

Prairie Pedaler

April 2009
Volume 09 Issue 1

Saskatchewan Cycling Association,

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President's Message, By Wayne Walker

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The big news for this spring is that the SCA has hired a new employee. Shawn MacLennan starts with us May 19th in the new position of Provincial Cycling Development Coordinator. You have probably noticed that our number of racers, and in particular younger racers, has been dropping over the past years. Shawn's job will to liaise with our clubs and committees and develop programs that will hopefully recruit new membership. Shawn will be working for us half time, and we will be sharing him with the Saskatchewan Amateur Speed Skating Association, where he holds their position of Executive Director.

2009 is a Canada Games year; team planning has been underway and continues in the final selection processes. As I write this some of our riders are in Okanagan Falls at the annual SCA Warm Weather Camp, continuing in what is a long uphill road to prepare for the race season. The Games are in Prince Edward Island this year and promise to be a busy week. The cycling events start with the MTB race on the 17th of August, an ITT on the 18th, Road Race on the 20th and end with a Criterium on the 21st.

R&T is also planning another great year, the Great Annual Saskatchewan Pedal (GASP) Tour runs July 18 through the 25th. Check out details of the Tour on the SCA website, all the information you will need is there, including a great Google Earth Map of the Tour.

The provincial race season starts April 26th with the first road race of the season at Christopher Lake, followed by the first MTB race of the season May 3rd at North Battleford. Christopher Lake is a new venue for the provincial race series; I'm somewhat familiar with the area and think that it has potential to be a good race. There are some ups and downs to the lake land and it should be on quieter highways.

The SCA will be running two official's courses this year. The road official's course will be April 25th and the MTB official's course will be June 27th. I would encourage members to take the courses and become involved. It not only gives you great insight into the sport, but a Road Commissaire has the best seat available to watch the race. The SCA needs your help with this, as we have a shortage of Commissaires and new blood in the group would be a good thing. I'm sure some of you are getting tired of seeing my face out there.

Speaking of familiar faces, the SCA is fortunate to have Paul Sartison back working at the races this year.

As always at this time of year I look forward to getting reacquainted with all of you after my hibernation. I will see you at the races and hope everyone has a great season.

Pack your panniers for GASP 2009

We're taking GASP around West Central Saskatchewan this summer

Saskatchewan's annual bicycle tour is heading west, and we want you to come with us! The Great Annual Saskatchewan Pedal (GASP) takes place July 18 - 25. Mark your calendars now. The 2009 tour route begins and ends in Saskatoon, and passes through Biggar, Wilkie, Battleford, Unity, Kerrobert, Herschel, Rosetown and Outlook. The eight-day SCA trip explores a different area of the province each year. This is the first time we've had an organized tour through this part of the province.

The annual tour is designed around opportunities to experience the scenery, culture and history of Saskatchewan. The pace is leisurely. The itinerary includes visits to local attractions and events. A support vehicle carries cyclists' gear.

Among the highlights of this year's tour, cyclists will arrive at Fort Battleford in time to take part in Parks Canada's "*Siege of Battleford*", one of only four evenings throughout the year when the cannon is fired at the national historic site. The group will visit archeological, paleontological and historic sites at Herschel, where there will also be an opportunity to stay overnight in tipi lodging. The cyclists also hope to get a glimpse of Biggar's historic railroad roundhouse.

Touring veterans will love this tour. But, then, we never pass up an excuse to be out on our bikes. More importantly, if you've never been on a bicycle tour but have always wondered what it's like, the provincial tour is a perfect place to start. The SCA has done all the organizing and planning, arranged all the overnight stops, found all the interesting places to visit, and has a van and driver along to carry your gear – and even to carry you if you get tired. Plus, you won't be all alone out there on the road, struggling through your first bike tour. There'll be lots of other cyclists along for the ride, to make the event fun and keep you company. You get to learn from their experience. Next thing you know, you'll be packing for your first round-the-world tour.

GASP 2009 Itinerary:

Day 1: Saturday, July 18, Saskatoon to Biggar.
Day 2: Sunday, July 19, Biggar to Wilkie.
Day 3: Monday, July 20, Wilkie to Battleford.
Day 4: Tuesday, July 21, Battleford to Unity.
Day 5: Wednesday, July 22, Unity to Kerrobert.
Day 6: Thursday, July 23, Kerrobert to Herschel.
Day 7: Friday, July 24, Herschel to Outlook.
Day 8: Saturday, July 25, Outlook to Saskatoon.
Total distance, about 660 km.

