

# Prairie Pedaler

December 2010  
Volume 10 Issue 3

## Saskatchewan Cycling Association

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### *President's Message*

#### INSIDE THIS ISSUE

- 2011 membership form
- Cross results
- CMAP
- Raffle info
- 2011 draft provincial calendar
- 2011 GASP
- And more

Well 2010 is almost in the books, and 2011 is being well planned out by our executive committees! I would like to extend a very Merry Christmas to each of our members and best wishes into the New Year.

While 2010 has had many exciting events take place within the SCA, I am already looking forward to this snow melting and the indoor trainers to be stored away. We have some great volunteers serving on our committees who are doing their best to make sure SCA is moving forward with excellence.

Ron Cooley is the new VP of Development, Peter Steckhan is VP of Technical, Mike Horn is the new VP of High Performance, while Karen Cranston steps into a new role as our VP of Finance. Thanks to each of their leadership and also to the others who serve on each of those committees, you are valued members who SCA and we greatly appreciate you.

While you are out and about doing your Christmas shopping this year, make sure you stuff a few new items under the tree and in the stocking from your local bike shops! LBS's are the life line for our cycling community, and even though the snow is flying (and the rain) it is a perfect time to swing by for a visit to your favorite bike mechanic, and to get some new tires for your winter indoor training.

Speaking of bike shops, you have a chance to win a shopping spree at your local bike shop! For 2011, we are conducting a raffle for the High Performance team heading to the Western Canada Games! You can buy your tickets at local bike shops for the draw, or while you renew your 2011 SCA membership you have the option at that time to buy some tickets as well! A great way to support our young athletes and a chance to get some of those dream parts you have your eyes on that Santa may not deliver!

Keep your eyes posted to the SCA web page for upcoming calendar launch for 2011! That way you will have the latest news on the upcoming GASP, the Provincial race calendar and some exciting new youth development projects.

As we wrap up 2010, I hope you get a chance to visit family and friends, eat lots of turkey and pie and then spend January and February working it all of it preparation for spring riding! All the best from me and the staff and volunteers at SCA!

Merry Christmas, Barret Kropf

## At Sask Cycling Association Annual General Meeting, September 26

The Saskatchewan Cycling Association membership elected new members and welcomed returning members to the Committees, said goodbye to some long term volunteers and announced the winners of the awards, during the Association's annual general meeting held September 26 in Regina.

Returning from a two year term on the Sask Sport Board of Directors, **Ron Cooley** of Saskatoon was elected as Vice-President, Development; Peter Steckhan of Saskatoon accepted the newly formed position of Vice-President, Technical and **Mike Horn** of Prince Albert left the Development Committee to take on the Vice-President of High Performance.

Members elected **Matt Martyniuk** and **Susan Bladyko** to the Development Committee, responsible for marketing, athlete and coaching development, **Paul Levett**, **Jay Van Ginneken** and **Shelley Horn** to the Technical Committee, responsible for the provincial calendar and officials and **Frank Matus** to the High Performance Committee, which assists athletes to compete in national and international events.

The Association says goodbye and thank you to retiring Committee members: **Brian Fergusson** (Regina), Vice-President, Finance and Administration; **Patty Thomas** (Lumsden), Vice-President, High Performance; and **Darrell Noakes**, Vice-President, Public Relations.

The association also announced the awards for volunteer and performance achievements during the past year. The awards presentation will be held on February 6th.

**-Don Cook** of Saskatoon received the award for Outstanding Volunteer in the Recreation Sector, for his work as 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.

**-Pete L'Heureux** of Swift Current received the award for Outstanding Volunteer in the Road Sector, awarded for road, track and cyclo-cross racing. Pete has birthed and given management to the Swift Current Stage Race

for 3 years. In addition, as club president, the Swift Current Cycle Club has been more visible this year with more members racing, a testament to his leadership.

**-Jim Large** of Moose Jaw was awarded the President's award. This past year Jim has been an important part of the Moose Jaw Pavers club growth. He was the leader of the winter training program, where Jim volunteered his time 3 nights a week to train a group of about 20 youth and also a group of about 20 adults. He has been a regular leader at the club rides each week throughout the summer, and is an important part of the group as he encourages young riders to ride and "old" ones as well. Jim leads other local volunteers to collect older discarded bikes, gathers funding to repair them, and then hands them out to kids in need throughout the city. He has given out over 100 of these bikes already this year. He has also been a big part of the recent SHARE THE ROAD campaign in MJ, as he partnered with In Motion group to raise funds to purchase and hang over 50 SHARE THE ROAD signs in the city of Moose Jaw. Jim has also conducted a mini mountain bike camp for youth this summer in Moose Jaw.

**-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 both the road race and time trial in LC3 para-category (above the knee amputation) securing his position on the World Para-cycling Canadian team.

**-Julia Garnet** of Saskatoon was the repeat winner of the Wotton Bowl, which recognizes outstanding achievement in Road Racing during the past twelve months. Julia won her 2<sup>nd</sup> consecutive Junior National Time Trial Title.

**-Cycling Mileage Achievement Program (CMAP)** awarded for the greatest logged distance in non-competitive cycling: **Frank Matus** (Martensville), 14,540km in 2010, the fifth year in a row that he has won the award.

**-Five-year volunteer plaques:** **Ray Wight** (Saskatoon), **Jay Van Ginneken** (Regina), **Sean Kukura** (Regina); **10-year volunteer plaque:** **Neil Clarke** (Saskatoon); **15-year volunteer plaque:** **Brian Fergusson** (Regina)

# Draft Sask Cycling Association Calendar

## February

- 6 Board of Director's Meeting- Regina/Saskatoon (info page 4)  
 6 Awards lunch - Regina/Saskatoon (info page 8; winners page 2)

## March

- 11-13 Western Canada Summer Games (WCSG) Camp - Prince Albert

## April

- 16-17 Coaches Course (info page 14)  
 22-30 BC Camp (info page 10)

## May

- 2 Road Officials Course in Saskatoon  
 7-8 Sask Cup Road 1/Moose Jaw - WCSG qualifier – Road Race only; Moose Jaw Pavers  
 14 Mountain Bike Officials Course in Saskatoon  
 15 Sask Cup Mountain Bike 1/North Battleford; North West Mountain bike Club  
 20-22 Bikes on Broadway/Saskatoon - WCSG qualifier – Time Trial only; Cycledelia  
 29 Sask Cup Mountain Bike 2/Esterhazy - WCSG qualifier; East Qu'Appelle Cartel

## June

- 4-5 Sask Cup Road 3/Swift Current; Swift Current Cycle Club  
 12 Mountain Bike Enduro Event, Prince Albert; Rock'n'Road Cycle Club  
 16-19 Banff Stage Race  
 26 Sask Cup Mountain Bike 3/Regina - WCSG qualifier; OffRoad Syndicate  
 23-26 Road Nationals - Burlington, ON – U23/Elite

