

Prairie Pedaler

December 2008
Volume 08 Issue 3

Saskatchewan Cycling Association

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President's Message, By Barret Kropf

From the cluttered desk of your SCA President, I would like to extend a Merry Christmas and all the best in the New Year! Although much of our province may be in a bit of an emotional tailspin after the outcome of the 97th edition of the Grey Cup; I would like to state that the leadership committees of SCA are in a great position with a lot of excitement in our sails for the upcoming year!

This will be the first year that online registration is available for you our members; as we have secured the services of online registration giant - Karelo. This service will allow our staff to stream line many of their processes and will also allow us to track our membership more effectively for the CCA. So be mindful that as soon as the clock ticks down past midnight on December 31st, you can head to your nearest computer and log on to try and become the very first SCA member to register via the internet! I may even gather up a cool prize for the first one to earn such honors.

Each of your elected committees have been busy at work the past few months getting ready for a new season on the bikes. The R&T committee has set out the course for a new GASP route this year, the Development crew have sunk their teeth into some category changes for various disciplines such as road and mountain bike racing, and the High Performance gang have set their sites on some great projects for 2010.

Even as a collective leadership group we have met to begin piecing together a three year strategic plan, and have several folks working on our Long Term Athlete Development model. Moving forward I get a sense that there is a lot of excitement from our committee members; and they look forward to planning, budgeting, organizing, and implementing a lot of things for the new year; including an awards gala event at the end of next summer that will be an opportunity to pay tribute to you our members and a strong volunteer base.

Speaking of membership, several of our SCA members have had a great cap to their season. As you may know Julie Garnet won a National Championship in the TT, and Continues.....



2010 SCA membership forms are now on line! Go to www.saskcycling.ca

INSIDE THIS ISSUE

- Race results
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- And more!

President’s Message continued competed at worlds in Moscow, while Ken & Muriel Orr competed at the World Senior Games in Australia recently with Ken winning 3 Gold and 2 Silver medals. As well Ken competed at the World Master Track Championship Australia and won 2 Silver and 1 Bronze medal. While Arnold Boldt competed in Italy at the World Para-Cycling Championships for Team Canada! Congratulations to all of you on your successful seasons.

Last month I was able to attend the Canadian Cycling Association (CCA) AGM in PEI. While at the meetings I got the sense from the new leadership in place with the CCA that there are some great things that will begin to flow down the line to each of the provinces. The CCA is helping each province with the framework for some new youth initiatives in cycling as well as assisting with ideas for club development. As our provincial leadership group begins to get things ironed out with our LTAD and Strategic plans, we will then move towards some of these CCA initiatives and help grow, promote and implement plans to get more people on a bike and into bike clubs around this great province of ours.

I want to thank you for the opportunity to serve as the new president of SCA and look forward to partnering with you all to make this two wheeled activity an ever expanding thing here in the heart of Rider Nation!

Merry Christmas and Blessings into the New Year

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**Draft Provincial Calendar**

**February** 9 Board of Director's meeting

**April** 17-18 Coaching Course  
 25 RR1 Spring Classic PA- RnR C C

**May** 1-2 Velocity Stage Race, Edmonton  
 9 Mtb 1 Esterhazy - East Qu'Appelle  
 22-23 RR2Bikes on Broadway  
 30 Mtb 2 - PA - Rock'n'Road CC

**June** 6 Mtb 3 Saskatoon - NBR/BCW  
 12-13 Rd 3 Regina - RCC  
 17-20 Banff Stage Race  
 25-27 Road Nationals Edmonton U23/Elite

**July** 1-4 Road Nationals Edmonton Jr/Master  
 4 Canada Cup Kamloops, BC  
 10-11 Rd 4 - Swift Current CC  
 10 Canada Cup, Edmonton, Alberta  
 17-24 GASP  
 17-18 National Mtb, Canmore Alberta  
 25 Mtb 4 Wascana Trails - OffRd

**August** 2 Tour de Bowness, Calgary  
 7-8 Provincial Rd - 15K/RR joint MJ/Regina  
 21-22 Provincial Rd - Crit/40K - Saskatoon  
 29 Provincial Mtb N Battleford

**Sept** 4-5 Mtb World Championships, Mont Sainte Anne  
 11-12 XC8  
 18-19 Coaching Course  
 25 Buffalo Pound 60  
 26 SCA AGM in Regina

**October** 2-3 Cross weekend Saskatoon  
 8-9 GP Jim Horner CX, Edmton  
 16-17 Cross weekend Regina  
 23 Provincial Cyclocross - Stn  
 23 Awards Banquet - Stn

**Nov** 6-7 National Cyclocross Toronto

## At the SCA AGM

**Cycling association gets new president, awards local cyclists for international achievements**

The Saskatchewan Cycling Association members elected **Barret Kropf** of Caronport as their new president, during the Association's annual general meeting held September 20 in Prince Albert. Kropf takes over from Wayne Walker of Saskatoon, who stepped down after four years in the position.

**Bob Cochran** of Regina was elected Vice-President, Recreation and Transportation, and **Peter Steckhan** of Saskatoon as Vice-President, Development.

Members elected **Susan Bladyko**, **Janice Matus** and **Jay Van Ginneken** to the Development Committee, responsible for athlete and coaching development, and **Cory Zetterstrom** and **Frank Matus** to the High Performance Committee, which assists athletes to compete in national and international events. Don Wilson was elected to the Recreation and Transportation meeting.

Committee members elected in 2008 and continuing their two-year terms:

- Executive Committee: **Brian Fergusson** (Regina), Vice-President, Finance and Administration; **Patty Thomas** (Lumsden), Vice-President, High Performance; and **Darrell Noakes**, Vice-President, Public Relations.
- Development Committee: **Shelley Horn** (Prince Albert), Chief Commissaire Mountain Bike; Mike Horn (Prince Albert) Committee Member
- Recreation and Transportation Committee: **John Oneschuck**, Randoneur Committee Member
- High Performance Committee: **James Spooner** (Saskatoon) Director of Road Program

Thank you to Wayne Walker for being the President from September 2005-September 2009, although no longer president, he will be on the Board of Directors for 1 year as Past President.

Thank you to the retiring Committee members, your dedication to the sport is appreciated: **Dave Bitschy**, **Jim Large** and **Susan Clarke**.

Of special note and deserving of a thank you is the Rock'n'Road Cycle Club, especially Shelley Horn, for hosting a great AGM weekend.

Note: The Education Coordinator and Women's Recreational Cycling Representative were vacant following the AGM, subsequently; those positions have been filled by **Don Cook** and **Colette Forbes** - thank you for stepping forward.

The 2010 AGM will be held in Regina on September 26.

Continues....



Julia Garnet accepting the Wotton Bowl

The association also awarded members for their volunteer and performance achievements during the past year.

**Don Wilson** of Regina received the award for Outstanding Volunteer in the Recreation Sector, for his work as tour director of the Wascana Freewheelers club and a member of the Saskatchewan Cycling Association's recreation and transportation committee, as well as for his role in planning and supporting the Great Annual Saskatchewan Pedal (GASP) provincial tour.

**Rick Vircavs** of Regina received Outstanding Volunteer in the Road Sector, awarded for road, track and cyclo-cross racing. Vircavs was nominated for his "awesome job as manager of the Canada Games team" and for building productive relationships with athletes.

**Paul Levett** of Regina was awarded Outstanding Volunteer in the Mountain Bike Sector for managing the Wednesday night race series for the Offroad Syndicate club and events for the Regina Cycling Club.

**Andrew Thomas** of Lumsden won two awards. He received Outstanding Achievement in Mountain Biking for his two, back-to-back, Top Ten finishes in the Elite category at Canada Cup races in Edmonton and Canmore, placing second and first, respectively, in these

events in the U23 (under age 23) category. The nomination noted that such a performance has never been achieved by a Saskatchewan cyclist before now. **Thomas** was also awarded Outstanding Achievement in Cyclo\_cross for his fourth place finish at the 2009 National U23 Cyclo-cross championships, held in Edmonton last October, and for his selection to the National U23 Cyclo-cross team that competed in Hoogerheide, Netherlands in January.

**Julia Garnet** of Saskatoon received the Wotton Bowl, awarded for road and track racing, for her selection to the National Junior Time Trial and Road Team that raced at the Road World Championships in Moscow in August. Garnet made the team after taking first place in time trial and fourth in road at the Junior Nationals in Quebec in July.

**Arnold Boldt** of Moose Jaw received the Ken Wilson Achievement Award, presented in memory of veteran racer, commissaire and volunteer Ken Wilson to recognize an outstanding personal result in a timed cycling event. Boldt finished first in the 36-km road race and second in the 20-km time trial in LC3 para-category (above the knee amputation) over a nontraditional, hilly course.

Other awards:

Trophies: **Cory Zetterstrom** (Saskatoon), 40-km Senior Men trophy; **Curtis Leschyshyn** (Elkridge), Provincial 10-mile champion trophy; **Pedro Peralta** (Regina), Provincial Criterium; **Markel Chernenkoff** (Saskatoon), Provincial Road Race; and Cycledelia Road Racing Club (Saskatoon), Inter Club Points Trophy.

Cycling Mileage Achievement Program (CMAP) awarded for the greatest logged distance in non-competitive cycling: **Frank Matus** (Martensville), 13,744 km in 2009, the fourth year in a row that he has won the award.

Five-year volunteer plaques: **Don Wilson** (Regina); **Steve Vercoe** (North Battleford); **Grant Thies** (Regina); **Tom Landine** (Esterhazy); and **Shelley Horn** (Prince Albert). 10-year volunteer plaque: **Mike Bazinet** (Regina). 15-year volunteer plaque: **Ron Horn** (Prince Albert).

## World Master Time Trial Challenge - SK wins! from Frank Matus



First I would like to thank the 23 people that showed up and rode their hearts out for Team Sask. There is no doubt in my mind that everyone put together an all out effort for our cause. Unfortunately the second place team was only 12 seconds behind the winning team. All that I can say is too bad B.C. Masters CA; Team Sask gets the trophy and bragging rights for the next year. Our event this year included a chilli lunch complete with salad, buns and dessert. Thanks to Muriel Orr, Cornell Kluge, Janice Matus and Nancy Howse for supplying the eats, lunch was great. Another big thank you goes out to the Town of Wadena for their hospitality and interest in our event. We were on the front 2 pages of their newspaper. Thanks to the Commissaire Janice Matus and our volunteers Hans Roeger and Judy Lange for their efforts so that all the rest of us had to do was ride our bikes.

