

Prairie Pedaler

December 2011

Saskatchewan Cycling Association

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President's Message, By Barret Kropf

Another year is almost in the books, and I want to take the time to wish you a Merry Christmas, and all the best this holiday season. With the weather outside not so frigid, I am sure many have continued to take advantage of your two wheeled devices serving as a mode of transportation well into our typical frigid months, and as you continue to do so, be reminded to stay safe out there as motorists may well and easily be startled by your presence on a bike in December!

There has been a beehive of activity around the SCA lately, as our VP's in each area continue to give great leadership in moving cycling forward in so many ways in our province. **Bob Cochran** and the R&T group have been active in establishing the 2012 GASP route, while **Peter Steckhan** and his Technical Committee have been tweaking the calendar of activities and planning for 2012. **Karen Cranston** continues to do a great job in giving leadership with our finances, **Ron Cooley** and the Development folks are leading the way on establishing our Long Term Athlete Development model, and **Mike Horn** and his High Performance crew have recently hired a new full time coach to work with the elite and grassroots programs in the sport here in Saskatchewan.

As such, I would like to introduce to you all, **Sean Scott**, who will be joining the SCA staff on January 15th of the new year. Sean has an extensive background in working with elite athletes across Canada while establishing solid grassroots youth programs. We look forward to having him here in Saskatchewan, and we also extend a large THANKYOU to Sask Sport for it is only possible for us to hire Sean as our coach because of their investment into our association through a coaching grant. Thank you for this gift you have given us in growing cycling here in Saskatchewan.

As we celebrate all the great things of 2011 with SCA, it is a reminder again of all the great volunteers who make things happen... from officials, to event organizer, club presidents and leaders, I speak on behalf of our membership to say thank you!

To **Denise Eberle**, our Executive Director, who continues to provide us with daily leadership out of head office, we thank you also, for your tireless efforts all year round, and all the little things that just seem to happen, we do know it is your efforts that keep us glued together.. so Thank you!

All the best to each of you and your families. See you on the bike soon!





At Sask Cycling Association Annual General Meeting, September 25

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 25 in Saskatoon

The Association says goodbye and thank you to retiring Committee members: High Performance: Cory Zetterstrom; Technical Committee: Jay Van Ginneken; Development Committee: Susan Bladyko. And welcomes the new committee members: High Performance: Brad Kerr; Technical Committee: Kathryn Theede; Development Committee: Jon Horn.

Returning for another 2 year term includes: Barret Kropf, President; Bob Cochran, Vice President (VP) R & T; Ron Cooley, VP Development and on the Technical Committee: Janice Matus; Development Committee: Matt Martyniuk; R & T Committee: Don Wilson and Colette Forbes.

Two major constitutional amendments were approved by the membership.

- 1) The first amendment will see a change to the Association's fiscal year end to December 31st from the original March 31st. The impact of this change will be a new date for the SCA AGM's. The SCA AGM's will now be held on April 22.
- 2) The second major change was a revision to the Board of Directors composition. The membership voted on removing the old structure of club presidents and the Executive Committee being on the Board of Directors (potentially 25 Board members) to a revised Board with the following elected membership: President, VP Finance and Admin; VP High Performance; VP Technical; VP Recreation and Transportation; VP Development.

Saskatchewan Cycling Association 2011 Awards

Joshua (Josh) Kropf, of Caron, won the Wotton Bowl, awarded for outstanding achievement in road or track racing during the past twelve months. *Josh, a first-year Cadet (15 years old) racer, has been a solid leader, consistently competing in Midweek club races with top 5 results throughout the season. In provincial races, he placed in top spots in Category 4 races*



↑ Peter Steckhan presenting the Wotton Bowl to Josh Kropf

Cory Zetterstrom, of Saskatoon, won Mountain Bike Top Rider of the Year, given for outstanding achievement in Mountain Bike Racing during the past twelve months. *For most athletes, a broken femur would signify the end of their season and potentially a long road of recovery before re-finding their lost form. For Cory a broken femur in early June represented a challenge. By combining his knowledge of kinesiology with sheer determination (and a lot of pain tolerance) Zetterstrom was on the trails just days after his surgeon said he would be allowed to walk. He was back racing in the provincial series at the nine-week mark. He finished 1st in the Elite men's provincial race and 1st overall in the Elite category for points, a remarkable comeback.*

Brad Clifford, of Regina, won the Ken Wilson Achievement Award, presented in memory of Ken Wilson, in recognition of his extensive service to the Sask Cycling Association (SCA). This award recognizes a member of the SCA who has achieved an outstanding personal result in a timed cycling event since the previous SCA awards ceremony. *Brad had signed on with the H&R Block pro team in the spring, coached by Housang Amri. He was named to Canada's*



National Team and raced in Belgium. In addition, Clifford has become a strong mountain bike racer, reaching second place in the Elite category at the provincial mountain bike races. In other races, Clifford placed: 2nd at Road Nationals in U23 Criterium and won the Provincial 15K Time Trial

Joe Gomes, of Regina, won the Cycling Mileage Achievement Program (CMAP) Trophy, having logged 12,146 kilometres of cycling in the past 12 months.

Peter Steckhan, of Saskatoon, received Outstanding Volunteer in the Road Sector, awarded for outstanding contribution in the Road Racing, Track or Cyclo-Cross sector. *Peter has been a long-time member of Saskatoon's Cycledelia road race club, but in recent years has taken on a leadership role in both the club and the SCA. He has committed many hours to local and provincial events, as a racer, an organizer and a spectator. His membership on the provincial board of directors helped cycling's Technical Committee become more efficient and effective.*

Ron Cooley presenting the award to Peter Steckhan→



Brad Turk, of Saskatoon, won the Cameco Volunteer Award, for outstanding volunteer contribution in the Mountain Bike sector. *Brad, described as "amazing, tireless and good natured", is responsible for organizing the IMBA trail building course, creating several new trails at Blackstrap Provincial Park and fostering a working relationship with the Park staff that permits the NBR and BCW clubs to increase the number of trails that exist in that park. Riders of all abilities are discovering the beauty that the park has to offer.*

