

Prairie Pedaler

August 2009
Volume 09 Issue 2

Saskatchewan Cycling Association,

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President's Message, By Wayne Walker

Well I didn't get my bike race junkie fix this year. The race schedule and my work schedule didn't seem to mesh well, and I missed most of the provincial races. Darn work! I'll have to do something about that next summer. I was only able to officiate at two races this summer, and made a brief showing at a couple of others. I was left watching OLN and some bike race in France, in order to get my fix.

Two of our Saskatchewan riders had awesome results at Road Nationals, in St Georges, Quebec in July. Julia Garnet won the Junior National Time Trial Championship, and placed 4th in the road race. We had another 1st when Arnold Boldt won the Para-cycling LC3-4 Road Race Championship. Congratulations to both of you. This win for Julia gained her the chance to represent Canada at the Junior Worlds in Moscow August 2-10th. Julia is in Moscow as I write this, and here's hoping that she has a fantastic experience, and great races.

Later this month some of our best young riders will be in Summerside, P.E.I. for the 2009 Canada Summer Games. The men's team will consist of Dave Brooks, Brad Clifford, Cuylar Conley, Chris McGarity, Ben Rempel, and Andrew Thomas. James Winter has been named as an alternate should one of the others not be able to make it. The women's team will consist of Andrea Bunnin, Hannah Cooley, Julia Garnet, Lindsay Aspen and Joanne Traves, Caitlin Warkentin. Four of the team members have past games experience, as they were at the Canada Games in Regina in 2005. We have some strong riders in this group, and are hoping for some good results. The best of luck to all of you and enjoy the games!

On the R&T side of cycling the Great Annual Saskatchewan Pedal (GASP) Tour was held July 18 to 25th. My last report was that there were 33 riders in the Tour this year, you can check out Don Wilson's article on page 17 of this newsletter or visit the Tour's blog, <http://gasptour.blogspot.com/>.

Later this month is the deadline for the SCA awards which are presented at the SCA Annual General Meeting in September. Nominations must be submitted to the SCA office by August 15th. If you know of a volunteer who is deserving of recognition, please take the time to nominate them.

Hope you've had a great summer so far.

Saskatchewan Cycling Association, 2009 Annual General Meeting Prince Albert, September 19-20, 2009

All Meetings will be held at the meeting room at Little Red River Park

Saturday, September 19

- Cyclo-Cross #1 1:00 pm sign on
- 6:30-9:30 pm Sector Meetings - High Performance, Development; Recreation & Transp - review progress of this past year
- 9:30 pm Social - a time to reminisce about the cycling season!

Sunday, September 20

- 9:30-11:30 am SCA Annual General Meeting; Positions up for election: President, Vice President Recreation and Transportation, Chief RR Commissaire, Vice President Development, Women's Recreational Cycling Rep, Director of Games, Director of Recreation Mtb, Recreation and Transportation representative (recreation), two Development Committee Members, Education Coordinator
- 11:30-1:00 pm SCA Awards & Lunch
- 1:00-3:00 pm Sector Meetings - Note R & T meeting only if the business is not completed on Saturday.

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Sask Cycling Association (SCA), 2009 Annual General Meeting (AGM), Proxy Form

I, _____, being a registered member of the SCA, do hereby give permission to
_____, who is also a member of the SCA, to act on my behalf at the AGM on Sept 20/09.

Signature: _____ Club Affiliation: _____ Date: _____

Article 8 VOTING

- Every member in good standing shall be entitled to one vote and may exercise his/her franchise on every resolution brought before the general meeting as well as in the election of the Board of Directors.
- Voting by proxy shall be permitted on Corporation forms or reasonable facsimiles, specific to the date of the Annual General Meeting. Proxy voting shall only be allowed for the purposes of voting on resolutions brought before the general meeting and not in the election of the Board of Directors and Committee members. amended Sept 2004

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SCA, 2009 Annual General Meeting, Resolution Form

Be it resolved that the Board of Directors: be requested to; or investigate; or consider:

Signature: _____ Club Affiliation: _____ Date: _____

RETURN the resolution form to the SCA by September 1st, 2009

Update – *Shawn MacLennan, Development Coordinator*

Hello everyone, the cycling season and summer are going along rather quickly. It is my third month as the SCA's cycling development coordinator. I have been trying to meet and talk with all the Club Presidents in the province to gather information on what programs, successes and challenges each club in the province has. Currently, I have not been able to meet with every club president as we are in the midst of the cycling season everyone is very busy with club events and races. I hope to make sure to touch base with every club over the off-season in the Fall/Winter.

I was able to attend my first road race in June at the RCC Stage Race held just outside Regina at White Butte. I was encouraged that there were some Cat 6 riders at the event and they all seemed to have a good time. I would like to grow our numbers in Cat 6, as this is an age group we have a lower participation rate in regards to competitive racing in the province.

I was fortunate to take the Mountain Bike Commissaire course that was held in Saskatoon during the later part of June. I would like to thank Wayne Walker and Shelly Horn for leading the course; I think all six of us who took the course learnt many new things about MTB racing. I have been able to attend two Sask Cup Mountain Bike Races, the NBR/BCW Blackstrap Bitter and the ORS/Western Cycle Wascana Challenge. If you were there you might have seen me writing down times at the finish line and setting up and taking down the finish/start area.

The creation of a new BMX Racing Track in Saskatoon caught my interest. I was able to visit the track when I was in Saskatoon attending the commissaire course in June. The track developers must be commended for being able to place the track in such a great location. With BMX Racing as an Olympic Sport, its popularity in other provinces has taken off. As a result of the Saskatoon track being built, I have created a poster campaign in Regina to spark the interest of the public about resurrecting BMX Racing in the city. BMX Racing is a great way to get younger people and families into the sport of cycling. I would like to investigate if we could get a Provincial Racing Circuit for BMX; in the past there were many tracks in communities across the province. I encourage anyone from any community to contact me if you have an interest or questions regarding this.

I would like to invite all members to contact me if they have any questions, ideas or concerns about cycling development in the province. I look forward to seeing you at the Provincial MTB Championships in Esterhazy at the end of the month and at the SCA AGM in September.

SCA Award Deadline – The SCA awards will be presented at the Annual General Meeting on September 20. The nominations must be submitted to the SCA office by August 15th. For more info on the awards go to: <http://www.saskcycling.ca/results/awards/index.html>

- Wotton Bowl Award (Road Racing)
- Mountain Bike Top Rider of the Year Award
- Cyclocross Top Rider of the Year Award
- Cameco Volunteer Award (Mountain Bike)
- Outstanding Volunteer in the Road Sector Award
- Outstanding Volunteer in the Recreation & Transportation Sector
- President's Awards
- Ken Wilson Achievement Award

Fresh Air Experience Spring Classic, Sask Cup #1, April 26**Cat 2/3**

1	James	Winter	2:40:26
2	Christopher	McGarity	2:40:40
3	Andrea	Bunnin	2:40:40
4	Cuylar	Conly	2:40:42
5	Sean	Siever	2:40:49
6	Kevin	Williams	2:41:16
7	Julia	Garnet	2:41:22
8	Bob	Hawboldt	2:41:22
9	Chris	Jensen	2:41:40
10	Cornelius	Kluge	2:43:39
11	Cory	Zetterstrom	2:44:59
12	Neil	Clarke	2:45:24
13	Brock	Campbell	3:00:53
14	Lincoln	Lu	3:12:27

Cat 4

1	Mike	Horn	2:24:18
2	Wade	Bourassa	2:24:28
3	Susan	Clarke	2:24:33
4	Tom	Wolf	2:24:46
5	Mike	Power	2:25:03
6	Sean	Gabora	2:26:02
7	Erica	Musyj	2:26:07
8	Chris	Christie	2:28:33
9	Joe	Brassard	2:31:16
10	Morgan	Jungwirth	2:32:05
11	Brennon	Martin	2:34:24
DNF	Tyler	Korpan	DNF

Cat 5

1	Ben	Gotts	1:25:00
2	Bill	Jeffery	1:25:01
3	Chris	Penner-Mayoh	1:25:05
4	Michael	McGarity	1:25:07
5	Bruce	Kemp	1:25:17
6	Ragnar	Robinson	1:25:20
7	Kelly	Goldfinch	1:31:50
8	Ken	Orr	1:32:27
9	Larry	Mccamon	1:34:41
10	Ryan	Gardiner	1:35:23
11	Hannah	Cooley	1:36:01
12	Peter	Fretz	1:36:46
13	Barret	Kropf	1:37:40
14	Paul	Levett	1:38:15
15	Kathryn	Theede	1:38:35
16	Greg	Bell	1:45:16
17	Muriel	Orr	2:02:56

Cat 6

1	Joey	Wahoski	1:06:30
2	Joshua	Kropf	1:07:31
3	Hilary	Johnstone	1:13:33
4	Brennen	Smith	1:13:45
5	Ed	Koop	1:15:10
6	Jalen	Kropf	1:17:16
7	Larry	Busser	1:20:19
8	Lindsey	Busser	1:25:44
9	Bridget	Kropf	1:26:09
10	Miguel	Kukura	1:26:37