## July

- 1-3 Road Nationals, Burlington, ON – Para/Junior/Master  
 8-10 Para-cycling Worlds, Quebec  
 9-10 Sask Cup Road 4/ Prince Albert; Rock'n'Road Cycle Club  
 16-23 GASP (Great Annual Saskatchewan Pedal) tours the “Golden Ocean” (info page 15)  
 16-17 Mountain Bike Nationals, Canmore, AB – Cross-Country  
 24 Canada Cup, Edmonton, AB – Mountain Bike  
 24 Sask Cup Mountain Bike 4/Swift Current; Swift Current Cycle Club

## August

- 5-7 BMX Nationals, Quebec  
 8-14 Track Nationals Bromont, QC – Para, Elite, Junior, Master  
 10-14 Western Can Summer Games, Kamloops, BC (selection criteria page 13)  
 20-21 Road Provincials (Road Race and 15K ITT) Saskatoon; Cycledelia  
 28 Sask Cup Mountain Bike 5/Provincials/Saskatoon; BCW/NBR

## September

- 3/4 or 4/5 Road Provincials (40K ITT and Criterium) Moose Jaw; Moose Jaw Pavers  
 10 XC8  
 17 or 24 Annual General Meeting Cross  
 18 or 25 Annual General Meeting, Saskatoon

## October

Cross Sask Cup races - TBA

## November

- 5 Cross Nationals Toronto, On

# SCA BOARD OF DIRECTORS - 2011

## Executive Committee:

### PRESIDENT

Barret Kropf  
barret@sasktel.net

### V.P. HIGH PERFORMANCE

Mike Horn  
mike.horn@sasktel.net

### V.P. REC & TRANSPORTATION

Bob Cochran  
bobcochran@accesscomm.ca

### V.P. FINANCE/ADMIN

Karen Cranston

### V. P. TECHNICAL

Peter Steckhan  
peter.steckhan@gmail.com

### V.P. DEVELOPMENT

Ron Cooley  
ron.cooley@usask.ca

## Club Presidents:

### BCW

Neil Clarke, President  
Saskatoon  
www.saskcycling.ca/~bcw/

### NORTHERN BUSH RASTAS

Kathryn Theede, President  
Saskatoon  
www.saskcycling.ca/~nbr

### REGINA CYCLE CLUB

Jason Christbason, President  
www.reginacycleclub.com

### SASKATOON CYCLEDELIA

Peter Steckhan  
www.cycledelia.ca

### EAST QU'APPELLE CARTEL

Tom Landine, President  
Esterhazy  
http://www.saskcycling.ca/~eqc/

### NORTH WEST MTB CLUB

Steve Vercoe, President  
North Battleford

### THE ROCK PILE

Mitch Lowe, President  
Saskatoon

### SASKATOON CYCLING CLUB

Cathy Gadzella, President  
www.saskatooncyclingclub.ca/

### HORIZON 100

Ray Wight, President  
Saskatoon  
www.horizon100.com/horizon/

### OFFROAD SYNDICATE

Jay Van Ginneken, President  
Regina  
offroadsyndicate@hotmail.com  
www.offroadsyndicate.com

### ROCK'N'ROAD CYCLING CLUB

Ron Horn, President  
Prince Albert  
http://www.saskcycling.ca/~rnr/

### SOUTH SASK MTB CLUB

Steve Meickel, President  
Regina  
www.saskcycling.ca/~ssmbc/

### MOOSE JAW BIKE CLUB

Jim Large, President  
http://sites.google.com/site/mjpbars/

### PRAIRIE RANDONNEURS

Grant Thies, President  
Regina  
www.saskcycling.ca/~pri/

### SUNRISE CYCLING CLUB

Merlin Toth, President  
Yorkton  
sunrisecycle@live.ca

### WASCANA FREEWHEELERS

Jim McGrane, President  
Regina  
www.wascanafreewheelers.ca

### SWIFT CURRENT CYCLING CLUB

Pete L'Heureux, President  
www.swiftcurrentcycling.ca/

## SCA COMMITTEE MEMBERS (NOT ON THE BOARD OF DIRECTORS)

### R & T Committee:

- **EDUCATION COORDINATOR**  
Don Cook
- **COMMITTEE MEMBER**  
Don Wilson
- **COMMITTEE MEMBER**  
John Oneschuk
- **DIRECTOR RECREATION MTB**  
VACANT
- **WOMEN'S REC CYCLING VOICE**  
Colette Forbes

### Development Committee:

- **COMMITTEE MEMBER**  
Susan Bladyko
- **COMMITTEE MEMBER**  
Matt Martyniuk
- **COMMITTEE MEMBER**  
Tom Wolf

### Technical Committee:

- **CHIEF RD RACING COMMISSAIRE**  
Janice Matus
- **CHIEF MTB COMMISSAIRE**  
Shelley Horn

### • COMMITTEE MEMBER

- Jay Van Ginneken
- **COMMITTEE MEMBER**  
Paul Levett

### High Performance Committee:

- **DIRECTOR MTB PROGRAMS**  
Cory Zetterstrom
- **DIRECTOR ROAD PROGRAMS**  
Frank Matus
- **DIRECTOR WOMEN'S PROGRAMS**  
Vacant

## Board of Director's Meeting Sunday, February 6th, Saskatoon/Regina

The Board of Director's Meeting is scheduled for 9:30-11:30 am 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 20<sup>th</sup> if you are planning on attending.

### AGM Cross - Regina Sask Cup #1 September 25, 2010

#### Category 1/2

1 Cody Canning	0:54:23
2 Cuylar Conly	0:58:22

#### Category 3

1 Pedro Peralta	0:56:18
2 Kris Abrahamson	0:57:21
3 Jeremy Trask	0:57:50
4 Shayne Burwell	1:01:51
Jayden Aldrich	DNF

#### Category 3

1 Annie Rogoschewsky	1:02:10
2 Susan Clarke	0:55:04 + 1 Lap
3 Julia Garnet	DNF

#### Category 4

1 Albie Malan	0:59:11
2 Rick Vircavs	1:01:17
3 Tom Wolfe	1:02:09
4 Travis Ward	1:02:38
5 Marc Quinnett	0:55:12 + 1 Lap
6 Mike Power	0:56:04 + 1 Lap
7 Brad Salter	0:56:12 + 1 Lap
8 Peter Stekhan	0:56:43 + 1 Lap
9 Noah Quinnett	0:57:03 + 1 Lap
10 Ben Gotts	0:57:05 + 1 Lap
11 Sam Nayet	0:58:47 + 1 Lap
12 Cornelius Kluge	0:59:00 + 1 Lap
13 Frank Matus	0:59:22 + 1 Lap
14 Irv Tremblay	1:00:32 + 1 Lap
15 Jason Christbason	1:02:02 + 1 Lap
16 Orville Aldrich	1:03:46 + 1 Lap
17 Randy Lewis	0:55:42 + 2 Laps

#### Category 4/5

1 Rachael Edwards	0:43:09
2 Andrea Grzesina	0:39:53 + 1 Lap
3 Lindsay Aspen	DNF

#### Category 5

1 Dylan Smith	0:39:49
2 Colin Aspen	0:43:09
3 Joshua Kropf	0:47:42
4 Jalen Kropf	0:42:19 + 1 Lap
5 Luke Turanich	0:47:58 + 1 Lap
6 Seth Quinnett	0:56:38 + 2 Laps