### *What is the World Master Time Trial Challenge?*

It is administered by Peter Heppleston from the Edmonton Masters Cycle Club (EMCC). Started in 2002 with two clubs participating, it has now grown to include clubs from Australia, England, British Columbia, Alberta, Saskatchewan, and Ontario.

<http://www.edmontonmasterscyclingclub.ca/worldtt/index.htm> for more info

### *What are the rules?*

- All clubs/associations complete a 40km or 25 Mile individual time trial.
- The event is held on each clubs pre-announced date, regardless of weather, unless such weather presents significant danger to the riders (lightning, ice etc.). Under those circumstances that particular club completes its event as soon as reasonably possible.
- The race is against an Age Standard, and all competitors compete against the same Age Standard. The Age Standard is based on the VTTA Standard and the age used is the age of the rider on the day of the event. The 40km Standard is the 25 Mile Standard adjusted for the metric distance and has been independently examined and approved by the Manchester and District VTTA.
- The 5 riders who achieve the best result against the Age Standard form a "team", and their total plus or minus against the Age Standard is the "team" score.

|                   |             | Finish  | Standard | Difference | Placing         |
|-------------------|-------------|---------|----------|------------|-----------------|
| Ken               | Orr         | 1:03:34 | 1:24:30  | 0:20:56    | 1               |
| Rob               | Howse       | 0:56:58 | 1:13:23  | 0:16:25    | 2               |
| Frank             | Matus       | 0:58:12 | 1:13:56  | 0:15:44    | 3               |
| Jacob             | Dekok       | 1:07:03 | 1:21:24  | 0:14:21    | 4               |
| Cornelius         | Kluge       | 0:57:37 | 1:11:14  | 0:13:37    | 5               |
| Irv               | Trembley    | 1:03:28 | 1:16:44  | 0:13:16    |                 |
| Chris             | Christie    | 1:02:31 | 1:14:29  | 0:11:58    |                 |
| Muriel            | Orr         | 1:21:22 | 1:32:27  | 0:11:05    |                 |
| Mike              | Power       | 0:59:30 | 1:10:10  | 0:10:40    |                 |
| Grant             | McMillan    | 1:00:24 | 1:09:40  | 0:09:16    |                 |
| Susan             | Clarke      | 1:01:38 | 1:10:42  | 0:09:04    |                 |
| Erica             | Musyj       | 1:00:39 | 1:08:07  | 0:07:28    |                 |
| Bruce             | Kemp        | 1:08:03 | 1:14:29  | 0:06:26    |                 |
| Cory              | Zetterstrom | 0:54:57 | 1:01:06  | 0:06:09    |                 |
| Ryan              | Hunter      | 1:03:28 | 1:08:07  | 0:04:39    |                 |
| Roy               | Cushway     | 1:25:26 | 1:29:43  | 0:04:17    |                 |
| Nancy             | Howse       | 1:17:26 | 1:21:24  | 0:03:58    |                 |
| Larry             | McCammon    | 1:11:23 | 1:15:03  | 0:03:40    |                 |
| Neil              | Clarke      | 1:00:40 | 1:03:37  | 0:02:57    |                 |
| Andrea            | Grzesina    | 1:08:34 | 1:06:37  | + 0:01:57  |                 |
| Harvey            | Weber       | 1:10:45 | 1:07:06  | + 0:03:39  |                 |
| Brendan           | Wirtz       | 1:19:07 | 1:02:37  | + 0:16:30  |                 |
| <b>Difference</b> |             |         |          |            | <b>01:21:03</b> |

## *Prairie Randonneurs 2009 results and 2010 Schedule*

**Paris-Brest-Paris 2007** had a record 5200 cyclists. The significant continued growth in **Paris-Brest-Paris** participants has caused **Audax Club Parisien** to consider quotas to limit growth for the **2011** version of **Paris-Brest-Paris**. **Audax Club Parisien** will determine the quota for all countries including Canada in January 2011 based on **Paris-Brest-Paris 2007** entrants and finishers and the increase in Brevets between 2007 and 2010.

**What does this mean for you?** If you have any thoughts of challenging **Paris-Brest-Paris** in **2011**, you will need to complete brevets locally in **2010** to best ensure getting a quota spot. Prairie

### 2009 Results

We had 26 members compete in 12 brevets (rides) varying in distance from 200km to 600km. This resulted in 60 rides covering 15,500 kilometres of officially completed brevets. Congratulations again to **Cindy and Roger Ganes, Nancy Howse, MaryAnn Keith-Roeger, Derek Potts, Carol Rodgers, Doug Russell, Jeff Thorpe** for completing their first 200km Brevet.

|                       |       |                 |       |                       |        |
|-----------------------|-------|-----------------|-------|-----------------------|--------|
| Name                  | Total | Shuya, Terry    | 200km | Meredith, Lynne       | 500km  |
| Covello, Patrick      | 200km | Thorpe, Jeff    | 200km | Mews, Wayne           | 600km  |
| Howse, Nancy          | 200km | Flaten, Aileen  | 400km | Wilson, Anthony       | 600km  |
| Keith-Roeger, MaryAnn | 200km | Gignac, Gisele  | 400km | Ganes, Cindy          | 700km  |
| McCamom, Larry        | 200km | Mazurik, Bernie | 400km | Ganes, Roger          | 700km  |
| Potts, Derek          | 200km | Quade, Ted      | 400km | McLeod, Grant         | 1700km |
| Powell, Michael       | 200km | Rodgers, Carol  | 400km | Oneschuk, Marjory     | 1700km |
| Roeger, Hans          | 200km | Thies, Grant    | 400km | Couperthwaite, Robert | 2000km |
| Russell, Doug         | 200km | Wight, Ray      | 400km | Oneschuk, Johnny      | 2200km |

### 2010 Schedule

|        |        |               |          |        |        |                |          |
|--------|--------|---------------|----------|--------|--------|----------------|----------|
| 200 km | Apr 17 | Swift Current | 13.5 hrs | 200 km | Jun 26 | Regina         | 13.5 hrs |
| 200 km | Apr 24 | Regina        | 13.5 hrs | 600 km | Jul 2  | Regina/Sasktn  | 40 hrs   |
| 200 km | Apr 25 | Saskatoon     | 13.5 hrs | 400 km | Jul 10 | Saskatoon      | 27 hrs   |
| 300 km | May 1  | Swift Current | 20 hrs   | 600 km | Jul 17 | Regina         | 40 hrs   |
| 200 km | May 2  | Saskatoon     | 13.5 hrs | 200 km | Jul 18 | Sasktn Horizon | 13.5 hrs |
| 300 km | May 8  | Saskatoon     | 20 hrs   | 300 km | Jul 24 | Saskatoon      | 20 hrs   |
| 200 km | May 9  | Regina        | 13.5 hrs | 200 km | Jul 25 | Regina         | 13.5 hrs |
| 300 km | May 15 | Regina/Sasktn | 20 hrs   | 1000 k | Jul 30 | Saskatoon      | 75 hrs   |
| 400 km | May 15 | Swift Current | 27 hrs   | 1000 k | Aug 13 | Regina         | 75 hrs   |
| 360 km | May 22 | Flèche        | 24 hrs   | 300 km | Aug 14 | Saskatoon      | 20 hrs   |
| 400 km | May 29 | Saskatoon     | 27 hrs   | 400 km | Aug 21 | Saskatoon      | 27 hrs   |
| 600 km | May 29 | Swift Current | 40 hrs   | 200 km | Aug 29 | Regina         | 13.5 hrs |
| 300 km | May 30 | Regina        | 20 hrs   | 600 km | Sep 4  | Saskatoon      | 40 hrs   |
| 400 km | Jun 5  | Regina/Sasktn | 27 hrs   | 200 km | Sep 12 | Saskatoon      | 13.5 hrs |
| 1000 k | Jun 17 | Swift Current | 75 hrs   | 1000 k | Sep 17 | Saskatoon      | 75 hrs   |
| 400 km | Jun 19 | Regina        | 27 hrs   | 200 km | Sep 18 | Regina         | 13.5 hrs |
| 600 km | Jun 19 | Saskatoon     | 40 hrs   |        |        |                |          |

Please check out the following Websites for information on our club and **Paris-Brest Paris**.  
[www.saskcycling.ca/~pri/](http://www.saskcycling.ca/~pri/) & [www.paris-brest-paris.org](http://www.paris-brest-paris.org). Have a great winter and we will see you on the road in 2010.

Grant Thies, President, Prairie Randonneurs

Randonneurs will be giving preference for quota spots to members who either:

- Complete a **Super Series** (200km, 300km, 400km, 600km) and a 1000km brevet **or**
- Complete two **Super Series** in **2010**.

Any remaining spots will be allocated by a formula and/or a lottery if necessary.

In **2009**, we had 8 new cyclists **Cindy and Roger Ganes, Nancy Howse, MaryAnn Keith-Roeger, Derek Potts, Carol Rodgers, Doug Russell, and Jeff Thorpe** complete their first 200km brevet. Congratulations and we hope to see them all again in **2010** along with many others.

## Strategic Planning 2010-2013



Thanks to our volunteers who donated a Sunday to attend the strategic planning session.

From left to right:  
 Brian Fergusson, Susan Bladyko, Grant Thies, Bob Cochran, Patty Thomas, Jay Van Ginneken, Don Cook, Jim Large, Ray Wight, Denise Eberle, Darrell Noakes, Barret Kropf, Janice Matus, Peter Steckhan, Frank Matus, Colette Forbes, John Oneschuk.

**SCA Vision Statement** . . . “The Saskatchewan Cycling Association is the leader in recreational and competitive cycling, cycling safety, and cycling as a lifelong activity for all Saskatchewan people.”

**SCA Mission Statement** . . . “The Saskatchewan Cycling Association exists to promote and enhance the Saskatchewan cycling experience while recognizing its benefits to the individual and society.”

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### Warm Weather Training Camp Okanagan Falls, BC – April 2-11<sup>th</sup>, 2010

Get off your indoor trainer and build up your base miles - Ride in dry, mild weather conditions and hilly terrain. Appropriate camp for Western Canada Games eligible athletes.

