

Prairie Pedaler

August 2011
Volume 11 Issue 2

Saskatchewan Cycling Association

2205 Victoria Ave, Regina, SK S4P 0S4 www.saskcycling.ca cycling@accesscomm.ca 306 780 9299

President's Message, By Barret Kropf

INSIDE THIS ISSUE

- Sask Cup race info
- Results
- AGM info
- And more!



Well team Sask (above) has arrived in Kamloops for the 2011 Western Canada Summer Games. This year's group is a young squad and by the time you get to read this message they will have raced to the best of their abilities and served our province with pride.

It's hard to actually believe the summer is wrapping up already. The GASP tour is in the books with another exciting tour and growing numbers, the road rave Sask Cup has been completed, Mountain Bike Cup is almost finished as well, and many people are already dusting off their cross bikes for the fall.

In order to make all of our programming possible it takes a hopper full of volunteers and this year is no different. Thank you all who make cycling a part of your life and give of your time to continue enhancing it. We value you and respect your commitment to cycling.

For those who have yet to ooh and aah over the new SCA van... Keep your eyes open for the fully wrapped van and trailer that has become our billboard on wheels! You may even be in a picture that covers the van from bumper to bumper.

As the provincial events start to wrap up I want to remind you and encourage you to continue being safe on the road, always wearing a helmet, and building positive optics for cyclists everywhere by knowing and following the rules of the road.

At the 2011 AGM there will be several proposed Policy and Constitutional changes on the Agenda. Two of the major changes (These changes are based on

recommendations from Sask Sport.):

Changing the name of the Executive Committee to Board of Directors; removing the Club President from the Board and merge the current Board functions with the Executive Committee.

Redefine the fiscal year to January 1-December 31 from the current April 1 to March 31.

Your club president will receive a hard copy of the changes prior to the meeting. Additional copies of the changes will be available at the AGM.

**Saskatchewan Cycling Association, 2011 Annual General Meeting
Saskatoon, September 25**

All Meetings will be held at the meeting room at 510 Cynthia Street

Sunday, September 25

- 9:30-11:30 am SCA Annual General Meeting; noon lunch/annual award presentations
- Positions up for election:
 - Executive Committee:** President, Vice President Development, Vice President Recreation and Transportation
 - Recreation and Transportation Committee:** Director of Recreation Mtb, Recreation and Transportation Representative, Women’s Rec Cycling Representative
 - Development Committee:** Active Licensed Rider, Member at Large
 - Technical Committee:** Chief Road Commissaire, Active Licensed Rider
 - High Performance Committee:** Director of Mountain Bike Programs, Director of Women’s Programs

✂️-----
Sask Cycling Association (SCA), 2011 Annual General Meeting (AGM), Proxy Form

I, _____, being a registered member of the SCA, do hereby give permission to _____, who is also a member of the SCA, to act on my behalf at the AGM on Sept 25/11.

Signature:_____ Club Affiliation:_____ Date:_____

Article 8 VOTING

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

✂️-----
SCA, 2011 Annual General Meeting, Resolution Form

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

Signature:_____ Club Affiliation:_____ Date:_____

RETURN the resolution form to the SCA by September 1st, 2011

Calendar

August 20-21 28	Road Provincials (Road Race and 15K ITT) Saskatoon; Cycledelia Sask Cup Mountain Bike 5/Provincials/Blackstrap; BCW/NBR
September 4/5 10 24/25 25	Road Provincials (40K ITT and Criterium), Moose Jaw Pavers XC8 Annual General Meeting Cross, Saskatoon; Sask Cup Cross #1 and 2 Annual General Meeting, Saskatoon
October 1/2 15/16 22/23	Sask Cup Cross #3 and 4, Caronport Sask Cup Cross #5 and 6, Blackstrap Sask Cup Cross #7 and 8 - provincials on Sunday, Swift Current
November 5	Cross Nationals Toronto, Ont

2011 Blackstrap Biter, Sask Cup #5

Provincials, August 28, 2011

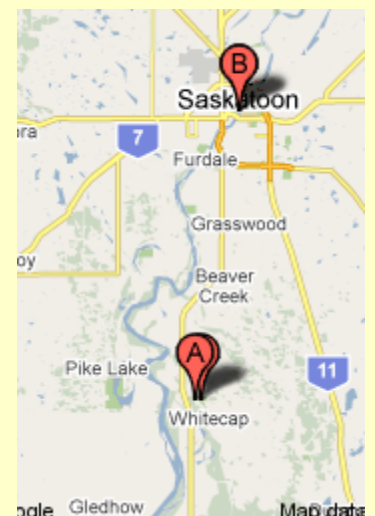
Hosted by: BCW Cycling Club and NBR Mountain Biking Club

- **The Event:** Finish the season off with some great trails and a delicious meal! Our trail organizers are chomping at the bit to set up a course that will delight. Our race categories allow for any type of rider whether you want to try racing for the first time, or whether you have been competing for years.
- **Location:** Blackstrap Provincial Park - 45km south of Saskatoon (parking lot just north of the Ski Hill)
- **Entry Fee:** Early Registration is \$35 (plus online fees) and closes midnight Aug 25
- **Registration:** Online Registration closes August 25 at midnight -Online registration: <https://www.registrationlogic.com/secure/Register.aspx?ID=80> OR Fill out the Generic Race Entry form <http://www.saskcycling.ca/events/mtbform.pdf> & make cheques payable to Northern Bush Rastas (mail/drop off: 814 6th Avenue North, Saskatoon, SK S7K 2T2)
- **Awards Ceremony and Meal @ 1:00 pm:** The banquet and awards will take place at the Dundurn Hall in Dundurn. This banquet is free for all racers and race-day volunteers. Extra tickets can be purchased for \$5/tickets(for friends and family). Please pre-order tickets by emailing: susan@biking.org
- **REMEMBER – PROVINCIALS START 1 HOUR EARLY**
 - 8:00-9:15am Registration (sign-on) and practice on the course.
 - 9:45 am Rider staging for all categories.
 - 10:00 am Start of race for first wave of riders.

2011 Provincial Road Race & 15 km Time Trial

Location: Dakota Dunes Casino (25 km south of Saskatoon on Chief Whitecap Trail (Highway 219). Please note construction has blocked off Lorne Avenue South. It is possible to follow a detour via Jasper Avenue to get to Highway 219 or use Clarence Avenue to access Highway 219.)

Parking in designated area only in the south east part of the parking lot. Washrooms available in the Dakota Dunes Casino for adults only (minors are not allowed access to the Casino for any reason). To access washrooms, go through the lobby & turn right in



the Casino (washrooms are in the south east corner). Washrooms also available at the gas station at the junction of Highway 219 & Dakota Dunes Way.

Please do not discard any garbage in either the parking lot or the race course. Do not take your bicycle into the Casino for any reason (not even into the lobby or the entrance between the doors).

Gold, silver & bronze medals will be awarded for each category after each race is complete. A full 2011 UCI racing license is required to participate & be eligible for a provincial medal. One-event licenses (\$20) will be sold for those people wishing to try a cycling event but these will not be eligible for a provincial medal.

For your information, the restaurant of the Dakota Dunes Casino offers a buffet on Sundays for \$10.95.

Saturday, August 20, 2011 Provincial 15 km Time Trial

Categories available: Male and Female: Senior, Junior, Under 15, Under 13, Under 17, Master A,B,C, & D

- ❖ Registration in the designated area of the Dakota Dunes Casino parking lot: 12:00 to 12:30 pm under the SCA tent
- ❖ Start times will be posted at 12:30 on the SCA van.
- ❖ Start on Highway 219 near the junction with Dakota Dunes Way: 1:00 pm.
- ❖ At least one race number must be worn on the left hip.
- ❖ No parking is allowed on Highway 219. In the area of the start/finish, please park on the road west of the junction or in the parking lot of the gas station.
- ❖ Riders will be sent off at 1 minute intervals going south on Highway 219 for 7.5K & finish directly across from the start line. A 1 minute penalty will be assessed for those missing their designated start time.
- ❖ The highway will not be closed to traffic therefore racers must stay close to the shoulder line. Extreme caution must be taken at the 7.5K turn around point, as marshals will be available but may not be able to stop all cars.
- ❖ Drafting is not permitted at any time.
- ❖ Follow vehicle are not allowed on the course during the race.
- ❖ Please do not ask the finish line judge for your finishing time. Results will be calculated immediately after the last rider is finished & medals will be awarded as soon as possible in our area of the Dakota Dunes Casino parking lot.

Sunday, August 21, 2011 Provincial Road Race

Race Categories:

		Start Time
Group 1:	Senior men	4 loops/100k 9:45 am
Group 2:	Master A&B men, Master A&B women, junior men, senior women	3 loops/75k 9:50 am
Group 3:	Master C&D men, U17 men, junior women	2 loops/ 50k 9:55 am
Group 4:	U13 & U15 men & women, U17 women, Master C&D women	1 loop/25k 10:00 am

- ❖ Registration/sign on at the SCA tent from 9:00 to 9:30 am in designated area of the Dakota Dunes parking lot.
- ❖ The race will start at 9:45 am, neutral start to Highway 219. The course will be out & back approximately 12K then up Dakota Dunes Way, around the back of the Casino building & back onto Dakota Dunes Way. Volunteers will be available at the Highway 219 junction, at the 12K turn around point and in the area in & out of the Casino parking lot.
- ❖ Extreme caution must be taken at these points of the race & on the road behind the Casino- volunteers will make every effort to stop traffic when racers are coming but the onus is on the racer to only proceed when it is safe to do so. Be aware that vehicles & buses will be on the course.

