/South Bradford course it's the 5th Race of the season. The Club Championship Road Race, The Percy Shropshire Memorial Race, so named in honour of a dedicated member not to be forgotten. Come out early to ensure yourself a good warm up on the hill climb!

KC

ALL RESULTS BACK UP - FINALLY

Date Posted: August 21/06

At long last all the 2006 results are back up on the website.

PH

YORK REGION CYCLING MASTER PLAN

Date Posted: August 17/06

York Region is working on a Pedestrian/Cycling Master Plan. You can help improve cycling in the area by filling out their study survey at the following address:
<http://data.mmm.ca/bikeability.html>

At the bottom of the survey there is a link to the Master Plan, or you can paste this address in your browser to get there:
<http://www.region.york.on.ca/Departments/Planning and Development/Pedestrian and Cycling Master Plan.htm>.

BEETON 24K TT - RESULTS

Date Posted: August 16/06

14 riders participated in the Beeton Time Trial yesterday. First place was Erich Baumhard @ 34:18, second Glen McCrone @ 38:04 and third was Richard Wade @ 38:12

Thanks to Al Norley, Richard Hall and Ed Veal for officiating.

Full Results are posted.

PH

RESULTS - INTERCLUB RACE #5 - EPPING

Date Posted: August 14/06

On a beautiful day for a bike race we had 51 riders start the 80k race at Epping. With four kilometers to go there was a group of about 25 riders that hit the bottom of the climb. At the top, the winner by a bike length was Dave Viney. Second place went to Andrew Watson with Ed Makarchuk taking third.

Full results are posted.

PH

INTERCLUB RACE #5 - EPPING THIS SUNDAY

Date Posted: August 11/06

Just a reminder that Interclub race #5 is this Sunday at Epping.

Chad would like to know whether there is interest in a mass start Hill-climb time trial (with a monetary prize) after the race. Please let Chad or I know whether there is interest.

Phil

Pictures from OCA Provincials

Date Updated: August 11/06

Here is a link to some pictures I took at the Cyclissimo GP on the weekend.

Provincials pics

Here are some videos. The videos are a bit shakey but what can I say. No image stabilization on the camera.

Senior Men Lap 1 (Start/Finish Area)

Master B Men - Second Last Lap - Up Leslie

Master B Men - Just climbing the south end of Leslie

PH

BRADFORD 15K TIME TRIAL

Date Posted: August 8/06

21 riders turned out for the Bradford 15k TT. 1st place went to James MacDonald, 2nd to Dave Pierce and 3rd to Dean Wright.

Thanks to Al Norley and Dave Viney for officiating.

Full results are posted.

PH

OCA Provincials - Cyclissimo GP

Date Posted: August 6/06

Went out to the provincials in Aurora today. It was great to see so many Eagles participating in the racing.

Club member performances of note:

MASTER D

JOE TERSIGNI (Newmarket) - 1st place

MASTER C

DAVE VINEY (Team Hardwood)- 2nd place

Aiken Scherberger (Sport Swap) - 12th

Chris Westcott (Newmarket) - 14th

Dennis Sartori (Labicicletta) - 18th

Lou Montana (Newmarket) - 20th

JUNIOR MEN

Evan Mundy (Cyclissimo) - 11th

David Grose (Newmarket) - 13th

MASTER A WOMEN

LEIGH BIANCO (Cyclissimo) - 3rd place

MASTER B - 71 starters

Dave Pierce (Bikesports) - 9th

Ian Allen (Newmarket) - 28th

George Vandikas (Newmarket) - 39th

Gord Mickovski (Newmarket) - 42nd

Mark Summers (KHS) - 43rd

Glen McCrone (Newmarket) - 45th

Richard Hall (Newmarket) - 47th

SENIOR WOMEN

Sue Trimble-Haviland (KHS) - 9th

SENIOR MEN

Ed Veal (Cyclissimo) - 13th

Ed Makarchuk (KHS) - 33rd

U23 MEN

Erich Baumhard (Aquila) - 10th

Ian Manning (Jet Fuel) - 13th

I have a few pictures from the B and Senior Women race as well as some podium pics. I'll put up a link shortly.

Phil

15k CLUB CHAMPIONSHIP TIME TRIAL

Date Posted: August 2/06

Our 15k Club Championship was held on the HOTTEST day of the year so far. So, with 31 riders braving the heat our winner was **Dave Viney @ 19:57**. Second place was **Erich Baumhard** and third was taken by **James MacDonald**.