**Location:** Skaha Lake Paradise Resorts, Okanagan Falls, just 10 minute drive from Penticton. <http://skahalake.com/>

**Coaches:** TBD

*Cost for HP athletes:* \$700/per person.

Registration with payment deadline **is March 1<sup>st</sup>**. For more info contact the SCA. Cheques are payable to the SCA. Space is limited.

**Camp Fee includes:**

- 8 night's luxury 3 bedroom Condo Accommodation (shared accommodations/2 athletes/queen bed)
- 1 night's accommodation on the drive from B.C.
- Transportation in the SCA van to/from Regina or Saskatoon/B.C.

**Terms and Conditions:**

- All participants while on their bicycles must wear ANSI or CSA approved cycling helmets.
- The SCA may cancel the camp because of insufficient registrations or unforeseen circumstances and a full refund will be offered. In no circumstances is the SCA responsible for additional costs such as travel, time off work, vacation costs, etc if the camp is cancelled.
- Each participant is entitled to bring one road bike only
- Participants must be SCA members at the time of registration
- The \$700 fee is all inclusive fee; discounts will not be offered for participants requesting adjustments to the arrangements, i.e., if the participants arrange for their own transport to the camp, less days at the camp, etc.
- After March 1<sup>st</sup>, full refund on the registration fee is available only for medical reasons.

## High Performance News

The HP Committee, comprising two new members and two new positions, Frank Matus - Dir. of Women and Cory Zetterstrom - Dir. of MTB, as well as Dir of Rd - James Spooner, is busy planning for the 2010 cycling season. It will be Year 1 of the next 4-year Games Cycle, and that means Western Canada Games are on our radar! If you were born in 1993 or later please take note as you are age-eligible for the Games and might be interested in partaking in the Easter Training Camp held near Penticton, B.C.

2010 will see us concentrating on recruiting young athletes and new coaches as well as further developing those that already part of our system. We're very pleased that plans are underway to create a 'Provincial Coaching Plan' that will integrate the Sask Cup Series, HP Dev Camps for athletes and coaches, Sport Science and be a resource for the HP Committee as well as all interested coaches for years to come. Susan Clarke has been hired for this undertaking that will be completed prior to the start of the race season.

If you're interested in the 2010 HP Dev Program, we are offering 4 levels of programming and funding this year. Check out the HP webpages on the SCA site for details that will be forthcoming prior to the Christmas break. We're still focused primarily on getting athletes to the CDN National Team level of performance, but are aware there are other High Performance athletes pursuing international levels of competition that are outside the focus of the CDN National Team. We want to invite you into our group too.

Lastly, Congratulations and Good Luck to Julia Garnet for being nominated to Sport Canada for a Discretionary Card.

Stay warm and have fun!  
Patty Thomas, VP High Performance

## Search begins for Head Coach Western Canada Games Cycling Team to be held in Kamloops, B.C. August 10-14th, 2011

**Interested candidates should email their resume to the SCA office by Jan 31st, 2010  
Training and guidance will be provided.**

**Reports to:** High Performance (HP) Committee,  
**Role:** To develop, manage, and implement the 2011 WCG Cycling Program within the context of the '*2010 Provincial HP Coaching Plan*'.

### **Responsibilities:**

- Create an athlete recruitment plan and schedule for the WCG prior to the 2010 competitive season with the assistance of the HP committee
- Identify, recruit and manage 2 WCG staff: an assistant coach/manager (preferably not in the same city as the Head Coach and of the opposite sex) and mechanic.
- Identify ideal competitions for athletes to attend.
- Develop and attend training camps and key races for WCG age-eligible athletes.
- Monitor training plans of WCG riders in conjunction with personal coaches.
- Prepare annual budget in consultation with the HP Committee
- Control and monitor expenditures.
- Develop, in conjunction with WCG staff and HP Committee, selection criteria for the 5 male, 5 female cycling team, prior to the start of the 2011 race season.

### **Qualifications and Experience:**

- Certified NCCP Cycling Level III RD/MTB or equivalent preferred
- Certified NCCP Level II or I and working toward the Level III certification definitely considered
- Proven leadership and ability to work with U17/Junior cyclists
- Knowledgeable of and willing to apply sport science and physical testing to improve cycling performance.

**Term of Position:** March 1st, 2010 to August 31, 2011

**Head Coach Honorarium:** \$2000, i.e. \$500 in 4 separate payments over the contract term

**Coaching Fees:** compensation at a rate of \$20/hr or \$100/day.

## News from the Saskatoon Cycling Club

The Saskatoon Cycling Club held their AGM on November 1<sup>st</sup>, capping off another successful year for the club. Membership and participation in club events increased in 2009 in response to an increase in riding opportunities that the club offered. Where there are cyclists there is food, and the AGM was no exception. A pot-luck supper followed the meeting. Sheila Liota and Sandra MacArthur shared photos and stories from their spring cycling trip in Holland. Don Cook shared some stories and video from this summer's GASP tour that he and fellow club member Doug Loughran participated. The SCC has new leadership for 2010.

A new executive was elected at the AGM which consists of:

**President: Catherine Gadzella**  
**Vice President: Sandra MacArthur**  
**Secretary Treasurer: Don Cook**  
**Members-at-Large: Ernie Werezak, Howie Cummings, Julian Kinash, Sheila Liota**  
**Past President: Leo Cote**

We are looking forward to 2010 and dreaming of the cycling adventures we will have together. How can we help achieve your cycling dreams?  
SaskatoonCyclingClub.ca

## GASP tours “Outlook and beyond” in 2010

The 2010 Great Annual Saskatchewan Pedal (GASP) explores the region around Lake Diefenbaker. The route crosses the South Saskatchewan River four times (including a ride on a reaction ferry). We're touring the area around the Great Sand Hills and the Beechy Sand Castles.

**Day 1 (Saturday):** Outlook to Elrose, 92 km. The route crosses the South Saskatchewan River and passes through Dinsmore and Wiseton on the way to the destination of Elrose.

**Day 2 (Sunday):** Elrose to Eston Regional Park, 72 km. Passes through Eston and ends at Eston Regional Park in the South Saskatchewan River valley.

**Day 3 (Monday):** Eston to Cabri, 40 km (36 km gravel). Includes a ferry crossing of the South Saskatchewan River.

**Day 4 (Tuesday):** Cabri to Swift Current, 70 km day. Smaller community's en-route (Pennant and Success) and ends at Kinetic Park in Swift Current.

**Day 5 (Wednesday):** Swift Current to Clearwater Lake Regional Park, 83 km. Includes some hilly country side through the town of Stewart Valley, crossing the South Saskatchewan River at

Saskatchewan Landing Provincial Park and then through the town of Kyle before arriving at Clearwater Lake Regional Park.

**Day 6 (Thursday):** Clearwater Regional Park to Palliser Regional Park, 102 km. It passes through some remote and hilly country side on the way to Beechy and then to Lucky Lake before cyclists arrive at Lake Diefenbaker where they will cross by.

**Day 7: (Friday):** Palliser Regional Park to Elbow, 85 km. Route passes through Central Butte, around the Qu'Appelle arm of Lake Diefenbaker, across the Qu'Appelle valley adjacent to the Qu'Appelle Dam, through Douglas Provincial Park and finally to Elbow.

**Day 8 (Saturday):** Elbow to Outlook, 80km. The route passes through the towns of Loreburn and Hawarden.

## Routes selected for northeast in 2011 and south in 2012

While selecting the 2010 route, the GASP tour committee decided that in 2011 the tour will go northeast, exploring as far as Melfort, Tisdale and Nipawin. In 2012, the tour will return to the southwest, south of Swift Current, or southeast around Weyburn and Estevan.

## GASP 2010 Registration form - July 17-24

Complete one form per participant.

The deposit is required by May 1, with payment in full by June 1. Your deposit is refundable up until May 1, after May 1 the deposit is nonrefundable. Submit form (follows on the next page) and payments to: Saskatchewan Cycling Association (SCA) 2205 Victoria Avenue Regina, SK S4P 0S4

Name \_\_\_\_\_ Current SCA member Yes  No

Address \_\_\_\_\_ City \_\_\_\_\_ Prov \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone number \_\_\_\_\_ E-mail \_\_\_\_\_

I agree to the terms and conditions of the GASP ride as listed on this form.

Signature\* \_\_\_\_\_ Date \_\_\_\_\_

\*Signature and consent of parent or guardian if participant is under 18 year of age

### **Participant options** - Please check off the appropriate box

| Number of Days                                            | Camping Accommodations |  |
|-----------------------------------------------------------|------------------------|--|
| 8 day ride (July 17-24)                                   | \$300 (Deposit \$50)   |  |
| 2 day ride option (July 17-18) includes one night camping | \$100                  |  |
| 2 day ride option (July 23-24) includes one night camping | \$100                  |  |

#### **Tour Fees include**

- 1 or 8 nights accommodations in non-electrical campsites
- Daily road snacks
- Assistance from the support vehicle
- Daily baggage transportation

#### **Tour Fees do not include**

- 2010 SCA membership fees, participants must be SCA members at the time of the tour
- Transportation to and from the start and end of the tour
- Entertainment costs
- Bicycle parts for repairs
- Park admission is applicable

#### **Terms and Conditions**

- The route is subject to finalization closer to the event. The route may be slightly modified by tour leaders as required to maintain a safe and enjoyable event for all participants.
- The first 50 registered applicants (confirmed by receipt of deposit) will be guaranteed a place in the event. A list of additional interested parties will be maintained and will be contacted on a first-come-first-served basis if participant cancellations arise. All parties on the waiting list will receive their deposit back.
- A deposit of \$50 is required by May 1, 2010 for each participant. Payment in full, based on the options selected by participants is due by June 1. The deposit is fully refundable until May 1<sup>st</sup>, following May 1<sup>st</sup> the deposit is non refundable.
- All tour fees are quoted in Canadian dollars.
- Cheques must be made payable to the SCA.
- The tour is non-profit and does not involve any fundraising.
- Cyclists of all ages and skill levels are welcome to participate, but a parent must supervise participants under the age of 18, during the tour.
- Participants must be SCA members at the time of the tour and must complete the SCA waiver form for insurance purposes. The cost of the SCA membership fee is not included in the costs of the tour. The SCA membership form and information are available on the SCA website [www.saskcycling.ca](http://www.saskcycling.ca).
- Luggage will be limited to one to two bags per participant with the total weight not exceeding 18kg (40 pounds, including the participants camping gear if applicable).
- Each participant is entitled to bring one self-propelled bicycle of their choosing.
- All information, personal or otherwise, collected through registration forms for the event will be used by the SCA only for stated purposes, i.e. to confirm participation, secure payment, and communicate with participants about the event.
- All participants while on their bicycles must wear ANSI or CSA approved cycling helmets during the tour.
- The SCA may cancel the tour because of insufficient registrations or unforeseen circumstances. In the event of cancellation due to other causes than insufficient numbers, (eg weather or emergencies), participants will be advised as soon as possible. In no circumstances is the SCA responsible for additional costs such as travel, time off work, vacation costs, etc.