Supported road tour of West Central Sask July 18 - 25, 2009. 8 days/7 nights. Camping (optional hotel/motel accommodation available each night). Route: Saskatoon - Perdue - Wilkie - Battleford - Unity - Kerrobert - Herschel - Outlook - Saskatoon. Cost: \$300 for 8-day trip; \$100 for two-day options. Cost includes camping accommodation, support vehicle, snacks; does not include cost of meals, hotel/motel accommodation.

GASP 2009 organizing committee: Bob Cochran, Regina, Don Cook, Saskatoon, Darrell Noakes, Saskatoon, John Oneschuk, Saskatoon, Ted Quade, Regina, Don Wilson, Regina.

Tour Website: www.saskcycling.ca/GASP/gasp.html

Tour Blog: <http://gasptour.blogspot.com> Subscribe to get all the latest updates.

SCA Calendar of Races

April

26 **Road Race 1** – Rock'n'Road Cycle Club

May

3 **Mountain Bike 1** – North West Mountain Bile Club

16-18 **Road Race 2** - Bikes on Broadway – Cycledelia

31 **Mountain Bike 2** – Rock'n'Road Cycle Club

June

6-7 **Road Race 3** – Regina Cycle Club

27-29 Road Nationals – U23/Elite, Quebec

28 **Mountain Bike 3** – BCW/NBR

July

1-3 Road Nationals – Junior/Master, Quebec

11-12 Mountain Bike Nationals – Quebec

12 **Mountain Bike 4** – OffRoad Syndicate – CCA National Ranking Race

18/19 **Provincial Race weekend** – Cycledelia – 15k ITT/Road Race

25/26 **Road Race 4** – Swift Current Stage Race – CCA National Ranking Race

August

8-9 **Provincial Race weekend** – Provincial Crit and Provincial 40K ITT – Regina Cycle Club

16-22 Canada Games PEI

30 **Mountain Bike 5** – Esterhazy

September

5-6 XC8 /Provincial Downhill – OffRoad Syndicate

26 Buffalo Pound 60

MS Bike Tour - August 15/16

Regina Cycle Club has plans to enter a team in the MS Bike Tour, riding on the weekend of August 15th/16th.

This is a fully supported fund raising ride. There are no provincial races on this weekend, and the MS Bike Tour represents a great opportunity to get in some good miles on a club ride, AND to contribute to our community. What is required: pay the entry fee (\$35) and raise a minimum of \$250 for the MS Society before the ride. Arrive at Balgonie by 8:00 am on Saturday 15th August. Secure overnight parking at Balgonie, your bags will be transported to Fort Qu'Appelle and your bike will be secured overnight. You have the choice of camping or you can stay in a hotel in Fort Qu'Appelle.

Route:

- Sat 15th August: Balgonie -Edenwold- Avonhurst- Edgeley- B-Say-Tah - Fort Qu'Appelle (62 km) plus another optional loop to add 40 km.
- Sun 16th August: Fort Qu'Appelle to Balgonie, 62 km, retracing the route taken on Saturday.

See the MS Bike Tour website for further details: http://www.mssociety.ca/sask/bike_regina.htm

RCC contact person for the ride is Paul Levett (plevett @ sasktel.net).



2009
—JEUX DU—
CANADA
—GAMES—

August 16-21, 2009
Prince Edward Island
Schedule of events

Time	Monday, August 17, 2009	Venue/ Site
11:00	Women's Cross-Country	Brookvale Prov. Park
13:30	Men's Cross-Country	Brookvale Prov. Park
Time	Tuesday, August 18, 2009	Venue/ Site
10:00	Women's Individual Time Trial	Evangeline Area
12:15	Men's Individual Time Trial	Evangeline Area
Time	Thursday, August 20 2009	Venue/ Site
10:00	Women's Road Race	Summerside
13:45	Men's Road Race	Summerside
Time	Friday, August 21, 2009	Venue/ Site
16:00	Women's Points Criterium	Summerside
18:15	Men's Points Criterium	Summerside

Officials Courses

Free - if you are a Sask Cycling Member!