### Cross for the Cure - Saskatoon Sask Cup #2 October 2, 2010

#### Category 1/2

1 Rob Britton	0:42:41
2 Chris McGarity	0:47:29
3 Nathan Sedgewick	0:48:01

#### Category 3

1 Susan Clarke	0:53:19
2 Hannah Cooley	0:43:25 + 1lap
Julia Garnet	DNF

#### Category 3

1 Stephen Cooley	0:46:00
2 Kevin Williams	0:46:30
3 Shayne Burwell	0:46:53
4 Mark Russell	0:46:55
5 Bob Hawboldt	0:47:29
6 Jayden Aldrich	0:49:02

#### Category 4

1 Albie Malan	0:46:55
2 Tom Wolf	0:48:10
3 Jeff Hehn	0:48:25
4 Barret Dunbar	0:48:26
5 Travis Ward	0:49:04
6 Cornelius Kluge	0:50:10
7 Brad Slater	0:50:37
8 Stefan Kendel	0:50:52
9 Kevin Sutton	0:51:44
10 Peter Steckhan	0:52:17
11 Dean Shaw	0:52:25
12 Marc Quinnett	0:52:37
13 Brad Turk	0:54:05
14 Dylan Smith	0:54:14
Oleg Kougiya	DNF

#### Category 5

1 Noah Quinnett	0:28:37
2 Tyler Korpan	0:28:50
3 Rod Hudyn	0:30:42
4 Seth Quinnett	0:44:43

#### Category 4/5

1 Cheryl Brooke	0:29:44
2 Andrea Grzesina	0:31:58
3 Kathryn Theede	0:35:03
4 Sheryl Sturgess	0:36:19
Lindsay Aspen	DNF

### BCW Blackstrap Cross Sask Cup Cross #4 October 3, 2010

Timer malfunction

#### Category 1/2

1. Cody Canning	47:08.93
2. Rob Britton	+ 0.1
3. Nathan Sedgewick	

#### Category 3

1. Stephen Cooley
2. Pedro Peralta
3. Shane Burwell
4. Jayden Aldrich

#### Category 3 Women

1. Susan Clarke	+ 1lap
2. Hannah Cooley	+ 1lap
3. Erica Musyj	+2 laps

#### Category 4

1. Albie Malan	
2. Cornel Kluge	
3. Greg McKee	
4. Barret Dunbar	
5. Travis Ward	
6. Dylan Smith	
7. Brad Salter	
8. Tom Wolf	
9. Oleg Kougiya	
10. Jeff Hehn	
11. Stefan Kendel	
12. Marc Quinnet	+ 1lap
13. Brad Turk	+ 1lap
14. Noah Quinnett	+ 1lap
15. Ben Gotts	+ 1lap
16. Peter Steckhan	+ 1lap
17. Orville Aldrich	+ 1lap
Kevin Sutton	DNF

#### Category 5

1. Tyler Korpan	- 35.55
2. Rod Hudym (1 day)	- 37:34
3. Seth Quinnett	- 30:21 + 1lap

#### Category 4/5

1. Sarah Robbins	- 34:05
2. Cheryl Brooke	- 35:00
3. Adrienne Dunbar	- 35:03
4. Andrea Grzesina	- 37:03
5. Kathryn Theede	- 38:29
6. Sheryl Sturgess	- 32:26 + 1lap
7. Lisa Van loon	- 39:22 + 1lap



I'd like to extend a very big THANK YOU to those who attended & participated in the October 2 Cross for the Cure cyclocross race at Diefenbaker Park. Our club (Cycledelia) made a donation of \$420 to the Canadian Breast Cancer Foundation from this race!!!

Thanks to Peter, Cheryl & Travis' mom who donated items for the Bake Sale. Thanks to Sarah at Cafe Sola for donating the coffee. And many many thanks to those who made a donation to the CBCF. It is greatly appreciated!

Karen

## Sask Cup #2/3

Susan Clarke

It was a great weekend of cross racing in Saskatoon on October 2 and 3. We were treated to a wide-open flowing course on Saturday (thank you, Cycledelia) and all survived the windy conditions. Great memories of the course include a power run (or ride if you could) up the stairs on the Diefenbaker hill, some wicked-awesome corners among the trees and yummy treats to munch on post-race (with donations going to Breast Cancer research).



Day two brought our racers to Blackstrap Provincial Park and the beach front race was not only a gorgeous location, but involved tight, twisting turns through the park pathways, a bit of sand and just enough elevation to tire us out (but not enough to kill us after the Sat race). Cody Canning & Rob Britton (welcome home to both racers) were neck and neck through the course and finished 7 laps in 47:08 (Cody just nipping at the line). Several sprint finishes took place including the race for 2nd & 3rd place in the Cat 3 category, between Nathan and Pedro (with Pedro just squeaking in front). Congratulations to Stephen Cooley for taking first place in that category. Cat 4 was won by Albie Malan (who was well in the mix, again, with the Cat 3 men) and Cat 5 was won by Tyler Korpan (who is still quite new to this sport - I see a successful future brewing). The Women's Cat 3 race was won by Susan Clarke (managing to keep the bike more upright this race, than in the last one). The Women's Cat 4/5 Category was the biggest in quite some time and Sarah Robbins successfully won (welcome back after a small hiatus).

Congratulations to everyone who participated. All race winners were treated to cash and yummy chocolate milk and random draw cash prizes and draw prizes were handed out. Extra special shout-outs to the younger participants and folks trying cross racing for the first time! We hope you will be out again!

The BCW Cycling Club would like to thank all of the participants, volunteers, spectators and sponsors. Special thanks to Cycledelia, for lending us the course marking stakes and podium, and to GU, Booster Juice, Co-op at Preston Crossing, Sask Cycling & Sask Sport.

We look forward to putting this race on again next year

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## High Performance Athletes


Your 2011 forms are now available on the High Performance webpage:  
<http://www.saskcycling.ca/HighPerformance>.