## 2009-2010 Indoor cycling dates (open to SCA members):

Lanes 3-6; November 22- March 21:

- 🕒 **Regina**, Fieldhouse – 8:30 - 9:30 pm **Cancelled Dec 27 and Jan 3**
- 🕒 **Saskatoon**, Fieldhouse - 7:00-8:00 PM (2nd hour 8:00-9:00 pm for Cycledelia, Northern Bush Rastas, Horizon 100 club members) **Cancelled Dec 27 and Jan 3**

You must have your 2010 membership **before** attending the 2010 indoor cycling sessions.

## Granny Oak Twister, Esterhazy, August 30, 2009 Provincials, Sask Cup, East Qu'Appelle Cartel

|                              |       |         |                             |       |         |                               |       |         |
|------------------------------|-------|---------|-----------------------------|-------|---------|-------------------------------|-------|---------|
| <b>Senior Elite Men</b>      | Place | Time    | Malan, Albie                | 7     | 1:51:47 | <b>Men Master Sport 40-49</b> |       |         |
| Thomas, Andrew               | 1     | 1:44:22 | Kendel, Stefan              | 8     | 1:54:41 | Landine, Tom                  | 1     | 1:26:31 |
| Zetterstrom, Cory            | 2     | 1:46:57 | Abramson, Kris              | DNF   | DNF     | Turk, Brad                    | 2     | 1:27:00 |
| Erdman, Jeremy               | 3     | 1:57:44 | <b>Master Exp Men 40+</b>   | Place | Time    | Anderson, Phil                | 3     | 1:41:30 |
| Winter, James                | 4     | 1:58:57 | Zack, Terry                 | 1     | 1:35:44 | Aldrich, Orville              | 4     | 1:44:48 |
| Clarke, Neil                 | 5     | 2:06:45 | Etienne, Dean               | 2     | 1:38:35 | <b>Men Master Sport 50+</b>   | Place | Time    |
| <b>Senior Elite Women</b>    | Place | Time    | Vircavs, Rick               | 3     | 1:39:21 | Orr, Ken                      | 1     | 1:27:37 |
| Musyj, Erica                 | 1     | 1:42:20 | Meban, David                | 4     | 1:51:48 | <b>Mast Expert Wom</b>        | Place | Time    |
| Clarke, Susan                | 2     | 1:59:13 | Kukura, Sean                | 5     | 1:56:54 | Bladyko, Susan                | 1     | 1:04:07 |
| <b>Senior Expert Men</b>     | Place | Time    | Wolf, Tom                   | 6     | 2:23:20 | Johnstone, Hillary            | 2     | 1:09:19 |
| Sedgewick, Nathan            | 1     | 1:37:26 | Dyck, Darren                | DNF   | DNF     | Theede, Kathryn               | 3     | 1:21:14 |
| Derkson, Ryan                | 2     | 1:37:47 | <b>U17 Expert Male</b>      | Place | Time    | <b>Under 17 Expert Women</b>  |       |         |
| <b>Junior Expert Men</b>     | Place | Time    | Martell, Nelson             | 1     | 1:16:03 | Cooley, Hannah                | 1     | 1:01:23 |
| Johnson, Matt                | 1     | 1:35:34 | Robinson, Ragnar            | 2     | 1:17:28 | <b>Under 15 Male</b>          | Place | Time    |
| van Den Ham, Micheal         | 2     | 1:36:08 | Smith, Dylan                | 3     | 1:25:29 | Patterson, Eric               | 1     | 1:03:27 |
| Gotts, Ben                   | 3     | 1:56:06 | <b>Senior Sport Men</b>     | Place | Time    | <b>Master Spt Wom 30-39</b>   | Place | Time    |
| Jungwirth, Morgan            | 4     | 1:58:44 | Zack, Caleb                 | 1     | 1:22:09 | Elek, Cory                    | 1     | 1:04:30 |
| Aldrich, Jayden              | DNF   | DNF     | Drader, Blair               | 2     | 1:25:18 | <b>Under 17 Sport Male</b>    | Place | Time    |
| <b>Master Expert Men 30+</b> |       |         | Van Ginneken, Jay           | 3     | 1:32:47 | Wall, Kris                    | 1     | 1:06:19 |
| Trask, Jeremy                | 1     | 1:33:01 | <b>Master Spt Men 30-39</b> | Place | Time    | <b>Citizen Male 1 lap</b>     | Place | Time    |
| Bitschy, Dave                | 2     | 1:37:38 | Walker, Jarret              | 1     | 1:22:13 | Nilson, Chad                  | 1     | 1:43:26 |
| Patterson, Garth             | 3     | 1:41:43 | Nayet, Sam                  | 2     | 1:35:38 | <b>Under 13 Male</b>          | Place | Time    |
| Peralta, Pedro               | 4     | 1:43:07 | Knezacek, Nathan            | 3     | 1:40:03 | Kukura, Miguel                | 1     | 0:36:42 |
| Down, Russ                   | 5     | 1:46:38 | Amos, Mike                  | 4     | 1:47:17 | Wirges, Jeremy                | 2     | 0:40:47 |
| Siever, Sean                 | 6     | 1:50:12 |                             |       |         |                               |       |         |

## Inter club point's series - 2009

|    |                        | CX | CX  | CX  | CX | Rd  | Mtb | Rd  | Rd  | Mtb | Mtb | Rd  | Mtb | Mtb | CX    | Rd    | Mtb   | Grand |
|----|------------------------|----|-----|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|-------|-------|-------|
|    |                        | 1  | 2/3 | 4/5 | 6  | 1   | 1   | 2   | 3   | 2   | 3   | 4   | 4   | 5   | Total | Total | Total | Total |
| 1  | Cycledelia             | 70 | 82  | 126 | 72 | 105 | 56  | 353 | 162 | 54  | 33  | 159 | 11  | 13  | 350   | 779   | 167   | 1296  |
| 2  | RCC                    | 5  | 65  | 28  | 14 | 69  | 45  | 244 | 226 | 69  | 20  | 145 | 47  | 64  | 112   | 684   | 245   | 1041  |
| 3  | NBR                    | 42 | 33  | 63  | 31 | 80  | 128 | 56  |     | 111 | 135 | 8   | 127 | 99  | 169   | 144   | 600   | 913   |
| 4  | Offroad Synd           | 5  | 41  | 21  | 13 |     | 73  | 15  |     | 97  | 124 |     | 126 | 168 | 80    | 15    | 588   | 683   |
| 5  | BCW                    | 19 | 19  | 10  | 6  | 67  | 48  | 67  | 19  | 25  | 72  | 20  | 53  | 32  | 54    | 173   | 230   | 457   |
| 6  | R'N'R Cycle Club       |    |     | 6   |    | 61  | 52  | 87  |     | 77  | 34  |     | 15  | 14  | 6     | 148   | 192   | 346   |
| 7  | Horizon 100            | 1  |     | 26  | 8  | 22  | 10  | 82  | 60  |     |     | 20  |     |     | 35    | 184   | 10    | 229   |
| 8  | MJ Pavers              |    |     |     |    |     | 12  | 31  | 24  |     |     | 59  | 25  |     | 0     | 114   | 37    | 151   |
| 9  | East Qu'Appelle Cartel |    |     |     |    |     | 13  | 20  |     | 21  | 21  |     | 28  | 38  | 0     | 20    | 121   | 141   |
| 10 | City Park RD Club      |    |     |     |    | 7   |     | 4   | 10  |     | 14  | 10  |     |     | 0     | 31    | 14    | 45    |
| 11 | Northwest Mtb Club     | 6  |     |     |    |     |     |     |     |     |     |     |     |     | 6     | 8     | 0     | 14    |
| 12 | South SK Mtb Club      |    |     |     |    |     |     |     |     | 6   |     |     |     |     | 0     | 0     | 6     | 6     |