Wayne Walker, of Saskatoon, received the President's Award, recognizing outstanding volunteer contribution toward the overall development or progress of the SCA and can only be received once in a life time. *Wayne is described as "a fantastic volunteer for our association." His first entry to the sport was in 1997 when his son Matt started to race mountain bikes. He then took the mountain bike and road provincial officials courses in 2001. He joined the Development Committee as the Chief Mountain Bike Commissarie in September of 2002, a position he held until Sept 2005, when he was elected president of the Sask Cycling Association, a position he held through 2009. Among Walker's contributions to the SCA:*

- official at the 2004 Sask Summer Games in Weyburn
- took the national level mountain bike course in 2005
- official at the 2005 Canada Games in Regina
- official at the 2007 Western Canada Games in Edmonton
- official at the 2008 Sask Summer Games in Lloydminster
- chiefing mountain bike races and road races since 2001
- organized Bikes on Broadway
- attended out of province races as team manager
- attended 4 Canadian Cycling Association AGMs
- is a facilitator for the provincial mountain officials course

The Saskatchewan Cycling Association awarded **five-year plaques**, in recognition of long-term volunteer service to:

Jason Christbason, Regina	Don Cook, Saskatoon
Mike Horn, Prince Albert	Jim Large, Moose Jaw
Pete L'Heureux, Swift Current	Peter Steckhan, Saskatoon

Don Cook accepting his plaque from Bob Cochran→



Indoor cycling

Saskatoon: Lanes 3-6, Fieldhouse, Sundays, January 8-22; February 5-March 18 - 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; 2012 membership; 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
- NO earphones

Any riders disobeying the rules could be asked to leave and indoor cycling privileges may be withdrawn

Thank you Mountain Bike Commissaires

As another mountain bike season ends, I would like to thank our team of commissaries – Ron Cooley, Karen Cranston, Wayne Walker, Patty Thomas, Denise Eberle, who gave up their weekends to make our Sask Cup Series safe and enjoyable for our riders.

THANK YOU

Without the commissaries our and race organizers these events would not take place!

Thanks everyone for a great year!

for volunteering

Shelley Horn, Chief Mountain Bike Commissaire

2011 Sask Cup Cross Results

SCA Saskatoon Doublecross September 24, 2011

Sask Cup Cross 1

Category 5 Women	Time		
Marina Aspen	0:45:16		1
Camille Sperling	0:45:35		2
Natasha Weninger	0:47:27		3
Andrea Grzesina	0:38:44	+ 1 lap	4
Jackie Hunter	0:40:37	+ 1 lap	5
Category 4 Women	Time		
Hanna Cooley	0:38:22		1
Lindsay Aspen	0:38:47		2
Liz Hoepfner	0:39:34		3
Adrianna Dunbar	0:40:50		4
Category 4 Men	Time		
Peter Steckhan	0:51:10	+ 1 lap	1
Brad Turk	0:51:18	+ 1 lap	2
Mike Power	0:51:46	+ 1 lap	3
Brad Salter	0:52:58	+ 1 lap	4
Scott Theede	0:53:39	+ 1 lap	5
Tyler Korpan	DNF		
Tom Wolf	DNF		
Todd Jones	DNF		

Category 3 Women	Time		
Susan Clarke	0:50:40	+ 1 lap	1
Category 3 Men	Time		
Albie Malan	0:51:59		1
Barett Dunbar	0:52:59		2
Mark Russell	0:54:30		3
Lincoln Lu	0:55:52	+ 1 lap	4
Category 1/2 Men	Time		
Kevin Williams	0:50:13		1
Stephen Cooley	0:51:46		2
Cuylar Conly	0:51:50		3
Chris McGarity	0:55:49		4
Nathan Sedgewick	DNF		

SCA Saskatoon Doublecross September 25, 2011

Sask Cup Cross #2

Category 5 Women	Time		
Cheryl Brooke	0:36:24		1
Andrea Grzesina	0:41:00		2
Camille Sperling	0:41:42		3
Natasha Weninger	0:42:29		4
Jackie Hunter	0:35:14	+ 1 lap	5
Marina Aspen	0:36:00	+ 1 lap	6
Kathryn Theede	0:37:12	+ 1 lap	7
Category 5 Men	Time		
Cam Just	0:40:04		1
John Horn	0:41:36		2
Andrew Cotton	0:36:07	+ 1 lap	3
Rod Hudym	0:40:30	+ 1 lap	4

Category 4 Women	Time		
Hannah Cooley	0:33:32		1
Liz Hoepfner	0:33:50		2
Sarah Robbins	0:34:35		3
Adrianna Dunbar	0:34:57		4
Lindsay Aspen	0:35:25		5
Category 4 Men	Time		
Tom Wolf	0:51:12		1
Brad Salter	0:52:03		2
Scott Theede	0:46:01	+ 1 lap	3
Chris Yeo	0:46:44	+ 1 lap	4
Peter Steckhan	0:47:36	+ 1 lap	5
Brad Turk	0:48:54	+ 1 lap	6
Todd Jones	0:48:52	+ 1 lap	7
Scott Bell	0:45:51	+ 1 lap	8

Dean Shaw	0:48:15	+ 1 lap	9
Kevin Sutton	DNF		
Mike Power	DNF		
Cornelius Kluge	DNF		

Category 3 Women	Time		
Susan Clarke	0:46:09	+ 1 lap	1

Category 3 Men	Time		
Neil Clarke	0:46:53		1
Mark Russell	0:47:13		2
Barett Dunbar	0:47:31		3
Albie Malan	0:48:18		4
Ryan Derksen	0:50:49		5
Jeff Hehn	0:51:40		6
Lincoln Lu	0:46:50	+ 2 lap	7
Greg McKee	DNF		

Category 1/2 Men	Time		
Kevin Williams	0:45:15		1
Stephen Cooley	0:47:56		2
Nathan Sedgewick	0:49:14		3

Caronport Cross Classic Saturday Oct 1, 2011

Sask Cup #3

Category 1/2 Men	Time		
Brad Kerr	46:55:00		1
Nathan Sedgewick	48:45:00		2

Category 3 Men	Time		
Neil Clark	47:29:00		1
Barrett Dunbar	48:18:00		2

Category 4 Men	Time		
Tom Wolf	51:55:00		1
Todd Jones	52:34:00		2
Brad Salter	52:57:00		3
Peter Steckhan	47:24:00	+ 1 lap	4
Stefan Kendal	47:40:00	+ 1 lap	5
Scott Theede	51:18:00	+ 1 lap	6
Joshua Kropf	54:32:00	+ 1 lap	7
Peter L'hreuxeu	54:45:00	+ 1 lap	8