These courses will be of interest to the following:

- If you are a parent or relative that attends cycling events and would be able to assist at a race as an official.
- If you are a new racer and would like to know what the rules of racing really are.
- If you are a Coach or working on your Coaching levels.

As a race official your travel expenses to the races will be paid and you will receive an honorarium.

Mountain Bike Official's Course, June 27 - Saskatoon

- ❖ In-class session - June 27 - 9am - 5pm, in room 122 at 510 Cynthia Street
- ❖ Practical at Sask Cup Mtb race - to be determined based on your availability

Registration Deadline: June 1st

Road Racing Official's Course, April 25 - Saskatoon

- ❖ In-class session - April 25 - 9:30 am-3:30 pm in Board Room at CIBC (119-4th Avenue South
- ❖ Practical at a Sask Cup Road race - to be determined based on your availability

For Sale:

- Litespeed 57cm, used from 2003. \$1400 Canadian for SCA members. It is listed on Ebay for \$1300 US. Check Ebay for pictures and details at <http://cgi.ebay.ca/ws/eBayISAPI.dll?ViewItem&item=250401124404&ssPageName=ADME:L:LCA:CA:1123>. Item ID: 250401124404. Hans Roeger 374-5638
- 2006 Cervelo Dual T T Bike, 2013km on bike, approx. 200 on original tires, gearing 39-53 x 11-23 ten speed, 54cm frame, Aero bars with bar end shifters and aux. rear brake on bar end, c/w Cateye CD3000W wireless computer, Morph pump and seat bag. This bike has never been crashed or abused. \$1600. Contact Harry at meredith.ht@sasktel.net.

OMCA Virtual Time Trial Series

Sask Cycling Association members have been invited to join a Virtual Time Trial series organized by the Ontario Master's Cycling Association.

The Virtual Time Trial series is a combination of computer wizardry and actual riding.

The Rules:

- The rider must complete a minimum of 5 road Time Trials
- The Time Trial must be a scheduled club Time Trial, an OCA sanctioned race or equivalent.
- The Time Trial can be of any distance of 10 km or greater.
- All riders must meet the age qualification requirements of the OMCA (Men over 40, Women over 35)
- Only Time Trials done on the road will be considered.
- The time trial must be a scheduled club Time Trial, an OCA sanctioned race or equivalent.
- The result must be verifiable. The results from each individual race shall be submitted to the OMCA Race Secretary, via the Virtual Time Trial Result Form
- Results must be submitted within 14 days of the event and not accumulated to season end.
- Now the computer wizardry is applied: The race secretary will extrapolate the race result to be equal to a 40 km Time Trial and apply the standard OMCA age handicap allowance (1 ½ sec/month deducted from the actual recorded time, over the base qualifying age) . The rider's best 5 results will be averaged to produce an overall result.
- At the end of the race season the rider with the best overall average wins.
- Awards will be given to the top 3 men and top 3 women.
- Certificates of participation with all riders' results will be given to all qualified participants.

The entry fee for non-members or associates there is a onetime \$5.00 charge, payable with the first entry. Payment may be made through PayPal payable to: pokey3332002@yahoo.com or personal check to OMCA Race Secretary:

Masters Virtual Time Trial Competition

C/O Fred Pepper 37 Leslie Avenue, Hamilton, ON L9C 1M1

Bikes on Broadway 2009 - 19th Annual Stage Race

Sask Cup Road Race Series #2, May 16 - 18, 2009

Sponsored by the **Cycledelia Racing Club of Saskatoon**

Stages: Three events, consisting of a Time Trial, Road Race and a Criterium
Please check the Cycledelia website www.cycledelia.ca for the most up to date information.
Event locations are TBD at this time.

Six categories of races will be offered: CAT 1&2 (combined), CAT 3, CAT 4, CAT 5, CAT 6, and Women.



CAT 6 category is designated for novice entrants with a desire to learn how to race.

Entry Fee: \$65 Pre-registration is mandatory!
No registrations will be taken after noon May 15, 2009.

Online registration at http://www.eventsonline.ca/events/bikes_on_broadway/ until May 15, 2009 OR payment by cash or cheque (payable to Cycledelia Racing Club).