## Sask Cup Mtb Points - top 10 only; full results on the SCA website

|        | <b>Senior Elite Men</b>    | #1  | #2  | #3  | #4  | #5  | total |
|--------|----------------------------|-----|-----|-----|-----|-----|-------|
| gold   | Zetterstrom, Cory          | 175 | 175 | 200 | 200 | 175 | 750   |
| silver | Winter, James              | 155 | 155 |     | 175 | 140 | 625   |
| bronze | Thomas, Andrew             | 200 | 200 |     |     | 200 | 600   |
| 4      | Erdman, Jeremy             | 140 | 120 | 175 |     | 155 | 590   |
| 5      | Clifford, Brad             | 120 | 140 | 140 |     |     | 400   |
| 6      | Clarke, Neil               | 110 |     | 155 |     | 130 | 395   |
| 7      | McGarity, Chris            | 100 |     | 130 |     |     | 230   |
| 8      | Abrahamson, Kris           | 130 |     |     |     |     | 130   |
| 9      | Urton, William             |     | 130 |     |     |     | 130   |
| 10     | Cooley, Stephen            |     | 115 |     |     |     | 115   |
|        | <b>Senior Expert Men</b>   | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Sedgewick, Nathan          | 155 | 140 | 200 | 140 | 200 | 695   |
| silver | Derkson, Ryan              | 200 | 155 |     | 155 | 175 | 685   |
| 3      | MacNaughton, Shane         | 175 | 175 |     | 175 |     | 525   |
| 4      | Leibel, Ryan               |     | 200 |     | 200 |     | 400   |
| 5      | Martin, Brennan            | 140 |     | 175 |     |     | 315   |
| 6      | Tallon, Lindsay            |     | 130 |     |     |     | 130   |
|        | <b>Junior Expert Men</b>   | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Johnston, Matt             |     | 200 | 200 | 200 | 200 | 800   |
| silver | Aldrich, Jayden            | 200 | 175 | 175 | 0   | 0   | 550   |
| bronze | Jungwirth, Morgan          | 155 | 155 |     | 175 | 155 | 640   |
| 4      | Gotts, Ben                 |     |     | 140 | 140 | 175 | 455   |
| 5      | Morin, Axel                | 175 |     | 155 | 155 |     | 485   |
|        | <b>Master Expt Men 30+</b> | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Trask, Jeremy              |     | 175 | 155 | 200 | 200 | 730   |
| silver | Bitschy, Dave              |     | 110 | 120 | 155 | 175 | 560   |
| bronze | Malan, Albie               | 140 | 155 | 115 | 140 | 115 | 550   |
| 4      | Peralta, Pedro             |     | 200 | 140 | 0   | 140 | 480   |
| 5      | Patterson, Garth           | 175 | 130 |     |     | 155 | 460   |
| 6      | Kendel, Stefan             | 110 | 105 | 105 | 120 | 110 | 445   |
| 7      | Abrahamson, Kris           |     |     | 200 | 175 | 0   | 375   |
| 8      | Horn, Mike                 | 155 | 120 |     |     |     | 275   |
| 9      | Bob Hawboldt               |     | 140 | 130 |     |     | 270   |
| 10     | Kluge, Cornel              |     |     | 110 | 130 |     | 240   |
|        | <b>Master Exp Men 40+</b>  | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Vircavs, Rick              | 175 |     | 175 | 175 | 155 | 680   |
| silver | Zack, Terry                | 155 | 155 | 155 | 155 | 200 | 665   |
| bronze | Wolf, Tom                  |     | 175 | 200 | 140 | 120 | 635   |
| 4      | Meban, David               |     | 200 | 130 | 130 | 140 | 600   |
| 5      | Jeffery, Bill              | 130 | 140 | 140 |     |     | 410   |
| 6      | Dyck, Darren               | 140 |     | 0   | 120 | 0   | 260   |
| 7      | Kukura, Sean               |     |     |     | 115 | 130 | 245   |
| 8      | Peralta, Pedro             | 200 |     |     |     |     | 200   |
| 9      | Livingston, Mike           |     |     |     | 200 |     | 200   |
| 10     | Eteinne, Dean              |     |     |     |     | 175 | 175   |
|        | <b>U17 Expert Male</b>     | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Robinson, Ragnar           | 200 | 200 | 200 | 200 | 175 | 800   |
| silver | Martell, Nelson            | 155 | 175 | 175 | 0   | 200 | 705   |
| bronze | Smith, Dylan               | 175 | 155 | 155 | 175 | 155 | 660   |
| 4      | Stoeffel, Pieter           |     |     | 140 | 155 |     | 295   |
| 5      | Wahoski, Joey              | 140 |     |     |     |     | 140   |
|        | <b>U15 Expert Male</b>     | #1  | #2  | #3  | #4  | #5  | total |

| gold   | Patterson, Eric            | 200 | 200 |     |     | 200 | 600   |
|--------|----------------------------|-----|-----|-----|-----|-----|-------|
| 2      | Trapp, Braden              |     | 175 | 200 |     |     | 375   |
| 3      | Weninger, Evan             |     | 155 | 175 |     |     | 330   |
| 4      | Morin, Lucas               |     |     |     | 200 |     | 200   |
|        | <b>Under 13 Male</b>       | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Wirges, Jeremy             |     | 175 |     | 175 | 175 | 525   |
|        | *must start 3 races        |     |     |     |     |     |       |
| 2      | Kukura, Miguel             |     |     |     | 200 | 200 | 400   |
| 3      | Conly, Lukas               |     | 200 |     |     |     | 200   |
|        | <b>Senior Sport Men</b>    | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Van Ginneken, Jay          |     | 155 |     | 200 | 200 | 555   |
| 2      | O'Grady, Casey             | 175 |     | 200 | 155 |     | 530   |
| 3      | Rhodes, Nathan             | 0   |     | 175 | 140 |     | 315   |
| 4      | Klatt, Brennan             |     |     | 155 | 130 |     | 285   |
| 5      | Gradiner, Ryan             | 200 |     |     |     |     | 200   |
| 5      | Harasyn, Karl              |     | 200 |     |     |     | 200   |
| 7      | Nayet, Sam                 |     |     |     | 175 |     | 175   |
| 7      | Martin, Brennon            |     | 175 |     |     |     | 175   |
|        | <b>Mastr Spt Men 30-39</b> | #1  | #2  | #3  | #4  | #5  | total |
| 1      | Yeo, Chris                 | 200 | 200 | 200 |     |     | 600   |
| 2      | Craib, Gordon              | 175 | 175 |     | 200 |     | 550   |
| 3      | Bimson, Curt               | 140 | 155 |     | 175 |     | 470   |
| 4      | Maley, Jason               | 155 |     | 175 |     |     | 330   |
| 5      | Nayet, Sam                 |     |     |     |     | 200 | 200   |
| 6      | Knezacek, Nathan           |     |     |     |     | 175 | 175   |
| 7      | Amos, Mike                 |     |     | 155 |     |     | 155   |
|        | <b>Men Mast Sprt 40-49</b> | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Turk, Brad                 | 175 |     | 200 | 200 | 175 | 750   |
| silver | Aldrich, Orville           | 155 |     | 155 |     | 140 | 450   |
| 3      | Prollius, Almereau         | 140 | 0   | 140 | 175 |     | 455   |
| 4      | Bacon, Michael             | 200 |     | 175 |     |     | 375   |
| 5      | Landine, Tom               |     |     |     |     | 200 | 200   |
| 6      | Anderson, Phil             |     |     |     |     | 155 | 155   |
|        | <b>Men Mastr Sport 50+</b> | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Orr, Ken                   |     |     | 200 | 200 | 200 | 600   |
|        | <b>Senior Elite Women</b>  | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Musyj, Erica               | 155 | 200 | 200 | 200 | 200 | 800   |
| silver | Clarke, Susan              | 175 |     | 175 |     | 175 | 525   |
| 3      | Bunnin, Andrea             | 200 |     |     |     |     | 200   |
|        | <b>Junior Exp Women</b>    | #1  | #2  | #3  | #4  | #5  | total |
|        | McGarity, Kathleen         | 0   |     |     |     |     | 0     |
|        | <b>Mast Expert Wom</b>     | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Johnstone, Hillary         | 175 | 175 | 175 | 175 | 175 | 700   |
| silver | Bladyko, Susan             |     | 200 | 200 |     | 200 | 600   |
| bronze | Theede, Kathryn            | 200 |     | 155 |     | 155 | 510   |
| 4      | Burnes David, Kiley        |     |     |     | 200 |     | 200   |
| 5      | Martyn, Christine          |     | 155 | 0   |     |     | 155   |
|        | <b>U17 Expert Women</b>    | #1  | #2  | #3  | #4  | #5  | total |
| gold   | Cooley, Hannah             | 200 | 0   | 200 | 200 | 200 | 800   |
|        | <b>Sr Sport Women</b>      | #1  | #2  | #3  | #4  | #5  | total |
| 1      | Thomson, Laurie            | 200 |     |     |     |     | 200   |
|        | <b>Mst Spt 30-39 Wom</b>   | #1  | #2  | #3  | #4  | #5  | total |
| 1      | Elek, Cory                 |     | 200 | 200 | 200 | 200 | 800   |

## AGM Cross, Sept 19, 2009 Prince Albert, Brought to you by Fresh Air Experience and Rock'n'Road Cycle Club

**Women A**

|   |               |         |
|---|---------------|---------|
| 1 | Susan Clarke  | 0:27:55 |
| 2 | Julia Garnet  | 0:29:48 |
| 3 | Hannah Cooley | 0:33:20 |

**Women B**

|     |                 |         |
|-----|-----------------|---------|
| 1   | Kathryn Theede  | 0:36:33 |
| dnf | Andrea Grzesina |         |

**Cat 5**

|   |               |         |
|---|---------------|---------|
| 1 | Miguel Kukura | 0:36:29 |
|---|---------------|---------|

**Cat 2**

|   |                |         |
|---|----------------|---------|
| 1 | Kevin Williams | 0:49:04 |
| 2 | Stephen Cooley | 0:49:49 |
| 3 | Chris Jensen   | 0:50:50 |
| 4 | Sean Siever    | 0:52:20 |

**Cat 3**

|   |                  |                |
|---|------------------|----------------|
| 1 | Neil Clarke      | 0:49:04        |
| 2 | Nathan Sedgewick | 0:49:51        |
| 3 | Bob Hawboldt     | 0:51:01        |
| 4 | Jannes Wessels   | 0:51:26        |
| 5 | Lindsay Tallon   | 0:52:14        |
| 6 | Jayden Aldrich   | 0:52:42        |
| 7 | Frank Matus      | 0:49:50 +1 lap |
| 8 | Joel Vermette    | 0:52:43 +1 lap |

**Cat 4**

|     |                 |                 |
|-----|-----------------|-----------------|
| 1   | Scott Bell      | 0:55:56         |
| 2   | Ragnar Robinson | 0:49:15 +1 lap  |
| 3   | Peter Steckhan  | 0:49:25 +1 lap  |
| 4   | Scott Taylor    | 0:50:47 +1 lap  |
| 5   | Mark Gibson     | 0:52:55 +1 lap  |
| 6   | Sean Kukura     | 0:54:28 +1 lap  |
| 7   | Michael Power   | 0:54:59 +1 lap  |
| 8   | Orville Aldrich | 0:50:58 +2 laps |
| dnf | Tom Wolf        |                 |

## BCW Cross Blackstrap, Sask Cup 2 Saturday, October 3, 2009

**Cat 5 Women**

|   |                 |         |         |
|---|-----------------|---------|---------|
| 1 | Katheryn Theede | 0:35:27 | + 1 lap |
| 2 | Joanne Weninger | 0:36:44 | + 1 lap |
| 3 | Monica Kluge    | 0:37:12 | + 1 lap |
| 4 | Andrea Grzesina | 0:41:05 | + 1 lap |