You will need to complete and submit the following forms:

- ⊕ 2011 HP membership form
- ⊕ Athlete Agreement
- ⊕ Code of conduct – athlete
- ⊕ Medical Form



Additionally all High Performance athletes will be expected to sell one booklet of raffle tickets (info on the raffle tickets is listed on page 14)



### The Subway Classic Cyclo-cross Caronport, Moose Jaw Pavers Oct 17, 2010, Sask Cup #5

## Category 1/2

1	Stephen Cooley	0:50:26
2	Nathan Sedgewick	0:51:44

## Category 3

1	Pedro Elgueta	0:52:32
2	Kris Abrahamson	0:52:58
3	Shayne Burwell	0:53:40
4	Jannes Wessels	0:50:31 +1lap
5	Neil Clark	0:51:11 +1lap

## Category 3

1	Susan Clark	0:51:15
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## Category 4

1	Barret Dunbar	0:53:03
2	Cornelius Kluge	0:53:18
3	Tom Wolf	0:54:59
4	Albie Malan	0:51:19 +1lap
5	Peter Steckhan	0:53:33 +1lap
6	Stefan Kendal	0:54:02 +1lap
7	Mike Power	0:54:25 +1lap
8	Irv Trembley	0:54:37 +2laps
9	Randy Lewis	0:55:47 +2laps
dnf	Marc Quinnett	

## Category 5

1	Jalen Kropf	0:45:21
2	Joshua Kropf	0:45:21
3	Chris Hay	0:42:10 +2laps

## Category 4/5

1	Hannah Cooley	0:38:41
2	Julia Garnett	0:39:10
3	Andrea Grzesina	0:39:51 +1lap
4	Sheryl Sturgess	0:41:13 +1lap

## Kids race

1	Jacob Kropf
2	Garrett Seiver
3	Rachel Gabor
4	Gavin Abrahamson
5	Jordan Gabor
6	Nathan Bell
7	Justin Seiver

### Provincial Cyclocross Race Saturday, October 23, 2010 Saskatoon – Sask Cup 6

## Category 2

1	Cuylar Conly	0:40:35
2	Stephen Cooley	0:40:45
3	Kevin Williams	0:41:12
4	Chris Jensen	0:43:02
5	Nathan Sedgewick	0:43:03
6	Chris McGarity	0:44:41

## Category 3 Women

1	Susan Clarke	0:48:04
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## Category 3

1	Jayden Aldrich	0:41:21
2	Mark Russell	0:42:03
3	Kris Abrahamson	0:42:13
4	Pedro Peralta	0:42:26
5	Neil Clarke	0:44:02
6	Bob Hawboldt	0:44:11
7	Shayne Burwell	0:44:31
8	Jannes Wessels	0:46:06

## Category 4

1	Albie Malan	0:44:05
2	Barret Dunbar	0:44:06
3	Travis Ward	0:44:47
4	Tom Wolf	0:44:51
6	Jeff Hehn	0:45:31
7	Brad Slater	0:46:28
8	Peter Steckhan	0:48:34
9	Brad Turk	0:49:16
10	Ben Gotts	0:49:16
11	Mike Power	0:49:38
12	Rob Howse	0:50:22
13	Irv Tremblay	0:44:16 +1lap
5	Randy Lewis	0:45:05 +1lap
	Cornelius Kluge	DNF
	Greg McKee	DNF

## Category 5

1	Tyler Korpan	0:33:31
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## Category 4/5 Women

1	Julia Garnet	0:31:25
2	Adrienne Dunbar	0:31:49

3	Hannah Cooley	0:34:58
4	Cheryl Brooke	0:35:12
5	Andrea Grzesina	0:38:24
6	Sheryl Sturgess	0:43:04
	Meagan Power	DNF

### Regina Cycle Club Cross Race Sask Cup #4, 16-Oct-10

## Category 1/2

1	Cody Canning	0:54:30
2	Stephen Cooley	0:55:08
3	Brad Clifford	0:55:25
4	Nathan Sedgewick	0:55:30

## Category 3

1	Pedro Peralta Elgueta	0:55:16
2	Kris Abrahamson	0:55:57
3	Shayne Burwell	0:57:12

dnf Jeremy Trask

## Category 3

1	Susan Clarke	1:00:43
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dnf Hannah Cooley

## Category 4

1	Travis Ward	0:57:20
2	Cornelius Kluge	0:57:44
3	Barret Dunbar	0:57:51
4	Stefan Kendal	1:01:35
5	Marc Quinnett	1:02:12
6	Mike Power	1:02:22
7	Sam Nayet	1:04:17
8	Irv Tremblay	0:54:38 +1lap
9	Randy Lewis	0:56:22 +1lap
10	Kristian Samoila	1:00:06 +1lap

## Category 4/5

1	Julia Garnet	0:41:30
2	Lindsay Aspen	0:44:03
3	Andrea Greszina	0:49:18
4	Sheryl Sturgess	0:41:49 +1lap

## Category 5

1	Tyler Korpan	0:42:36
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dnf Seth Quinnett

## 2010 Sask Cup Cross Points – top 10 only; full results on are the webpage

## Cat 1/2 Men

		CX1	CX2	CX3	CX4	CX5	CX6	Total
gold	Nathan Sedgewick		8	10	6	8	3	32
2	Stephen Cooley				10	10	8	28
3	Cuylar Conly	10					10	20
4	Chris McGarity		10				2	12
5	Brad Clifford				8			8
6	Kevin Williams						6	6
7	Chris Jensen						4	4

## Cat 3 Men

gold	Pedro Peralta Elgueta	10		8	10	10	4	38
silver	Kris Abrahamson	8			8	8	6	30
bronze	Shayne Burwell	4	6	6	6	6	1	24
4	Stephen Cooley		10	10				20
5	Jayden Aldrich	0	1	4			10	15
6	Mark Russell		4				8	12
7	Kevin Williams		8					8
8	Jeremy Trask	6			0			6

A Series Winner is based on the rider's four (4) highest scoring

The rider must start a minimum of four (4) races in that category

Series Winner Must Start the Provincial Race

9	Neil Clarke					3	3	6
10	Jannes Wessels					4	1	5

**Cat 3 Women**

gold	Susan Clarke	10	10	10	10	10	10	40
2	Hannah Cooley		8	8	0			16
3	Erica Musyj			6				6
	Julia Garnet	0	0					0

**Cat 4 Men**

gold	Albie Malan	10	10	10		4	10	40
silver	Barret Dunbar		4	4	6	10	8	28
bronze	Cornelius Kluge	1	1	8	8	8	0	25
4	Tom Wolf	6	8	1		6	4	24
5	Travis Ward	4	2	2	10		6	22
6	Jeff Hehn		6	1			3	10
7	Rick Vircavs	8						8
7	Stefen Kendel		1	1	4	2		8
9	Peter Stekhan	1	1	1		3	1	7
10	Greg McKee			6			0	6

**Cat 4/5 Women**

gold	Andrea Grzesina	8	8	8	6	6	3	30
silver	Sheryl Sturgess		4	4	1	4	2	14
3	Julia Garnet				10	8	10	28
4	Cheryl Brooke		10	10			4	24
5	Hannah Cooley					10	6	16
6	Kathryn Theede		6	6				12
7	Rachael Edwards	10						10
8	Adrienne Dunbar						8	8
9	Lindsay Aspen	0	0		8			8

**Cat 5 Men**

gold	Tyler Kopan		8	10	10		10	38
2	Seth Quinnett	1	6	8	0			15
3	Joshua Kropf	6				8		14
3	Jalen Kropf	4				10		14
5	Dylan Smith	10						10
6	Noah Quinnet		10					10
7	Colin Aspen	8						8
8	Luke Turanich	2						2

**2010 Awards Celebration**

Join us on February 6<sup>th</sup> at 11:30 am in Saskatoon at 510 Cynthia Street and in Regina at 1860 Lorne Street for the SCA Awards Ceremony.

The Awards Ceremony will follow the Board of Director's meeting. Lunch will be provided. You MUST RSVP the office if you are attending by Jan 20<sup>th</sup>.