Mail entry form (Generic entry form follows) & entry fee payment to:
Cycledelia Racing Club, ATTN: Karen Cranston, Treasurer
201-7th Street East Saskatoon S7H 0W9 treasurer@cycledelia.ca OR ledbike@sasktel.net

For more information contact:
Bikes on Broadway Race Organizer: Janice Matus Phone: 931-3326
bikes.on.broadway@cycledelia.ca OR fjmatus@sasktel.net

Kids Crit Info - *Bring out your up & coming roadies to the kids crit!*

1. Anyone 12 & under may enter, using any kind of bike.
2. Helmets are mandatory.
3. This event will run between the CAT 1/2 Crit and CAT 3 Crit
4. Approximate start time is 11:55 AM.
5. The event will consist of 1- 2 laps of the Crit course.
6. ***Registration for the Kids Crit will take place on Monday, May 18, 2009 (day of the Crit) from 11:00 – 11:30 AM at a separate registration table located near the SCA van.***
7. Entry fee will be \$5. The SCA will cover the cost of the insurance using a special one-time-only one day form. Parents must sign this waiver & must be in attendance at the Kids Crit.
8. There will be a treat for all participants in the Kids Crit.

2009 Fresh Air Experience Spring Classic Road Race

Sunday, April 26, Christopher Lake
Sask Cup #1

- Where: Royal Canadian Legion, Christopher Lake
- Race Distances: Cat 2/3 - 90 km; Cat 4 75 km; Cat 5 45 km; Cat 6 30 km; women 75 km
- Registration Details: \$25 before April 23rd, \$10 late fee
- Register online at: www.saskcycling.ca/~rnr
- Sign on: 11-11:45 am @ the Legion
- Race staging; 11:45 am Race start: 12 pm
- Awards and meals 3pm @ the Legion

Information on the following events will be sent out through an e-mail newscast - Cycling Shorts and posted the SCA website (Note these events are no longer part of the Sask Cup Road Point series or the Interclub Point Series):

Provincial 40 K Individual Time Trial and the

Provincial Criterium will be held in the Regina area and hosted by the Regina Cycle Club Dates of the events: August 8 and 9.

Provincial 15 K Individual Time Trial and the

Provincial Road Race will be held in the Saskatoon area and hosted by Cycledelia
Dates of the events: July 18 and 19.

Regina Stage Race

June 6/7, 2009, Sask Cup #3

Registration \$55 - Online **registration will follow**

Online registration deadline is June 3rd 2009
Or, send registration form to: Regina Cycle Club, 9339 Wascana Mews, Regina, SK, S4V 2W3 (Generic form follows)

For information contact: Paul Levett Email: plevett@sasktel.net

Road Race: June 6 - Sign on: 8:30 – 9:00 am
Location: the Valley Park Campsite, 3 KM North of Hwy. #2 and Hwy #11 junction.

Cat. 2/3	9:10 AM	114 km	
		-4 laps of the Chamberlain-Hwy 733 circuit	
Cat. 4	9:20 AM	86 km	3 laps
Women	9:20 AM	86 km	3 laps
Cat. 5	9:30 AM	57 km	3 laps
Cat. 6	9:35 AM	30 km	
		- modified course on Hwy 733	

Time Trial: June 6 - Sign on: 6:00- 6:30 pm at Lumsden. Start: 6:45 pm; Distance: 4.6 km

Criterium: June 7 - Sign on: 8:00 - 8:30 am - or 1 hour prior to your race

Location: First Nations University of Canada, Regina campus

Start: 8:30 am	Cat. 5	25 min. + 3 laps;
9:15 am	Women	30 min. + 3 laps
10:00 am	Cat. 4	40 min. + 5 laps
11:00 am	Cat 2/3	55 min. + 5 laps
12:30 pm		Lunch (sub) and awards ceremony

See our website for more information:
<http://www.reginacycleclub.com/>

Generic Road Bike Racing Entry Form - Use this form to enter any Sask Cycling Road Racing event. Fill in your personal information, add the race details and send a signed copy (with the appropriate entry fee) to each race organizer, do not forward this form to the SCA office. Do not photocopy a signed form.

Name and date of the event _____ Entry fee:\$ _____
Print: Name: _____ Club: _____ Phone # _____
Address: _____ City _____ Prov: _____ Postal Code: _____
E-Mail address _____ check one: Male__ Female__ Date of Birth D/M/Y _____ Race Category _____
Team/Club _____ UCI# _____

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 and/or Provincial Associations and Various CCA Clubs** 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 safely 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.
- 7. 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.
- 8. I release in my name and in that of my heirs executive and administrators of my will the CCA, its agents, employees, officials and commissaries, representatives and successors as well as any other organization, company, society enterprise, association or person directly or indirectly involved in the present competition, all responsibility in the case of bodily or material harm occurring during the said competition and concerning me. I have read the CCA rules and completely understand all conditions and agree to respect and abide by them.