2009 Bikes On Broadway, May 16-18, Sask Cup #2

Cat 1/2		TT	Stage 1 Plc	Stage 2 Time	Stage 2 Plc	Stage 3 Time	Stg 3 Plc	GC Time	GC Plc
Mark	MacDonald	0:10:19	4	3:05:06	1	0:48:39	1	4:03:29	1
Bruce	Copeland	0:09:58	1	3:05:09	8	0:48:49	22	4:03:56	2
Aaron	Schooler	0:10:13	3	3:05:09	8	0:48:39	3	4:03:56	3
Dan	Wood	0:10:23	5	3:05:06	2	0:48:39	5	4:03:58	4
Dustin	Andrews	0:10:35	10	3:05:09	8	0:48:39	2	4:04:08	5
Shaun	Adamson	0:10:30	7	3:05:09	8	0:48:39	6	4:04:18	6
Chris	McNeil	0:10:34	9	3:05:09	8	0:48:43	8	4:04:26	7
Andrew	Thomas	0:10:37	11	3:05:09	8	0:48:43	9	4:04:29	8
Cuylar	Conly	0:10:39	15	3:05:09	8	0:48:43	7	4:04:31	9
Shawn	Bunnin	0:10:45	22	3:05:09	3	0:48:44	12	4:04:33	10
Robin	Baillie	0:10:23	5	3:05:22	23	0:48:49	20	4:04:34	11
Anthony	Steenbergen	0:10:41	18	3:05:09	8	0:48:44	14	4:04:34	12
Christian	Jensen	0:10:42	20	3:05:09	8	0:48:44	11	4:04:35	13
Chris	McGarity	0:10:39	15	3:05:09	8	0:48:49	24	4:04:37	14
Olli	Hyytiainen	0:10:54	24	3:05:09	8	0:48:39	4	4:04:42	15
Jonathan	Wood	0:10:39	15	3:05:09	4	0:48:56	25	4:04:44	16
Dave	Brooks	0:10:54	24	3:05:09	6	0:48:44	17	4:04:47	17
Coulter	Young	0:10:55	26	3:05:09	8	0:48:44	13	4:04:48	18
Stephen	Mundy	0:10:38	14	3:05:32	24	0:48:47	19	4:04:57	19
Justin	Middleton	0:11:31	30	3:05:09	7	0:48:49	21	4:05:29	20
Brad	Clifford	0:10:37	11	3:06:20	26	0:48:44	18	4:05:41	21
James	Mollison	0:12:01	32	3:05:09	8	0:48:44	10	4:05:54	22
Peter	Lawrence	0:11:11	28	3:23:34	28	0:48:44	16	4:23:29	23
Graham	Rudge	0:10:33	8	3:28:20	29	0:48:44	15	4:27:37	24
Daniel	Nemetchek	0:11:41	31	3:31:11	30	0:48:49	23	4:31:41	25
Adrian	Huemmer	0:10:05	2	3:33:40	31	0:50:52	26	4:34:37	26

Women		TT	Stage 1 Plc	Stage 2 Time	Stage 2 Plc	Stage 3 Time	Stage 3 Plc	GC Time	GC Plc
Tara	Whitten	0:10:50	1	2:28:38	1	0:33:25	1	3:13:18	1
Julia	Garnet	0:11:35	2	2:34:13	4	0:34:56	4	3:20:39	2
Andrea	Bunnin	0:12:05	3	2:34:12	2	0:34:56	3	3:20:58	3
Anna	Schappert	0:12:32	6	2:34:12	3	0:34:56	2	3:21:25	4
Susan	Clarke	0:12:16	5	2:34:15	7	0:36:15	8	3:22:46	5
Haley	Warkentin	0:12:40	8	2:34:14	6	0:36:06	7	3:23:00	6
Lindsay	Argue	0:12:05	3	2:34:14	5	0:36:06	6	3:24:25	7
Karlee	Gendron	0:12:36	7	2:41:36	9	0:34:56	5	3:29:08	8
Bobbi	Handford	0:13:02	10	2:47:54	10	0:36:27	9	3:37:23	9
Jodi	Hawley	0:13:24	12	2:57:26	11	0:36:27	10	3:47:17	10
Anastasia	Stadnyk	0:13:10	11	3:20:24	12	0:38:11	11	4:11:45	11
Cat 3		TT	Stage 1 Plc	Stage 2 Time	Stage 2 Plc	Stage 3 Time	Stg 3 Plc	GC Time	GC Plc
Kris	Dahl	0:10:27	1	3:30:29	7	0:43:13	2	4:23:49	1
Curtis	Earl	0:10:57	5	3:29:51	2	0:43:15	10	4:23:53	2
Keith	Batstone	0:11:04	7	3:29:52	3	0:43:15	8	4:24:06	3
Graham	Courtney	0:10:58	6	3:30:29	7	0:43:13	1	4:24:25	4
Kristian	Miller	0:10:49	2	3:30:29	7	0:43:13	4	4:24:31	5
Kevin	Williams	0:10:51	3	3:30:29	7	0:43:15	9	4:24:35	6
Dylan	Harris	0:10:54	4	3:30:29	5	0:43:13	7	4:24:36	7
Tim	Woodcock	0:11:19	12	3:30:29	4	0:43:13	5	4:25:01	8
Mac	Garvin	0:11:25	16	3:30:29	7	0:43:13	6	4:25:07	9
Kevin	Coghlan	0:11:35	21	3:30:29	7	0:43:15	13	4:25:19	10
Jason	Doverspike	0:11:27	18	3:29:46	1	0:43:13	3	4:25:21	11
William	Urton	0:11:47	22	3:30:29	7	0:43:15	12	4:25:31	12
Marshall	Verbrugge	0:11:31	19	3:30:29	7	0:45:16	14	4:27:16	13
Blake	MacKay	0:11:18	11	3:30:29	7	0:46:32	16	4:28:19	14
Cornelius	Kluge	0:11:20	13	3:30:29	7	0:46:32	16	4:28:21	15
Clayton	Meisner	0:11:24	14	3:30:29	7	0:46:32	16	4:28:25	16
David	Watson	0:11:32	20	3:30:29	7	0:46:32	16	4:28:33	17
Markel	Chernenkoff	0:11:52	23	3:30:29	6	0:46:32	16	4:28:53	18
Curtis	Roper	0:12:33	27	3:30:29	7	0:46:32	16	4:29:34	19
Lincoln	Lu	0:12:00	24	3:31:20	20	0:46:32	16	4:29:52	20
Ty	Andrews	0:11:24	14	3:42:43	22	0:43:15	11	4:37:22	21
Gordie	Boyko	0:12:06	25	3:42:43	23	0:45:46	15	4:40:35	22
Mathew	Grabau	0:11:26	17	3:50:00	24	0:47:32	23	4:48:58	23
Cat 4		TT	Stage 1 Plc	Stage 2 Time	Stage 2 Plc	Stage 3 Time	Stage 3 Plc	GC Time	GC Plc
Ryan	Leibel	0:11:00	2	2:32:43	2	0:34:32	3	3:17:50	1
Don	Sawatzky	0:11:04	5	2:32:43	3	0:34:32	2	3:18:04	2
Dan	Sigouin	0:10:49	1	2:32:43	4	0:34:34	11	3:18:06	3
Marian	Pyszczyk	0:11:26	9	2:32:43	1	0:34:31	1	3:18:10	4
Paul	Ermantrout	0:11:00	2	2:32:43	4	0:34:34	4	3:18:17	5
Darin	Schacker	0:11:01	4	2:32:43	4	0:34:34	10	3:18:18	6
Bruce	Gordon	0:11:07	6	2:32:43	4	0:34:34	8	3:18:24	7
Michael	Godfrey	0:11:07	6	2:32:43	4	0:34:34	11	3:18:24	7
Mike	Power	0:11:13	8	2:32:43	4	0:34:34	11	3:18:30	9
Rod	Verbrugge	0:11:29	10	2:32:43	4	0:34:34	11	3:18:46	10
DJ	Hewitt	0:11:33	11	2:32:43	4	0:34:34	5	3:18:50	11
Mike	Horn	0:11:37	12	2:32:43	4	0:34:34	7	3:18:54	12
Scott	Bell	0:11:39	13	2:32:43	4	0:34:34	11	3:18:56	13
Lorie	Holte	0:11:48	14	2:32:43	4	0:34:34	11	3:19:05	14
Travis	Anderson	0:11:50	15	2:32:43	4	0:34:34	9	3:19:07	15
Lance	Adamson	0:11:54	18	2:32:43	4	0:34:34	11	3:19:11	16
Jason	Buijs	0:11:56	20	2:32:43	4	0:34:34	11	3:19:13	17
Chris	Prendergast	0:12:00	21	2:32:43	4	0:34:34	11	3:19:17	18
David	Johnston	0:12:03	22	2:32:43	4	0:34:34	11	3:19:20	19
Wade	Bourassa	0:12:22	25	2:32:43	4	0:34:34	6	3:19:39	20
Sean	Gabora	0:12:41	28	2:32:43	4	0:34:34	11	3:19:58	21
Rick	Vircavs	0:12:31	26	2:32:43	4	0:34:44	22	3:19:58	21
Shane	MacNaughton	0:11:51	16	2:32:43	4	0:36:59	24	3:21:33	23
Sean	Kukura	0:11:55	19	2:32:43	4	0:37:39	25	3:22:17	24
Chris	Christie	0:12:18	24	2:32:43	4	0:38:50	26	3:23:51	25