The SCA will be utilizing the Sask Sport video conferencing system between the two cities.

**2010 PeeGee Man River, Provincial Mtb, Sask Cup 5, Aug 29, North Battleford**

**Senior Elite Men**

Jeremy Erdmann	1	2:03:31	Master A	Gold
Cory Zetterstrom	2	2:04:12	Senior	Silver
Kris Abrahamson	3	2:08:43	Master A	Bronze
Jeremy Trask	4	2:08:55	Master A	
James Winter	5	2:16:59	U23	

**Senior Elite Women**

Erica Musyj	1	2:01:25	Senior	Gold
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**Senior Expert Men**

Stephen Cooley	1	1:43:39	Senior Expert	Gold
Pedro Elgueta	2	1:44:25	Master B Expert	Gold
Ryan Derksen	3	1:46:21	Senior Expert	Silver
Albie Malan	4	1:46:51	Master B Expert	Silver
Dave Bitschy	5	1:51:07	Master A Expert	Gold
Jayden Aldrich	6	1:52:12	Junior Expert	Gold
Bob Hawboldt	7	1:52:13	Master C Expert	Gold
Nathan Sedgewick	8	1:52:59	Senior Expert	Bronze

Ragnar Robinson	9	1:54:39	Junior Expert	Silver
Oleg Kougiya	10	1:55:29	Master A Expert	Silver
Cornelius Kluge	11	1:58:53	Master C Expert	Silver
Stefan Kendel	12	2:00:21	Master A Expert	Bronze
Brad Turk	13	2:06:41	Master B Expert	Bronze
Ryan Gardiner	14	2:07:59	Master A	
Ben Gotts	15	2:08:05	Senior Expert	

**Sr Expert Women**

Susan Bladyko	1	1:49:56	Master B Expert	Gold
Hannah Cooley	2	1:51:04	Junior Expert	Gold
Christine Martyn	3	1:55:10	Master B Expert	Silver
Lindsay Aspen	4	1:55:43	Junior Expert	Silver
Hillary Johnstone	5	2:05:33	Master B Expert	Bronze

**Sport Men**

Chris Yeo	1	1:26:33	Master A Sport	Gold
Gordon Craib	2	1:29:10	Master A	
Dylan Smith	3	1:33:43	U17 Expert	Gold



## Warm Weather Training Camp Okanagan Falls, BC – April 22-30<sup>th</sup>

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:** TBA

**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.

## 2011 Indoor cycling dates (open to SCA members):

Saskatoon: Lanes 3-6, Fieldhouse, Sundays, Jan 16-Mar 20; 7:00pm-9:00 pm; 1st hour sponsored by the SCA (all members welcome) 2nd hour sponsored by Cycledelia, Horizon 100 and NBR for their members only

SCA members riding at the fieldhouse during SCA/Club sponsored times are reminded of the following:

- your SCA/Club membership must be current; 2010 membership expires December 31 and 2011 membership must be purchased prior to any indoor cycling at the fieldhouse
- riding is self monitored, you are responsible to ride safely and respect others riding
- slow riders keep to the **inside**
- fast riders pass on the **outside** and let the rider ahead of you know you are passing
- shoulder check and hand signal when changing lanes or exiting the track
- outermost lane is for passing only, not for continuous riding
- 35 KPH maximum in outside lane (lane 6)
- 30 KPH, 25 KPH, 20 KPH suggested average speed in each lane moving inwards (5, 4, 3)
- cyclists do not use lanes 1 and 2
- side by side riding normally restricted to lanes 3 and 4
- be courteous to other fieldhouse users
- indoor cycling is not a race, but an opportunity to train with fellow cyclists
- if there is a new rider, welcome them to the track and let them know how indoor cycling works
- any riders disobeying the rules could be asked to leave and indoor cycling privileges may be withdrawn

## Cycling Mileage Achievement Program (CMAP)

Amounts in Kms	2009	2010	Lifetime Total	award
Velda Back	53,402	2,869	56,271	
Tammy Booth Peterson	3,046	326	3,372	
Sharon Baldwin	3,963			
David Bitschy	45,878	4,790	50,668	plaque, sticker & diploma
Tim Brown	12,314			
Chris Christie	86,253	9,028	95,281	
Bob Cochran	16,745		16,745	
Dale Cochran	3,994		3,994	
Don Cook	1,910		1,910	
Roy Cushway	75,025		75,025	
Denise Eberle	10,767	1,800	12,567	
Chris Etue	22,275	2,936	25,211	gold medal
Brian Fergusson	5,058			
Joe Gomes	71,485	10290	81,775	
Vernon Hoepner	23,998			
Nancy Howse		2000	2000	bronze badge
Rob Howse		11185	11185	all badges; bronze medal
Ron Keall	18,185			
Bruce Kemp	6,890	13437	20,327	brze & Slvr medal
Bill Kinash	80,139	4,698	84,837	
Ed Kinash	100,435	590	101,025	
Cornelius Kluge	46,054	10,575	56,629	plaque, sticker & diploma
Donna Kovatch	1,232			
Holly Lightfoot		1,059	1,059	bronze badge
Howard Lowe	58,585			
Brennon Martin	2,089			
Frank Matus	94,510	14,540	109,050	100,000 engraving
Grant McLeod	146,299			
Harry Meredith	17,635			
Wayne Mews	15,748	3,487	19,235	
Muriel Orr	10,575			
Gregory Peterson	8792	3291	12083	Bronze Medal
Marion Perry	8,073			
Mike Powell	10,710	3418	14,128	
Conor Renouf	11,197			
Gay Renouf	25,599			
Scott Renouf	243			
Maryann Keith-Roeger	37,260	2,350	39,610	
Hans Roeger	145,722	10,084	155,806	150,000 engraving
Rhonda Schindel	14,350			
Cale Smith	2,760			
Glen Smith	25,772			
Robert Stedwill	16,593			
Sherl Stugess		1177	1177	bronze badge & diploma
Jay Van Ginneken	17,224			
Ray Wight	61,864			
Michael Wrubleski	6,343			
Robert Yee	72,677	3,903	76,580	75,000 engraving

### 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.



## 2011 Western Canada Summer Games Selection Criteria Cycling - August 10-14, 2011

### Events:

- o Mountain Bike Cross Country
- o Time Trial
- o Road Race

### Coaches:

- o Head Coach; Frank Matus
- o Manager - Erica Musyj
- o Mechanic - Cory Zetterstrom

### Eligibility

- o 5 Males - 18 years of age as of December 31, 2011
- o 5 Females - 20 years of age as of December 31, 2011

1) **Selection Criteria Guidelines** – 2 males and 2 females - based on a **points structure** from selection races. Points will be allocated as 15, 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 with the highest placed rider getting the maximum points and each of the subsequent placed riders receiving the next highest point allocation. 0 points will be awarded for a dnf (did not finish). The top 2 Male and Female point getters after the 4 races will be automatic selections. Selection races:

- 2 Mountain Bike Cross Country Races (May 15; June 26)
- Sask Cup #1 Road Race (May 8)
- Bikes On Broadway Time Trial (May 21)

2) **Selection Criteria Guidelines** - 3 males and 3 females – based on **Committee selection**. The final selections will be up to the discretion of the HP (High Performance) Committee and will be based on:

- Points as outlined above
- Racing effort/performance at the selection races and non selection races
- Coach-ability, ability to follow coaching direction
- Attendance at the fall and spring camp
- 2010-2011 – off season training/racing i.e., racing a cyclo-cross; participating in winter sports; 17 Weeks to Spring training or equivalent.