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: _____

Generic Mountain Bike Racing Entry Form - Use this form to enter any Sask Cycling Mountain Bike Racing event. Fill in your personal information, add the race details and send a signed copy (with the appropriate entry fee) to each race organizer, do not forward this form to the SCA office. Do not photocopy a signed form.

Race Details

_____ \$ _____
 Name and date of the event Entry fee enclosed

Print: Name: _____ Club: _____ Phone # _____

Address: _____ City _____ Postal Code: _____

E-Mail address _____ Check one: Male _____ Female _____ Date of Birth D/M/Y _____

Check off your category:

	Expert	Sport
Elite (male or female)	<input type="checkbox"/> under 13 (Ages 10_12) m or f	<input type="checkbox"/> Under 17 (15-16) m or f
<input type="checkbox"/> Combined Jr/Sr/Mstr	<input type="checkbox"/> under 15 (13-14) m or f	<input type="checkbox"/> Junior (17_18) male only
	<input type="checkbox"/> under 17 (15_16) m or f	<input type="checkbox"/> Senior (19_29) male only
Citizen (male or female)	<input type="checkbox"/> Junior (17_18) m or f	<input type="checkbox"/> Senior (17-29) female only
<input type="checkbox"/> Over 17 (ages 17 & over)	<input type="checkbox"/> Senior (19_29) m or f	<input type="checkbox"/> Master (30_39) m or f
	<input type="checkbox"/> Master (30_39) male only	<input type="checkbox"/> Master (40-49) male only
	<input type="checkbox"/> Master (40+) male only	<input type="checkbox"/> Master (40+) female only
	<input type="checkbox"/> Master (30 +) female only	<input type="checkbox"/> Master (50+) male only

WAIVER, RELEASE & INDEMNITY

I, _____ understand and agree that my participation in above noted event 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.

I am aware that cycling, and in particular competitive cycling and endurance racing, involves the possibility of injury or death. I accept these risks, and all others arising from this events, even if arising from the *negligence, gross negligence or negligent rescue* by those associated in any way with the **Canadian Cycling Association and/or Provincial Associations and Various CCA Clubs** event I may be involved in, the venues at which this events and programs takes place or by those organizing, officiating, or participating in this event and program, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").

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.

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 safely continue for any reason.

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 event or program 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.**

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.

I release in my name and in that of my heirs executive and administrators of my will the CCA, its agents, employees, officials and commissaries, representatives and successors as well as any other organization, company, society enterprise, association or person directly or indirectly involved in the present competition, all responsibility in the case of bodily or material harm occurring during the said competition and concerning me. I have read the CCA rules and completely understand all conditions and agree to respect and abide by them.

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: _____

PeeGee Man River Run

Sask Cup Mtb #1; North Battleford, May 3rd

Presented by:

North West Mountain Bike Club & Phoenix Source for Sports

This race is held on the north shore of the North Saskatchewan River at North Battleford and will run through the beautiful surrounding river valley. The course is accessible by following Canola Avenue past the Maple leaf processing plant out to the new water treatment plant. Look for race signs beginning at the lights at Anderson Pump House on Highway Sixteen, east of North Battleford.

A small meal and draws for prizes will take place after the race. A separate raffle for a Bling Bling prize will take place to raise money for a local cause.

Mail registration to:
NWMBC c/o Tom Hawboldt,
9301 19th Ave North Battleford S9A 3N5

Make cheques payable to: Battleford Cycling Club
Entries fees are \$30.00 for early registration. Entry fees must be received by May 1st to qualify for early registration fee. After that date, registration will be \$40.

Questions or additional race info may be directed to Tom at t.hawboldt@nwcsd.ca

2009 Blackstrap Biter

Sask. Cup #2, June 28, 2009

Hosted by: **BCW Cycling Club &
NBR Mountain Biking Club**

The Event:

Come join us and challenge yourself to a day of great riding and camaraderie. Each year we've been adding more single-track and this year will be no exception.