		0:12:33	27	2:45:01	28	0:36:49	23	3:34:23	26
Cat 5		TT	Stage 1 Plc	Stage 2 Time	Stage 2 Plc	Stage 3 Time	Stage 3 Plc	GC Time	GC Plc
Andrew	Cullingham	0:12:09	9	1:48:07	1	0:29:34	1	2:29:15	1
Austin	Miller	0:11:37	1	1:48:07	4	0:29:38	3	2:29:17	2
Robert	Barfuss	0:11:39	2	1:48:07	4	0:29:40	5	2:29:26	3
Axel	Morin	0:12:02	6	1:48:07	4	0:29:36	2	2:29:35	4
Michael	Lankester	0:12:05	7	1:48:07	2	0:29:38	4	2:29:40	5
Luke	Patterson	0:12:07	8	1:48:07	4	0:29:40	6	2:29:54	6
Nick	Gibb	0:12:27	10	1:48:07	4	0:29:44	8	2:30:18	7
Sash	Broda	0:12:31	11	1:48:07	4	0:29:43	7	2:30:21	8
Derek	Georget	0:11:51	4	1:48:07	3	0:30:53	10	2:30:46	9
John	Evans	0:11:55	5	1:48:07	4	0:30:51	9	2:30:53	10
Aidan	Katz	0:12:40	13	1:48:07	4	0:31:07	14	2:31:54	11
Jeramie	Anderson	0:13:03	20	1:48:07	4	0:30:55	11	2:32:05	12
Darren	Hagen	0:13:00	17	1:48:07	4	0:31:03	12	2:32:10	13
Gabrielle	Edwards	0:13:01	19	1:48:07	4	0:31:07	15	2:32:15	14
Taso	Arvanitis	0:13:15	22	1:48:07	4	0:31:07	13	2:32:29	15
Bruce	Kemp	0:13:00	17	1:48:07	4	0:32:31	19	2:33:38	16
Ben	Gotts	0:13:53	26	1:48:07	4	0:32:31	18	2:34:31	17
Lawrence	McCamon	0:13:50	25	1:57:09	24	0:31:25	16	2:42:24	18
Hannah	Cooley	0:13:45	24	2:01:11	25	0:31:32	17	2:46:28	19
Coryn	Heming	0:12:56	16	2:01:12	26	0:32:31	20	2:46:39	20
Barret	Kropf	0:14:05	28	2:08:22	27	0:32:51	22	2:55:18	21
Duncan	Shury	0:14:01	27	2:11:51	28	0:32:31	21	2:58:23	22
Cat 6		TT	Stage 1 Plc	Stage 2 Time	Stage 2 Plc	Stage 3 Time	Stage 3 Plc	GC Time	GC Plc
Joshua	Kropf	0:12:59	1	0:53:18	1	0:17:01	1	1:22:43	1
Nadine	Brenaut	0:13:53	5	0:53:25	2	0:17:17	2	1:24:15	2
Alecia	Lukash	0:14:10	6	0:54:06	3	0:17:38	3	1:25:44	3
Jeff	Hrynchshyn	0:13:36	3	0:54:44	6	0:18:25	6	1:26:45	4
Lindsay	Aspen	0:14:15	7	0:54:43	5	0:18:23	5	1:27:21	5
Joanne	Traves	0:14:25	8	0:55:22	7	0:17:48	4	1:27:35	6
Brammon	Edwards	0:14:53	9	0:54:41	4	0:18:47	8	1:28:21	7
Jalen	Kropf	0:13:45	4	0:57:39	8	0:18:34	7	1:29:58	8
Miguel	Kukura	0:15:32	10	0:57:59	9	0:19:04	10	1:32:35	9
Brennan	Smith	0:15:41	11	0:58:04	10	0:20:15	11	1:34:00	10
Heather	Shury	0:18:20	13	1:04:48	11	0:18:54	9	1:42:02	11

Regina Stage Race, June 6, 7, Sask Cup #3

Cat 2/3		RR Time	RR Place	TT Time	TT Place	Crit Time	Crit Plc	GC Time	GC Plc
Jensen	Christian	3:24:33	2	0:08:28	5	0:55:35	1	4:28:16	1
Chernenkoff	Markel	3:24:33	1	0:08:17	3	0:56:44	2	4:29:19	2
Siever	Sean	3:24:35	7	0:07:49	1	0:56:58	7	4:29:22	3
Wrubleski	Michael	3:24:38	9	0:08:23	4	0:56:44	5	4:29:45	4
Miller	Kristian	3:24:34	3	0:08:11	2	0:57:13	8	4:29:53	5
Peralta	Pedro	3:24:34	6	0:09:03	6	0:56:44	3	4:30:21	6
Matus	Frank	3:24:37	8	0:09:08	7	0:56:44	4	4:30:29	7
Lu	Lincoln	3:24:34	4	0:09:10	8	0:57:13	8	4:30:57	8
Kluge	Cornelius	3:24:34	5	0:09:19	9	1:00:38	10	4:34:31	9
McCormick	John					0:56:44	6		
Cat 4		RR Time	RR Place	TT Time	TT Place	Crit Time	Crit Plc	GC Time	GC Plc
Pyszczyk	Marion	2:12:02	1	0:08:31	1	0:46:16	1	3:06:29	1
Power	Mike	2:12:22	3	0:08:43	2	0:47:11	5	3:08:11	2
Vircavs	Rick	2:19:02	4	0:09:40	5	0:47:08	3	3:15:45	3
Johnston	David	2:19:14	7	0:10:03	7	0:47:09	4	3:16:26	4
Gabora	Sean	2:19:11	5	0:10:37	9	0:47:07	2	3:16:55	5
Garnet	Julia	2:12:17	2	0:09:37	4		DNS	DNF	
Campbell	Brock	2:19:19	8	0:09:36	3		DNF	DNF	
Christie	Chris	2:19:12	6	0:10:07	8		DNS	DNF	
Kukura	Sean	2:19:33	9	0:09:54	6		DNS	DNF	
Cat 5		RR Time	RR Place	TT Time	TT Place	Crit Time	Crit Plc	GC Time	GC Plc
Down	Russ	1:46:51	1	0:08:57	1	0:29:15	2	2:24:48	1

Georget	Derek	1:46:56	2	0:09:30	3	0:29:15	1	2:25:26	2
Barfuss	Robert	1:47:04	4	0:09:16	2	0:29:15	3	2:25:35	3
Penner-Mayoh	Chris	1:47:08	6	0:09:50	5	0:29:21	4	2:26:19	4
Evans	John	1:47:12	7	0:09:47	4	0:29:56	6	2:26:50	5
Kemp	Bruce	1:47:00	3	0:10:38	10	0:29:56	8	2:27:29	6
Goldfinch	Kelly	1:56:17	11	0:10:07	7	0:29:56	7	2:36:20	7
Gibson	Theresa	1:54:29	10	0:11:26	12	0:32:30	12	2:38:25	8
Orr	Ken	1:56:45	12	0:11:55	13	0:32:11	11	2:40:51	9
McCamon	Lawrence	1:57:37	13	0:11:23	11	0:31:55	10	2:40:55	10
Anderson	Phil	1:58:05	14	0:12:14	14	0:31:41	9	2:42:00	11
Kropf	Joshua	2:14:35	16	0:10:04	6	0:29:56	5	2:54:35	12
Orr	Muriel	2:39:10	17	0:14:18	15	0:36:34	13	3:30:02	13
Boldt	Arnold	1:47:07	5	0:10:21	9	DNS		DNF	
Hotz	Mark	1:48:30	8	0:10:08	8	DNS		DNF	
Hawboldt	Thomas	1:53:11	9	DNS				DNF	
Bell	Greg	2:13:59	15	DNS				DNF	
Cat 6		RR Time	RR Place	TT Time	TT Place	Crit Time	Crit Plc	GC Time	GC Plc
Kropf	Jalen	0:46:04	1	0:11:34	1	0:17:25	1	1:14:33	1
Smith	Brennen	0:46:51	2	0:12:25	2	0:18:56	2	1:17:52	2
Kukura	Miguel	0:48:10	3	0:13:22	3	0:19:33	3	1:20:55	3