Category 3 Women	Time		
Susan Clarke	47:01:00	+ 1 lap	1

Category 5 Women	Time		
Andrea Grzesina	25:28:00		1
Catherine Theede	26:31:00		2
Jackie Hunter	29:47:00		3
Category 5 Men	Time		
Ben Tombs	26:20:00		1
Andrew Cotton	27:58:00		2
Matty Kozun	29:14:00		3
Jacob Kropf	39:47:00		4

Besant Cross Sunday Oct 2, 2011

Sask Cup #4

Category 1/2 Men	Time		
Brad Kerr	47:22:00		1
Nathan Sedgewick	48:09:00		2

Category 3 Men	Time		
Neil Clark	48:30:00		1
Barrett Dunbar	48:43:00		2
Albie Malan	49:36:00		3
Pedro Eguelta	52:11:00		4
Kris Abrahamson	52:42:00		5

Category 4 Men	Time		
Brad Salter	53:10:00		1
Todd Jones	53:32:00		2
Josh Kropf	53:41:00		3

Chris Mieske	54:19:00		4
Scott Theede	54:42:00		5
Peter Steckhan	55:22:00		6
Rick Vircavs	56:47:00		7
Pete L'hreuxeu	50:23:00	+ 1 lap	8
Dane Stennes	53:50:00	+ 1 lap	9

Cornelius Kluge	DNF		
Stefan Kendal	DNF		

Category 3 Women	Time		
Susan Clarke	49:39:00	+ 1 lap	1

Category 5 Women	Time		
Andrea Grzesina	36:08:00		1
Catherine Theede	36:53:00		2
Jackie Hunter	43:03:00		3

Category 5 Men	Time		
Kiel Braun	36:44:00		1
Ben Tombs	38:41:00		2
Andrew Cotton	39:51:00		3
Matty Kozun	44:03:00		4
Jacob Kropf	39:16:00	+ 1 lap	5

BCW Double Cross 1 October 15th

Sask Cup 6

Category 1/2 Men	Time		
Stephen Cooley	0:44:26		1
Nathan Sedgewick	0:44:48		2

Category 3 Men	Time		
Neil Clarke	0:45:01		1
Albie Malan	0:45:05		2
Mark Russel	0:45:45		3
Barret Dunbar	0:46:22		4
Jeff Hehn	0:48:13		5

Category 3 Women	Time		
Susan Clarke	0:49:23		1

Category 4 Men	Time		
Oleg Kougiya	0:48:13		1
Brad Salter	0:48:36		2
Scott Theede	0:48:51		3
Tom Wolfe	0:48:51		4
Cornel Kluge	0:49:35		5
Peter Steckhan	0:51:14		6
Brad Turk	0:51:29		7
Brian Johnston	0:51:32		8
Mike Power	0:51:33		9
Chris Yeo	0:53:02		10
Stephan Kendal	0:44:31	+ 1 lap	11

Category 4 Women	Time		
Hannah Cooley	0:27:54		1
Adrienne Dunbar	0:27:57		2
Lindsay Aspen	0:28:23		3

Category 5 Men	Time		
Gordie Boyko	0:27:03		1
Al Mickelson	0:28:51		2
Kevin Dunbar	0:30:06		3
Rod Hudym	0:30:45		4
Cam Just	0:31:34		5
Andrew Cotton	0:32:53		6
Fritz Schumann	0:33:11		7
Jorn Schumann	0:34:49		8

Category 5 Women	Time		
Andrea Grzesina	0:31:37		1
Kathryn Theede	0:31:48		2
Jackie Hunter	0:35:01		3
Dana Muma	0:40:06		4



BCW Double Cross 2 October 16th Sask Cup 6

Category 1/2 Men	Time	
Brad Kerr	0:50:57	1
Stephen Cooley	0:50:58	2
Nathan Sedgewick	0:52:49	3
Category 3 Men	Time	
Neil Clarke	0:52:34	1
Albie Malan	0:52:47	2
Mark Russell	0:53:39	3
Barret Dunbar	0:54:48	4
Jeff Hehn	0:56:53	5
Category 3 Women	Time	
Susan Clarke	0:56:38	1
Category 4 Men	Time	
Brad Salter	0:55:42	1
Tom Wolf	0:57:07	2
Oleg Kougiya	0:57:14	3
Brad Turk	0:57:15	4
Cornel Kluge	0:57:57	5
Scott Theede	0:58:30	6
Peter Steckhan	0:58:41	+ 1 lap 7
Kevin Sutton	0:51:21	+ 1 lap 8
Chris Yeo	0:52:09	+ 1 lap 9
Stefan Kendel	0:52:16	+ 1 lap 10
Mike Power	0:53:00	+ 1 lap 11
Sam Nayet	0:53:54	+ 1 lap 12
Orville Aldrich	0:53:56	+ 1 lap 13
Category 4 Women	Time	
Hannah Cooley	0:35:44	1
Lindsay Aspen	0:36:12	2
Cat Category 5 Men	Time	
Kevin Dunbar	0:39:33	1
Rod Hudym	0:39:55	2

Al Mickelson	0:39:59	3
Cam Just	0:40:15	4
Andrew Cotton	0:43:16	5
Category 5 Women	Time	
Adrienne Dunbar	0:36:44	1
Kathryn Theede	0:40:43	2
Andrea Grzesina	0:43:59	3
Jackie Hunter	0:44:27	4
Dana Muma	0:40:30	+ 1 lap 5

The 2011 Swift Current CRANKIE HABITS CYCLOCROSS races October 22, Sask Cup 7

Category 1/2 Men	Time	
Nathan Sedgewick	0:49:09	1
Category 3 Men	Time	
Neil Clarke	0:49:25	1
Albie Malan	0:49:29	2
Barret Dunbar	0:53:38	3
Category 3 Women	Time	
Susan Clarke	0:53:51	1
Category 4 Men	Time	
Brad Salter	0:50:34	1
Tom Wolf	0:52:35	2
Peter Steckhan	0:53:02	3
Cornelius Kluge	0:53:18	4
Scott Theede	0:53:36	5
Pete L'Heureux	0:49:30	+ 1 lap 6
Cat Category 5 Men	Time	
Keil Braun	0:36:45	1
BenTombs	0:37:31	2
Andrew Cotton	0:41:45	3