Our race categories allow for any type of rider whether you want to try racing for the first time, or whether you have been competing for years.

Cost:

- Sask Cup Race - \$35.00 before Thursday, June 25, 2009 (add \$15.00 for late registration).
- Online registration will be available OR Make cheques payable to BCW Cycling. Visa/MC accepted (add \$2.00) on registration form or in-person at Bruce's Cycle Works, 1104 Central Avenue, Saskatoon.

Full details will be posted shortly at:
www.saskcycling.ca/~bcw &
www.saskcycling.ca/~nbr

Mountain Bike Races

The schedule for all races is the same. If you have pre-registered for a race, you must still sign-on between 9:00AM and 10:15AM on the day of the race. Licensed racers must show their license on race day. A waiver of liability form and registration form must be completed and handed in at sign-on. Oneday licenses are available at the race for \$20.00 and are good for one event. A maximum of one oneday license can be purchased in one year.

Schedule of Events:

9:00-10:15am Registration (sign-on) and practice on the course.
10:45 Rider staging for all categories.
11:00 Start of race for first wave of riders.
2:00pm Awards ceremony.

2009 Pine Needle Classic

May 31, Sask Cup Mtb#3

Brought to you by
Fresh Air Experience

Location: Little Red River Park - 3km East
of Prince Albert on Highway 55

Cost: Cross country: \$35 (After May 28
add \$15) Contact race organizer for
family rates

Prize for Early Bird entries - if registered by
May 28th

Visa and Mastercard accepted

For more information and to mail entries &
entry fees to:

Fresh Air Experience (endorse cheques)

938 Central Avenue

Prince Albert S6V 4V3

Phone: (306) 922-1500 fax (306) 922-6141

(entry forms without payment are not
sufficient to secure the lower fee).

**Attention all kids, come ride in
the Trek Kids Bike Ride and
enter to win a brand new Trek
bike, Free hotdogs, juice and
draw prizes for all kids who
come out and ride, the bike
ride starts at 10am in front of
the Cosmo Lodge.**

Western Cycle Wascana

Challenge

Sask Cup Mtb #4, July 12th

Presented by:

OffRoad Syndicate

The summer classic Wascana Challenge will
be on July 12th this season. We will once
again be twisting and turning our way
through the valley on some favorite trails
and some new ones. Be ready for a great
day with good food and lots of prizes
provided by Western Cycle.

Race Entry Fees (per person)

- Early Registration: \$35 (closes
midnight July 10th)
- Late Registration: \$45 (after July
10th or on Race Day)

Early registration will guarantee your FREE
GIFT!

Check out www.wascanachallenge.com for
the 2009 details, past results, and photos.
New website and Online Registration will
open in May.

Mail Registration Forms to:

Offroad Syndicate, c/o Jay Van Ginneken
2339 McLurg Cres, Regina, SK, S4V 2N3



Offroad Syndicate
Weekly Mountain Bike Series
Starts on April 29th!

2nd Annual Granny's Oak Twister

August 30th 2009, Provincial Final Sask. Cup Mtb. #5, Esterhazy

Brought to you by Dutch Cycle & East Qu'Appelle Cartel

Come out and enjoy the SCA's newest addition to the mountain bike race circuit. This area has wonderful scenic views that include stands of the gnarly bur oak. The race course has amazing altitude changes and deliciously winding down hills. The course is well marked and groomed. Prizes generously supplied by Dutch Cycle and a catered meal will be included with the race registration.

When As this is the Prov. Final the race starts at 10 am. Sign on starts at 8 am. Meal to follow at Rainbow Hall (Same place as last year.)

Where: Twelve kilometers straight south of Esterhazy on grid 637.

Entry Fee:

- Early registration is \$30.00 (Received prior to August 24th).
- Registration received after August 24th is \$40.00.

Directions: Watch the SCA website for GPS coordinates. At present we anticipate being on a new course across the valley from where we were last year. Same great Qu'Appelle valley riding, new dirt to put under your knobbies.

Send registrations to:

East Qu'Appelle Cartel
c/o Tom Landine Box 237
Esterhazy S0A 0X0

Accommodations:

Wander Inn ph. 745-6647
Esterhazy Motor Hotel ph. 745-3501
Esterhazy Regional Park-ph. 745-6456

Note of interest: There are other possibilities for accommodations. The Rainbow dance hall provides a rustic bed and breakfast opportunity. If you are willing to camp, the landowners will let you pitch a tent in their pasture. If you think you know me well enough, you could camp out at our nearby cottage.