Note: there will be 1 male and 1 female alternate named to the team

- ✓ Official website: <http://2011wcsq.ca/>
- ✓ Technical package: <http://www.2011wcsq.ca/home/wp-content/uploads/2010/10/Cycling-Final-October-2010.pdf>
- ✓ Team Sask website: [http://www.teamsask.ca/WCSm\\_2011/](http://www.teamsask.ca/WCSm_2011/)



*A chance to support your  
Western Canada Summer Games Team  
Through a raffle – a Win/Win opportunity!*

The SCA will be hosting a raffle to support the Western Canada Summer Game (WCSG) Team. You will be able to purchase the raffle tickets DIRECTLY on your membership form, at a supporting bike shop, from the SCA office or from a WCSG age eligible athlete. The prizes are gift certificates\*: First Place: \$500, Second Place: \$300, and Third Place: \$200. Tickets will be available at \$5 per ticket or 3 tickets for \$10.

If this raffle is successful, the SCA will continue to host the raffle but the benefactor of the raffle will be shifted to the different sectors each year.

\*winner to chose a gift certificate from the following shops: Moose Jaw: Boh's Cycle; Prince Albert: Fresh Air Experience; Regina: Dutch Cycle, Western Cycle, Saskatoon: Bruce's Cycle, City Park Cycle, Doug's Spoke'n'Sport, Outtabounds; Swift Current: Big Sky Cycles

## **Let's Ride: Community Initiation and Basic Cycling Skills Coaching Course**

### **Community Initiation Coaching Course**

**When:** April 16, 2011 9am to 4:30pm

**Where:** Location to be determined based on the number of interested participants. Please contact the SCA

Dev. Coordinator if you or people in your cycling community would be interested in this coaching course.

**Info:** In this course coaches will explore how to:

- Ensure participants have a fun, safe, stage-appropriate experience that makes them want to come back.
- Help to develop basic cycling skills which are transferable to all cycling disciplines and on any kind of bicycle.
- Model behaviors, that are consistent with the NCCP Code of Ethics, fair play principles, values, and philosophy.
- Introduce participants to the idea of competition and the competition pathway.

### **Basic Cycling Skills Coaching Course**

**When:** April 17, 2011 10am to 3:00pm

**Where:** TBA

**Info:** This course covers basic cycling skills; teaching and analysis, detection and correction of errors, use of lesson plan templates

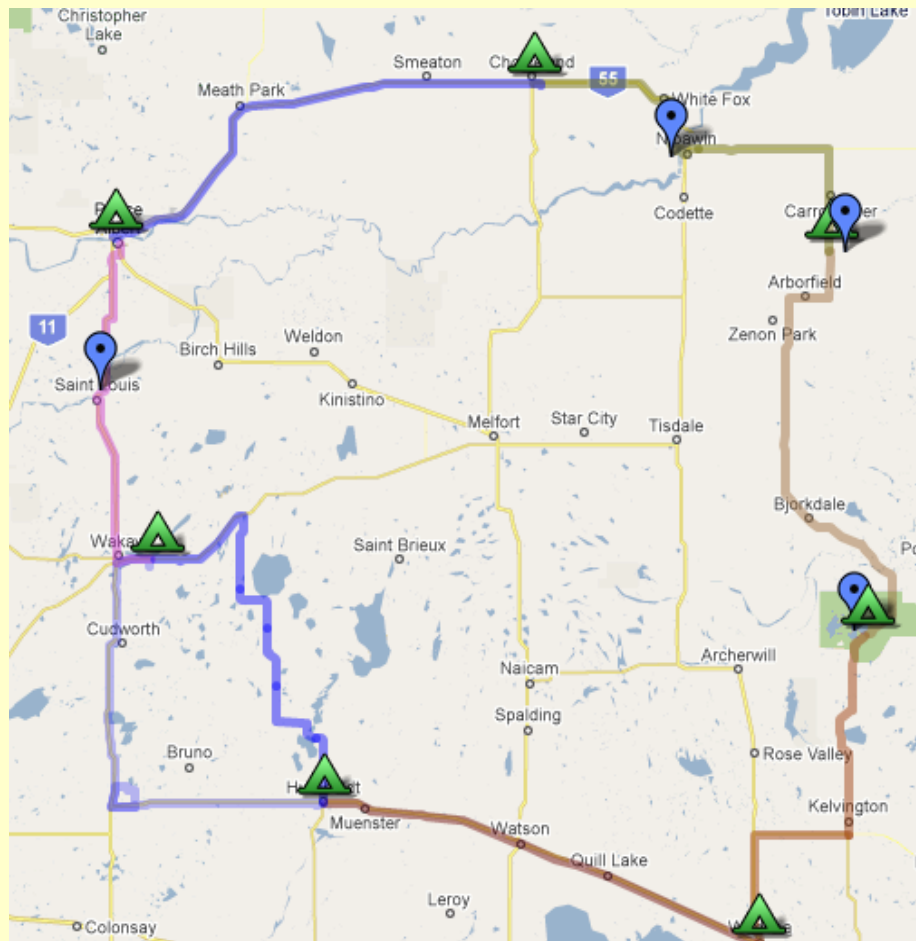
**What to bring:** A bike, a helmet, a good warm jacket for cycling, some long pants or tights for the cold, gloves and other weather appropriate gear

**General Info: Cost: \$70 for SCA Members, \$80 for non-SCA members.** \$10 early bird discount

Contact Info: Shawn MacLennan, SCA Development Coordinator, [smaclennan@accesscomm.ca](mailto:smaclennan@accesscomm.ca)  
306.780.9476

## GASP tours the “Golden Ocean” in 2011 - July 17-24

The 2011 Great Annual Saskatchewan Pedal (GASP) explores east-central Saskatchewan with a 7-day tour route through the Golden Ocean of canola field and parkland in this region. Starting and ending in Humboldt, the tour covers over 600 km's of quiet rural highways.



**Day 0** (Saturday) arrive in Humboldt – camping included  
**Day 1:** (Sunday) Humboldt to Wadena – 95 km; Day one contrasts the history of Saskatchewan settlement with the modern day prosperity of country life. Passing near the Quill Lakes, this day is sure to have notable birding opportunities.

**Day 2:** (Monday) Wadena to Greenwater – 85 km; as the prairie transitions to parkland, the tour will take you through Kelvington -- “Canada’s Hockey Factory”. Greenwater Lake Provincial Park will provide welcome respite for tired cyclists at day’s end.