ICU Cycling Classic 2009, Swift Current, Sask Cup #4, July 25-26

Cat 2		TT Time	TT Place	RR Time	RR Plc	Crit Time	Crit Plc	Hill Climb	Hill Plc	GC Time	Time dif	GC Plc
Chris	Jensen	0:10:10	1	2:45:59	1	0:51:43	1	0:07:27	3	3:54:49		1
Terence	Dahms	0:10:12	2	2:47:01	2	0:52:35	2	0:07:27	2	3:56:55	0:02:06	2
Matt	Martyniuk	0:10:12	2	2:47:28	3	0:53:09	3	0:06:49	1	3:57:28	0:02:39	3
Cat 3		TT Time	TT Place	RR Time	RR Plc	Crit Time	Crit Plc	Hill Climb	Hill Plc	GC Time	Time dif	GC Plc
Markel	Chernekoff	0:10:38	4	2:46:36	1	0:52:35	1	0:07:14	1	3:57:03		1
Pedro	Peralto	0:10:23	2	2:47:07	2	0:52:35	2	0:07:26	3	3:57:11	0:00:08	2
Lincoln	Lu	0:11:14	7	2:46:36	8	0:54:04	5	0:07:37	4	4:00:31	0:03:28	3
Julia	Garnet	0:10:55	6	2:49:19	3	0:52:35	4	0:07:59	8	4:00:43	0:03:40	4
Frank	Matus	0:10:35	3	2:54:13	4	0:55:42	7	0:07:41	6	4:08:11	0:11:08	5
Cornel	Kluge	0:10:13	1	2:55:55	5	0:59:06	8	0:07:38	5	4:12:52	0:15:49	6
Brock	Campbell	0:11:24	8	3:07:12	6	0:54:26	6	0:07:52	7	4:20:54	0:23:51	7
Kristian	Miller	0:10:44	5	3:19:00	7	0:52:35	3	0:07:19	2	4:30:03	0:33:00	8
Cat 4												
Cat 4	Last Name	TT Time	TT Place	RR Time	RR Plc	Crit Time	Crit Plc	Hill Climb	Hill Plc	GC Time	Time dif	GC Plc
Chris	Christie	0:10:51	1	1:29:23	2	0:31:56	1	0:08:14	1	2:19:59		1
Mark	Gibson	0:11:12	2	1:29:23	3	0:31:57	3	0:08:50	2	2:21:12	0:01:13	2
Sean	Gabora	0:11:34	3	1:29:22	1	0:31:56	2	0:08:52	3	2:21:19	0:01:20	3
Cat 5	Last Name	TT Time	TT Place	RR Time	RR Plc	Crit Time	Crit Plc	Hill Climb	Hill Plc	GC Time	Time dif	GC Plc
Pete	L'Heureux	0:11:00	1	1:29:27	5	0:31:56	2	0:08:35	4	2:21:18		1
Joshua	Kropf	0:11:48	6	1:29:36	6	0:31:56	1	0:08:17	2	2:21:22	0:00:04	2
Chris	Penner-Mayoh	0:11:46	5	1:29:22	1	0:32:42	3	0:08:17	3	2:21:47	0:00:29	3
Bruce	Kemp	0:12:03	8	1:29:23	2	0:33:11	7	0:09:06	9	2:23:33	0:02:15	4
Arnold	Boldt	0:12:23	10	1:29:23	3	0:33:56	8	0:08:45	7	2:24:22	0:03:04	5
Grant	MacMillan	0:11:11	2	1:33:09	8	0:33:06	6	0:07:40	1	2:25:06	0:03:48	6
Nienke	Lindenboom	0:12:38	13	1:29:23	4	0:34:50	13	0:08:44	6	2:25:35	0:04:17	7
Phil	Anderson	0:12:10	9	1:33:07	7	0:32:54	4	0:09:23	12	2:27:34	0:06:16	8
Ryan	Hunter	0:11:13	3	1:35:14	11	0:33:00	5	0:08:43	5	2:28:10	0:06:52	9
Ken	Orr	0:11:21	4	1:34:44	10	0:34:36	10	0:09:22	11	2:30:03	0:08:45	10
Lawrence	MCCamon	0:12:42	14	1:34:44	9	0:34:36	10	0:09:14	10	2:31:16	0:09:58	11
Hannah	Cooley	0:12:24	11	1:37:01	12	0:34:04	9	0:08:53	8	2:32:22	0:11:04	12
Robert	Houston	0:12:01	7	1:37:02	13	0:34:36	10	0:09:53	14	2:33:32	0:12:14	13
Theresa	Gibson	0:12:24	12	1:37:03	14	0:34:50	13	0:09:51	13	2:34:08	0:12:50	14
Muriel	Orr	0:13:40	15	2:08:54	15	0:37:15	15	0:12:41	15	3:12:30	0:51:12	15
Cat 6	Last Name	TT Time	TT Place	RR Time	RR Plc	Crit Time	Crit Plc	Hill Climb	Hill Plc	GC Time	Time dif	GC Plc
Darren	Jensen	0:11:52	1	0:58:58	2	0:16:53	1	0:09:01	1	1:36:19		1
Jalen	Kropf	0:13:06	2	0:58:58	1	0:17:34	2	0:09:36	2	1:38:49	0:02:30	2
Larry	Carr	0:13:59	3	1:00:12	3	0:17:55	3	0:10:46	3	1:42:42	0:06:23	3
Benjamin	Tombs	0:17:15	4	1:10:58	4	0:19:00	4	0:12:32		1:59:45	0:23:26	4

Provincial Road Race, July 19, 2009, Saskatoon

6 Lap Group				Sean	Gabora	DNF	U17 Men						
Senior Men				Master B Men			1	Joshua	Kropf	2:08:15			
1	Markel	Chernenkoff	2:28:21	1	Mike	Power	2:14:38	2	Colin	Aspen	2:11:21		
2	Curtis	Leschyshyn	2:28:28	2	Scott	Bell	2:25:18	3	Duncan	Shury	2:21:59		
3	Matt	Walker	2:29:03	Senior Women									
4	Chris	Jensen	2:29:03	1	Julia	Garnet	2:14:30	out of category					
5	Lincoln	Lu	2:29:03	4 Lap Group			Sash	Broda	1:53:59				
6	Kevin	Williams	2:29:03	Master C Men			Jeramie	Anderson	1:53:59				
7	Stephen	Cooley	2:15:19 + 1 lap	1	Scott	Cranston	1:44:50	Ben	Gotts	2:08:43			
8	Kristian	Miller	2:27:23 + 1 lap	2	Rob	Howse	1:44:50	Junior Women					
9	Jimmy	Oneschuk	2:33:20 + 1 lap	3	Frank	Matus	1:44:55	1	Joanne	Traves	2:15:55		
	Ben	Rempel	DNF	4	Chris	Christie	1:46:04	2	Lindsay	Aspen	2:30:07		
5 Lap Group				5	Arnold	Boldt	2:00:44	Hannah Cooley DNF					
Master A Men				6	Bruce	Kemp	2:08:42	2 Lap Group					
1	Cornelius	Kluge	2:14:28	Master E men			U17 Women						
2	Brock	Campbell	2:16:18	1	Ken	Orr	2:00:41	1	Marina	Aspen	1:20:27		
				Master E Women			2	Heather	Shury	1:21:28			
				1	Muriel	Orr	2:06:50 + 1 lap	U15 Men					
								1	Reed	Aspen	1:20:34		

Provincial 15K Time Trial, July 18, 2009, Saskatoon

Junior men				Colin	Aspen	0:28:32	2	Ken	Orr	0:23:40	1
Sash	Broda	0:23:59	1	Brammon	Edwards	0:32:25	3	Master C men			
Jeremy	Anderson	0:24:39	2	Reed	Aspen	0:39:34	4	Rob	Howse	0:21:10	1
Senior men				U15 women				Frank	Matus	0:21:51	2
Curtis	Leschyshyn	0:19:44	1	Marina	Aspen	0:33:41	1	Chris	Christie	0:23:29	3
Chris	Jensen	0:20:08	2	U17 men				Bruce	Kemp	0:25:45	4
Cory	Zetterstrom	0:20:10	3	Duncan	Shury	0:27:55	2	Arnold	Boldt	0:26:09	5
Ben	Rempel	0:20:58	4	Junior women				Master B men			
Stephen	Cooley	0:23:09	5	Abby	Miller	0:27:04	1	Mike	Power	0:22:03	1
Mark	Sadoway	0:23:48	6	Hannah	Cooley	0:27:52	2	Shayne	Burwell	0:22:25	2
Senior women				Joanne	Traves	0:28:29	3	Scott	Bell	0:24:03	3
Julia	Garnet	0:22:07	1	Lindsay	Aspen	0:32:09	4	Master A men			
Erica	Musyj	0:22:51	2	Master E women				Cornell	Kluge	0:21:38	1
U15 men				Muriel	Orr	0:32:11	1	Brock	Campbell	0:23:56	2
Joshua	Kropf	0:25:59	1	Master E men							

2009 Provincial 40K Time Trial, Saturday, August 8 Regina

Master D Men				3	Grant MacMillan	1:01:36	6	Lincoln Lu	1:02:28	
1	Irv Tremblay	1:06:05		1 day	Darren Jensen	1:04:03	U17 Men			
Master C Men				Master A Men				1	Joshua Kropf	1:08:07
1	Frank Matus	0:58:00		1	Pete L'Heureux	1:00:07	2	Jalen Kropf	1:16:58	
2	Chris Christie	1:03:55		Senior Men				U15 Men		
3	Bruce Kemp	1:08:39		1	Cory Zetterstrom	0:56:21	1	Miguel Kukura	1:21:03	
1 day	Bob Andrews	1:02:18		2	Cuylar Conley	0:56:48	2	Brennen Smith	1:24:35	
Master B Men				3	Bob Howse	0:58:35	Senior Women			
1	Mike Power	0:59:40		4	Chris McGarity	0:59:37	1	Erica Musyj	1:01:02	
2	Sean Kukura	1:00:29		5	Kristian Miller	1:01:55				

Provincial Criterium, Sunday, August 9, Regina

Group 1 15 min. + 1 lap			2	Frank Matus	0:28:20	3	Jason Christbason	0:44:54
Under 15			3	Chris Christie	0:28:21	4	Pete L'Huereux	0:44:59
1	Miguel Kukura	0:15:58	4	Rob Howse	0:28:21	Group 4 65 laps		
2	Brennen Smith	0:16:00	5	Bruce Kemp	0:29:43	Race # Senior Pts		
Under 13			Group 3 40 min. + 5 laps			1	Pedro Peralta Elgueta	40
1	Jacob Kropf	0:17:43	Race # Master B			2	Chris McGarity	37
Group 2 25 min. + 3 laps			1	Sean Kukura	0:44:51	3	Cuylar Conly	29
Name			2	Mike Power	0:44:52	4	Chris Jensen	44
Under 17			3	Grant MacMillan	0:44:59	5	Lincoln Lu	3
1	Joshua Kropf	0:30:40		Phil Anderson	DNF	6	Dave Bitschy	3
2	Jalen Kropf	0:30:41	Master A			7	Kris Abrahamson	2
Master C			1	Russ Down	0:44:51	8	Kristian Miller	2
1	Cornelius Kluge	0:28:18	2	Sean Gabora	0:44:52	9	Cornelius Kluge	5

Sask Cup Road Points (top ten only)