Further note of interest: Rainbow Hall is having a dance on Saturday, August 29, with a supper at 5:30. The featured performer is Len Gadica. Check out his website at www.lengadica.com I know that no self respecting mountain biker would listen to his music, but I think it would be a blast if a bunch of us went together for the meal and a little polka with the locals. I think \$10 or \$15 gets you into the meal and dance. If that interests you, contact me at tvlandine@sasktel.net

NBR Mountain Bike Club

Kids Dirt Series Registration Night

Date: Monday, April 20th

Time: 7 - 8:30 PM

Ages: 10-16

Cost: \$ (includes SCA membership)

NEW: Parents Learn to Ride (Limited Numbers) Free Ride (Limited Numbers)

Questions? contact: Larry Fast, Dirt Series Coordinator lfast@davismachineco.com

The Buffalo Pound 60K

60 K cross country mountain bike race (1 loop)

Saturday, September 26, 2009 – 10:00a.m. Start

Buffalo Pound Provincial Park- 16 miles NE of Moose Jaw, Sask!!!!

3k paved, 9k gravel, 8k double track, 40k single track; Enter as Solo, 2 person team, or 3 person team

The Prizes:

- Cash prizes for 1st place : Solo male/female under 40, Solo male/female 40 and over
- A Minimum of \$50.00 will be added to each category.
- \$10 dollars from all solo entry fees will go towards their applicable category prize money
- \$5 dollars from each team member's entry will also go towards solo prize money.
- More cash will be injected into prize money if we have a big turn-out.
- No cash prizes for teams.
- If the number of entrants per category is 20 or less – Winner Take All
- If the number of entrants per category is over 20 – Pay 1st, & 2nd (70% -30%)
- If the number of entrants per category is 50 or more – Pay 1st, 2nd, 3rd – (60%-30%-10%)
- Lots of good draw prizes for after the race.

The Course:

After the 2008 race, most riders agreed, this is a great, challenging course. This year we will add 2-3k more single track (general consensus was that we may have short changed the distance by this amount). The entire course is within the confines of Buffalo Pound Provincial Park, located in the Qu'Appelle Valley, 16 mi. north of Moose Jaw Sask. Buffalo Pound holds some of the best mountain bike trails in Saskatchewan. Over the past three years, with the Parks permission, work has been done to create about 20k of new single track. We feel that by combining all of these trails into one 60k track will present one of the best courses east of the Rockies! Much of the single track is very challenging, not because of roots and rocks, but because of climbing, narrow treads and tight turns, even the pavement portion is up-hill. For the most part, the race starts out easy and fast, but once the undulations start, it gets harder, and harder, if you are from out of the Province you will be mumbling under your breath "this is Saskatchewan?" Go out too fast early and you will pay dearly as the race progresses. The course does present 2 hike-a-bikes (for mortals), the balance of the course is all rideable, well, its rideable if your fresh.

The Staging, Start, Relay Points and, Finish:

- Staging, start, and finish will be located at the White Track camping area. During the race, you will have three opportunities to refuel at White Track (31k, 44k, & 49k), there will be no other aid stations on course.
- Team relay points will be at White Track, 31k and 47k (3 person team).
- Two person teams will exchange at the 31k point
- 0 thru 31k is the longest but easiest leg, however, it does contain the hardest climb and a pretty hairy downhill (just be careful), lots of hard grinding on new trails on the north side of the park, very scenic (who cares!).
- 31k thru 44k is the shortest leg of the race but contains some of the hardest single track in the race, "Terminator", very, very scenic (you really, really won't care!). This trail will test your cardio and quads to the max! If you are in shape and like climbing, you will have fun here.
- 44k thru 60k stays in what most people would call the traditional trails of White Track (but we have added some nontraditional trails that are new to many)

Entry and Other Stuff!