**Cat 4 Women**

|   |               |         |
|---|---------------|---------|
| 1 | Andrea Bunnin | 0:32:42 |
| 2 | Susan Clarke  | 0:34:20 |
| 3 | Julia Garnet  | 0:35:12 |
| 4 | Hannah Cooley | 0:39:42 |

**Cat 5 Men**

|   |           |         |
|---|-----------|---------|
| 1 | Brad Turk | 0:36:51 |
| 2 | Mike Amos | 0:38:06 |

**Cat 4 Men**

|   |                 |                  |
|---|-----------------|------------------|
| 1 | Cornelius Kluge | 0:42:48          |
| 2 | Tom wolfe       | 0:43:55          |
| 3 | Albie Malan     | 0:44:40          |
| 4 | Mike Power      | 0:39:05 + 1 lap  |
| 5 | Peter Steckhan  | 0:39:05 + 1 lap  |
| 6 | Scott Bell      | 0:39:21 + 1 lap  |
| 7 | Scott Taylor    | 0:39:28 + 1 lap  |
| 8 | Pete, L'Heureux | 0:40:02 + 2 laps |
| 9 | Mark Gibson     | 0:43:58 + 2 laps |

**Cat 3 Men**

|   |                  |         |
|---|------------------|---------|
| 1 | Jannes Wessels   | 0:41:05 |
| 2 | Neil Clarke      | 0:41:32 |
| 3 | Nathan Sedgewick | 0:41:51 |

**Cat 2 Men**

|   |                |         |
|---|----------------|---------|
| 1 | Cuylar Conly   | 0:38:02 |
| 2 | Stephen Cooley | 0:40:07 |
| 3 | Brad Clifford  | 0:41:16 |

## BCW Cross Blackstrap, Sask Cup 3 Sunday October 4, 2009

**Cat 5 Women**

|   |                 |         |          |
|---|-----------------|---------|----------|
| 1 | Katheryn Theede | 0:36:29 | + 1 lap  |
| 2 | Monica Kluge    | 0:38:24 | + 1 lap  |
| 3 | Andrea Grzesina | 0:35:16 | + 2 laps |

**Cat 4 Women**

|   |               |         |
|---|---------------|---------|
| 1 | Andrea Bunnin | 0:34:02 |
| 2 | Susan Clarke  | 0:34:42 |
| 3 | Julia Garnet  | 0:35:55 |
| 4 | Hannah Cooley | 0:39:41 |

**Cat 5 Men**

|   |           |         |
|---|-----------|---------|
| 1 | Rod Lewis | 0:40:17 |
|---|-----------|---------|

**Cat 4 Men**

|    |                 |                  |
|----|-----------------|------------------|
| 1  | Albie Malan     | 0:46:53          |
| 2  | Cornelius Kluge | 0:48:56          |
| 3  | Tom wolfe       | 0:49:14          |
| 4  | Kevin Sutton    | 0:49:19          |
| 5  | Jeff Hehn       | 0:49:23          |
| 6  | Peter Steckhan  | 0:44:43 + 1 lap  |
| 7  | Scott Bell      | 0:45:40 + 1 lap  |
| 8  | Mike Power      | 0:47:33 + 1 lap  |
| 9  | Pete, L'Heureux | 0:50:24 + 1 lap  |
| 10 | Orville Aldrich | 0:45:15 + 2 laps |

**Cat 3 Men**

|   |                  |         |
|---|------------------|---------|
| 1 | Nathan Sedgewick | 0:45:32 |
| 2 | Neil Clarke      | 0:46:49 |
| 3 | Bob Hawboldt     | 0:47:29 |
| 4 | Barrett Dunbar   | 0:47:36 |

DNF Jannes Wessels

DNF Jayden Aldrich

**Cat 2 Men**

|   |                |         |
|---|----------------|---------|
| 1 | Stephen Cooley | 0:44:26 |
|---|----------------|---------|

## 2009 Cycledelia Double Cross – Sask Cup 4 and 5

### Saturday, October 17

**Cat 2**

|   |                |         |
|---|----------------|---------|
| 1 | Kevin Williams | 0:45:56 |
| 2 | Cuylar Conly   | DNF     |

**Cat 3**

|   |                  |         |
|---|------------------|---------|
| 1 | Nathan Sedgewick | 0:47:48 |
| 2 | Neil Clarke      | 0:48:15 |
| 3 | Lindsay Tallon   | 0:48:52 |
| 4 | Bob Hawboldt     | 0:50:38 |

**Cat 4**

|   |                 |         |
|---|-----------------|---------|
| 1 | Tom Wolfe       | 0:49:32 |
| 2 | Cornelius Kluge | 0:49:52 |
| 3 | Jeff Hehn       | 0:50:50 |
| 4 | Barret Dunbar   | 0:51:39 |
| 5 | Albie Malan     | 0:51:44 |
| 6 | Peter Steckhan  | 0:53:21 |
| 7 | Mike Power      | 0:53:33 |

**Women Cat 4**

|   |              |         |
|---|--------------|---------|
| 1 | Susan Clarke | 0:32:24 |
| 2 | Julia Garnet | 0:33:40 |

**Women Cat 5**

|   |                 |         |
|---|-----------------|---------|
| 1 | Monica Kluge    | 0:43:11 |
| 2 | Katheryn Theede | 0:43:47 |
| 3 | Andrea Grzesina | 0:44:41 |

### Sunday, October 18

**Cat 2**

|   |                |         |
|---|----------------|---------|
| 1 | Stephen Cooley | 0:49:12 |
|---|----------------|---------|

**Cat 3**

|   |                  |         |
|---|------------------|---------|
| 1 | Nathan Sedgewick | 0:47:29 |
| 2 | Neil Clarke      | 0:47:56 |
| 3 | Lindsay Tallon   | 0:49:26 |
| 4 | Bob Hawboldt     | 0:53:14 |

**Cat 4**

|   |                 |         |
|---|-----------------|---------|
| 1 | Cornelius Kluge | 0:50:23 |
|---|-----------------|---------|

|   |                |                 |
|---|----------------|-----------------|
| 2 | Albie Malan    | 0:50:55         |
| 3 | Tom Wolfe      | 0:51:38         |
| 4 | Barret Dunbar  | 0:51:51         |
| 5 | Kevin Sutton   | 0:54:36         |
| 6 | Greg McKee     | 0:56:44         |
| 7 | Scott Taylor   | 0:47:35 + 1 lap |
|   | Peter Steckhan | DNF             |

**Women Cat 4**

|   |               |         |
|---|---------------|---------|
| 1 | Susan Clarke  | 0:32:11 |
| 2 | Julia Garnet  | 0:33:19 |
| 3 | Hannah Cooley | 0:39:42 |

**Cat 5**

|   |           |         |
|---|-----------|---------|
| 1 | Brad Turk | 0:35:21 |
|---|-----------|---------|

**Women Cat 5**

|   |                 |         |
|---|-----------------|---------|
| 1 | Monica Kluge    | 0:41:51 |
| 2 | Katheryn Theede | 0:42:15 |
| 3 | Andrea Grzesina | 0:44:56 |

## 2009 Sask Cup Point Series

|        | Women A           | CX1 | CX2 | CX3 | CX4 | CX5 | CX6 | CX7 | total |
|--------|-------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| gold   | Susan Clarke      | 10  | 8   | 6   | 10  | 10  | 10  | 8   | 30    |
| silver | Julia Garnet      | 8   | 6   | 8   | 8   | 8   | 8   | 10  | 26    |
| bronze | Hannah Cooley     | 6   | 4   | 4   |     | 6   | 6   | 6   | 18    |
| 3      | Andrea Bunnin     |     | 10  | 10  |     |     |     |     | 20    |
|        | Women B           | CX1 | CX2 | CX3 | CX4 | CX5 | CX6 | CX7 | total |
| gold   | Monica Kluge      |     | 6   | 8   | 10  | 10  | 10  | 10  | 30    |
| silver | Kathryn Theede    | 10  | 10  | 10  | 8   | 8   |     | 8   | 30    |
| bronze | Andrea Grzesina   | 0   | 4   | 6   | 6   | 6   | 8   | 6   | 20    |
| 4      | Joanne Weninger   |     | 8   |     |     |     |     |     | 8     |
|        | Cat 2             | CX1 | CX2 | CX3 | CX4 | CX5 | CX6 | CX7 | total |
| 1      | Stephen Cooley    | 8   | 8   | 10  |     | 10  |     |     | 28    |
| 2      | Brad Kerr         |     |     |     |     |     | 10  | 10  | 20    |
| 2      | Kevin Williams    | 10  |     |     | 10  |     |     |     | 20    |
| 4      | Cuylar Conly      |     | 10  |     | 0   |     |     |     | 10    |
| 5      | Chris Jensen      | 6   |     |     |     |     |     |     | 6     |
| 5      | Brad Clifford     |     | 6   |     |     |     |     |     | 6     |
| 7      | Sean Siever       | 4   |     |     |     |     |     |     | 4     |
|        | Cat 3             | CX1 | CX2 | CX3 | CX4 | CX5 | CX6 | CX7 | total |
| gold   | Nathan Sedgewick  | 8   | 6   | 10  | 10  | 10  | 10  | 8   | 30    |
| silver | Neil Clarke       | 10  | 8   | 8   | 8   | 8   | 8   | 10  | 28    |
| bronze | Barrett Dunbar    |     |     | 4   |     |     | 6   | 6   | 16    |
| 4      | Bob Hawboldt      | 6   |     | 6   | 4   | 4   |     |     | 16    |
| 5      | Lindsay Tallon    | 3   |     |     | 6   | 6   |     |     | 15    |
| 6      | Jannes Wessels    | 4   | 10  | 0   |     |     |     |     | 14    |
| 7      | Jayden Aldrich    | 2   |     | 0   |     |     |     | 0   | 2     |
| 8      | Pedro Peralta     |     |     |     |     |     |     | 4   | 4     |
| 9      | Frank Matus       | 1   |     |     |     |     |     |     | 1     |
| 10     | Joel Vermette     | 1   |     |     |     |     |     |     | 1     |
|        | Cat 4             | CX1 | CX2 | CX3 | CX4 | CX5 | CX6 | CX7 | total |
| gold   | Cornelius Kluge   |     | 10  | 8   | 8   | 10  | 8   | 10  | 30    |
| silver | Albie Malan       |     | 6   | 10  | 3   | 8   | 10  | 8   | 28    |
| bronze | Tom Wolf          | 0   | 8   | 6   | 10  | 6   |     | 6   | 24    |
| 4      | Scott Bell        | 10  | 2   | 1   |     |     |     |     | 13    |
| 5      | Peter Steckhan    | 6   | 3   |     | 2   | 0   |     |     | 11    |
| 6      | Jeff Hehn         |     |     | 3   | 6   |     |     |     | 9     |
| 7      | Ragnar Robinson   | 8   |     |     |     |     |     |     | 8     |
| 7      | Barret Dunbar     |     |     |     | 4   | 4   |     |     | 8     |
| 9      | Scott Taylor      | 4   | 1   |     |     | 2   |     |     | 7     |
| 10     | Kevin Sutton      |     |     | 4   |     | 3   |     |     | 7     |
| 11     | Jason Christbason |     |     |     |     |     | 6   |     | 6     |
| 11     | Michael Power     | 1   | 4   | 1   | 1   |     |     |     | 6     |
| 13     | Orville Aldrich   | 1   |     | 1   |     |     |     | 3   | 5     |
| 14     | Mark Gibson       | 3   | 1   |     |     |     |     |     | 4     |
| 14     | Rick Vircavs      |     |     |     |     |     |     | 4   | 4     |
| 14     | Pete L'Heureux    |     | 1   | 1   |     |     |     | 2   | 4     |
| 17     | Sean Kukura       | 2   |     |     |     |     |     |     | 2     |
| 18     | Ryan Hunter       |     |     |     |     |     |     | 1   | 1     |
|        | Cat 5             | CX1 | CX2 | CX3 | CX4 | CX5 | CX6 | CX7 | total |
| gold   | Rod Lewis         |     | 10  |     |     |     | 10  | 10  | 30    |
| silver | Miguel Kukura     | 10  |     |     |     |     | 6   | 6   | 22    |
| 3      | Brad Turk         |     | 10  |     |     | 10  |     |     | 20    |
| 4      | Dan Fontaine      |     |     |     |     |     | 8   | 8   | 16    |
| 5      | Brennan Smith     |     |     |     |     |     | 4   | 4   | 8     |
| 5      | Mike Amos         |     | 8   |     |     |     |     |     | 8     |