Cat 1/2			#1	TT	RR	crit	#2	RR	TT	crit	#3	TT	RR	crit	TT	#4	Total	
1	Chris	Jensen	12		2	10	4	16	20	8	10	38	10	20	10	8	48	102
2	Sean	Siever	14		1	10		11	16	10	8	34						59
3	Matt	Martyniuk											8	16	8	10	42	42
4	Cuylar	Conly	16		5	10	8	23										39
5	Christopher	McGarity	20		5	10	2	17										37
6	Andrew	Thomas			9	10	10	29										29
7	Dave	Brooks			1	16	6	23										23
8	James	Winter			1	20		21										21
9	Brad	Clifford			9	5	3	17										17
10	Ben	Rempel			2	10		12										12
Cat 3			#1	TT	RR	crit	#2	RR	TT	crit	#3	TT	RR	crit	TT	#4	Total	
1	Markel	Chernenkoff			2	20	3	25	20	8	10	38	1	20	10	10	41	104
2	Kristian	Miller			10	13	10	33	16	10	2	28	3	7	6	8	24	85
3	Cornelius	Kluge	8		4	13	2	19	12	1	1	14	10	10	1	3	24	57
4*	Pedro	Peralta							10	4	8	22	8	16	8	6	38	60
5	Frank	Matus			6	6		12	8	3	6	17	6	12	1	2	21	50
6	Kevin	Williams	14		8	13	8	29										43
7	Lincoln	Lu	4		1	7	1	9	14	2	1	17	1	6	3	4	14	40
8	Julia	Garnet	12										2	14	4	1	21	33
9	William	Urton			3	13	6	22										22
10	James	Winter	20															20
Women			#1	TT	RR	crit	#2	RR	TT	crit	#3	TT	RR	crit	TT	#4	Total	
1	Julia	Garnet			10	16	8	34	20	10		30						64
2	Susan	Clarke	20		6	14	6	26										46
3	Andrea	Bunnin			8	20	10	38										38
4	Erica	Musyj	10		6	14	6	26										36
Cat 4			#1	TT	RR	crit	#2	RR	TT	crit	#3	TT	RR	crit	TT	#4	Total	
1	Sean	Gabora	10		1	8	1	10	14	2	10	26	6	20	8	6	40	76
2	Chris	Christie	8		1	8	1	10	12	3		15	10	16	10	10	46	71
3	Mike	Power	12		6	8	3	17	20	10		6	36					65
4	Ryan	Leibel			10	20	10	40										40
5	Rick	Vircavs			1	8	1	10	16	6	8	30						40
6	Mike	Horn	20		4	8	6	18										38
7	Mark	Gibson											8	14	6	8	36	36
8	Wade	Bourassa	16		1	8	8	17										33
9	Sean	Kukura			1	8	1	10	8	4		12						22
10	Bruce	Gordon			8	8	4	20										20
Cat 5			#1	TT	RR	crit	#2	RR	TT	crit	#3	TT	RR	crit	TT	#4	Total	
1	Chris	Penner-Mayoh	14					10	6	6	22	3	20	6	6	35	71	
2	Bruce	Kemp	10		1	7	1	9	14	1	2	17	1	16	1	1	19	46
3	Arnold	Boldt			1	7		8	12	1		13	1	14	1	2	18	39
4	Derek	Georget			10	20	3	33	16	8	10	34						67
5	Joshua	Kropf							1	4	4	9	2	10	10	8	30	39
6	Russ	Down							20	10		8	38					38
7	Pete	L'Heureux											10	12	8	4	34	34
8	Ben	Gotts	20		1	7	1	9										29
9	Grant	MacMillan											8	7	2	10	27	27
10	Axel	Morin			8	7	10	25										25
10	Bill	Jeffery	16		1	7	1	9										25
10	Ken	Orr	6		1	1		2	6	1	1	8	4	5	1	1	11	25
Cat 5 Women			#1	TT	RR	crit	#2	RR	TT	crit	#3	TT	RR	crit	TT	#4	Total	
1	Hannah	Cooley	20		8	16	10	34				10	16	10	8	44	98	
2	Muriel	Orr	14		6	14		20	10	20	10	40	4	12	4	4	24	84
3	Nienke	Lindenboom											6	20	8	10	44	44
4	Gabrielle	Edwards			10	20	10	40										40
5	Theresa	Gibson											8	14	6	6	34	34
6	Kathryn	Theede	16					0										16

*(3) A Series Winner in an eligible category in the Sask Cup Road Race Series is the rider with the highest total cumulative Cup Series Points to be calculated by totaling each rider's Cup Series Points based on each rider's three (3) highest scoring Sask Cup Road Races.

(5) In order that a rider may be declared a Series Winner in a category, the rider must start a minimum of three (3) Sask Cup races in that category, in the case of a Stage race, that event is consider one (1) start.

PeeGee Man River Run, Sask Cup #1 -May 3, 2009 North West Mtb Club and Phoenix Source for Sports

Senior Elite Men	Time	1	Burwell, Shayne	2:10:09	3	Maley, Jason	2:20:31	
1	Thomas, Andrew	2:08:31	2	Patterson, Garth	2:11:40	4	Bimson, Curt	2:28:25
2	Zetterstrom, Cory	2:16:08	3	Horn, Mike	2:12:10	Men Master Sport 40-49		
3	Winter, James	2:19:03	4	Malan, Albie	2:16:48	1	Bacon, Michael	1:15:12
4	Erdman, Jeremy	2:27:33	5	Neabel, Derek	2:30:49	2	Turk, Brad	1:16:07
5	Abrahamson, Kris	2:32:59	6	Stechan, Peter	2:43:06	3	Aldrich, Orville	1:18:25
6	Clifford, Brad	2:33:54	7	Kendel, Stefan	2:59:55	4	Prollius, Almereau	2:09:08
7	Clarke, Neil	2:45:42	Master Exp Men 40+		Time	Junior Exp Women		Time
8	Conly, Cuylar	2:15:00 +lap	1	Peralta, Pedro	1:33:43	dnf	McGarity, Kathleen	Time
9	McGarity, Chris	2:15:00 +lap	2	Vircavs, Rick	1:37:10	Master Expert Wom		Time
dnf	Rempel, Ben		3	Zack, Terry	1:42:47	1	Meede, Kathryn	1:25:49
Senior Elite Women		Time	4	Dyck, Darren	1:46:04	2	Johnstone, Hillary	1:30:46
1	Bunnin, Andrea	2:02:34	5	Jeffery, Bill	1:46:33	Under 17 Expert Women		
2	Clarke, Susan	2:15:53	6	Cooley, Ron	2:02:40	1	Cooley, Hannah	1:25:14
3	Musyj, Erica	2:19:23	dnf	Kluge, Cornelius		Under 15 Expert Men		Time
dnf	Garnet, Julia		U17 Expert Male		Time	1	Patterson, Eric	1:40:38
Senior Expert Men		Time	1	Robinson, Ragnar	1:38:23	dnf	Jungwirth, Christopher	Time
1	Derkson, Ryan	2:02:40	2	Smith, Dylan	1:48:01	Sr Sport Women		Time
2	MacNaughton, Shane	2:07:11	3	Martell, Nelson	1:55:32	1	Thomson, Laurie	1:26:11
3	Sedgewick, Nathan	2:24:15	4	Wahoski, Joey	2:04:08	Citizen Male 1 lap		Time
4	Martin, Brennan	2:33:11	Senior Sport Men		Time	1	Nilson, Chad	0:56:08
Junior Expert Men		Time	1	Gradiner, Ryan	2:02:26	1	Just, Cameron	2:21:49
1	Aldrich, Jayden	2:16:36	2	O'Grady, Casey	2:05:28	Citizen Male 2 lap		Time
2	Morin, Axel	2:23:50	dnf	Rhodes, Nathan		Master Spt Men 30-39		Time
3	Jungwirth, Morgan	2:32:59	1	Yeo, Chris	1:56:48	Master Expert Men 30+		
Master Expert Men 30+			2	Craib, Gordon	2:08:29			

Pine Needle Classic, brought to you by Fresh Air Experience May 31, 2009 - Prince Albert, Sask Cup Mtb #2

Senior Elite Men	Time	8	Bitschy, Dave	2:09:59	1	Bladyko, Susan	1:39:42	
1	Thomas, Andrew	1:55:53	9	Kendel, Stefan	2:32:41	2	Johnstone, Hillary	1:42:29
2	Zetterstrom, Cory	2:03:28	Master Exp Men 40+		Time	3	Martyn, Christine	2:01:43
3	Winter, James	2:09:28	1	Meban, David	1:39:50	Under 17 Expert Women		Time
4	Clifford, Brad	2:11:16	2	Wolf, Tom	1:41:02	DNF	Cooley, Hannah	DNF
5	Urton, William	2:11:51	3	Zack, Terry	1:43:05	Under 15 Male		Time
6	Erdman, Jeremy	2:12:45	4	Johnston, David	1:43:41	1	Patterson, Eric	1:03:38
7	Cooley, Stephen	2:42:23	5	Jeffery, Bill	1:44:10	2	Trapp, Braden	1:05:57
Senior Elite Women		Time	6	Kluge, Cornelius	1:49:00	3	Weninger, Evan	1:07:28
1	Musyj, Erica	2:06:49	U17 Expert Male		Time	Master Spt Wom 30-39		Time
Senior Expert Men		Time	1	Robinson, Ragnar	1:39:24	1	Elek, Cory	1:49:52
1	Leibel, Ryan	1:51:10	2	Martell, Nelson	1:48:18	Under 17 Sport Male		Time
2	MacNaughton, Shane	1:54:46	3	Smith, Dylan	1:53:27	1	MacAuley, David	1:09:47
3	Derkson, Ryan	1:58:37	Junior Sport Male		Time	Citizen Male 1 lap		Time
4	Sedgewick, Nathan	2:00:53	1	Wahoski, Joey	2:08:02	1	Busser, Larry	0:21:50
5	Tallon, Lindsay	2:09:46		Elek, Brett	DNF	2	Schultz, Kevin	0:32:46
Junior Expert Men		Time	Senior Sport Men		Time	Citizen Male 2 lap		Time
1	Johnson, Matt	1:59:31	1	Harasyn, Karl	1:43:49	1	Knoll-Totte, Mackinnon	0:54:00
2	Aldrich, Jayden	2:19:12	2	Martin, Brennon	1:54:08	2	Erikson, Donald	1:07:45
3	Jungwirth, Morgan	2:28:57	3	Van Ginneken, Jay	1:56:24	Citizen Women 1 lap		Time
Master Expert Men 30+		Time		Jackson, Alan	DNF	1	Schultz, Zoe	0:32:42
1	Peralta, Pedro	1:55:50	Master Spt Men 30-39		Time	Citizen Women 2 laps		Time
2	Trask, Jeremy	1:56:44	1	Yeo, Chris	2:13:30	1	Busser, Lindsey	0:22:10
3	Malan, Albie	2:01:12	2	Craib, Gordon	2:15:59	Under 13 Male		Time
4	Hawboldt, Bob	2:01:53	3	Bimson, Curt	2:52:46	1	Conly, Lukas	0:21:30
5	Patterson, Garth	2:02:16	Master Sport 40-49		Time	2	Wirges, Jeremy	0:21:52
6	Horn, Mike	2:04:03		Prollius, Almereau	DNF			
7	Brassard, Joe	2:04:36	Mast Expert Wom		Time			