**Day 3:** (Tuesday) Greenwater to Pasquia – 100 km; leaving the highlands, the tour winds north to Pasquia Regional Park, the discovery site of “Big Bert” a giant prehistoric crocodile. Participants can see where Saskatchewan’s lesser-known dinosaur was discovered in the shale banks of the Carrot River.

**Day 4:** (Wednesday) Pasquia to Choceland – 90 km; Enroute to Choceland, this day features a crossing of Nipawin’s “Crooked Bridge” a 1930’s vintage road and railway bridge across the South Saskatchewan River. Not enough excitement for one day? You will also be in Love. The village of Love that is! A reckless cyclist may even fall.

**Day 5:** (Thursday) Choceland to Prince Albert - 100 km; Highway 55 is a gateway to the lakes of northern Saskatchewan. Riding through this forested parkland will offer cyclists a distinctly non-prairie day of riding. An evening in Saskatchewan’s third largest city offers an opportunity to learn some history (What city has had the most prime ministers that have represented it and who were they? Where was the first stage coach robbery in Saskatchewan?)

**Day 6:** (Friday) Prince Albert to Wakaw – 75 km; Not too far out of Prince Albert, cyclists will cross the South Saskatchewan River on the St. Louis Bridge. While a new bridge is being constructed nearby; the historic bridge is still open for use.

**Day 7:** (Saturday) Wakaw to Humboldt - 100 km; Our last day brings us from the parkland, through the rolling Minichinas Hills back to agricultural cropland and the city of Humboldt.

Total: 645 km

## GASP 2011 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	
7 day ride (July 16-24)	\$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 7 nights' accommodations in non-electrical campsites
- Daily road snacks
- Assistance from the support vehicle
- Daily baggage transportation

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

- 2011 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, 2011 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.

## SCA Ride Guide: reporting on some of the best places to cycle in the province of Saskatchewan.

### Buffalo Pound

This network of mountain biking trails is a favourite place to ride for members of the Offroad Syndicate, South Sask Mountain Bike Club, Moose Jaw Pavers, and other cyclists in the region. Located just 27 KM northeast of Moose Jaw and situated on the shores of Buffalo Pound Lake in Qu'Appelle Valley; these trails boast scenic views of surrounding valley that makes up Buffalo Pound Provincial Park.

These trails have a rich history of hosting some of the highest level of mountain bike racing in the country. On two occasions the Buffalo Pound Trail Network has hosted Canada Cup mountain bike competitions. It has also hosted numerous provincial and club level competitions and events. Currently it has been the venue for Saskatchewan's largest mountain bike event,

XC8 for past 6 years.



The quality and success of these trails are mainly due to the hard work of local riders and clubs who help maintain these trails for everyone to use.

Most of the trail network is located around the former hill complex and cross-country ski trails. There are double track trails that follow old ski trails at the bottom of the valley; these are at a relatively beginner level of difficulty. The abundance and quality of single-track trails are the main reason why this location is so popular. They follow the natural contours of the valley's hills and ravines. These provide trails for the beginner to advanced rider. The single-track trails provide some of Saskatchewan's more entertaining and challenging downhills and climbs. Some of the trails to keep an eye out for are Weeping Fee, Roots, Heaven, Jack the Ripper (for the downhill crowd) and Elevator (one challenging climb).

This is a great location for a multi-day biking location as it is located in Buffalo Pound Provincial Park that boasts full service camping, beaches and a general store. The best season for riding at Buffalo Pound is from May to October.

## *Prairie Randonneurs*

PBP 2011 will be the 7th time members of the Prairie Randonneurs will participate in Paris-Brest-Paris. In the past starting in 1987, we have sent between 5 and 16 members to Paris-Brest-Paris. We still have a few dedicated members who started Randonneuring in 1991 and 1995 and are planning on going back to Paris again for their 5th and 6th time. PBP 2007 conditions were very unfavourable with cool and very wet weather. We look forward to a warm, dry and calm PBP 2011!

An excerpt from the PBP 2011 brochure follows:

*The Audax Club Parisien is pleased to invite you to the 17th PARIS-BREST-PARIS Randonneur, the most famous long-distance randonnée. We are looking forward to welcome you on August 20, 2011 and during the following days for one of the greatest experiences in your life as a cyclist. You will be among thousands of other riders from all over the world who want to participate in this mythical event in order to join the long list of successful randonneurs who have contributed to the legend of this Paris-Brest-Paris Randonneur. All along the 1200 km of this route, you will measure the strength of your body and, above all, of your mind. You may strive for a personal best or simply try to finish within the time limit; but you will always keep at heart the goal to support each other and to enjoy the friendly camaraderie that transforms this monument of endurance into an authentic Randonnée. It won't be for any podium, nor for any laurels, that you will overcome extreme fatigue, but only for the sake of achieving a fantastic challenge, and when you will eventually cross the finish line, the magic thought of "I've done it" will make you forget the long moments you spent struggling with discouragement on the little roads in the countryside of Brittany and Normandy. Except for the eight areas around the control points of PBP, you will have to be self-sufficient, but you will rarely be alone. In company of fellow riders from over 40 nations you will enjoy the charm and the beauty of France while pursuing the same goal all together: riding to BREST and back to PARIS! In this, you will be supported by thousands of spectators – or rather fans – who will cheer from the roadside. Finally, you will be helped by hundreds of volunteers throughout the ride and you will want to tell them how grateful you are.*

*Bonne route to you all! The AUDAX CLUB PARISIEN*

**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**, the **2010** results will be used to determine the allocation of spots after **Audax Club Parisien** confirms the quotas in January. A Super Series (200km, 300km, 400km, 600km) in 2011 is still required to register for PBP2011.

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)



## 2011 Prairie Randonneur Brevet Schedule

Brevet	Day		Month	Location	Max Time
200 km	Saturday	6	Nov, 2010	Saskatoon	13.5 hrs
200 km	Saturday	26	March, 2011	Regina	13.5 hrs
200 km	Saturday	2	April	Swift Current	13.5 hrs
200 km	Sunday	3	April	Regina	13.5 hrs
300 km	Saturday	9	April	Swift Current	20 hrs
300 km	Sunday	10	April	Regina	20 hrs
300 km	Saturday	16	April	Regina	20 hrs
400 km	Saturday	16	April	Swift Current	27 hrs
200 km	Sunday	17	April	Saskatoon	13.5 hrs
200 km	Saturday	23	April	Saskatoon	13.5 hrs
400 km	Saturday	30	April	Regina	27 hrs
300 km	Saturday	30	April	Saskatoon	20 hrs
300 km	Saturday	7	May	Saskatoon	20 hrs
600 km	Saturday	7	May	Swift Current	40 hrs
400 km	Saturday	14	May	Regina	27 hrs
400 km	Saturday	14	May	Saskatoon	27 hrs
400 km	Saturday	21	May	Saskatoon	27 hrs
600 km	Saturday	28	May	Regina	40 hrs
400 km	Saturday	28	May	Saskatoon	27 hrs
600 km	Saturday	4 <sup>th</sup> - 5 <sup>th</sup>	June	Saskatoon	40 hrs
600 km	Saturday	11	June	Regina	40 hrs
600 km	Friday	11 <sup>th</sup> - 12 <sup>th</sup>	June	Saskatoon	40 hrs
1000 km	Friday	24	June	Regina	75 hrs
600 km	Saturday	25 <sup>th</sup> - 26 <sup>th</sup>	June	Saskatoon	40 hrs
200 km	Sunday	17	July	Saskatoon / Horizon	13.5 hrs
1000 km	Friday	1 <sup>st</sup> - 3 <sup>rd</sup>	July	Saskatoon	75 hrs
200 km	Saturday	9	July	Regina	13.5 hrs
600 km	Saturday	23	July	Regina	40 hrs
400 km	Sunday	31	July	Saskatoon	27 hrs
200 km	Saturday	13	August	Regina	13.5 hrs
1200 km	Sunday	21 <sup>st</sup> - 25 <sup>th</sup>	August	Paris-Brest-Paris	90 hrs
200 km	Sunday	18	Sept	Saskatoon	13.5 hrs