### ORS Cross October 24, 2009 Sask Cup 6, Lumsden

#### Cat 2

1 Brad Kerr 0:55:58

#### Cat 3

1 Nathan Sedgewick 0:56:15

2 Neil Clarke 0:56:15

3 Barret Dunbar 0:56:07 +1 lap

#### Cat 4

1 Albie Malan 0:58:28

2 Cornel Kluge 1:00:05

3 Jason Christbason 0:57:33 +2 laps

#### Women A

1 Susan Clarke 0:38:08

2 Julia Garnet 0:38:50

3 Hannah Cooley 0:40:12

#### Women B

1 Monica Kluge 0:39:06

2 Andrea Grzesina 0:38:56 +1 lap

#### Cat 5

1 Rod Lewis 0:41:04

2 Daniel Fontaine 0:38:28 +1 lap

3 Miguel Kukura 0:40:57 +2 laps

4 Brennan Smith 0:41:57 +2 laps

### RCC Cross - Provincials October 25, 2009 Sask Cup 7, Regina

#### Cat 2

1 Brad Kerr 0:58:37

#### Cat 3

1 Neil Clarke 0:59:53

2 Nathan Sedgewick 1:01:03

3 Barret Dunbar 1:03:34

4 Pedro Peralta 1:06:13

Jayden Aldrich  
dns

#### Cat 4

1 Cornel Kluge 1:02:22

2 Albie Malan 1:03:24

3 Tom Wolf 1:05:02

4 Rick Vircavs 1:01:05 +1 lap

5 Orville Aldrich 1:05:22 +1 lap

6 Pete L'Heureux 1:07:55 +1 lap

7 Ryan Hunter 0:59:15 +2 laps

#### Women A

1 Julia Garnet 0:38:07

2 Susan Clarke 0:38:08

3 Hannah Cooley 0:41:49

#### Women B

1 Monica Kluge 0:47:15

2 Kathryn Theede 0:47:15

3 Andrea Grzesina 0:42:27 +1 lap

#### Cat 5

1 Rod Lewis 0:43:36

2 Daniel Fontaine 0:45:33

3 Miguel Kukura 0:39:10 +1 lap

4 Brennan Smith 0:40:09 +1 lap

## Cycling Mileage Achievement Program (CMAP)

| In Kilometres        | 2008    | 2009   | Lifetime Total |
|----------------------|---------|--------|----------------|
| Velda Back           | 50,812  | 2,590  | 53,402         |
| Tammy Booth Peterson | 2,037   | 1,009  | 3,046          |
| Sharon Baldwin       | 3,963   |        |                |
| David Bitschy        | 41,249  | 4,629  | 45,878         |
| Tim Brown            | 12,314  |        |                |
| Chris Christie       | 77,597  | 8,656  | 86,253         |
| Bob Cochran          | 16,745  |        |                |
| Dale Cochrane        | 3,994   |        |                |
| Don Cook             | 1,910   |        |                |
| Roy Cushway          | 71,575  | 3,450  | 75,025         |
| Denise Eberle        | 9,567   | 1,200  | 10,767         |
| Chris Etue           | 20,038  | 2,237  | 22,275         |
| Brian Fergusson      | 5,058   |        |                |
| Joe Gomes            | 59,965  | 11,520 | 71,485         |
| Vernon Hoepfner      | 23,998  |        |                |
| Ron Keall            | 18,185  |        |                |
| Bruce Kemp           | 6,890   |        |                |
| Bill Kinash          | 76,553  | 3,586  | 80,139         |
| Ed Kinash            | 99,435  | 1,000  | 100,435        |
| Cornelius Kluge      | 36,193  | 9,861  | 46,054         |
| Donna Kovatch        | 1,232   |        |                |
| Howard Lowe          | 58,585  |        |                |
| Brennon Martin       | 2,089   |        |                |
| Frank Matus          | 80,766  | 13,744 | 94,510         |
| Grant McLeod         | 146,299 |        |                |
| Harry Meredith       | 17,635  |        |                |
| Elly Mertins         | 19,675  |        |                |
| Wayne Mews           | 9,656   | 6,092  | 15,748         |
| Victor Meyer         | 77,914  |        |                |
| Muriel Orr           | 10,575  |        |                |
| Cheryl Partridge     | 1,140   |        |                |
| Gregory Peterson     | 5,631   | 3,161  | 8,792          |
| Marion Perry         | 8,073   |        |                |
| Mike Powell          | 6,010   | 4,700  | 10,710         |
| Conor Renouf         | 11,197  |        |                |
| Gay Renouf           | 25,599  |        |                |
| Maryann Keith-Roeger | 34,037  | 3,223  | 37,260         |
| Hans Roeger          | 136,380 | 9,342  | 145,722        |
| Rhonda Schindel      | 14,350  |        |                |
| Cale Smith           | 2,760   |        |                |
| Glen Smith           | 25,772  |        |                |
| Robert Stedwill      | 16,593  |        |                |
| Jay Van Ginneken     | 17,224  |        |                |
| Ray Wight            | 61,864  |        |                |
| Michael Wrubleski    | 6,343   |        |                |
| Robert Yee           | 71,658  | 1,019  | 72,677         |

### Rules and Regulations

Only SCA members are eligible.

The program runs from Sept 1 to Aug 31

Record all kilometers on the log provided. Submit your log to the SCA before Sept 5.

All entries are based on an honor system.

All kilometers on the road apply, whether touring, racing, all terrain, training or riding to work.

No kilometers on indoor trainers or rollers are to be counted.

Amateur kilometers only: no riding at work, i.e. bicycle courier.

Lifetime totals will accumulate regardless of absence of membership for a given year, i.e. illness, leaves, etc.

The award schedule, based on lifetime mileage as of Aug 31 each year, is as follows:

- <1,000 km diploma
- 1,000 km bronze badge & diploma
- 2,500 km silver badge & diploma
- 10,000 km bronze medal & diploma
- 25,000 km gold medal & diploma
- 50,000 km plaque, sticker & diploma
- at each additional 25,000 km after 50,000 a sticker will be awarded to add to the plaque

A trophy will be awarded at the SCA annual general meeting to the top mileage achiever of each year.

Print legibly **2010 LICENSE and MEMBERSHIP APPLICATION FORM**

For January 1 to December 31, 2010

|           |       |                              |                                                                  |
|-----------|-------|------------------------------|------------------------------------------------------------------|
| Last Name | First | Date of Birth day/month/year | <input type="checkbox"/> Male<br><input type="checkbox"/> Female |
|-----------|-------|------------------------------|------------------------------------------------------------------|

Additional family members

|              |              |                              |                                                                  |
|--------------|--------------|------------------------------|------------------------------------------------------------------|
| Last Name    | First        | Date of Birth day/month/year | <input type="checkbox"/> Male<br><input type="checkbox"/> Female |
| Last Name    | First        | Date of Birth day/month/year | <input type="checkbox"/> Male<br><input type="checkbox"/> Female |
| Last Name    | First        | Date of Birth day/month/year | <input type="checkbox"/> Male<br><input type="checkbox"/> Female |
| Address      |              | City                         | Postal Code                                                      |
| Phone – home | Phone – work | E-mail                       |                                                                  |

|                                                                                                  |          |                                                                                        |
|--------------------------------------------------------------------------------------------------|----------|----------------------------------------------------------------------------------------|
| A. Member (all members pay)                                                                      | \$30     | Subtotal = \$30 + options (additional family member + Pedal magazine + racing license) |
| <input type="checkbox"/> + \$20 for each additional family member                                | +\$20    |                                                                                        |
| <input type="checkbox"/> option add \$10.70 for a subscription of Pedal Magazine                 | +\$10.70 |                                                                                        |
| Continue if purchasing a racing license for Sask Cup, national or internal racing events         |          |                                                                                        |
| <input type="checkbox"/> Master (30+)racing license (born 1980-earlier) per member fee           | +\$45    |                                                                                        |
| <input type="checkbox"/> Junior/Senior (17-29) racing license (born 1993-1981) per member fee    | +\$55    |                                                                                        |
| <input type="checkbox"/> Under 17 years of age racing license (born 1994-present) per member fee | +\$25    |                                                                                        |
|                                                                                                  |          | \$                                                                                     |