Cam Just	0:44:15	4
Category 5 Women	Time	
Kathryn Theede	0:37:59	1
Cross Provincials, Swift Current		
October 23, Sask Cup 8		
Category 1/2 Men	Time	
Stephan Cooley	0:47:00	1
Nathan Sedgewick	0:47:23	2
Category 3 Men	Time	
Neil Clarke	0:47:14	1
Barret Dunbar	0:47:16	2
Albie Malan	0:47:54	3
Category 3 Women	Time	
Susan Clarke	0:52:05	1
Category 4 Men	Time	
Brad Salter	0:50:39	1
Tom Wolf	0:51:13	2
Scott Theede	0:51:26	3
Cornelius Kluge	0:51:57	4
Peter Steckhan	0:54:18	5
Pete L'Heureux	0:47:45	+ 1 lap 6
Curtis Biem	0:50:03	+ 1 lap 7
Cat Category 5 Men	Time	
Keil Braun	0:35:51	1
Cam Just	0:36:07	2
Andrew Cotton	0:37:28	3
Ben Tombs	0:40:30	4
Category 5 Women	Time	
Kathryn Theede	0:35:30	1
Natasha Weninger	0:38:36	2
Category 4 Women	Time	
Hannah Cooley	0:33:47	1

Sask Cup Cross Points 2011

Cat 1/2 Men		CX1	CX2	CX3	CX4	CX5	CX6	CX7	CX8	Total
gold	Nathan Sedgewick	0	6	8	8	8	6	10	8	48
2	Stephen Cooley	8	8			10	8		10	44
3	Brad Kerr			10	10		10			30
4	Kevin Williams	10	10							20
5	Cuylar Conly	6								6
6	Chris McGarity	4								4
Cat 3 Men		CX1	CX2	CX3	CX4	CX5	CX6	CX7	CX8	Total
gold	Neil Clarke		10	10	10	10	10	10	10	60
silver	Albie Malan	10	4		6	8	8	8	6	46
bronze	Barret Dunbar	8	6	8	8	4	4	6	8	44
4	Mark Russell	6	8			6	6			26
5	Jeff Hehn		4			3	3			10
6	Lincoln Lu	4	3							7
7	Pedro Elgueta				4					4
8	Kris Abrahamson				3					3
9	Greg McKee		0							0
Cat 3 Women		CX1	CX2	CX3	CX4	CX5	CX6	CX7	CX8	Total
gold	Susan Clarke	10	10	10	10	10	10	10	10	60
Cat 4 Men		CX1	CX2	CX3	CX4	CX5	CX6	CX7	CX8	Total
gold	Brad Salter	4	8	6	10	8	10	10	10	56
silver	Tom Wolf	0	10	10		4	8	8	8	48

bronze	Peter Steckhan	10	3	4	2	1	1	6	3	28
4	Scott Theede	3	6	2	3	6	2	3	6	27
5	Todd Jones		1	8	8					17
6	Oleg Kougiya					10	6			16
7	Brad Turk	8	2			1	4			15
8	Cornelius Kluge		0			3	3	4	4	14
9	Mike Power	6	0			1	1			8
10	Joshua Kropf			1	6					7
11	Chris Yeo		4			1	1			6
11	Pete L'Heureux			1	1			2	2	6
13	Stefen Kendal			3	0	1	1			5
14	Chris Mieske				4					4
15	Rick Vircavs				1					1
15	Dane Stennes				1					1
15	Scott Bell		1							1
15	Dean Shaw		1							1
15	Kevin Sutton		0				1			1
15	Brian Johnston					1				1
15	Sam Nayet						1			1
15	Orville Aldrich						1			1
	Curt Biem									0
	Tyler Korpan	0								0
Cat 4/5 Women		CX1	CX2	CX3	CX4	CX5	CX6	CX7	CX8	Total
gold	Kathryn Theede		1	8	8	3	4	10	8	42
2	Hannah Cooley	10	10			10	10		10	50
3	Andrea Grzesina	1	2	10	10	4	3			30
4	Lindsay Aspen	8	4			6	8			26
5	Adrianna Dunbar	4	6			8	6			24
6	Jackie Hunter	1	1	6	6	2	2			18
7	Liz Hoepfner	6	8							14
8	Natasha Weninger	2	1						6	9
9	Marina Aspen	3	1							4
10	Cheryl Brooke		3							3
11	Dana Muma					1	1			2
Cat 5 Men		CX1	CX2	CX3	CX4	CX5	CX6	CX7	CX8	Total
gold	Andrew Cotton		6	8	6	6	6	6	6	38
2	Cam Just		10			8	8	4	8	38
3	Rod Hudym		4			10	10			24
4	Ben Tombs			10	8			8	4	30
4	Kiel Braun				10			10	10	30
6	Jacob Kropf			6	4					10
7	John Horn		8							8
8	Jorn Schumann					4				4

A Series Winner in an eligible category in the Sask Cup Cyclo-Cross 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 six (6) highest scoring Sask Cup Cyclo-Cross Races. Subject to Sub rule 26(2), in order to be declared the Series Winner in any category, a rider must start the Provincial Race in that category.



High Performance Program 2012

If you are interested in joining the High Performance program for 2012, you will find all forms on the SCA website:

<http://www.saskcycling.ca/High%20Performance/indexhp.html>

Necessary forms for participation in HP program include:

- SCA membership form
- HP membership for 2012. Note the deadline of Jan.31st, 2012. Late applicants will not be considered for the athlete assistance program.
- Medical form
- Code of conduct
- Athlete agreement, including fundraising
- Athlete Characteristics and Expectations

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

Community Initiation Coaching Course

When: February (Date TBD) 9am to 4:30pm

Where: Moose Jaw

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: February (Date TBD) 10am to 3:00pm

Where: Moose Jaw

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

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

Back again for year two: **Wascana Icecycle** on February 12, 2012

Registration closes 12 noon February 12; \$20 entry fee

Location is Wascana Lake, east of centre of the arts

Snacks provided; Beer tent; Prizes by Dutch Cycle and Western Cycle

questions ssmbc@hotmail.com



Saskatchewan Cycling Association

2012 Annual General Meeting

Regina, April 22

All Meetings will be held at the meeting room at 2205 Victoria Ave

Sunday, April 22

- 9:30-11:30 am SCA Annual General Meeting; noon lunch
- Positions up for election:
 - **Board of Directors'**: Vice President Technical, Vice President Finance and Admin; Vice President High Performance
 - **Recreation and Transportation Committee**: Director of Recreation Mtb, Education Coordinator, Recreation & Transportation club representatives (Randonneuring sector)
 - **Development Committee**: Development Committee Member at Large (coaching)
 - **Technical Committee**: Chief Mountain Bike Commissaire, Active Licensed Rider
 - **High Performance Committee**: Director of Road Programs, Director of Women's Programs (1 yr term)

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Sask Cycling Association (SCA), 2012 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 April 22/12.