Call Grant Thies (Regina) 584-2436, John Oneschuk (Saskatoon) 242-9364 or Grant McLeod (Swift Current) 695-7447 at least 2 days prior to the ride to confirm the exact starting time and location.

### Regina Cycle Club

Jason Christbason, President

Hello everyone! The Regina Cycle Club is going through a re-structuring for 2011. This means that the RCC will not be hosting the Stage Race or any Provincial races for 2011.

We invite you out to enjoy our Tuesday Night Race Series starting in April. Irv Tremblay Realty is sponsoring the Tuesday Night Race Series by donating a pair of Zipp 404 Carbon Race Wheels. How do you win those race wheels at the end of the season?

Simply join the Regina Cycle Club, come out to race the Tuesday Night Race Series, and at the yearend social, your name could be selected from the prize drum and the wheels are yours! (Rules and requirements will be posted on the RCC website)

See you Tuesday nights next year.



## Horizon 100 Cycling club 2010 Awards Night and Banquet/AGM

By Ray Wight

November 20<sup>th</sup> was the night. Marquis Hall was the place. 50 excited members attended the year end banquet. It was a fun filled night starting off with a great meal put on by the U of S hospitality services.

The evening began with a quick AGM meeting and election of officers for the 2011 season. New to the executive are Tony Wilson (vice president), Lynne Meredith (secretary), Ron Mantyka, (safety and advocacy coordinator), Bob Couperthwaite (new member coordinator), and Peter Fretz (communications). Staying on for next year are Ray Wight (president), Jeff Thorpe (treasurer), Sue Ashburner (special events coordinator), Larry McCamon (statistics), and Mike McGarity (race coordinator).

The awards were handed out to all the medal winners. Fifteen riders received gold (2500kms), eight (silver 2000kms) and nine (bronze) 1500kms. In total 46 riders received their “gold plated, club monogrammed” socks for riding 1000 kms with the club. Congratulations.

The Best Supporting Cyclist award went to Pat Covello, Marj Oneschuk and Gisele Gignac for their untiring efforts to support and help new riders.

The High Mileage Award went to Hans Roeger with an accumulated club ride total of 4000 kms. The Most Improved Rider award went to Sawyer Semenoff. He is a young first year rider who achieved many fitness goals and skill development goals throughout the year.

The Randonneur medals were handed out to those hearty souls who braved the elements and conquered vast distances. There were many champions who conquered the challenge.

Then it was time for the Howard Lowe club “Hollywood” slide show. It was fun to see the many members who were caught on film doing unusual and strange things during a ride. It was all good fun.

The “Razzie Awards” were the highlight of the night. Several members were caught doing very uncommon and strange actions throughout the season, only to find them on the receiving end of a bit of good humor and razzing. They all made it through the embarrassment.

We would like to thank our sponsors for their support throughout the year.

Sask Sport  
Doug's Spoke N Sport  
The Bike Doctor  
Bruce's Cycle Works  
Bike Universe  
City Park Cycle  
Outabounds  
2<sup>nd</sup> Nature.

See you next year.



Print legibly **2011 LICENSE and MEMBERSHIP APPLICATION FORM**

For January 1 to December 31, 2011

Last Name	First	Date of Birth day/month/year	<input type="checkbox"/> Male <input type="checkbox"/> Female
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Additional family members

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

Address		City	Postal Code
Phone – home	Phone – work	E-mail	

A. Member (all members pay)	\$30	Subtotal = \$30 + additional family member + Pedal Magazine + raffle ticket + racing license
<input type="checkbox"/> + \$20 for each additional family member	+\$20	
Options: <input type="checkbox"/> \$10.70 for a subscription for Pedal Magazine	+\$10.70	
<input type="checkbox"/> raffle ticket to support the Western Canada Summer Games Team 1 <sup>st</sup> place: \$500, 2 <sup>nd</sup> place: \$300, and 3 <sup>rd</sup> Place: \$200; *winner to chose a gift certificate from the following shops: Boh's Cycle; Fresh Air Experience (PA); Dutch Cycle; Western Cycle; Bruce's Cycle; City Park Cycle; Doug's Spoke'n'Sport; Outtabounds; Big Sky Cycles (ticket will be mailed)	\$5/ticket or \$10/3 tickets	
Continue if purchasing a racing license for Sask Cup, national or internal racing events		
<input type="checkbox"/> Master (30+) racing license (born 1981-earlier) per member fee	+\$45	
<input type="checkbox"/> Junior/Senior (17-29) racing license (born 1994-1980) per member fee	+\$55	
<input type="checkbox"/> Under 17 years of age racing license (born 1995-present) per member fee	+\$25	
	Subtotal	\$

- **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"/> BCW (Saskatoon)	\$10.00	\$15.00	<input type="checkbox"/> Regina Cycle Club	\$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)	\$15.00	\$15.00
<input type="checkbox"/> OffRoad Syndicate (Regina)	\$10.00	\$15.00	<input type="checkbox"/> Sunrise Cycling Club (Yorkton)	\$10.00	\$15.00
<input type="checkbox"/> Prairie Randonneurs	\$10.00		<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
VISA only 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? <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 Saskatchewan 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 "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.

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

Additional Family members:

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 or 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: \_\_\_\_\_



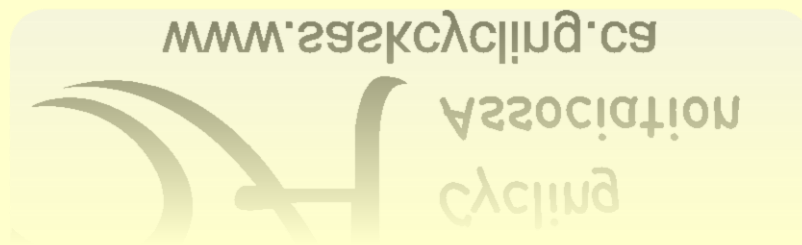
### Newsletter Submission dates

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

Issue	Submission Date	Mailing Date
11-01	April 5	April 11
11-02	August 10	August 15
11-03	December 10	December 15



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LOTTERY  
TICKET  
CENTRE