Thanks to timekeeper Al Norley with able assistance from Margaret Perry and George Vandikas.

Full Results are posted.

PH

CLUB RACE #4 - BEETON

Date Updated: July 30/06

Full Results are now posted.

I've always said that I don't melt. After today's race maybe that's not true.

We had 46 riders for the Beeton race with 36 finishers.

1st place went to Lou Montana who rode away from group 3 to finish 3 minutes clear. 2nd and 3rd went to Ed Veal and Iain Allen from group 5B. For Ed this is the second time this season he has "sprinted for second". Places 4 to 6 were taken by group 4A... Brian Brill, Geoff Smith, then Larry Bobbet. Victor Tolgyessy and Ron Near from Group 2 took 7 and 8. So say goodbye to group 2 the pair of ya. Rounding out the top 10 were James MacDonald (5B) and Dave Pierce (5B).

Thanks to Ralph Neumann for timekeeping.

PH

PENVILLE TT July 25/06

Date Posted: July 25/06

20 riders showed up on a Hot and Sticky evening with a Severe Thunderstorm Watch issued but the weather held. The letter 'D' has worn out on my keyboard so, in 4th place was Aiken Scherberger, 5th place was Glen McCrone and tied for 6th were Richard Wade and Daniel Wells (oops that was a D). Thanks to Timekeeper Al Norley and the courageous volunteering from Tim Dayfoot, Sue Trimble and Jenna. Full results are posted. See you all in Beeton this Saturday.

KC

FOUND - on 15/16 sideroad

Date Posted: July 25/06

Hardwood Hills was contacted by someone who found a Garmin computer unit on the 15th/16th sideroad on Sunday July 16th. If you lost this item, possibly during the interclub race, please contact:

Dave Fabbro
Hardwood Hills Retail/Rental Manager
dave@hardwoodhills.ca

BEETON CLUB RACE THIS SATURDAY JULY 29

Date Posted: July 25/06

First group starts the clock running at 10:00 am. Let's get a good showing for a mid-summer day race. See you there.

KC

BACK UP BUT NOT BACKED UP

Date Posted: July 24/06

We're back up but unfortunately not backed up. We'll have to upload all missing results. Please be patient.

In the meantime, Phil has energetically put this together. Recent info can be found at <http://newmarketeagles.blogspot.com/>

KC

RONA MS Bike Tours for 2006

Date Posted: March 6/06

The MS Society of Canada is ready for this summer's RONA MS Bike Tours and we want YOU to join us for the ride! There are five exciting Ontario Bike Tours to choose from, including overnight Two-Day Tours and One-day Tours. Choose the RONA MS Bike Tour that's right for you! Be a part the fight against multiple sclerosis and help

raise \$1.7 Million in Ontario.

1. Grand Bend to London - July 22-23
2. Ottawa to Kemptville - August 12-13
3. Brampton to Waterloo - August 19-20
4. Niagara - August 27
5. Toronto - September 10

For details go to: <http://www.MSSociety.ca/ontario/biketour.htm>

NEWMARKET EAGLES TROPHY WINNERS 2005

Date Posted: October 31/05

Handicaps are determined by the rider's best rides in our time trial series, and their improvements in the Championship races.

15K CHAMPIONSHIP TIME TRIAL

Handicap, Andree Dembski
fastest male, Ed Makarchuk
fastest female, Ingrid Coney
fastest cadet, Evan Mundy

40K CHAMPIONSHIP INDIVIDUAL TT

Handicap, George Vandikas
fastest male, Dave Viney
fastest female, Samera Fares
fastest cadet, Noah Summers

40k 2 up CHAMIONSHIP TT

Handicap, Richard Hall and Richard Wade
fastest males, Gord Clarke and Jorn Hansen
no female team.
fastest mixed, Naomi Nurgitz and David Pierce

BEST ALL ROUND TIME TRIALERS (BAR)

Overall, Dave Viney
Handicap, David Pierce

HIGHEST EAGLE IN ONTARIO CUP SERIES

Senior, James Macdonald
no Masters A or B
Masters C, Chris Westcott

NEWMARKET RACE SERIES WINNER

Kallum Balfour

And the trophy nobody wants,
THE OUCHIE
Ann Lumsden