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

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SCA, 2012 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 April 1st, 2012

Revised Nov 2011

SCA BOARD OF DIRECTORS

PRESIDENT

Barret Kropf
barret@sasktel.net

V.P. FINANCE/ADMIN

Karen Cranston

V.P. HIGH PERFORMANCE

Mike Horn
mike.horn@sasktel.net

V. P. TECHNICAL

Peter Steckhan
peter.steckhan@gmail.com

V.P. REC & TRANSPORTATION

Bob Cochran
bobcochran@accesscomm.ca

V.P. DEVELOPMENT

Ron Cooley
ron.cooley@usask.ca

SCA COMMITTEE MEMBERS

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

Technical Committee:

- **CHIEF RD RACING COMMISSAIRE**
Janice Matus
- **CHIEF MTB RACING COMMISSAIRE**
Shelley Horn
- **COMMITTEE MEMBER**
Kathryn Theede
- **COMMITTEE MEMBER**
Paul Levett

Development Committee:

- **COMMITTEE MEMBER**
Jon Horn

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

High Performance Committee:

- **DIRECTOR MTB PROGRAMS**
Brad Kerr
- **DIRECTOR ROAD PROGRAMS**
Frank Matus
- **DIRECTOR WOMEN'S PROGRAMS**
VACANT

CLUB PRESIDENTS

BCW

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

EAST QU'APPELLE CARTEL

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

GLOBAL BMX RACEWAY

Dennis Rennie
Saskatoon bridgcitybmx@yahoo.ca

HORIZON 100

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

MOOSE JAW BIKE CLUB

Jim Large, President
<http://sites.google.com/site/mjpavers/>

NORTHERN BUSH RASTAS

Brennan Klatt, President
Saskatoon www.saskcycling.ca/~nbr

NORTH WEST MTB CLUB

Steve Vercoe, President

North Battleford.

OFFROAD SYNDICATE

Vacant, President
Regina www.offroadsynidate.com

PRAIRIE RANDONNEURS

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

REGINA CYCLE CLUB

Vacant, President
www.reginacycleclub.com

THE ROCK PILE

Sean Sacher, President
Saskatoon

ROCK'N'ROAD CYCLING CLUB

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

SUNRISE CYCLING CLUB

Merlin Toth, President
Yorkton sunrisecycle@live.ca

SWIFT CURRENT CYCLING CLUB

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

SASKATOON CYCLEDELIA

Peter Steckhan
www.cycledelia.ca

SASKATOON CYCLING CLUB

Cathy Gadzella, President
www.saskatooncyclingclub.ca/

SOUTH SASK MTB CLUB

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

WASCANA FREEWHEELERS

Jim McGrane, President
Regina www.wascanafreewheelers.ca

iSUPPORTLOCALBIKESHOPS.com Cycling Project

Dane Stennes, President
<http://isupportlocalbikeshops.com>

Cycling Mileage Achievement Program (CMAP)

	2010	2011	Lifetime Total in km's	award
Velda Back	56,271	1,596	57,867	
Tammy Booth Peterson	3,372	140	3,512	
Sharon Baldwin	3,963			
David Bitschy	50,668	4,589	55,257	
Chris Christie	95,281	10,208	105,489	100,000 plaque
Bob Cochran	16,745			
Dale Cochrane	3,994			
Don Cook	1,910			
Roy Cushway	78,325	2,500	80,825	
Denise Eberle	12,567	1,200	13,767	
Chris Etue	25,211	4,341	29,552	
Brian Fergusson	5,058			
Joe Gomes	81,775	12146	93,921	
Vernon Hoeppner	23,998			
Nancy Howse	2000			
Rob Howse	11185	11947	23,132	silver medal
Cameron Just	13,570	3455	17,025	
Ron Keall	18,185			
Bruce Kemp	20,327			
Bill Kinash	84,837	3849	88,686	
Ed Kinash	101,025			
Brennan Klatt		3598	3598	
Cornelius Kluge	56,629	4,086	60,715	
Donna Kovatch	1,232			
Holly Lightfoot	1,059			
Howard Lowe	58,585			
Brennon Martin	2,089			
Frank Matus	109,050	10,208	119,258	
Grant McLeod	149,445	7,202	156,647	
Harry Meredith	17,635			
Wayne Mews	19,235	7,586	26,821	gold medal
John Oneschuk		9,047	9,047	all badges
Marj Oneschuk		10,324	10,324	all badges
Muriel Orr	10,575			
Gregory Peterson	12083	1626	13,709	
Oskar Peterson	136	136	272	
Marion Perry	8,073			
Mike Powell	14,128	3935	18,063	silver medal
Maryann Keith-Roeger	39,610	3246	42,856	
Hans Roeger	155,806	8,980	164,786	
Don Sanders		673	673	
Cale Smith	2,760			
Glen Smith	25,772			
Robert Stedwill	16,593			
Jay Van Ginneken	17,224			
Ray Wight	61,864			
Robert Yee	76,580	4,917	81,497	

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 or 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.

cmap

Touring the Golden Ocean by Bicycle: GASP 2011

Why? That is the most common question. Why would you go travelling on your bike? For a week? In Saskatchewan?

For anyone who likes to ride a bike, touring by bicycle has probably crossed their mind at some point – simply for the physical and mental challenge. For many people it is joyful to travel and experience the world at a cyclist's pace. I've driven on a lot of Saskatchewan's highways in my lifetime but they are a whole new world from the seat of a bicycle. The smell of wild flowers. The sound of rustling grass. The sun's warmth on your skin. Driving is about getting there. Cycling is about the journey.

This year's journey through the "Golden Ocean" of blooming canola fields in the east-central region of the province travelled over 600 kilometres of highway. Humboldt proved to be a great choice of host for the start and end of the tour.

The tour began with a hearty, healthy and delicious breakfast organized by Local Bounty and the north-east producers group. Chef Jenni Willems from New Ground Cafe in Birch Hills catered the breakfast right in the campground.