- ❖ The finish line is located at the top of the hill.
- ❖ Two race numbers must be worn on the right & left jersey pockets (hip area). Numbers may not be folded, cut, overlapped or changed in any way.
- ❖ The feed zone is located just before & after the 12K turn around point of the race.
- ❖ Centre line violations will be penalized at 1 minute per incident.
- ❖ Only official race vehicles can follow any racers.
- ❖ Neutral wheels will be available in follow vehicles.
- ❖ Medals will be awarded in our area of the parking lot as soon as possible after the last rider is finished.

Entry fee:

Time Trial only	\$15 (or \$10 for Cycledelia members)
Road Race only	\$20 (or \$15 for Cycledelia members)
Both events	\$30 (or \$25 for Cycledelia members)

Pre-registration is required, cut off midnight, Friday, August 19.

Send entry fee, payable to Cycledelia Racing Club. Online Registration at
<https://www.registrationlogic.com/secure/Register.aspx?ID=90>

Karen Cranston, Race Organizer, 201-7th Street East, Saskatoon, SK S7H 0W9; Contact at 955-6220 or
ledbike@sasktel.net

Provincial Criterium and 40Km Individual Time Trial Championship

Note - There is a slight possibility that these two races have to be flip-flopped. We are waiting final confirmation for the criterium course to be at the airbase in Moose Jaw, and there is a chance that it may need to be run on Sunday and that would mean the TT is then on Monday. We will notify if any changes on the website, so please check back regularly.

Gold, silver & bronze medals will be awarded for each category after each race is complete. A full 2011 UCI racing license is required to participate & be eligible for a provincial medal. One-event licenses (\$20) will be sold for those people wishing to try a cycling event but these will not be eligible for a provincial medal.

Entry fees: Time Trial only \$15 Criterium only \$20 Both events \$30

Provincial 40Km ITT Sunday Sept 4, 2011

Categories available: Male and Female: Senior, Junior, Under 15, Under 13, Under 17, Master A,B,C, & D

- Registration in the designated area of the Highways department parking lot: 5:00-6:00 PM under the SCA tent
- Start times will be posted at 6:00PM on the SCA van.
- Start on Highway 2 South near the Highways department: 6:30 pm.
- At least one race number must be worn on the left hip.
- No parking is allowed on Highway 2.
- Riders will be sent off at 1 minute intervals going south on Highway 2 for 20K & finish directly across from the start line. An one minute penalty will be assessed for those missing their designated start time.

- The highway will not be closed to traffic therefore racers must stay close to the shoulder line. Extreme caution must be taken at the 20K turn around point, as marshals will be available but may not be able to stop all cars.
- Drafting is not permitted at any time.
- Follow vehicle are not allowed on the course during the race.
- Please do not ask the finish line judge for your finishing time. Results will be calculated immediately after the last rider is finished & medals will be awarded as soon as possible in our area of the parking lot.

World Master's Time Trial Challenge

This year we will be holding the World Master's Time Trial Challenge in conjunction with the Provincial 40Km ITT in Moose Jaw.

Anyone over the age of 30 is encouraged to throw their name in the hat and ride the time trial. The 5 with the best time difference from their age standard will make up the Saskatchewan entry. I have requested a separate women's category from the World Mater's Time Trial Challenge organizers but it looks like that won't happen this year. So we are going to have our own women's category. We are going to have the 3 women with the best time difference from their age standard as our best. Hopefully next year there will be a women's category. That being said, if one or more of the women have a time to qualify them for the top 5 overall they will then be included in the top 5 entry and the top 3 women as well.

Please pre-register for this event by e-mailing Frank Matus at fjmatus@sasktel.net. There will be no cost this year and all you have to do is ride the Provincial 40Km ITT.

Provincial Criterium Monday Sept 5, 2011

The Provincial crit will be held at the Canadian Forces 15 Wing Air Base south of Moose Jaw, and will be a closed course track, right on the tarmac. Because the area we will be riding on is used for flight training and precision aircraft, there is **ZERO TOLERANCE** for any garbage left behind, or being discarded. You will not even be allowed to take product with you onto the course. So things like gel packs, and snack wrappers etc CAN NOT be used in the race, because they could potentially blow away from your possession and cause issues later on the tarmac for aircraft. Please do not discard any garbage in either the parking lot or the race course.

You must register / sign on at least 30 minutes prior to your race category start time.

The following categories will be contested:

- 9:00AM GROUP #1 - Junior women, Under 17 women, Master A,B,C, & D women, Under 17 men. A 20 lap point race.
- 9:30 AM GROUP #2 - Under 15 men and women, Under 13 men and women. This will be a 10 lap race, not a points crit, but a basic 10 lap sprint for the winner!
- 10:00 AM GROUP #3 - Senior men, Junior men. A 40 lap point race
- 11:00AM GROUP #4 - Master A,B,C, & D men. A 30 lap point race

YOU CAN REGISTER ONLINE AT www.iSupportLocalBikeShops.com or register at the race. Those that register online before Sept 3, 2011 will have their names entered into a draw for various prizes.

BCW Double Cross Weekend – Back to the Beach

Join us for some great cross racing at Blackstrap Provincial Park. This year we're back to offering a double cross weekend and our courses won't disappoint. As usual we're offering some food, prizes and cash. As well, there will be a Youth Category for Cat 6 Youth wishing to race. Full race details including start times will be available shortly in our Technical Package.

The great news: the park will be closed for the season so you don't have to pay any park fees! Wanna camp? It just might be warm enough. Wanna billet, contact susan@biking.org.

The Courses:

- A Walk in the Park (Saturday) This course will take you through some rolling trails, onto a bit of technical terrain and into our prairie maze (new for this year). Don't deny your bike the joy of tackling this course!
- Back to the Beach (Sunday): Spend a day at the beach on this fantastic cross course which spans the area between the Mountain View Picnic Area and the Aspen Grove Picnic Area. Past comments have included, "best course EVER" and "I'll never ride another course again". ;)

Pre-Registration: \$20/race or \$35 for both days. Register online at:
<https://www.registrationlogic.com/secure/Register.aspx?ID=91>

Race-Day Registration: \$30/race or \$50 for both days@ Blackstrap Prov. Park – Mountain View Picnic Area

Race Day Registration, Pre-Ride and Race Times:

Saturday, October 15:

Registration	1:00-1:30 PM
Course Available for Pre-Ride	1:00 PM
Race Start	2:00 PM

Sunday, October 16:

Registration	10:00-10:30 AM
Course Available for Pre-Ride	10:00 AM
Race Start	11:00 AM

The event organizers would like to thank you in advance for any and all help with course take-down immediately following the race (before/after lunch is served). *****The fine print:** Riders wishing to be eligible to win prize money must pre-register (any day prior to race day)*** **Still have questions?** Email susan@biking.org

Thursday Night Cyclocross Practices in Saskatoon

Our Thursday night series officially starts on **September 1, 2011** at Lakewood Park. Come learn about cyclocross and hone your skills to become a better rider. This practice is suitable for beginners and seasoned racers alike. Our weekly format is: Skills Practice, Short Intervals and Short Mock-Race ('Cross and MTB categories). A separate practice session is held for riders who want to try the sport but are unsure if they can "keep up". We'll have specific instruction available to help Youth Athletes prepare for their first race! Our wind-up will be October 13th with cake, prizes and some fun racing! Want to learn more? Contact susan@biking.org

- Dates: September 1, 8, 15, 22, 29, Oct 6 and 13th
- Where: Lakewood Park (east parking lot behind the Lakewood Civic Centre), Saskatoon
- When: Thursdays at 6:15 PM (we continue until dark)
- Who: You! (and anyone you know who wants to get better at 'cross)
- Cost: Free with your Sask Cycling membership (\$30+club fee). You can belong to any club.

What the heck happens if it rains? Spitting, light rain or light snow means the practice is on. Stay home if there is a downpour or snowstorm! ☺

Saturday Oct 2, 2011, Caronport Cross Classic

This will be the second year for the Caronport race, and we look forward to having you arrive Saturday to compete in the weekend set of races.

Race sign on is 2:00PM at the Barkman Arena. Race starts at 3:00PM. There is a new challenging course set to be in place for this stop on the Sask Cup tour.

There will be a community challenge race that takes place at 2:30, and it will include a youth category for those u 15, u 13, and u11.... So if you have kids, bring them along to race as well for the low cost of \$5 each.

Sunday Oct 3, 2011, Besant Cross Race

Hosted at Besant Campground, just 10 minutes west of Caronport on Highway #1, this new challenging course will demand the best from each racer, and will quickly become a favorite destination on the cross calendar each season.

Race sign on is 1:00PM; Race starts at 2:00PM

There will be a community challenge race that takes place at 1:30, and it will include a youth category for those aged Under 15, Under 13, and Under11.... So if you have kids, bring them along to race as well for the low cost of \$5 each.

If you compete in both races on the weekend, then your total cost for both races is only \$40.

So click on the "register for both races" button. Or cost per race is \$25

Registration deadline is September 30, 2011 for the Sask Cup event. However the community/youth races will accept registrations on race day only. Go online to www.iSupportLocalBikeShops.com to register .

➤ 17 Weeks to Spring Winter Training Program

Winter is Just Around the Corner!

It's time to sign up for the 17 Weeks to Spring winter training program!

Use this link to register:

<https://www.registrationlogic.com/secure/Register.aspx?ID=89>

What is it? The 17 Weeks to Spring winter training program is a training program where you ride your bike indoors on a wind trainer with a group of like-minded individuals. The group follows a training program designed by a certified cycling coach. A typical session includes about an hour on the bike structured as a warm up, a set of intervals based on heart rate or power and a cool down, followed by core strength and stretching exercises.