Blackstrap Biter, June 28, 2009, Sask Cup #3

Brought to you by NBR & BCW

Senior Elite Men	Time	Burwell, Shayne	DNF	2	Turk, Brad	0:56:39
1 Zetterstrom, Cory	1:42:07	Master Exp Men 40+	Time	3	Bacon, Michael	0:56:40
2 Erdman, Jeremy	1:54:57	1 Livingston, Mike	1:13:38	4	Aldrich, Orville	1:05:48
3 Clarke, Neil	1:57:01	2 Wolf, Tom	1:13:53	5	Yatsina, Alexandre	1:13:51
4 Clifford, Brad	1:59:49	3 Vircavs, Rick	1:14:42	6	Prollius, Almereau	1:32:32
5 McGarity, Chris	2:09:12	4 Zack, Terry	1:16:56		Men Master Sport 50+	Time
Senior Elite Women	Time	5 Johnston, David	1:23:51	1	Orr, Ken	1:16:29
1 Musyj, Erica	1:41:32	6 Jeffery, Bill	1:24:02		Mast Expert Women	Time
2 Clarke, Susan	1:50:55	7 Meban, David	1:26:27	1	Bladyko, Susan	1:05:29
Senior Expert Men	Time	Dyck, Darren	DNF	2	Johnstone, Hillary	1:10:07
1 Sedgewick, Nathan	1:38:23	U17 Expert Male	Time	3	Theede, Kathryn	1:14:17
2 English, Ivan	1:44:24	1 Robinson, Ragnar	1:11:15		Martyn, Christine	DNF
3 Martin, Brennan	1:50:01	2 Martell, Nelson	1:20:02		Under 17 Expert Women	Time
Junior Expert Men	Time	3 Smith, Dylan	1:22:27	1	Cooley, Hannah	1:02:47
1 Johnson, Matt	1:32:50	4 Stoeffel, Pieter	1:26:13		Under 15 Male	Time
2 Aldrich, Jayden	1:38:20	Senior Sport Men	Time	1	Trapp, Braden	1:00:29
3 Morin, Axel	1:54:41	1 Dunbar, Barrett	1:14:35	2	Weninger, Evan	1:10:46
4 Gotts, Ben	1:56:48	2 O'Grady, Casey	1:36:33		Sr Sport Women	Time
Master Expert Men 30+	Time	3 Rhodes, Nathan	1:38:42	1	Tompsett, Amber	0:49:53
1 Abramson, Kris	1:31:20	4 Klatt, Brennan	1:45:58		Master Spt Wom 30-39	Time
2 Bourassa, Wade	1:31:54	McKinnon, Brad	DNF	1	Elek, Cory	1:09:05
3 Trask, Jeremy	1:31:57	Master Spt Men 30-39	Time		Citizen Male 1 lap	Time
4 Peralta, Pedro	1:37:20	1 Yeo, Chris	1:27:23	1	Busser, Larry	0:40:52
5 Hawboldt, Bob	1:37:24	2 Maley, Jason	1:38:58		Citizen Male 2 lap	
6 Bitschy, Dave	1:40:15	3 Amos, Mike	1:44:52	1	Nilson, Chad	1:07:56
7 Malan, Albie	1:41:08	Barth, Lindsay	DNF		Citizen Women 2 laps	Time
8 Kluge, Cornelius	1:48:33	Men Master Sport 40-49	Time	1	Busser, Lindsey	1:18:47
9 Kendel, Stefan	2:00:20	1 Wahlberg, Mike	0:52:26			

Wascana Challenge, July 12, Sask cup #4

Brought to you by Western Cycle and OffRoad Syndicate

Senior Elite Men	Time	6	Kendel, Stefan	2:22:08	5	Klatt, Brennan	2:12:12
1 Zetterstrom, Cory	2:11:19	7	Hopkin, Trevor	2:33:46		Master Spt Men 30-39	Time
2 Winter, James	2:17:24		Peralta, Pedro	DNF	1	Craib, Gordon	1:49:21
Senior Elite Women	Time		Master Exp Men 40+	Time	2	Bimson, Curt	2:04:51
1 Musyj, Erica	2:13:23	1	Livingston, Mike	1:31:30		Men Master Sport 40-49	Time
Senior Expert Men	Time	2	Vircavs, Rick	1:33:21	1	Turk, Brad	1:12:54
1 Kerr, Brad	1:56:20	3	Zack, Terry	1:34:15	2	Prollius, Almereau	2:01:25
2 Leibel, Ryan	2:00:14	4	Wolf, Tom	1:39:21		Men Master Sport 50+	Time
3 MacNaughton, Shane	2:01:24	5	Johnston, David	1:42:27	1	Orr, Ken	1:53:43
4 Derksen, Ryan	2:03:13	6	Meban, David	1:44:35		Mast Expert Wom	Time
5 Sedgewick, Nathan	2:14:16	7	Dyck, Darren	1:49:06	1	Burns David, Kiley	1:17:03
Junior Expert Men	Time	8	Kukura, Sean	1:54:04	2	Johnstone, Hillary	1:54:31
1 Johnson, Matt	1:56:41		U17 Expert Male	Time		Under 17 Expert Women	Time
2 Jungwirth, Morgan	2:19:07	1	Robinson, Ragnar	1:37:03	1	Cooley, Hannah	2:06:44
3 Morin, Axel	2:26:22	2	D'Arcy, Tyler	1:37:18		Under 15 Male	Time
4 Gotts, Ben	2:41:09	3	Smith, Dylan	1:40:14	1	Lucas Morin	1:16:31
Aldrich, Jayden	DNF	4	Pieter Stoeffel	1:51:09		Master Spt Wom 30-39	Time
Master Expert Men 30+	Time		Martell, Nelson	DNS	1	Elek, Cory	1:26:50
1 Trask, Jeremy	1:51:46		Senior Sport Men	Time		Under 13 Male	Time
2 Abrahamson, Kris	1:52:09	1	Van Ginneken, Jay	1:51:51	1	Miguel Kukura	0:36:52
3 Bitschy, Dave	1:55:54	2	Nayet, Sam	1:55:36	2	Wirges, Jeremy	0:45:53
4 Malan, Albie	2:07:28	3	O'Grady, Casey	1:59:25			
5 Kluge, Cornelius	2:10:33	4	Rhodes, Nathan	2:08:54			

SCA CALENDAR OF EVENTS

August

30 Mountain Bike 5 Provincials – Esterhazy

September

5-6 XC8 /Provincial Downhill – OffRoad Syndicate

19 Sask Cup #1 Cyclocross – AGM Cross Prince Albert

20 SCA AGM – Prince Albert

26 Buffalo Pound 60

October

3/4 Sask Cup #2 & #3 Cyclocross – Saskatoon, BCW

10 Cyclocross Nationals, Edmonton

17/18 Sask Cup #4 & #5 Cyclocross – Saskatoon, Cycledelia

24/25 Sask Cup #6 & #7 Cyclocross – Regina, OffRoad Syndicate and Regina Cycle Club (Provincials)

Don't forget about:

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

For more info: <http://www.buffalo60.com/>

Or the:

Blocks Cycle XC8

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

AGM 'Cross, Sask Cup #1 Hosted By Fresh Air Experience and Rock'n'Road Cycle Club

When: Saturday, September 19th
Sign on: 1:00 Race: 2:00

Location: Little Red River Park
Cost: \$15

Saskatoon Double Cross Sask Cup #4/5 Hosted By Cycledelia October 17/18

Location: Diefenbaker Park (both days)
Sign on: 10:00
Race: 11:00
Cost: \$10/race for Cycledelia members, \$15/race for non-members

Details will be posted to
<http://www.cycledelia.ca/>

Dutch Cyclocross Classic and Provincials, Regina Sask Cup #6/7 October 24/25

The Offroad Syndicate and Regina Cycle Club have joined forces to bring you a quality DoubleCross weekend. Dutch Cycle is providing some great draw prizes, so you won't want to miss it!

Where: Douglas Park, Regina (McDonald and Assiniboine Ave, use Douglas Park Track and Field parking lot)
Registration: ~10:00-11:00am
Race Start: 12:00am
Price: \$10 for October 24; TBA for October 25

BCW Double Cross Weekend Blackstrap Provincial Park Sask Cup #2/3 - October 3rd & 4th, 2009

We're looking forward to creating a couple of courses that will help prepare riders for the upcoming Cyclocross Nationals and offer great terrain for those who are new to the sport.

Cash prizes for 1st place finishers in each category **and** cash prizes to random draw placings.
Cash prizes are only available to be won by those who pre-register (any day before Oct 3rd)! Lunch to follow each day (awards & prizes)

Race & Dinner Price \$20.00 - if received by Thursday, Oct 1st
 \$25.00- late registration - accepted as hand-ins at Bruce's Cycle Works, 1104 Central Ave or on race day

Extra Dinner Tickets \$5.00/day - Purchase online (or add \$5 & indicate on entry form)
 ** only 10 tickets available race day so sign up early

Race Schedule of Events	Registration	10:00 - 10:30 AM
Course practice 10:00 - 10:45 AM	Staging	10:45 AM
Race Start 11:00 AM	Dinner & Prizes	12:30 PM

Online Registration http://www.eventsonline.ca/events/bcw_cyclocross/

Questions? Email susan@biking.org Registration form follows.