We were also hosted in the town of Wadena where a refreshing swim was available at their new swimming pool. The Provincial Park at Greenwater Lake provided a great setting for our accommodation after a long and hot second day. The lake was particularly refreshing. Day 3 took the tour through the village of Bjorkdale, Zenon Park, and Arborfield on our way to Pasquia

Regional Park. Another hot day and another refreshing swim.

Three days of heat were taking their toll so as we awoke on Day 4 to overcast skies and cooler temperatures, they were welcome. But then came the rain on our way to Nipawin and by the time we arrived in Choiceland it was a storm. That evening the Mayor of Choiceland has offered to host our riders to a BBQ. True to his word and with the most generous of Saskatchewan spirits, he invited us to his home for a meal with his family.



The storm did not let up all night and even in the morning it looked like it might be a long, wet day of cycling. But as it often the case, the wind settled and the rain lightened up enough to and it turned out to be a marvellous day of cycling through the forest and across the Saskatchewan River to the City of Melfort. The morning of Day 6 brought us winds from the north-east – perfect for our south-westerly ride to Wakaw. The daily travel sheet and map looked like it was going to be a pretty long day of cycling but with a strong wind at our backs we arrived in Wakaw in good time. The riding was almost effortless – like we were pedalling without

a chain. That evening we celebrated the tour with another meal organized by Local Bounty and catered by Chef Mo Mathieu of White Birch Catering. This time it was fine dining under camp kitchen pavilion. Good food, good friends and a great adventure – now all we have to do is get ourselves back to Humboldt!

Day 7 was by far the most challenging for many of the riders. Tired from a week of cycling and with a head wind for the most of the day it was a relief to the riders to reach Humboldt for a warm shower and change of



clothes. It is a day like that though that you really appreciate the support of the tour leaders, your fellow riders and the support vans. If you were out there alone it would be so easy to despair but with support you can accomplish more. On the drive home it is hard not reflect on one amazing week and to start dreaming of the next tour.

Kudos to Tour Leader Bob Cochran for his leadership, attention to detail, and communication. The unsung hero of the tour, Denise Eberle, Executive Director of the Saskatchewan Cycling Association, puts in a lot of hours on the tour logistics and community arrangements that are so important in making the tour possible. Our heartfelt thanks go out to both of you.

Don Cook

Prairie Randonneurs

17th Paris-Brest-Paris Randonneur 2011 Results

August 21th to 25th, 2007 was the 7th time members of the Prairie Randonneurs have participated in the 1230 km Paris-Brest-Paris. Seven randonneurs qualified for PBP 2011 by successfully completing the qualifying series of brevets (one 200km, one 300km, one 400km, and one 600km). Congratulations to those who qualified and attempted this latest PBP. The conditions were again unfavourable with cool and wet weather. Almost 1000 participants failed to complete the ride in the required time including the Prairie Randonneurs.

Registered: 5225 Participated: 5002 Completed: 4068

Robert Couperthwaite	Out of time	1 st PBP
Gisele Gignac	Abandon	1 st PBP
Marj Oneshuk	Abandon	2 nd PBP
John Oneschuk	Abandon	2 nd PBP
Grant McCleod	Abandon	6 th PBP
Grant Thies	Abandon	5 th PBP
Muriel Garven	Abandon	1 st PBP

Please check out the following Websites for information on our club and **Paris-Brest Paris**.

www.saskcycling.ca/~pri/ www.paris-brest-paris.org

2012 Prairie Randonneurs Brevet Schedule					
Brevet			Month	Location	Max Time
200 km	Saturday	5	Nov 2011	Saskatoon	13.5 hrs
200 km	Saturday	14	Apr 2012	Regina	13.5 hrs
200 km	Sunday	15	April	Saskatoon	13.5 hrs
200 km	Saturday	21	April	Regina	13.5 hrs
200 km	Sunday	22	April	Saskatoon	13.5 hrs
300 km	Saturday	28	April	Saskatoon	20 hrs
300 km	Saturday	28	April	Regina	20 hrs
300 km	Saturday	5	May	Saskatoon	20 hrs
300 km	Saturday	5	May	Regina	20 hrs
300 km	Saturday	12	May	Saskatoon	20 hrs
400 km	Saturday	12	May	Regina	27 hrs
400 km	Friday	25	May	Saskatoon	27 hrs
400 km	Saturday	26	May	Regina	27 hrs
600 km	Saturday	2	June	Saskatoon	40 hrs
600 km	Saturday	2	June	Regina	40 hrs
600 km	Saturday	9	June	Regina	40 hrs
1000 km	Friday	15	June	Regina	75 hrs
1000 km	Friday	22	June	Saskatoon	75 hrs

200 km	Saturday	23	June	Regina	13.5 hrs
200 km	Saturday	7	July	Regina	13.5 hrs
200 km	Sunday	15	July	Saskatoon Horizon	13.5 hrs
1200 km	Sunday	22	July	Rocky Mountain 1200	90 hrs
400 km	Friday	10	August	Saskatoon	27 hrs
200 km	Saturday	11	August	Regina	13.5 hrs
400 km	Saturday	18	August	Saskatoon	open
600 km	Saturday	25	August	Saskatoon	40 hrs
200 km	Sunday	16	Sept	Saskatoon	13.5 hrs
200 km	Saturday	22	Sept	Regina	13.5 hrs

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

2011 Results

We had 20 members compete in 21 brevets (rides) varying in distance from 200km to 1000km. This resulted in 81 rides covering 27,100 km of officially completed brevets. In 2011, we had 3 new cyclists **Rob Howse, Ron Mantyka, Alex Yatsina** complete their first 200km brevet.