What do I need? You need a bike in good working order, a wind trainer (we have 4 available for rent), a heart rate monitor and/or power meter (we have 4 heart rate monitors available for rent), a membership in the Saskatchewan Cycling Association and an interest in improving your fitness and cycling over the winter.

When? The program starts the week of November 15th and runs to the week of March 15.

Sessions are 6:30-8:00 p.m. on Tuesdays, Wednesdays or Thursdays.

You can choose to participate in one or two nights a week.

There are also some info sessions on things like nutrition and stretching to be held on weekends (dates and topics to be confirmed).

Where? Sessions are held in the Multipurpose Room at the Saskatoon Field House. *Classes sell out quickly.* All pricing information is available on the online registration form.

The "Belgian Cup" and The "Little Belgian" Kids 'Cross

Cycledelia Regional Cyclocross Series

September 11, 18, October 8, and October 9, 2011

The "Belgian Cup" will be a celebration of cyclocross. Individual races will be 40 and 25 minutes to provide participants with the full cyclocross experience while also serving as training and practice for the SaskCup Cyclocross series. Experienced racers (Cat 1/2/3, Cat 4, and Senior Women) will race for approximately 40 minutes; new racers (Cat 5, Cat 6, SCA members without UCI race licenses, etc.) will race for approximately 20 minutes. Both groups will compete on the same course.

The first race in the series (September 11th, **all races start at 3PM, sign-on starts at 2PM**) will be staged based on a one-lap 'cross Time Trial (**starting at 2PM**, you don't have to do the time trial to race but the fastest TT times will be staged at the front of the starting grid); subsequent races will be staged based on overall finishing order in the Belgian Cup Series. For more information contact Scott Bell, scott dot bell at usask dot ca or www.cycledelia.ca.

- **Membership Requirements** for the "Belgian Cup" Cycledelia Regional Cyclocross Series:
Racers must hold a SCA membership (\$30 or \$20 if a family member is already an SCA member + \$10 for Cycledelia club membership).
- **Membership Requirements** for the SCA Sask Cup Cyclocross Series: a racing license (an additional \$35) is required to participate. A one-day license (\$20) will be available but can only be used once to "try out" one SCA Sask Cup Cyclocross Series race.
- **Equipment:** Disc brakes and mountain bikes are allowed for all "Belgian Cup" Cycledelia Regional Cyclocross Series races and SCA Sask Cup Cyclocross Series races.
- **Registration Fees:** \$10/race, OR \$30 for the 4-race Belgian Cup series
- **Cyclocross Orientation:** A one-hour orientation will be held before the first race at 1:45. Bring your bike and enthusiasm. All participants will take part in the first race at 3PM.
- **Race Schedule:** September 11; September 18; October 8; October 9
- **Prizes:** Both race and series leaders will be eligible for awards. The size of series CASH prizes will be announced at the start of the 2nd race. The "Belgian Cup" Champion will be the racer with the most points in the largest Category (by series participation). Three races must be completed to be eligible for the Belgian Cup.
- **Series Points:** Points towards the Series will be awarded at each race:
For races (by Category) with **more than EIGHT racers:** 10 points - 1st; 8 points - 2nd; 6 points - 3rd; 5 - 4th; 4 - 5th; 3 - 6th; 2 - 7th; 1 - 8th to last finishing rider; 0 if DNF or DNS
For races with fewer than EIGHT racers: 5 points - 1st; 4 points - 2nd; 3 - 3rd; 2 - 4th; 1 - 5th to last finisher; 0 if DNF or DNS

The "Little Belgian" kids cyclocross is a new event that will focus on bike handling and beginning race skills. Any youth who have participated in Category 6 races or other bike racing events (not including kids crit or similar) should participate in the Belgian Cup short race.

Little Belgian events will start a week before the Belgian Cup on September 4th (there will be a race on the first day); the tentative location is Sidney Buckwold Park in Saskatoon, please refer to cycledelia.ca for further location details. Details on the website will be updated before August 22nd.

The Little Belgian will be divided into a practice and bike handling session from 1pm to 2pm with a short race at 2:15. Races will take place on a slightly modified cyclocross course; the length of the course will be shortened to allow for multiple laps but all normal cyclocross features will be present (corners, dismounts, running sections, etc.). Kids participating in the Little Belgian must be experienced on a "2 wheeler," no trikes or training wheels. Race duration will be 10 to 15 minutes.

Membership Requirements for the "Little Belgian" Kids 'Cross Series:
Racers must hold a SCA membership (\$30 or \$20 if a family member is already an SCA member + \$10 for Cycledelia club membership).

Registration Fees: \$5/race, OR \$10 for the 5-race Little Belgian series

Why it's a good idea to always wear a helmet

By Chris Wood, Saskatoon

The weather in Saskatoon on Thursday, May 19th was so nice, I just had to get the bike out early and take in my favorite 60 km loop. The first 14 km 'leg' to a little prairie church on Hwy 5, went well enough. There I turned right and rode the next 17 km towards Clavet, past a potash plant and a large grain terminal. I was just spinning along. At the junction with Hwy 16, just north-west of Clavet, I turned right again and soon realized I had a tail wind for the 29 km into Saskatoon. I was 'on a ride', probably about to break my best time for the circuit.

However, about 5 or so km into this 30 km third leg I must have crashed because I next remember someone taking of my shoes inside an ambulance. I was wearing a surgical collar. At the Royal University Hospital they told me I had four broken ribs! This was later amended to two plus a cracked sternum! A later examination of the CAT scan revealed I had cracked one rib only, the top right rib just behind the collar bone, an unusual one to break.

According to my doctor, he only gets to see one of those broken about every five years. Eventually the surgical collar was removed and after a cardio check-up, they sent me home on Sunday afternoon.

At the hospital they kept telling me how lucky I was that the rib had not punctured a lung, an artery or my heart and that I should not have been riding alone. Luckily someone had seen me somersaulting over the handlebars into the ditch, (thankfully not onto the road or the hard shoulder), and had called 911.

What caused the fall? When I picked the bike up from the Mounties later that week I noticed I'd had a front wheel blow-out, whether from glass or a pot-hole I don't know because I remember nothing of the crash, I was

concussed. Thank heavens I always wear a helmet. Without it I might not be writing this story.

The helmet was only grazed but a crashed helmet should be replaced ASAP. No doubt because I went into a grass-filled ditch I had but few grazes and very little impact rash; my clothing didn't even have crash holes in it.

Recovery is a painful experience. The morphine painkillers I am on gives me nightmares, in some I am half awake or in shallow sleep. I have screaming shooting pains which seem to start from the rib, go into my right shoulder then travel down through my elbow to the wrist. These are mostly at night, keeping the house awake! I sometimes wonder what the neighbors think if they hear me. After eight days, people tell me that at least I look better than on the day after I was released from hospital.

So, a few immediate changes to the plans for this summer. I missed a stage race, where I was to help officiate. I'm told it's a six-week recovery for a fractured rib, no chance to train for rides in the Rockies.

Recommendations? Quite apart from your bike repair basics, always ride with someone; and always carry a cell-phone. No matter how far or short your ride, always carry full identification, including your provincial health care number. Always carry a dated list of any current medication that you are on, complete with mention of your blood type, your family contacts, your medical history, your doctor's name and any allergies that you have. Carrying the latter could save your life.

Anyone can have an accident, anywhere, at any time.

11th June update to my recent article - I took the helmet I was wearing at the time of my crash on May 19, (a Bell), into Bruce's Cycle Works today and asked them to look at it - it seemed only grazed lightly. Further investigation revealed half a dozen cracks; the Bell had undoubtedly saved me from serious head injuries, (or worse). Very much worth the money paid for it, it had done its job. Never ever use again a helmet that you have crashed in, get it examined at your local bike shop and replace it with a new one. A damaged helmet worn again and crashed in again would be worse than useless at the time of a fresh impact. I once witnessed sprinter Curt Harnett crash at the end of a sprint on Calgary Track. On the slow motion replay it can be seen that his head hit the track twice - the first time the helmet took the full impact and remained intact, the second time it disintegrated into a shower of Styrofoam particles, but Curt did not sustain any head injuries, the helmet had done its job the first time.

Western Cycle XC8 September 10th, 2011, Buffalo Pound Provincial Park

Don't miss out on this year's XC8: Saskatchewan's premiere Endurance event as featured in recent issues of Adrenaline and Breathe magazines. Dane at Western is giving away another full BIKE as a Grand Prize this year, along with other great prizes. Everyone can win.

Register now, because we have a must-have free gift that is only available for the first 80 entrants and time is running out. Camping is available on-site from Friday night to Sunday morning.

Enjoy the ride, because we are changing the course! Best of all, when you're done for the day, there's a splendid catered dinner for one and all. Get your Team of 2 or 4 together or race the Western Cycle XC8 Solo. Solo racers are eligible for \$1000 in Cash prizes.

Please note, the earlier 9am Start Time!

Register today at XC8.ca!"

Globe BMX Raceway Inc

With the track looking better than ever, and approximately seven weeks of racing left this year, we would like to welcome new riders, and are also encouraging experienced racers (from the old track at the exhibition grounds) to come out and have some fun. We currently have racers from 6 years of age to 40 in male and female classes.

Racing takes place Sunday evenings at 7:00 p.m. with registration from 6:30 - 6:45 p.m.



Please check out our face book page under Globe BMX Raceway Inc. for racing updates, photos and videos. Information can also be found on the "Saskatchewan Cycling Association Web Site" available at www.saskcycling.ca under bmx; or by emailing bridgecitybmx@yahoo.ca .