BCW Criss Cross Racing Form

This race was recommended to me by: _____ (name of racer).
 I would like to purchase an extra Chili Dinner ticket (racers get dinner included) - Y/N (please add \$5)
 Race fees: \$20 if received by October 1; \$25 after October 2

Generic Cyclocross Racing Entry Form - Use this form to enter any Sask Cycling Cyclocross 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 _____

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: _____

Planet Bike and Cycledelia
 present
The “Belgian Cup”
Cycledelia Regional Cyclocross Series
 August 30, September 6, 13, 20 and 27, 2009

The Planet Bike “Belgian Cup” will be a celebration of cyclocross.

Individual races will be 40 and 35 minutes to provide participants with the full cyclocross experience while also serving as training and practice for the national Cyclocross Championships in Edmonton. Experienced racers (Cat 1/2, Cat 3, Cat 4, and Senior Women) will race for 40 minutes; new racers (Cat 5, Cat 6, SCA members without UCI race licenses) will race for 35 minutes. Both groups will compete on the same course.

The first race in the series (August 30th, **all races start at 3PM, sign-on starts at 2PM**) will be staged based on a one-lap ‘cross Time Trial (**starting at 2PM**, you don’t have to do the time trial to race but the fastest TT times will be staged at the front of the starting grid); subsequent races will be staged based on overall finishing order in the Belgian Cup Series. For more information contact Scott Bell, scott.bell@usask.ca or www.cycledelia.ca.

Membership Requirements

Racers in this series must hold a SCA membership (\$40) to participate in the series. A FULL racing license is required to participate in the SCA series (an additional \$35 plus a club fee). A one-day license (\$20) will be available but can only be used once to “try out” racing.

Disc brakes and mountain bikes are allowed for all regional races and SCA provincial races. This is NOT true for Nationals; we encourage the use of a cyclocross bike.

Registration Fees: \$10/race, OR \$40 for the 5-race Belgian Cup series (\$30 for Cycledelia members)

Cyclocross Orientation: A one-hour orientation will be held before the first race at 1:45. Bring your bike and enthusiasm. All participants will take part in the first race at 3PM.

Tentative Race Schedule

August 30: Churchill Park (Clarence, Wilson Cr, and Ruth)

September 6: Kistikan Park (Arlington east of Preston)

September 13: Breevort Park (center of Preston, Taylor, Arlington, 8th, parking off Arlington)

September 20: TBA, consensus favourite of the previous three, but in reverse direction

September 27: Trounce Pond (Boychuk and Taylor, east of Boychuk).

Prizes: Both race and series leaders will be eligible for awards (cash prizes for the Belgian Cup series, Planet Bike accessories and clothing for individual races). The size of series CASH prizes will be announced at the start of the 2nd race. The Planet Bike “Belgian Cup” Champion will be the racer with the most points in the largest Category (by series participation). Three races must be completed to be eligible for the Belgian Cup.

Series Points: Points towards the Series will be awarded at each race.

For races (by Category) with **more than EIGHT racers:** For races with **fewer than EIGHT racers:**

10 points – 1st

8 points – 2nd

6 points – 3rd

5 – 4th

4 – 5th

3 – 6th

2 – 7th

1 – 8th to last finishing rider

0 if DNF or DNS

5 points – 1st

4 points – 2nd

3 – 3rd

2 – 4th

1 – 5th to last finisher

0 if DNF or DNS

BCW Cycling is proud to present:
17 Weeks to Spring
 (WINTER TRAINING 2009-10)

THE SESSIONS:

1x per week

Tuesday, Wednesday or Thursday Nights Fully Coached Interval Sessions
 All Classes run 6:30 - 8:00 PM

2x per week

Add a 2nd class Tuesday, Wednesday or Thursday

Class Details:

Nov 17 - March 18 (limited classes over Christmas holidays TBA)

- General Aerobic Training (Base Aerobic)
- Maximum Aerobic Power Training
- Physical Testing to set your HR Zones
- General flexibility
- Core Strength Training
- Mental Training and relaxation techniques
- Saturday Mini-Camps!!

REQUIREMENTS:

- Bicycle (Road, mountain or tri)
- Current SCA membership (any club). Forms at: www.saskcycling.ca
- Wind-trainer
 - 6 wind-trainers are available to rent at an additional \$5.00 per session (entire season: \$85). First come, first served. Please contact susan@biking.org directly to rent.
- Heart-rate Monitor
 - There will be 4 HR monitors available to use at the sessions - \$30 (entire season) - 1st come 1st served. Please contact susan@biking.org directly to rent.
- An interest in getting faster and learning more about Sports Science !!!

TO REGISTER:

- Registration will be limited to approx. **25** participants for each session available. *Classes sell out quickly.*
 - Online: http://www.eventsonline.ca/events/bcw_cycling_club/
 - in person at Bruce's Cycle Works (1104 Central Avenue) -by cheque only

All pricing information is available on the online registration form.

Provincial Mountain Bike Race – August 30, 2009

The GPS coordinates for the parking area/trail head are: N 50 32.731

W102 03.925

For those of you who attended last years race, this course is about 1.5k straight South of Rainbow Hall, where we had our meal last year. The start/finish area will be somewhere near the above location, though as of Aug 1 the exact layout has not been finalized. The rest of the trail is pretty much decided upon. We hope you like climbing, we went out of our way to include a lot of it. Of course that means a lot of downhill's. Best check your brakes beforehand. This trail is much more technically demanding than last year's trail and about 1.5k longer per lap. Train hard.

Tom Landine, East Qu'Appelle Cartel

Get Ready for Cross BCW Cyclocross Practice and Mini Race Night

BCW Cycling will be once again hosting practice sessions for those wanting to learn more about cyclocross (and those wanting to hone their craft).
You only need be a member of the SCA (doesn't matter which club).

This is a great sport for anyone wanting to get out and have some fun!
Our practices are friendly and welcoming and the races are tons of fun for everyone (even the younger folks who come out get a modified course if they want).

Last year we had fantastic turnout and the practice season culminated with prizes (and cake, that all shared, to thank our lovely timer person, Max).

Learn how to better get over the barriers, learn great hill running techniques, practice obstacles and corners at race speed.

Thursdays (September 3rd - October 8th)

Lakewood Park (meet in the east parking lot behind the civic centre)

6:15 PM until dark

1st 1/2 of practice will be a skill based session 2nd 1/2 of practice will be a mini race (great chance to try racing, if you're new)

These sessions will help get you ready to have fun with the new Cycledelia Regional Cyclocross series www.cycledelia.ca and onto the Sask Cup series www.saskcycling.ca

Other practice details will be posted at www.saskcycling.ca/~bcw

GASP 2009, July 18-25

By Don Wilson

Day 1 - Saturday, Well, the 2009 Great Annual Saskatchewan Pedal was supposed to start from the parking lot of the Western Development Museum in Saskatoon at nine in the a.m. of July 18th. And it did. Many of the participants had arrived in the Bridge City the evening previous, and many of those had camped at the Gordie Howe. (A few of us had made our way up to Amigos for supper that Friday evening and bumped into Colleen and Darrell Noakes on the patio with whom we enjoyed a refreshment or two.) At a few minutes after nine Bob Cochran called a general meeting at which he handed out day-trip maps and reviewed procedures for handling the threat of lightening and tornados. With those reassuring admonitions driving our imaginations into overdrive, we cautiously followed Don Cook on a twisty route thru the western neighborhoods and out onto concourse of Highway 14 west-bound outa ToonTown. It was a warm day, complicated, as we found out after we were out of the urban sprawl, by a testy wind which never seemed to move off 9 o'clock no matter how the highway ran (which, in truth, was never far off due west). Not 20 Kay out, near the town of Asquith, Curtis impressed most with a fine demonstration of the rare and fading art of the full face plant, smack in the middle of the, thankfully, wide shoulder. Unfortunately, he chose a time and place where there were no witnesses, and as he himself has but a fragmented recollection of events, no one knows what happened. We would certainly like to thank the man in the car driving the near-by service road that hustled over and dragged the unconscious bkie off the pavement. Ken and Gabriella in the sag 1 were summoned and they whisked who we have since concluded to have been the victim of heat-stroke into

St. Paul's for a quick patch up. Thru some lucky happenstance, no teeth were lost, no eyes were gouged, just some ugly roadrash, a wounded knee, and some manly stitches in the eyebrow. The excitement, if not the concern, abated, the day stretched its 105 kilometers past Perdue and the rest was just a joyous grind up and into Biggar lying on the green out-riding hills of the Missouri Coteau. While the hotellers hotelled in the Westwind, the 25 or so campers found themselves waiting anxiously in line outside the door of the sole toilet/shower facility in the campground. Not *really* well prepared is Biggar for as many visitors such as us. We managed, many of us even getting up town to the Snow White Café for supper.

Day 2. Several of us had slept soundly, lulled into slumber land by the rumble of freight trains on the nearby rails of the CNR mainline. Up early in the morning to seek out breakfast, we welcomed the still air and its promise of a relaxing 70 Kay day to Wilkie. At 0700, however, the air bestirred itself, sensed our intentions and set itself in our teeth. Stalling over breakfast at Kelly's Kitchen brought no relief, and after Arleene dined and dashed away in the confusion of our exit (oh, relax: she says she paid her bill later), we awayed into the rising gale. Now, not all of us lingered over breakfast, and in fact, day 2 screened the ride participants into the categories they would inhabit most of the week. Folks like Jane, Joan, Theresa and Arnie were mere rumors, so far ahead were they so early in the morning. The rest of us sort of strung out along a roughening Highway 14 as it struggled past Landis and Reford and up into Wilkie. The hotellers repaired to the Homestead Inn and the campers trickled into the Wilkie Regional where a shower house with twice the capacity of Biggar's welcomed us. Many dined at the Homestead and even stayed there that evening while Bob and Curtis transported the "weekenders," Doug and Doug and Ian and Clem, back to S'toon.