7 achieved Super Randonneur by completing a Super Series (200km, 300km, 400km, 600km) in 2011 and all 7 participated unsuccessfully in Paris Brest Paris 2011 in August. Couperthwaite, Robert; Garven, Muriel; Gignac, Gisele; McLeod, Grant; Oneschuk, Johnny; Oneschuk, Marjory; Thies, Grant

Name	2011 Total	Name	2011 Total
Covello, Patrick	200km	Wight, Ray	900km
Howse, Rob	200km	Mantyka, Ron	1300km
Mazurik, Bernie	200km	Mews, Wayne	1300km
Powell, Michael	200km	Garven, Muriel	1500km
Ashburner, Sue	400km	Gignac, Gisele	1900km
Hamilton, Kendrick	400km	Oneschuk, Marjory	2300km
Yatsina, Alex	400km	Thies, Grant	2500km
McCamom, Larry	700km	Oneschuk, Johnny	2800km
Meredith, Lynne	700km	McLeod, Grant	4000km
Wilson, Anthony	800km	Couperthwaite, Robert	4400km
Total	27100km		

2011 *PBP year	2010	2009	2008	2007 *PBP year	2006
21 Brevets	19 Brevets	12 Brevets	9 Brevets	20 Brevets	16 Brevets
20 Members	34 Members	26 Members	28 Members	20 Members	29 Members
81 Rides	86 Rides	60 Rides	42 Rides	73 Rides	69 Rides
27,100 km	28,000 km	15,500 km	10,100 km	26,600 km	22,032 km

Have a great ride and we will see you on the road in the spring 2012.

Grant Thies, President, Prairie Randonneurs

17 Athlete updates: Arnold Boldt



←2011 UCI Para-cycling World Championships, Copenhagen, Denmark.
11th Place, Time Trial.

In 2011 Arnold began the season by winning 3 UCI sanctioned international events at the Challenge Longhi and Defi Sportif.

Unfortunately, however, his season was marred by two crashes: the first at a UCI World Cup event in Sydney, Australia, where he broke his arm; and the second at the UCI World Championships in Copenhagen, Denmark, where he dislocated his shoulder.

Arnold's central goal for the future is clearly focused on the 2012 Paralympics being held in London, England. As preparation towards this goal, he plans to compete in several UCI Para-cycling world cups next May and June, a number of small stage races in Saskatchewan and Alberta (competing with able-bodied riders) and the Canadian National Road and Track Championships.

In addition to training year-round, Arnold is the

Associate Vice-President, Academic & Research, for the Saskatchewan Institute of Applied Science and Technology (SIAST), based out of Saskatoon, but with campuses in Prince Albert, Regina, Moose Jaw and Saskatoon.

1st Challenge Longhi UCI P1 Para-cycling road race. Montreal, Quebec

1st Defi Sportif UCI P1 Para-cycling time trial and 1st in the road race. Montreal, Quebec.

UCI Para-cycling World Cup, Sydney, Australia. Crashed. Not able to race.

1st Canadian National Para-cycling Track Championships 3km pursuit; 2nd in the 1000m sprint. Bromont, Quebec.

2nd overall in Saskatchewan, Master D men (able-bodied) in both the road race and time trial.

11th UCI Para-cycling World Championships time trial event. Crashed in the road race: DNF. Copenhagen, Denmark.

A opportunity to support TRAIL MAINTANCE AND BUILDING Through a raffle – a Win/Win opportunity!

The SCA will be hosting a raffle to support Trail Building and Maintenance. You will be able to purchase the raffle tickets DIRECTLY on your membership form or from the SCA office. 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.

*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

GASP tours the “Endless Sky” in 2011

Where are we going in 2012?

In 2012 the tour will travel the country side of Saskatchewan's South West.

2012 Itinerary, July 22-28

- Day 0 (Saturday) arrive in Swift Current – camping included;
- Day 1: (Sunday) Swift Current to Hodgeville – 90 km; The route to Hodgeville takes us through some great landscape and features views of electricity producing wind turbines on the horizon. Let's hope the wind is at our backs!
- Day 2: (Monday) Hodgeville to Ponteix – 90 km; This day the tour winds through the towns of Kincaid and Aneroid before arriving in Ponteix, home of Mo' – a 70 million year old Plesiosaur.
- Day 3: (Tuesday) Ponteix to Val Marie – 80 km; Day 3 is a transition from the cereal crops to ranches to the Grasslands National Park and our first view of the Frenchman River valley.
- Day 4: (Wednesday) Val Marie to Climax – 60 km; Passing through several small town on the way to Climax will give tour participants a chance to experience live in the south west.
- Day 5: (Thursday) Climax to Eastend - 90 km; A spectacular crossing of the Frenchman River valley, a stop in Shaunavon, and ending the day in Eastend, home of Scotty the T-Rex.
- Day 6: (Friday) Eastend to Gull Lake - 90 km; Back to Shaunavon as a start then crossing Swift Current Creek on our way to Gull Lake.
- Day 7: (Saturday) Gull Lake to Swift Current – 90 km; Avoiding the Trans-Canada Highway, the tour takes some quieter roads on the return to Swift Current.
- Total: 590 km

Routes selected for south in 2013 & 2014

The GASP Tour organizing committee also received exciting proposals for tours in the South East starting in Weyburn and in the East Central starting in Yorkton. These tours are being considered for 2013 and 2014.

'Carbohydrate Loading' – is it for you?

From the CAC website: <http://coach.ca/>

What is carbohydrate loading?

Carbohydrate loading is a sports nutrition strategy that involves eating a higher than usual carbohydrate intake for 1-4 days prior to an event while tapering training. It may enhance performance by maximizing muscle carbohydrate (glycogen) stores prior to competition.

Who is it for?

Those athletes involved in marathon running, distance cycling, triathlons, cross country skiing, long-distance swimming and other endurance activities (i.e. competing for 90 minutes or longer (non-stop) at a moderate to high intensity), are most likely to benefit.

What are the pros and cons?

Pros:

- Can enhance the amount of stored carbohydrates (glycogen) in your muscle (i.e. put more fuel in your tank);
- Can allow you to exercise for a longer period without fatigue.

Cons:

- May result in some weight gain which can be uncomfortable come race/competition day;
- Can cause digestive upset if too much fibre is consumed.

How to do it:

Step 1

Calculate your carbohydrate needs by multiplying your body weight in kg (kg = lbs ÷ 2.2) by 7-12. This will give you a range of carbohydrate intake (in grams) that you should strive for when carbohydrate loading. For example, when a 64kg athlete is in a carbohydrate loading day, they would eat between 448g-768g of carbohydrates that day.

Step 2

Strive to consume the targeted quantity of carbs for the 1-4 days leading up to the race/competition by using high carbohydrate foods (see examples on common high carbohydrates foods).

Step 3

Lower-fibre and quick digesting carbs like fruit

juices and breads may be easier to consume than heavier whole-grains at this time.

Step 4

Avoid foods high in fat such as fried foods, and limit high protein food such as meat, because they will fill you up and make it difficult to consume enough carbohydrates.