News from South Saskatchewan Mountain Bike Club:

The Down Hill race at Buffalo Pound will not be held this year!

(This race has been held on the Sunday following Off Road's XC8 race.)

Even though we cannot do the event this year, we plan to bring the event back next year with hopefully an additional trail included.

Contact us if you would like to help us with this.

Steve Meickel, president

Sunrise Cycling Club Update - August 10, 2011

The members of the Sunrise Cycling Club have had a full season so far and considering that we are a small club with only 10 members the support and turn-out we have had from the membership at our events has been great.

We have not missed a Wednesday show-and-go evening since our rides started on April 13th this season. Rain or shine, there has always been someone eager to hit the streets or highways.

In addition to the weekly rides we have enjoyed a number of weekend trips including our first annual "Orient Express" ride. A 100 km round trip to Canora with a stop there for lunch at a great little Chinese Restaurant.

We also did a 75 km "Summer Solstice" ride to celebrate the first day of summer, where rather than experiencing the warm rays of summer sunshine we were chased most of the way by storm clouds and heavy spring showers. Summer in Saskatchewan!!

Club members participated in GASP 2011 and also in the Granfondo Axel Merckx Okanagan, where they got to ride side-by-side with cycling legends Axel & Eddie Merckx. A fantastic riding experience in the beautiful Penticton BC area.

Four Sunrise Club members also took part in the 5th Annual "Old Dog Run". A 50 yrs +, 165 km, fund raising ride that starts and ends in Kamsack, SK. The minimum age requirement for this ride and the distance covered are not that remarkable in themselves, but what is amazing is that many of the other 16 riders had minimal cycling experience or training for this "Century". Many of them simply pulled their bikes out of the garage, dusted them off, pumped up the tires, climbed on and rode 103 miles for a good cause. I have to stand and salute that kind of effort and determination. (And pain tolerance!)

As one of the participants in GASP 2011, my first GASP, I have to congratulate the SCA on a job very well done. The organization and support I found on the tour was second to none. The overnight stops that were picked were all very accommodating, the SAG support was always there every 20 kms or so and the opportunity to spend a week doing what I love to do with 40 other people who were lovin' it too, was a great experience! Now if the GASP organizers could just book some better weather for next year...hmmmm. All in all, a great big two thumbs up; I will be back next year!!!!

Coming up August 20th & 21st we have our "Summer Splendor Tour". Two days of riding backroads in the Shell River Valley of nearby Manitoba, guided by the "Famous Bicycling Chicks", Karen Hardy and Tamela Friesen of Wildberry Lane Bed & Breakfast in Roblin MB.

We have one club member heading to Halifax mid-August to join in on the Cycle Canada "Atlantic Tour". Two weeks and 1400 kms of cycling the picturesque highways and byways of Canada's Maritime Provinces. I can just smell that salt air!!

We will also be once again riding out in the golden foliage of a Saskatchewan autumn in late September in the splendor of our incomparable Qu'appelle Valley for our "Fall Colors Tour".

Our regular rides will continue until the snow becomes too deep to pedal in, at which time most of our members will trade their tires for skinny skis and their cycling shoes for ski boots and head out on the tracks to enjoy that other great Saskatchewan outdoor pastime until next spring's thaw brings us to yet another cycling season.

Keep on pedaling!!
Merlin Toth
President, Sunrise Cycling Club

Safe Summer Road Trips

With the summer travel season upon us, CAA Saskatchewan is reminding drivers of some important tips to help ensure you stay safe on the road throughout your travels.

“Planning ahead is key. The first thing is to ensure your vehicle is in top operating condition,” said Lisa Wilson-Sturm, Director of Communications with CAA Saskatchewan. “That includes a thorough check under the hood, an inspection of the tires and a complete check of the exterior and interior to ensure everything is functioning properly.”

The following check list will help prepare your vehicle for all your summer road trips:

- To prevent overheating, inspect the cooling system for leaks. Check the coolant hoses, as well as the coolant to ensure it's clean and up to strength, and ensure the thermostat and radiator cap are in good condition.
- Check battery cables to ensure they're securely attached and the terminals are free of corrosion.
- Check the drive belts to ensure they're not cracked, glazed or frayed.
- Ensure transmission and windshield washer fluids are topped up.
- Replace windshield wipers that leave streaks or don't clear the glass with a single swipe.
- Inspect the tires for cracks, cuts or bulges in the sidewalls, and check the tire pressure and tread depth.
- Ensure all headlights, taillights, brake lights and turn signals are functioning properly.
- Ensure the air conditioning system is in tip top shape.
- Remember to change the oil every three months or 5,000 kilometres. (Consult your owner's manual)
- Have the engine performance checked and get a tune-up if necessary. (Consult your owner's manual)

Planning ahead also includes packing an emergency vehicle kit with things such as a flashlight, booster cables, a first-aid kit, flares, and drinking water, which will allow you to wait patiently and safely for help to arrive if you do become stranded. Chart your route carefully to allow time to travel safely, and check road construction ahead of time to avoid delays. Finally, ensure children have games, books and other activities to keep them entertained.

“Staying attentive is a major factor to staying safe on the road,” says Wilson-Sturm. “SGI statistics show that driver distraction and inattention are major contributing factors in close to 40% of collisions involving injuries or fatalities on Saskatchewan roads.”

Stay alert by getting enough sleep the night before you have to drive; travel at times when you are normally awake; take regular breaks and stay overnight rather than driving straight through. Reduce driver distractions by pulling over to read a map, make a phone call, smoke or tend to children, and stop to eat. Pre-program radio stations, set up your ipod and fill your CD changer before you start driving, and keep the volume low. Also keep conversation with passengers light and to a minimum.

And, of course, slow down. Obeying the speed limit will not only improve your safety on the road, but it will also save you money at the gas pumps. And remember that most jurisdictions now require drivers by law to slow to at least 60 km/hour when passing tow trucks or emergency vehicles assisting motorists or when passing construction crews.

“Most importantly, don't drink and drive,” says Wilson-Sturm. “SGI statistics show that drinking and driving is the top contributing factor in fatal collisions in Saskatchewan. We urge drivers to be responsible and stay sober behind the wheel.”

Spring Classic, Sask Cup #1, May 7, 8, 2011

presented by the Moose Jaw Pavers

Cat 6		Hill Climb Time	place	points	Crit time	place	points	RR time	place	points	ominum points	om place
REED	ASPEN	0:09:08	1	25	0:02:53	1	25	0:31:09	1	25	75	1
TOOMBS	BEN	0:10:23	2	20	0:03:00	2	20	0:31:47	2	20	60	2
KROPF	JACOB	0:11:37	3	15	0:03:29	3	15	0:33:13	3	15	45	3
TERRY	RYANN				0:04:48	4	13	0:51:09	5	11	24	4
POWER	MEGAN							0:33:45	4	13	13	5
GREEN	MICHAEL							1:02:09	6	10	10	6
GREEN	JORIN							1:02:11	7	9	9	7
Cat 5		Hill Climb Time	place	points	Crit time	place	points	RR time	place	points	ominum points	om place
BALDO	LUCIO	0:07:10	1	25	0:20:55	1	25	1:09:35	1	25	75	1
SLYWKA	JONATHAN				0:20:58	2	20	1:09:41	2	20	40	2
OULLET	ALEXI	0:07:29	2	20	DNS			1:09:45	3	15	35	3
THUMLERT	BRENT	0:07:46	5	11	0:21:43	3	15	1:10:37	8	8	34	4
KENNEY	TOM	0:07:30	3	15	DNS			1:10:16	4	13	28	5
CONLY	LUCAS	0:08:43	8	8	1 lap	6	10	1:10:37	7	9	27	6
GULLACHER	DARCY	0:07:36	4	13	1 lap	7		1:10:18	5	11	24	7
MARTYNIUK	TERRY	0:08:55	10	6	1 lap	9	7	1:13:06	11	5	18	8
DEKOK	JACOB	0:08:41	6	10	2 laps	12		1:11:32	9	7	17	9
WIKS	TIM	0:09:33	14	2	1 lap	5	11	1:16:43	14	2	15	10
DRYDEN	DAVE				1 lap	4	13	1:19:08	19	1	14	11
JACKSON	JOE	0:08:45	9	7	DNS			1:13:06	10	6	13	12
SCUKA	DAVE	0:08:58	11	5	1 lap	8	8	DNS			13	12
SMITH	DYLAN							1:10:21	6	10	10	14
FISH	BRIAN	0:08:42	7	9	DNS			1:16:44	16	1	10	14
LEBLANC	EARL	0:09:05	12	4	2 laps	11	5	1:18:56	18	1	10	14
KUKURA	MIGUEL	0:09:55	15	1	2 laps	10	6	1:31:21	22	1	8	17
LAVICTOIRE	REG	0:10:01	16	1	2 laps	13	3	1:16:44	15	1	5	18
KEMP	BRUCE							1:15:41	12	4	4	19
FIORI	JUSTIN							1:15:55	13	3	3	20
DYCK	DARREN	0:09:21	13	3	DNS			DNS			3	20
ANDERSON	PHIL							1:18:07	17	1	1	22
SWANSON	DUSTIN				2 laps	DNF		1:20:15	20	1	1	22
GRAHAM	LARRY							1:26:50	21	1	1	22
Women		Hill Climb Time	place	points	Crit time	place	points	RR time	place	points	ominum points	om place
COOLEY	HANNAH	0:08:17	2	20	0:21:16	1	25	1:14:21	1	25	70	1
ASPEN	LINDSAY	0:08:20	3	15	0:21:16	2	20	1:14:41	2	20	55	2
BANDOL	EMMA	0:08:16	1	25	DNS						25	3
GRZESINA	ANDREA							1:15:01	3	15	15	4
ANDERSON	LENAE				2 laps	4	13				13	
TERRY	KARLA				2 laps	3	15				15	4
PERRON	SUSAN							1:22:00	4	13	13	6
ANDERSON	LENAE				2 laps	4	13	DNF			13	6
HELLAND	TRELEE							1:22:47	5	11	11	8
SHAHEEN	PAT							1:23:24	6	10	10	9
FARLARD	BRENDA							1:51:55	7	9	9	10
Cat 4		Hill Climb Time	place	points	Crit time	place	points	RR time	place	points	ominum points	om place
BOLDT	ALYOSHA	0:07:02	1	25	0:25:41	2	20				45	1
KROPF	JOSHUA	0:07:35	4	13	0:25:41	1	25		20	1	39	2
KENDAL	STEFAN	0:07:38	6	10	0:25:54 1+lap	11	11		3	15	36	3
SALTER	BRAD	0:07:57	12	4	0:25:44	5	11		4	13	28	4
KUKURA	SEAN	0:08:11	14	2	DNS				1	25	27	5
MATUS	FRANK	0:08:12	15	1	0:25:54 1+lap	10	6		2	20	27	5
L'HEUREUX	PETE	0:08:00	13	3	0:25:41	3	15		9	7	25	6
PENNER-MAYOH	CHRIS	0:07:36	5	11	0:25:45	6	10		17	1	22	7
ZACK	TERRY	0:07:32	2	20	2 lap	15	1		18	1	22	7
TURANICH	LUKE	0:07:44	7	9	1 lap	14	2		6	10	21	9
ASPEN	COLIN	0:07:53	10	6	0:25:41	4	13		16	1	20	10
HOPKIN	TREVOR	0:07:49	8	8	0:25:54 1+lap	12	4		10	6	18	11
McNAUGHTON	SHANE	0:07:33	3	15	DNS						15	12
BELL	SCOTT	0:08:13	16	1	0:25:52	8	8		11	5	14	12
HAIGHT	TIM				0:25:46	7	9		12	4	13	13
FUNK	CORY								5	11	11	14
LARGE	JIM	0:07:51	9	7	3 lap	16	1		13	3	11	14
KORPAN	TYLER								7	9	9	16