- **Aboriginal Self-declaration:** Please check one of the following that is most applicable to your Aboriginal ancestry. This information is voluntary and will not be used for any other prohibited preference as per *The Saskatchewan Human Rights Code*. Instead, this information is used only for reporting Aboriginal participation numbers.  Status/Treaty  Non-Status  Metis  Inuit
- The **Saskatchewan Cycling Association Newsletter**, the Prairie Pedaler, is published 3 times per year. Would you prefer to receive the newsletters by means of e-mail? \_\_\_\_\_yes \_\_\_\_\_no

B. **Club Fee:** check any club(s) you are joining (you must join a club if there is one near your location):

|                                                                 | Single Fees | Family Rate    |                                                                   | Single Fees | Family Rates |
|-----------------------------------------------------------------|-------------|----------------|-------------------------------------------------------------------|-------------|--------------|
| <input type="checkbox"/> AdventureHers (Regina)                 | \$10.00     | \$10.00        | <input type="checkbox"/> Prairie Randonneurs                      | \$10.00     |              |
| <input type="checkbox"/> BCW (Saskatoon)                        | \$10.00     | \$15.00        | <input type="checkbox"/> Regina Cycle Club                        | \$ 10.00    | \$15.00      |
| <input type="checkbox"/> East Qu'Appelle Cartel (Esterhazy)     | \$15.00     | \$15.00        | <input type="checkbox"/> Rock'N'Road Cycling Club (Prince Albert) | \$ 7.00     | \$25.00      |
| <input type="checkbox"/> Globe BMX Race Way (Saskatoon)         | \$100.00    | +\$75/person   | <input type="checkbox"/> Swift Current Cycling Club               | \$ 5.00     | \$ 5.00      |
| <input type="checkbox"/> Horizon 100 Cycling Club (Saskatoon)   | \$10.00     | +\$5.00/person | <input type="checkbox"/> The Saskatoon Cycling Club               | \$10.00     |              |
| <input type="checkbox"/> Moose Jaw Pavers                       | \$ 5.00     | \$ 5.00        | <input type="checkbox"/> The Rock Pile (Saskatoon)                | \$ 5.00     |              |
| <input type="checkbox"/> North West Mountain Bike Club (B'ford) | \$ 5.00     | \$10.00        | <input type="checkbox"/> Saskatoon Cycledelia                     | \$10.00     |              |
| <input type="checkbox"/> Northern Bush Rastas (Saskatoon)       | \$10.00     | \$15.00        | <input type="checkbox"/> South Sask Mountain Bike Club (Regina)   | \$10.00     | \$10.00      |
| <input type="checkbox"/> OffRoad Syndicate (Regina)             | \$10.00     | \$15.00        | <input type="checkbox"/> Wascana Freewheelers (Regina)            | \$ 6.00     | \$ 6.00      |

|                            |    |
|----------------------------|----|
| <b>Total owing</b>         |    |
| Subtotal from A.           | \$ |
| + Total Club fees from B.: | \$ |
| + \$3 if using VISA        | \$ |
| =Total owing               | \$ |

|                               |                               |                                 |
|-------------------------------|-------------------------------|---------------------------------|
| <b>Payment method:</b>        | <input type="checkbox"/> Cash | <input type="checkbox"/> Cheque |
| <input type="checkbox"/> VISA | Number:                       |                                 |
| Expiry date:                  | signature                     |                                 |

### Racing license information

|                                                                                                                                                                                                                                                                                                                                                                                   |                              |                                                        |        |              |                   |                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|--------------------------------------------------------|--------|--------------|-------------------|------------------------------------|
| Canadian Citizen:                                                                                                                                                                                                                                                                                                                                                                 | <input type="checkbox"/> yes | <input type="checkbox"/> no if no, your nationality is |        |              |                   |                                    |
| <u>Racers over 30 years of age:</u> Would you like to over-ride your default age category in order to be issued a senior license for the entire season?<br><input type="checkbox"/> Yes, I will be racing as Senior for the entire season and understand I will not be allowed to re-apply for a Masters license during that period. Note: must purchase a Senior racing license. |                              |                                                        |        |              |                   |                                    |
| If you are purchasing a racing license complete the following for each racing discipline you are requesting:                                                                                                                                                                                                                                                                      |                              |                                                        |        |              |                   |                                    |
| Check off your ability category                                                                                                                                                                                                                                                                                                                                                   | Cat 1                        | Cat 2                                                  | Cat 3  | Cat 4        | Cat 5             | Cat 6(beginner – in province only) |
| Road                                                                                                                                                                                                                                                                                                                                                                              |                              |                                                        |        |              |                   |                                    |
| Cyclo-cross                                                                                                                                                                                                                                                                                                                                                                       |                              |                                                        |        |              |                   |                                    |
| Check off your ability category                                                                                                                                                                                                                                                                                                                                                   | Elite (senior only)          |                                                        | Expert | Sport        | Novice (beginner) |                                    |
| Mountain Bike Cross Country                                                                                                                                                                                                                                                                                                                                                       |                              |                                                        |        |              |                   |                                    |
| Check off your category                                                                                                                                                                                                                                                                                                                                                           | Challenge                    |                                                        |        | Championship |                   |                                    |
| BMX                                                                                                                                                                                                                                                                                                                                                                               |                              |                                                        |        |              |                   |                                    |

### Personal Information Protection & Electronic Documents Act (PIPEDA) Consent Form To be completed by ALL Members

Name(s) (Please Print):

Personal information from club registration will be used and/or disclosed by Saskatchewan Cycling for, High Performance Team participation, results (media), and providing clubs their membership information. Should a parent/guardian or cyclist wish to restrict the release of and/or publication of personal information within the standard operating parameters of competitions, the individual or parent/guardian must sign the appropriate section below and the information will be withheld or modified.

Operational uses and disclosures of personal information by Saskatchewan Cycling include, but are not limited to:

1. Forwarding Member information to their clubs
2. Publishing individual photos that are taken at competitions or awards presentations
3. Publishing photos or videos that are used in electronic or print media.
4. Publishing names, genders, club affiliations and results in newsletters and other communications, in print form, electronic, posted to Sask Cycling website or otherwise.
5. Other activities within the cycling community.

Please indicate your consent for Sask Cycling to use/disclose information supplied by yourself. Sign **EITHER A or B below (Sign only one; not both).**

**A. I consent to the collection, use and disclosure of information as outlined above.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Parent/Guardian if under age 18

\_\_\_\_\_  
Date

**B. I consent to the collection, use and disclosure of the information as outlined above, ONLY for the following purposes:**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Parent/Guardian if under age 18

\_\_\_\_\_  
Date

### WAIVER, RELEASE & INDEMNITY must be completed by ALL members

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 "Releasers")

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.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Additional Family members:

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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: \_\_\_\_\_

**International Cycling Union (UCI) Declaration Waiver for all licensed riders**

1. I hereby declare that I am aware of no reason why I should not be granted the requested license.  
I undertake to spontaneously return my license in the event of any substantial change to the circumstances existing at the time of the application for a license.  
I declare that I have not applied for a license for the same year to the International Cycling Union (UCI) or to any other national federation.  
I assume exclusive liability for this application and for the use that I shall make of the licence.
2. I hereby undertake to respect the constitution and regulations of the UCI its continental confederations and its national federation.  
I declare that I have read or have had the opportunity to become acquainted with the aforesaid constitution and regulations.  
I shall participate in cycling competitions or events in a spirit and fair manner.  
I shall submit to disciplinary measures taken against me and shall take appeals and litigation before the authorities provided for in the regulations. I accept the Court of Arbitration for Sport (CAS) as the sole competent body for appeals in such cases and under conditions set out in the regulations.  
I accept that the CAS shall be the course of last instance and that its decisions shall be definitive and without right of appeal. With those reservations, I shall submit any litigation with the UCI solely to the courts within whose jurisdiction the head offices of the UCI lie.
3. I agree to and be bound by the UCI antidoping regulations, the clauses of the World Antidoping Code and its international Standards to which the UCI antidoping regulations refer and to the antidoping regulations of other competent bodies as per the regulations of the UCI and the World Antidoping Code provided that they comply with that code.  
I agree that the results of the analysis may be made public and communicated in detail to me club or team or to my paramedical assistant or doctor.  
I agree that all urine samples taken shall become the property of the UCI which may have them analysed, especially for purposes of health protection research and information.  
I agree that my doctor of the doctor of my club or team may, on a request from the UCI, communicate to it a list of any medicines I may take and treatment I may undergo before any given competition.
4. I accept the conditions regarding blood testing and accept to under blood tests.

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

Additional Family members:

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



## Newsletter Submission dates

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

| Issue | Submission Date | Mailing Date |
|-------|-----------------|--------------|
| 10-01 | April 5         | April 10     |
| 10-02 | August 10       | August 15    |
| 10-03 | December 10     | December 15  |

## Board of Director's Meeting Tuesday, February 9th, Saskatoon/Regina

The Board of Director's Meeting is scheduled for 6:30-8:30 pm in Saskatoon 510 Cynthia Street and in Regina at 1860 Lorne Street. The SCA will be utilizing the Sask Sport video conferencing system between the two cities.

Contact the office by January 15<sup>th</sup> if you are planning on attending.

## The Rock Pile - Spandex under the baggy shorts.

Now is a great time to join the Rock Pile and help establish the future of cycling in Saskatoon. Our bike related schedule entails:

Weekly Trail Ride on Wednesday: 6:45pm at the Broadway Roastery (both men's and women's groups)

The Rock Pile also provides its members with:

BBQ and ride during the year, Club Stickers, and other bike related special events.

For more information please contact one of the following:

President—Mitch [Lowe—978-2497](tel:978-2497)—[mitch.lowe@usask.ca](mailto:mitch.lowe@usask.ca)

Treasurer—Leana [Dyck—668-0115](tel:668-0115)—[dldyck@gmail.com](mailto:dldyck@gmail.com)

Social Director—Scott McCaig—652-3122