- Entry Fees: \$40 solo, \$30 per team member, add 10 \$ day of race.
- Aid station will have water and snacks (bring your own drink mix)
- Camping sites available and free.
- Roast Beef , (cooked on site) maybe a turkey-available to racers and volunteers – free
- Awards around 3:00 (plenty of time for you Alberta and Manitoba speedsters to make it home)
- Race meeting 9:45a.m. ----- 10:00a.m. mass start (on gravel for 4k)
- Course closes at 6:00p.m.
- Inquiries, to Joe - cattletreader50@hotmail.com 306 692 9860 home 631 6505 cell Or Brian Fish @ Boh’s cycle 306 692 0477

Last year 6 riders broke 4 hours, expect with the added K’s this year to be 4 hours for the top finishers, middle of the pack riders either side of 5 hours.

Entry Form – Buffalo Pound 60

Saturday, September 26 – 2009 Mountain Bike Race – One loop
 Buffalo Pound Provincial Park – White Track campground
 10:00 a.m. start – gather and check-in starts at 8:00; 9:45 a.m. racers meeting

Racer Info:

Last Name _____ First _____

Address: _____ City _____

Prov _____ Postal _____ Age on race Day _____ Male/Female _____

Representing, Bike Club _____

E-mail _____

Race Category:

- Solo Male under 40
- Solo Male 40 and over
- Solo Female under 40
- Solo Female over 40

Teams:

- 2 person Team
- 3 person Team

Other teammate(s): _____

All team members must each complete an entry form.

Entry Fees: Make cheques payable to: Moose Jaw Pavers
 Mail to: c/o Joe Jackson -57 Jasmine Court, Moose Jaw, Sk S6J1K2

Before Aug. 1	\$40.00 solo	\$30.00 team member
Aug. 2 – Sept. 15	\$45.00 solo	\$35.00 team member
Race Day	\$50.00 solo	\$40.00 team member

Waivers to be signed on-site day of the race. Entries are non-refundable
 Participants that are not a member of the ICU, CCA, or SCA affiliate club will be required to purchase a one day membership for a cost of \$20.00, this will cover insurance requirements for the race.

**Blocks Cycle XC8 is back in its 5th season!
September 5th, 2009 (Labor Day Weekend)
Buffalo Pound Provincial Park**



This is Saskatchewan's largest and most popular mountain bike race, with over 125 racers in attendance from across Western Canada. The Blocks Cycle XC8 is an 8-hour endurance mountain bike race for solo racers, and a massive relay for teams of 2 or 4 people. For the first time ever, we will be offering a Female Doubles category. We are continuing our massive prize draws including Grand

Prizes, plus \$1000 in cash prizes.

There are some major changes coming this season to the XC8:

- We are offering a full catered meal.
- New race course.
- New earlier Early Bird entry deadline.
- **No race-day entry.**
- Early Bird Entry Fees are: \$40 per Team Member; \$50 per Solo Racer

The biggest and best of all, XC8 is on the Labor Day long weekend (Sept 5th), so everyone can make the trip, camp, and enjoy a great Saturday of biking with lots of time to get back to enjoy the rest of your holiday weekend after a long day on the bike with friends.

For those who haven't raced the XC8, talk to someone who has. It is a unique racing and social experience and a lot more than just racing and going home. You will be riding in the scenic Qu'Appelle valley, overlooking Buffalo Pound Lake. The valley was formed by post-glacier meltwater which created a channel over 2 kilometers wide and stretches 400km across Saskatchewan. It is up to 150 meters deep (492feet) and now contains many creeks, rivers, and lakes primed with great trails. The event site provides both camping and washrooms just steps away from the Start/Finish area.

Visit the official website or register online at <http://www.xc8.ca>

Horizon 100 Cycling club

The club conducted a survey last fall. There were 51 respondents. Prizes were drawn for two lucky people. Tammy Peterson won a club jersey and Jaela Shockey won a free club membership for the 2009 season. Congratulations to Tammy and Jaela. There were many good comments from the survey. As a result three new rides have been added to the calendar. They are 150 km rides on June 7th, July 5th and August 2nd. These will be training rides to prepare for the 100 mile Harvest Century. Some of our 100 km routes have been extended to the 150 km distance. Gisele, Terry, and Andrea have been working hard to get the website up and running. Thank you for your work and dedication. The new site is www.horizon100.com.

The Boot Camps are going strong. The membership is increasing and we are hoping for an accident free season. Our goal is safe riding.
Ray



Newsletter Submission dates

All dates are approximate
Prairie Pedaler (1 copy/household)

Issue	Submission Date	Mailing Date
09-02	August 8	August 12
09-03	December 12	December 16

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