KROPF	JALEN	0:08:48	17	1	0:25:52	9	7		19	1	9	16
BANDOL	EMMA								8	8	8	18
MYRCHAK	BOB	0:07:54	11	5	DNS				14	2	7	19
GABORA	SEAN				1 lap	13	3				3	20
MUSJY	ERICA								15	1	1	21
TERRY	KARLA								21	1	1	21
Cat 2/3		Hill Climb Time	place	points	Crit time	place	points	RR time	place	points	ominum points	om place
KERR	BRAD	0:06:38	2	20	0:20:03	3	15	2:14:38	2	20	55	1
FAYAD	DALTON	0:06:33	1	25		DNS		2:14:37	1	25	50	2
EGUELTA	PEDRO	0:07:02	3	15	0:20:02	2	20	2:15:55	3	15	50	2
DUNBAR	BARRETT	0:07:35	4	13	0:20:01	1	25	2:16:09	8	8	46	4
GOTTS	BEN	0:07:42	6	10	0:20:04	4	13	2:16:07	7	9	32	5
DOWN	RUSS	0:07:36	5	11	1 lap	6	10	2:16:05	6	10	31	6
LU	LINCOLN	0:08:05	7	9	0:20:05	5	11	DNF			20	7
GORDON	BRUCE							2:15:57	4	13	13	8
HEHN	JEFF							2:15:58	5	11	11	9
ZETTERSTROM	CORY							2:18:59	9	7	7	10
POWER	MIKE							2:20:25	10	6	6	11
CLARKE	SUSAN							2:25:08	11	5	5	12
CLARKE	NEIL							2:25:08	12	4	4	13

Bikes on Broadway 2011, Sask Cup #2, May 21-23

Presented by Cycledelia

Cat 1-3

Name	TT	place	RR	place	RR bonus	RR penalty	Crit	place	Crit prime	GC Time	GC Plc
Jensen, Chris	0:11:32	2	2:41:43	8			0:25:57	1		3:19:12	1
Krabbe, Joshua	0:11:19	1	2:41:43	5		0:00:20	0:25:57	1		3:19:19	2
Sawatsky, Don	0:11:46	5	2:41:43	6			0:25:57	1		3:19:26	3
Woodcock, Tim	0:11:57	6	2:41:43	4			0:25:57	1		3:19:37	4
Nemetchek, Daniel	0:12:01	7	2:41:43	7			0:25:57	1		3:19:41	5
Prendergast, Chris	0:11:33	3	2:41:43	1	0:00:15	0:01:00	0:25:57	1	0:00:05	3:19:53	6
Verbrugge, Rod	0:12:16	15	2:41:48	12			0:27:29			3:21:33	7
DelBigio, Milo	0:12:28	17	2:41:44	10			0:27:29			3:21:41	8
Clarke, Neil	0:12:37	19	2:41:50	13			0:28:33			3:23:00	9
Tkachuk, Graham	0:13:22	25	2:42:42	15			0:27:48			3:23:52	10
Down, Russell	0:13:21	24	2:54:09	18			0:27:29			3:34:59	11
Lu, Lincoln	0:13:25	26	3:05:14	21			0:28:33			3:47:12	12
MacDonald, Mark	0:12:02	13	2:41:43	2	0:00:10		DNF			DNF	
Cullingham, Andrew	0:12:01	8	2:41:44	11			DNS			DNF	
Hodgetts, Bill	0:12:09	14	2:41:43	3	0:00:05		DNF			DNF	
Neufeld, Jess	0:11:45	4	2:42:03	14			DNS			DNF	
Hehn, Jeff	0:12:49	20	2:42:50	16			DNS			DNF	
Power, Mike	0:12:58	21	2:45:24	17			DNS			DNF	
Watson, David C	0:12:32	18	2:56:13	19			DNS			DNF	
Falkenberg, Aaron	0:12:24	16	3:01:08	20			DNF			DNF	
Dunbar, Barret	0:13:10	23	DNF				DNS			DNF	
Trask, Jeremy	0:14:09	27	DNF				DNS			DNF	
Heacock, Ed	0:13:07	22	2:41:44	9			DNS			DNF	

Cat 4

Name	TT	place	RR	place	RR bonus	Crit	place	Crit prime	GC Time	GC Plc
Kleso, Mike	0:12:19	3	2:05:12	1	0:00:15	0:33:46	2	0:00:15	2:50:47	1
Kropf, Joshua	0:12:33	5	2:05:12	15		0:33:46	1	0:00:15	2:51:16	2
Boldt, Alyosha	0:12:01	1	2:05:12	10		0:34:20	9		2:51:33	3
Penner Mayoh, Chris	0:12:21	4	2:05:12	17		0:34:27	18		2:52:00	4
Toon, Simon	0:13:07	8	2:05:12	6		0:34:20	10		2:52:39	5
Ayre, Jeff	0:13:07	9	2:05:12	16		0:34:20	13		2:52:39	6
Baldo, Lucio	0:13:14	13	2:05:12	4		0:34:19	3	0:00:05	2:52:40	7
Slywka, Jonathan	0:13:08	10	2:05:12	9		0:34:20	15		2:52:40	8
Haight, Tim	0:13:33	17	2:05:12	8		0:34:20	13		2:53:05	9
Gotts, Ben	0:13:42	20	2:05:12	14		0:34:20	12	0:00:05	2:53:09	10
Salter, Brad	0:13:44	22	2:05:12	12		0:34:20	6		2:53:16	11
Bernard, Moses	0:13:55	30	2:05:12	2	0:00:10	0:34:20	8		2:53:17	12
Kendel, Stefan	0:13:20	16	2:05:12	7		0:36:35	23		2:55:07	13
Hopkin, Trevor	0:13:16	14	2:07:36	19		0:34:20	16		2:55:12	14
Gamola, Rick	0:13:49	25	2:05:12	11		0:37:59	25		2:57:00	15
Funk, Cory	0:12:33	6	2:11:33	21		0:34:25	17		2:58:31	16
Korpan, Tyler	0:13:44	23	2:11:06	20		0:34:20	15		2:59:10	17

Aspen, Colin	0:14:20	32	2:14:07	23		0:34:20	4		3:02:47	18
Bell, Scott	0:13:51	26	2:14:04	22		0:36:01	19		3:03:56	19
Jones, Todd	0:13:39	19	2:16:14	25		0:34:20	7		3:04:13	20
Turanich, Luke	0:13:53	28	2:16:14	26		0:36:01	19		3:06:08	21
Ciastko, Chris	0:13:43	21	2:20:01	27		0:36:01	19		3:09:45	22
Filteau, Tyler	0:13:54	29	2:21:42	28		0:36:50	24		3:12:26	23
Malan, Albie	0:14:41	33	2:24:00	29		0:34:20	5		3:13:01	24
Kropf, Jalen	0:12:40	7	2:28:25	30		0:36:01	19		3:17:06	25
Gabora, Sean	0:15:11	34	2:38:33	31		0:37:59	26		3:31:43	26
Cliffe-Phillips, Mark	0:13:17	15	2:05:12	13		DNF			DNF	
Kougiya, Oleg	0:14:03	31	DNF			DNF			DNF	
Courtney, Rick	0:12:07	2	2:05:12	3	0:00:05	DNS			DNF	
Matus, Frank	0:13:13	12	2:05:12	5		DNS			DNF	
Buijs, Jason	0:13:38	18	2:05:12	18		DNS			DNF	
Biggsby, Robert	0:13:08	11	2:14:44	24		DNS			DNF	
Payment, Michael	0:13:52	27	DNF			DNS			DNF	
Katz, Aiden	0:13:45	24	DNS			DNS			DNF	