Day 3. Curtis's hands are feeling like they'd be able to hang onto a handlebar today, so he's riding, as is Hirsch. Again, the early birds flew, but did they see the tiny pyramids and the miniature rock walls, the rock gardens full of Dutch windmills and flags and flowers that some of the rest of us saw? (If they didn't, they'll be able to see the site when we come back this way again tomorrow.) Fifty Kay of stiff cross-road winds after no breakfast because restaurateurs don't deign to open their doors much before noon in Wilkie saw us into Battleford in good time for lunch, despite the attractions of the world's biggest tractor boneyard at the foot of the Eagle Hills. The campers eventually cycled down to the Eiling Kramer Campground near the old N-WMP post and set up on the expansive lawns. The six-stalled segregated showerhouse cleaned up everyone pretty fast, and the crew spread out into the big city of North Battleford to attend to chores and buy bike parts. After re-uniting at the Pennydale Junction for a pretty pricy *prandium* in an old train station, some of us raced off to a re-enactment of the 1885 siege of the fort complete with cannons and black powder, while others repaired bikes (Wayne replaced Barbara's leaking hydraulic disk brake system with a cable-operated cantilever in under 3 minutes!!) or perambulated the town, happy to ease saddle-punished posteriors.

Day 4. Heading back west 90 K thru Wilkie and on to Unity, whence the wind blew? Out of the west, naturally. At least us breakfasters were able to tank up at My Friend's Place before the ordeal. Hump day, right? Across the Battle did we scoot, goggled again at the amazing tractor boneyard and noticing a matching repository for other farm implements on the opposite side of the road, and up the 'scarp of the Eagle Hills. Wayne, unsatisfied with the duration of the 'scarp's ascent, did it twice. Happy to merely surmount the obstacle, most of us noticed the ancient stone barn foundation before arriving once again at the Timmermans,' Theo and Josephina, they of the stone pyramids and windmills. They were ready for us this time. Josephina had pulled us a bushel of young carrots to devour, and Theo was walking individuals and groups thru his garden to watch his electric trains and see the sites. And sites there were: what those people have done with the abundant rocks that complicate the husbandry of the rich neighborhood soils, awesome. No, really. Awesome. Yeah. The old meaning of the work, not the trite flipword that it has become. Awe-inspiring. Amazing, but I've already used that word, and I didn't actually stagger, but I was sure impressed. Theo says U can see their yard on Google Earth, and U can. Anyway, many of us went on to lunch in Wilkie after bidding the drifting Josephina a sincere "fare well." As the lesser and meaner gods would have it events conspired to keep Curtis in hot, gritty Wilkie that afternoon. Between losing (and finding) his wallet, blowing up a twisted tube or two and discovering that his brand new spare tube had a hole the size of a silver dollar manufactured into it,

the poor man spend hours laboring alone in the shadeless lot of the town's only service station, willing the materials from his aged patch kit to seal at least the smallest hole. He was, of course, the last to arrive in Unity where Don Cook had arranged with the Town for us to shower in the swimming pool change rooms and camp right in the park in town as the facilities out at the regional park are somewhat crude. As in no running water. Fortunately, the plumbing in the showerhouse malfunctioned and the Town felt obliged to open up the nearby rec centre with its numerous shower rooms. Nice of the Town to do that. Thanx, Unity.

Day 5. Tail winds! Darrell calculated it at 60.13 km from Unity over hill and dale past the huge Muddy Lake to Kerrobert. If U could be more precise next time, Darrell, it would be appreciated. I mean, c'mon. Let's have it at least to the metre, huh? Most arrived in plenty of time to do laundry, wander the picturesque little community, eat. After failing to find the site of the old roundhouse, Velda and Don joined Bob and Curtis to beg a few balls and play a twilight round of golf. The Wild Goose sheltered the indoor riders that night, while the campers fought the slope on the terrain de camp behind the motel. No one actually rolled out of their tent, but there was much involuntary cuddling and curling in corners as sleeping bags slipped off inclined mattresses.

Day 6. Another perfect day. Winds (what there are) from the north-west and we are heading south-east. Because there are scant services in the 87 K twixt Kerrobert and Herschel, participants had been encouraged to pack comestibles of the picnic variety and stash them in one of the sags. We southed down highway 21 for some 14 K and then hung a hard left onto highway 31. Of varying quality of surface, 31 was an interesting ride. Some of the area drought damage could be seen firsthand in the bordering fields with at least on farmer engaged in ploughing under his written-off crop as we sailed by. Dodsland appeared to be a sizeable settlement, but was recently deprived of its food store when Bannerman's shut down. Some cyclists tried the fare at the hotel, but many pushed on to Plenty where Harry got busted in the museum by his former Grade 1 teacher, 63 years after the fact! Harry was reticent to describe his misdemeanors, but they must have been pretty outrageous for the grand old lady to still be keeping an eye out for the little miscreant. The country store in Plenty is everything a country store aficionado could ask for: oiled plank floors, ancient artifacts and modern goods in great variety, friendly staff, tin-plated ceiling. At the picnic patio by the store several of us chowed down before heading off to Herschel, 38 km on, across the railway tracks that taught Donna all about acute intersecting angles and bicycle wheels. (Did I mention Donna and Karen who rode the whole way on fat-tired, cushy "sit-up-and-beg" beach-cruiser bikes? No? Well, they did, and heroes they are, and Donna wasn't seriously damaged by her encounter with the tracks. Remember, Donna, attack tracks at the rightest angle U can manage.) The picturesque hamlet of Stranraer lies about halfway between Plenty and Herschel, and delayed a few of us enough so that we missed the walk and talk of bison kill sites and coal mines conducted by Dave Neufeld, the head honcho of the Ancient Echoes Interpretive Centre at the latter place. It was hugely fascinating, participants report. After a fine meal at the Herschel Hotel (literally the only diner in town) and some birthday cake, the hotellers repaired to the Interpretive Centre's hostel, and the campers made their way to a camping grounds in an old farmyard at the edge of town to listen to the coyotes sing for awhile before dropping off into slumber.

Day 7 started for most riders with an enormous country breakfast in the hotel, and then it was off down highway 31 towards Rosetown, ignoring the outraged hysterics of the culvert crew who had clearly posted the road closed, but needn't have, for there was easily enough of a path across the construction for bikes and even sags to traverse, provided the workers screeched their machinery to a halt so's not to incorporate any one into the roadbed. Thanks, crew. Some people lunched in Rosetown, others bought picnicables and pushed on, enjoying the warmth of the day and the helping breeze that eased the 71 km. At Outlook it was discovered by the town's recreational director that we were not, in fact, pulling trailers, and that being the case, there was space aplenty at the lovely valley campground to accommodate us every one in the common area, rather than have us stake out at the rec centre as was originally intended. Further, while Bob drove the hotellers to a B&B at Kenaston because pipeliners had booked every room in town, the Outlook boosters set up a fine hamburger BBQ for us and engaged Ross Herrington to speak on the conversion of the old CPR viaduct into the world's

longest pedestrian bridge. Many of us took the opportunity to walk the bridge after the delightful repast on a balmy summer's eve, and it's true: U *can* see China from mid-span.

Day 8. Last day. 80 Kay on the button from Outlook to the Western Development Museum in S'toon. Started out with a breakfast feast was laid out in the picnic shelter in the campground by sag driver Ken and his family. Thanks, folks: it was excellent. Broderick, maybe 15 K from Outlook, tempted a few bikies to wander in, but there was no coffee to be had. Many investigated the eatable offerings of the Dakota Dunes casino, while others opted to ride on in the scorching day, escorted by Léo Côté and Julian Kinash who cycled out to meet the crew. We had all arrived at the Museum by 1400 hours, and after handshakes and thanks, we concluded our GASP 2009 and dispersed.

It was a great tour. Special thanks to Darrell Noakes for the route and much of the planning, and to sag-wagon driver and organizer, Bob Cochran, and sag driver Ken Achtymichuk and his lovely assistants, Gabriella and Isabella, for their attentions and dedication. A job well done, guys: we could not have done it without you. Thanks.

List of participants:

Arlene Arnold, Regina
 Harry Atkinson, Cobble Hill, BC
 Velda Back, Regina
 Richard Berard, Regina
 Delee Cameron, Regina
 Bob Cochran, Regina
 Don Cook, Saskatoon
 Donna DesRoches, North Battleford
 Sandra Doerges, Calgary, AB
 Clem Feldmeyer, Calgary, AB

Collette Forbes, Regina
 Hirsch Greenberg, Regina
 Arne Johnsrud, Steinbach, MB
 Carol Labela, Cobble Hill, BC
 Jane Laxdal, Prince Albert
 Doug Loughran, Saskatoon
 Ian Loughran, Calgary, AB
 Don McQuillan, Regina
 Wayne Mews, Regina
 Theresa Nimegeers, Prince Albert

Amund Otterson, Shellbrooke
 Joan Patrick, Nipawin
 Ted Quade, Regina
 Cathy Rae, Prince Albert
 Doug Risdon, Strathmore, AB
 Barbara Shourounis, Regina
 Karen Williams, Vancouver, BC
 Curtis Wilson, Victoria, BC
 Don Wilson, Regina
 John Zolinsky, Cudworth



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All dates are approximate
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