Women

Name	TT	place	RR	place	RR bonus	Crit	place	Crit prime	GC Time	GC Plc
Kamenz, Annett	0:12:29	1	2:10:42	1	0:00:15	0:34:24	7		2:57:20	1
Baker, Kristin	0:13:11	2	2:10:42	2	0:00:10	0:34:22	2	0:00:15	2:57:50	2
Clarke, Susan	0:13:24	4	2:10:47	4		0:34:24	6		2:58:35	3
Neudorf, Nettie	0:13:25	5	2:15:41	5		0:34:22	3	0:00:05	3:03:23	4
Musyj, Erica	0:13:22	3	2:17:21	7		0:34:16	1	0:00:20	3:04:39	5
Miller, Abby	0:13:55	6	2:16:35	6		0:34:22	4		3:04:52	6
Cooley, Hannah	0:14:03	8	2:26:39	8		0:34:24	5		3:15:06	7
Edwards, Gabrielle	0:13:56	7	2:10:42	3	0:00:05	DNS			DNF	
Aspen, Lindsay	0:14:39	9	2:36:42	9		DNF			DNF	

Cat 5

Name	TT	place	RR	place	RR bonus	Crit	place	Crit prime	GC Time	GC Plc
Paiano, Stephen	0:12:21	1	1:38:20	2	0:00:10	0:29:45	5		2:20:16	1
Pinter- Findlater, Dylan	0:12:47	3	1:38:21	3	0:00:05	0:29:41	1	0:00:20	2:20:24	2
Amistad, Isa	0:12:58	5	1:38:20	1	0:00:15	0:29:42	2	0:00:10	2:20:35	3
Mott, Robert	0:12:51	4	1:38:22	5		0:29:46	7		2:20:59	4
Broadbent, Tanner	0:12:58	6	1:38:26	6		0:29:43	3	0:00:05	2:21:02	5
Carduner, Ryan	0:13:59	11	1:38:22	7		0:29:43	4		2:22:04	6
Jackson, Keith	0:15:15	22	1:38:22	4		0:29:45	6		2:23:22	7
Jorgenson, Chris	0:13:37	8	1:38:41	8		0:32:23	12		2:24:41	8
Lawler, Andrew	0:13:40	9	1:41:43	9		0:31:15	8		2:26:38	9
Morin, Lucas	0:13:25	7	1:46:50	14		0:31:15	8		2:31:30	10
Parker, Dale	0:13:54	10	1:46:55	15		0:31:15	8		2:32:04	11
Elliott, Hewson	0:14:32	16	1:46:46	13		0:32:09	11		2:33:27	12
Monaco, Sean	0:14:31	15	1:51:00	17		0:32:39	14		2:38:10	13
Froese, Steven	0:14:42	19	1:51:47	18		0:32:23	13		2:38:52	14
Klassen, Randall	0:14:22	14	1:52:55	19		0:32:39	14		2:39:56	15
Hydomako, Robert	0:15:25	23	1:58:32	20		0:33:24	16		2:47:21	16
Roebuck, Mark	0:14:36	17	2:00:12	21		0:33:24	16		2:48:12	17
Bazin Webster, Micheline	0:16:42	24	2:04:35	22		0:34:38	18		2:55:55	18
Smart, Todd	0:12:25	2	1:41:50	10		DNS			DNF	
Kemp, Bruce	0:14:14	12	1:46:38	11		DNS			DNF	
Smith, Dylan	0:14:56	21	1:46:39	12		DNS			DNF	
Hooper, Sean	0:14:41	18	1:46:59	16		DNS			DNF	
Conly, Lukas	0:14:45	20	DNF			DNS			DNF	
Anderson, Lenae	0:17:47	25	DNF			DNS			DNF	
Dekok, Jacob	0:14:16	13	DNS			DNS			DNF	

Cat 6

Name	TT	place	RR	place	RR bonus	Crit	place	Crit prime	GC Time	GC Plc
Edwards, Brammon	0:13:57	1	1:13:38	1	0:00:15	0:16:42	1	0:00:20	1:43:42	1
Evans, Oliver	0:14:40	2	1:15:46	2	0:00:10	0:17:06	2	0:00:10	1:47:12	2
Smith, Brennan	0:15:39	3	1:16:33	5		0:18:05	3	0:00:05	1:50:12	3
Aspen, Marina	0:15:47	5	1:16:32	4		0:18:07	5		1:50:26	4
Besler, Keisha	0:15:39	4	1:16:31	3	0:00:05	0:18:47	6		1:50:52	5
Aspen, Reed	0:16:34	6	1:34:40	6		0:18:07	4		2:09:21	6
Kropf, Jacob	0:20:14	9	1:56:14	7		0:20:52	7		2:37:20	7
Weninger, Natasha	0:16:46	7	DNS							
Power, Meagan	0:19:24	8	DNS							

LIVINGSTON, MIKE	0:08:00	4	2:19:42	3	0:38:43	2	3:06:25		1
HOPKIN, TREVOR	0:08:21	8	2:19:30	1	0:39:17	4	3:07:08	0:00:43	2
MATUS, FRANK	0:08:17	7	2:20:17	4	0:38:46	3	3:07:20	0:00:55	3
GOTTS, BEN	0:08:10	5	2:19:31	2	0:40:13	8	3:07:54	0:01:29	4
MONTGOMERY, NATHAN	0:07:58	2	2:21:32	7	0:38:36	1	3:08:06	0:01:41	5
KROPF, JALEN	0:08:14	6	2:21:03	5	0:40:13	7	3:09:30	0:03:05	6
TURANICH, LUKE	0:08:00	3	2:23:03	8	0:39:25	5	3:10:28	0:04:03	7
POOL, CRAIG	0:08:53	9	2:21:11	6	0:41:49	11	3:11:53	0:05:28	8
BOERSMA, WILLEM	0:07:53	1	2:28:55	9	0:39:58	6	3:16:46	0:10:21	9
KATZ, AIDEN					0:41:34	9			
CAMPEAU, PHILLIP	0:09:45	10	dnf		0:41:49	10			

Cat 5

	TT	TT Plc	RR	RR Plc	Crit Time	Crit Plc	GC Time	Time dif	GC Plc
KIRKPATRICK, LANCE	0:08:48	3	1:15:06	1	0:23:27	1	1:47:21		1
POOL, COLTON	0:08:27	1	1:15:12	4	0:24:02	4	1:47:41	0:00:20	2
FILTEAU, TYLER	0:08:34	2	1:15:46	7	0:23:59	2	1:48:19	0:00:58	3
DOERING, KRIS	0:08:55	5	1:15:47	8	0:24:03	5	1:48:45	0:01:24	4
JEDLIC, CHAD	0:09:00	7	1:16:41	9	0:24:00	3	1:49:41	0:02:20	5
SMITH, BRENNEN	0:08:58	6	1:15:20	5	0:27:02	7	1:51:20	0:03:59	6
KEMP, BRUCE	0:09:26	9	1:15:09	3	0:27:34	8	1:52:09	0:04:48	7
VAN ZEYL, DAVE	0:10:02	11	1:15:35	6	0:27:34	9	1:53:11	0:05:50	8
BOERSMA, HANNA	0:09:16	8	1:26:28	12	0:24:52	6	2:00:36	0:13:15	9
KUKURA, MIGUEL	0:09:47	10	1:46:15	14	0:27:46	10	2:23:48	0:36:27	10
ZINGER, KYLE	0:08:54	4	1:28:03	13		dns			
INCE, DAN			1:23:55	11		dns			
GOTTSELIG, DARRYL			1:15:07	2		dns			
LAVICTOIRE, REG			1:23:11	10		dns			

Cat 6

	TT	TT Plc	RR	RR Plc	Crit Time	Crit Plc	GC Time	Time dif	GC Plc
KROPF, JACOB	0:12:21	1	1:22:40	1	0:08:41	1	1:43:42		1
CUSHWAY, ROY	0:12:38	2	1:22:41	2	0:08:58	2	1:44:17	0:00:35	2

Fresh Air Experience Summer Holiday Race, Waskesui, Sask Cup #5, July 9/10

Presented by the Rock'n'Road Cycle Club

Cat 2/3

Name	TT	place	RR	place	GC Time	GC Place
JENSEN, CHRIS	0:16:32	1	3:10:46	3	3:27:13	1
GORDON, BRUCE	0:17:19	2	3:10:46	2	3:27:55	2
RUDGE, GRAHAM	0:17:57	3	3:10:46	1	3:28:28	3
CHAPMAN, BLAIR	0:18:17	5	3:10:46		3:29:03	4
LU, LINCOLN	0:19:28	6	3:10:46		3:30:14	5
POWER, MIKE	0:18:00	4	3:13:58	10	3:31:58	6
HAWBOLT, BOB			3:10:46			
KOWALZIK, PAUL			3:10:46			
SPOONER, JAMES			3:10:46			
COOLEY, STEPHEN			3:10:46			

Cat 4

Name	TT	place	RR	place	GC Time	GC Place
KROPF, JOSHUA	0:17:47	2	2:12:11	2	2:29:48	1
FUNK, CORY	0:17:39	1	2:12:24	5	2:30:03	2
TURANICH, LUKE	0:18:50	7	2:12:11	1	2:30:46	3
MATUS, FRANK	0:18:34	5	2:12:24	4	2:30:58	4
KOUGIYA, OLEG	0:18:49	6	2:12:32	6	2:31:21	5
HAIGHT, TIM	0:18:23	4	2:12:58	8	2:31:21	6
MORIN, LUCAS	0:17:53	3	2:13:30	9	2:31:23	7
KROPF, JALEN	0:19:14	9	2:12:58	7	2:32:12	8
SMITH, DYLAN	0:20:27	10	2:12:21	3	2:32:43	9
WENINGER, NATASHA	0:21:41	11	2:45:14	10	3:06:55	10
KORPAN, TYLER	0:18:56	8	DNF		DNF	

Cat 5

Name	TT	place	RR	place	GC Time	GC Place
KEMP, BRUCE	0:19:57	2	2:09:39	2	2:29:26	1
LONG, PATRICK	0:20:20	3	2:09:52	3	2:30:07	2
CONLY, LUKAS	0:20:24	4	2:09:16	1	2:30:25	3
JEFFERY, BILL	0:20:46	5	2:10:41	4	2:32:27	4
KIRKPATRICK, LANCE	0:19:55	1	DNF		DNF	
HORN, JONATHON			2:28:10	5		
CANTIN, MARGA			2:52:18	6		
CANTIN, CRAIG			2:56:01	7		

2011 Sask Cup Point Series

Full results on the SCA website

Cat 6 - youth			#1	#2	#3	#4	#5	Total
gold	KROPF	JACOB	26	14	30	40		110
2	TOOMBS	BEN	32		40			72
3	ASPEN	REED	40	22				62
4	ZINGER	KYLE			50			50
5	EDWARDS	BRAMMON		40				40
6	GREEN	MICHAEL	10		22			32
7	SMITH	BRENNEN		30				30
8	ASPEN	MARINA		26				26
9	POWER	MEGAN	12	2				14
#	WENINGER	NATASHA		3				3
Cat 6			#1	#2	#3	#4	#5	Total
1	GREEN	JORIN	7		50			57
2	CUSHWAY	ROY				32		32
Cat 5			#1	#2	#3	#4	#5	Total
gold	KEMP	BRUCE	8	28	36	21	23	108
#	CONLY	LUCAS	22	2			26	50
4	KIRKPATRICK	LANCE				38	10	48
2	FILTEAU	TYLER			46	30		76
3	BALDO	LUCIO	40					40
5	MORIN	LUCAS		34				34
6	SMITH	DYLAN	14	17				31
7	BRAUN	KYLE			29			29
8	DEKOK	JACOB	20	6				26
9	SMITH	BRENNEN			25			25
#	SLYWKA	JONATHAN	24					24
Cat 5 WOMEN			#1	#2	#3	#4	#5	Total
1	BAZIN WEBSTER	MICHELINE		40				40
2	WENINGER	NATASHA			30			30
3	ANDERSON	LENAE		8	0			8
Women			#1	#2	#3	#4	#5	Total
1	MUSYJ	ERICA		32	50			82
2	COOLEY	HANNAH	40	17				57
3	ASPEN	LINDSAY	32	10				42
2	WENINGER	NATASHA					30	30

4	CLARKE	SUSAN		27				27
5	MILLER	ABBY		26				26
6	EDWARDS	GABRIELLE		24				24
7	GRZESINA	ANDREA	14	0				14
8	TERRY	KARLA	6	0				6
9	ANDERSON	LENAE	4	0				4
Cat 4			#1	#2	#3	#4	#5	Total
Gold	KROPF	JOSHUA	15	18	27	24		84
Silver	TURANICH	LUKE	10	3	25	26	21	82
Bronze	MATUS	FRANK	18	17	18	28	15	81
4	BALDO	LUCIO		29	40			69
5	SLYWKA	JONATHAN		9	38			47
6	KROPF	JALEN	3	5	10	22	8	45
7	KENDAL	STEFAN	17	12	13			42
8	SALTER	BRAD	16	8	17			41
9	HOPKIN	TREVOR	6	3		31		40
#	FUNK	CORY	10	6			20	36
Cat 3			#1	#2	#3	#4	#5	Total
Gold	CLARKE	NEIL	3	35	37	14		89
Silver	POWER	MIKE	5	18	25		15	63
bronze	LU	LINCOLN	6	14	24		16	60
4	DOWN	RUSS	17	23	34			74
5	EGUELTA	PEDRO	32			40		72
6	GORDON	BRUCE	14				30	44
7	DUNBAR	BARRETT	23	4		16		43
8	HEHN	JEFF	12	22				34
9	CLARKE	SUSAN	4		18	12		34
#	FAYAD	DALTON	30					30
Cat 1 - 2			#1	#2	#3	#4	#5	Total
1	JENSEN	CHRIS		40	36		30	106
2	SPOONER	JAMES					16	16
3	KERR	BRAD	40		38			78
4	CLIFFORD	BRAD			48			48

(3) A Series Winner in an eligible category in the Sask Cup Road Race Series is the rider with the highest total cumulative Cup Series Points to be calculated by totalling each rider's Cup Series Points based on each rider's four (4) highest scoring Sask Cup Road Races (in the case of a Stage race, that event is consider one (1) start).

(5) In order that a rider may be declared a Series Winner, the rider must start a minimum of: Four (4) SaskCup Races to win a SaskCup Points Series.

PeeGee Man River Run

Sask Cup MTB #1

May 15, 2011 North Battleford

Senior Elite Men	Place	Time
ZETTERSTROM, CORY	1	1:44:11
ERDMAN, JEREMY	2	1:46:52
PERALTA, PEDRO	3	1:47:11
VIRCAVS, RICK	4	1:53:22
CLARKE, NEIL	5	1:53:41
ABRAHAMSON, KRIS	6	1:54:45
SEDGEWICK, NATHAN	7	1:57:06
BITSCHY, DAVE	8	1:57:55

COOLEY, STEPHAN	9	2:00:12
Senior Elite Women		
CLARKE, SUSAN	1	1:40:33
MUSYJ, ERICA	2	1:43:43
Senior Expert Men		
KENDAL, STEFAN	1	1:31:25
WISHLOFF, EVIN	2	1:33:31
DERKSON, RYAN	3	1:33:43
ZACK, TERRY	4	1:36:00
WOLF, TOM	5	1:37:25
LACOCK, JACQUES	6	1:37:30
MALAN, ALBIE	7	1:37:40
GOTTAS, BEN	8	1:40:56
NEABEL, DEREK	9	1:41:23
SMITH, DYLAN	10	1:41:24
KROPF, JOSHUA	11	1:41:38

KONJAYA, OLEG	12	1:44:42
CRAIB, GORDON	13	1:48:03
TURK, BRAD	14	1:51:19
JOHNSTON, BRIAN	15	1:52:36
MORIN, LUCAS	16	1:54:44
ASPEN, COLIN	17	1:55:54
TURANICH, LUKE	18	1:57:44
MATUS, FRANK	19	2:17:27
KROPF, JALEN	20	2:42:56
VANDERMEER, JAN	DNF	
Sr Expert Women		
COOLEY, HANNAH	1	1:19:56
BLADYKO, SUSAN	2	1:35:07
MARTYN, CHRISTINE	3	1:37:12
ASPEN, LINDSAY	DNF	
Sport Men		
	Place	Time

POWER, MIKE	1	1:16:23
YEO, CHRIS	2	1:20:01
HOWSE, ROB	3	1:22:18
JUNGWIRTH, MORGAN	4	1:24:04
SARTISON, PAUL	5	1:24:27
HORN, MIKE	6	1:26:53
DRADER, BLAIR	7	1:28:36
O'GRADY, CASEY	8	1:29:18
RHODES, NATHAN	9	1:29:33
MILLHAM, MARK	10	1:29:55
MCISAAC, MATT	11	1:30:13
GIBBONS, JOHN	12	1:30:32
VANDEWALT, SAREL	13	1:33:20
BRENNAN KLATT	14	1:33:55
UNGERER, ROBERT	15	1:34:22
BODHI, EDIE	16	1:36:22
LEFOL, ERIC	17	1:41:09
ORYNIK, ADRIAN	18	1:42:30
KNEZACEK, NATHAN	19	1:44:14
BIMSON, CURT	20	1:53:04
BLY, BRAD	21	2:06:03
NILSON, CHAD	DNF	
Sport Women	Place	Time
THEEDE, KATHRYN	1	1:05:54
TAYLOR, CHRISIA	2	1:24:35
SHIRE, DONNA	3	1:49:17
SEIBEL, DEBORAH	4	1:55:03
Novice Men	Place	Time
CONLY, LUKAS	1	0:49:13
WALL, KIM	2	1:02:17
ANDERSON, PHIL	3	1:07:42
JUST, CAM	4	1:08:37
WALL, KRIS	5	1:10:24
Beginner Men	Place	Time
WATTER, JAKE	1	0:44:08
Novice Youth Men	Place	Time
TURANICH, JOSH	1	0:33:32
WATTERS, ALEC	2	0:42:54
COOK, RJ	3	0:49:40
COOK, LOGAN	4	0:50:43
Novice Youth Women	Place	Time
SCHULTZ, ZOE	1	0:42:49

Granny's Oak Twister

Sask Cup MTB #2

May 29, 2011, Esterhazy

Senior Elite Men	Place	Time
ZETTERSTROM, CORY	1	1:43:14
TRASK, JEREMY	2	1:47:32
PERALTA, PEDRO	3	1:48:32
ERDMAN, JEREMY	4	1:54:54
CLARKE, NEIL	5	1:56:10
BITSCHY, DAVE	6	2:01:51
VIRCAVS, RICK	7	2:02:33
COOLEY, STEPHAN	8	2:05:38
Senior Elite Women	Place	Time
MUSJY, ERICA	1	1:44:12
CLARKE, SUSAN	2	1:47:55
Senior Expert Men	Place	Time
DERKSON, RYAN	1	1:35:14
ZACK, TERRY	2	1:35:57
KENDAL, STEFAN	3	1:39:12
MALAN, ALBIE	4	1:41:42
HOPKIN, TREVOR	5	1:42:39
WOLF, TOM	6	1:45:38
MORIN, LUCAS	7	1:46:40

MORIN, AXEL	8	1:47:04
SMITH, DYLAN	9	1:47:25
TURK, BRAD	10	1:55:33
ASPEN, COLIN	11	2:04:33
GOTTS, BEN	12	2:06:11
TURANICH, LUKE	13	2:08:59
Sr Expert Women	Place	Time
COOLEY, HANNAH	1	1:17:07
MARTYN, CHRISTINE	2	1:32:32
BLADYKO, SUSAN	3	1:36:31
ASPEN, LINDSAY	4	1:38:14
Sport Men	Place	Time
WALKER, JARRET	1	1:15:06
MOREAU, ERIC	2	1:18:47
CHECK, AARON	3	1:22:49
DRADER, BLAIR	4	1:25:40
MACMILLAN, GRANT	5	1:25:53
NAYET, SAM	6	1:27:59
FRIESON, LEON	7	1:28:42
ARCHAMBAULT, PAT	8	1:31:16
LADINE, TOM	9	1:31:50
KLATT, BRENNAN	10	1:33:11
MILLHAM, MARK	11	1:33:41
VERNER, CRAIG	12	1:36:17
SHARP, SCOTT	13	1:40:27
ANDERSON, PHIL	14	1:41:52
KNEZACEK, NATHAN	15	1:47:19
BIMSON, CURT	16	1:56:51
NAGY, GEFF	DNF	
Sport Women	Place	Time
THEEDE, KATHRYN	1	1:09:57
CHECK, SAM	2	1:13:20
WENINGER, NATASHA	3	1:23:08
SHIRE, DONNA	4	1:33:38
Novice Men	Place	Time
LADINE, PAT	1	1:00:07
WALL, KIM	2	1:02:56
COTTON, ANDREW	3	1:20:27
WALL, KRIS	DNF	
Beginner Men	Place	Time
WIRGES, MICHAEL	1	0:42:42
Novice Youth Men	Place	Time
MORIN, CALEB	1	0:30:06
TOMBS, BEN	2	0:32:54
TURANICH, JOSH	3	0:38:07
Sport Youth Men	Place	Time
WOLF, OSCAR	1	0:59:31
STARK, BECKETT	2	1:10:56
SCHUMANN, JORN	3	1:14:13
WIRGES, JEREMY	4	1:17:09
Kids Race	Place	Time
WIRGES, NOLAN	1	0:05:00
Kids Race	Place	Time
GURNIGH, KODY	1	0:08:44
WIKLUNE, JORDAN	2	0:09:40

Swift Current Cactus Cup

Sask Cup Mtb #4

July 24, 2011

Senior Elite Men	Place	Time
TRASK, JEREMY	1	1:53:03
ERDMAN, JEREMY	2	1:55:02
CLARKE, NEIL	3	1:57:42
SEDGEWICK, NATHAN	4	2:06:17
BITSCHY, DAVE	5	2:09:36
ABRAHAMSON, KRIS	6	2:11:05

Senior Elite Women	Place	Time
MUSJY, ERICA	1	1:46:23
CLARKE, SUSAN	2	1:55:47
Senior Expert Men	Place	Time
MALAN, ALBIE	1	1:34:58
HOPKIN, TREVOR	2	1:38:14
DUNBAR, BARRET	3	1:41:09
GOTTS, BEN	4	1:41:26
DERKSON, RYAN	5	1:42:17
SMITH, DYLAN	6	1:46:49
PATTERSON, GARTH	7	1:47:06
ZACK, TERRY	8	1:47:11
TURK, BRAD	9	1:58:30
JOHNSTON, BRIAN	10	2:01:37
CHAMBERLIN, RYAN	11	2:03:34
GOTTSEIG, MATTHEW	12	2:12:55
GIBBONS, JOHN	13	2:24:01
MCISAAC, MATT	DNF	
Sport Men	Place	Time
YEO, CHRIS	1	1:21:39
DRADER, BLAIR	2	1:25:43
POWER, MIKE	3	1:28:13
NAYET, SAM	4	1:29:56
SHARP, SCOTT	5	1:31:12
O'GRADY, CASEY	6	1:32:37
MACMILLAN, GRANT	7	1:35:12
RHODES, NATHAN	8	1:35:26
MILLHAM, MARK	9	1:38:08
BERGERON, JASON	10	1:39:00
LEFOL, ERIC	11	1:40:35
KLATT, BRENNAN	12	1:44:56
KNEZACEK, NATHAN	13	1:48:45
BIMSON, CURT	14	2:01:16
MARCHAND, DANIEL	DNF	
Sport Women	Place	Time
WENINGER, NATASHA	1	1:14:19
THEEDE, KATHRYN	2	1:16:31
SHIRE, DONNA	3	1:30:29
Novice Men	Place	Time
MARTENS, CAL	1	1:06:27
WALL, KIM	2	1:08:13
HORN, JON	3	1:13:45
JUST, CAM	4	1:23:33
WALL, KRIS	DNF	
Beginner Men	Place	Time
BUSSE, CHASE	1	0:34:45
HUNTER, RYAN	2	0:36:12
Beginner Women	Place	Time
SCHINDEL, ANGELA	1	0:41:10
RHODES, VANESSA	2	0:51:12
Novice Youth Men	Place	Time
TOMBS, BEN	1	0:32:25
SCHMIESS, RYAN	2	0:36:22
SCHINDEL, NOAH	3	1:30:52
Super JR	Place	
HUNTER, DAVIS	1	
GREEN, MICHAEL	2	
TOMBS, JOEL	3	
HARRISON, HAIDEN	4	
WEIBE, COLE	5	
L'HEUREUX, EDAN	6	
MALAN, CATHERINE	7	
TOMBS, ZACHARY	8	
TRASK, SEBASTIAN	DNF	
Runbike	Place	
HARRISON, LANIE	1	
TOMBS, NATHAN	2	

Wascana Challenge

Sask Cup Mtb #3

August 7, 2011

Senior Elite Men

	Place	Time
KERR, BRAD	1	1:50:34
TRASK, JEREMY	2	1:50:53
ZETTERSTROM, CORY	3	1:52:09
ERDMAN, JEREMY	4	1:56:18
PERALTA, PEDRO	5	2:01:05
VIRCAVS, RICK	6	2:01:57
ABRAHAMSON, KRIS	7	2:06:52
COOLEY, STEPHAN	8	2:13:52
SEDGEWICK, NATHAN		DNF

Senior Elite Women

	Place	Time
MUSJY, ERICA	1	1:48:27

Senior Expert Men

	Place	Time
HOPKIN, TREVOR	1	1:35:47
MALAN, ALBIE	2	1:40:09
DUNBAR, BARRET	3	1:42:14
SMITH, DYLAN	4	1:43:20
MORIN, LUCAS	5	1:43:24
DERKSON, RYAN	6	1:43:24
GOTTS, BEN	7	1:49:04
ZACK, TERRY	8	1:51:54

KENDAL, STEFAN	9	1:52:38
JOHNSTON, BRIAN	10	1:55:56
TURK, BRAD	11	1:59:05
MEBAN, DAVID	12	2:04:58
TURANICH, LUKE		DNF
WOLF, TOM		DNF

Senior Expert Women

COOLEY, HANNAH	1	1:30:30
----------------	---	---------

Sport Men

	Place	Time
DRADER, BLAIR	1	1:23:43
MIESKE, CHRIS	2	1:24:09
YEO, CHRIS	3	1:27:24
NAYET, SAM	4	1:30:55
O'GRADY, CASEY	5	1:31:00
BERGERON, JASON	6	1:31:01
SHARP, SCOTT	7	1:32:30
RICCI, ENIO	8	1:33:33
MILLHAM, MARK	9	1:35:40
SARTISON, PAUL	10	1:35:49
RHODES, NATHAN	11	1:37:13
DOERING, KRIS	12	1:39:06
KNEZACEK, NATHAN	13	1:39:09
WARWICK, ROBERT	14	1:42:56
BRENNAN KLATT	15	1:45:29
ANDERSON, PHIL		DNF

BIMSON, CURT		DNF
--------------	--	-----

Sport Women

	Place	Time
WENINGER, NATASHA	1	1:17:13
SHIRE, DONNA	2	1:39:59
ASPEN, MARINA	3	1:51:50

Novice Men

	Place	Time
MARTENS, CAL	1	1:08:57
WALL, KIM	2	1:17:17
JUST, CAM	3	1:22:27

Novice Youth Men

WORONIAK, DAARIAN		DNF
-------------------	--	-----

Sport Youth Men

WIRGES, JEREMY		DNF
----------------	--	-----

Beginner Men

	Place	Time
WIRGES, MICHAEL	1	0:53:20

Novice Youth Men

TOMBS, BEN	1	0:39:24
------------	---	---------

Single Speed

	Place	Time
ERDMAN, JEREMY	1	1:33:07
ABRAHAMSON, KRIS	2	1:42:00
MEBAN, DAVID	3	2:04:58

Kids Race

	Place
ABRAHAMSON, GAVIN	1
TRASK, SEBASTIAN	2

Newsletter Submission dates

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

Issue	Submission Date	Mailing Date
10-03	December 10	December 15



Saskatchewan
Cycling
Association