Common carbohydrate loading mistakes:

- Not consuming enough carbohydrates. Work with a Registered Dietitian with sport nutrition experience and/or use an online calculator to keep track of your carbohydrate intake.
- Consuming too much fibre. This can lead to bloating, gas or diarrhea on race/competition day. Contrary to healthy eating guidelines, this is one time where cutting back on fibre will make it easier to get the carbohydrates in without feeling too full. Try juices, sport drinks, white breads and pasta, jams, honey and canned fruits.
- Eating too many high fat foods. Look for low-to-moderate fat foods to ensure you have an appetite for the carbohydrates your muscles need.

Common high carbohydrate foods:

(check labels for more accurate information)

1 large bagel = 60g¹

1 small banana = 15g¹

1 cup/250mL cooked pasta = 30g¹

1 cup/250mL fruit juice = 30g¹

¾ cup/175mL cooked oatmeal = 15g

1 cup/250mL flaky unsweetened cereal = 30g¹

1 cup/250mL cooked rice = 45g¹

1 medium potato = 30g¹

1 cup/250mL milk = 15g¹

1 cup/250mL cooked corn = 30g¹

1 cup/250mL fruit yogurt = 30-40g

2 cups/500mL sport drink = 30g

Reference:

1. Canadian Diabetes Association
2. AIS Sports Nutrition

Horizon 100 Cycling club

The Horizon 100 Cycling club had another good year. Membership is still on the increase. Number of riders attending club events is still on the rise.

We had 20 new members attend the Road Ready Boot Camp. The Women's Monday Night group was very well attended with some members coming back to participate in this group only. While others moved on to regular Wednesday and Saturday rides. The TNT (Thursday night training) event was successful once again. The club special events, summer BBQ, 200 k brevet (Biggar and Back), Kananaskis Tour, and the Harvest Century ride were all well attended.

The club celebrated its 20th year anniversary. Members had an option to purchase a commemorative jersey honouring the event. Some changes were made to how we collect the mileage for each member. We are still experimenting a bit with it.

We are working on improving our website. You should see a new website up and ready for the start of the 2012 season.

We ran a junior program for the first time. We had 7 participants.

They all had a good time. Some of the parents enjoyed it too. We look forward to making this program even better for next year.

We are beginning to form a liaison with the City of Saskatoon and Saskatoon Cycles to foster safe cycling in the city.

So overall it was a good year of cycling. See you next year.

Ray

Sask Cycling 2012 Calendar

February

TBD Community Initiation coaching course in MJ

April

22 AGM – Regina

May

5-6 MJ Ominum race, Sask Cup Road Race #1
13 Sask Cup Mtb 1 - North Battleford
19-21 Bikes on Broadway, Sask Cup Road Race #2
27 Sask Cup Mtb 2 – Esterhazy

June

2- 3 iSUPPORTLOCALBIKESHOPS.com
Cycling Project Ominum, Sask Cup
Road Race #3 (Included Prov RR)
10 Pine Needle Bike Festival
16-17 Mtb Nationals, Saint Felicien Queb
21-24 Can Championships Lac-Megantic, QC
U23/elite
23 Mountain Bike Commissaire course,
Saskatoon
24 Sask Cup Mtb 3 - Saskatoon area

July

29-01 Can Championships Lac-Megantic, QC
Jr/Mstr/Para
15 Sask Cup Mtb 4 - Swift Current
22 Tentative date – 15K ITT

August

19 Mtb provincials Buffalo Pound Sask
Cup Mtb5
26 Provincial 40K ITT/World Master 40K - location
– TBD

2012 LICENSE and MEMBERSHIP APPLICATION FORM

For January 1 to December 31, 2012

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"/> \$11 for a subscription for Pedal Magazine	+\$11	
<input type="checkbox"/> raffle ticket to support Trail Maintenance - 1 st place: \$500, 2 nd place: \$300, and 3 rd Place: \$200; *winner to chose a gift certificate from the following shops: Bike Doctor, 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 races:		
<input type="checkbox"/> In-province racing license per member fee	+\$20	
OR		
Continue if purchasing a UCI racing license for out of province or international races		
<input type="checkbox"/> Master (30+) racing license (born 1982-earlier) per member fee	+\$45	
<input type="checkbox"/> Junior/Senior (17-29) racing license (born 1995-1981) per member fee	+\$55	
<input type="checkbox"/> Under 17 years of age racing license (born 1996-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"/> Rock'N'Road Cycling Club (Prince Albert)	\$ 7.00	\$25.00
<input type="checkbox"/> East Qu'Appelle Cartel (Esterhazy)	\$15.00	\$15.00	<input type="checkbox"/> Swift Current Cycling Club	\$ 5.00	\$ 8.00
<input type="checkbox"/> Globe BMX Race Way (Saskatoon)	\$100.00	+\$75/person	<input type="checkbox"/> The Saskatoon Cycling Club	\$10.00	
<input type="checkbox"/> Horizon 100 Cycling Club (Saskatoon)	\$10.00	+\$5.00/person	<input type="checkbox"/> The Rock Pile (Saskatoon)	\$ 5.00	
<input type="checkbox"/> Moose Jaw Pavers	\$ 5.00	\$ 5.00	<input type="checkbox"/> Saskatoon Cycledelia	\$10.00	
<input type="checkbox"/> North West Mountain Bike Club (B'ford)	\$ 5.00	\$10.00	<input type="checkbox"/> South Sask Mountain Bike Club (Regina)	\$15.00	\$15.00
<input type="checkbox"/> Northern Bush Rastas (Saskatoon)	\$10.00	\$15.00	<input type="checkbox"/> Sunrise Cycling Club (Yorkton)	\$10.00	\$15.00
<input type="checkbox"/> OffRoad Syndicate (Regina)	\$10.00	\$15.00	<input type="checkbox"/> Wascana Freewheelers (Regina)	\$ 6.00	\$ 6.00
<input type="checkbox"/> Prairie Randonneurs	\$10.00		<input type="checkbox"/> iSUPPORTLOCALBIKESHOPS.com cycling Project	\$10/person	
<input type="checkbox"/> Regina Cycle Club	\$15.00				

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: _____

The SCA will be issuing plastic UCI license in 2012 and will require photos.

The new plastic UCI license card will have the photo of the holder printed on the card. This means that you will need to provide a jpg photograph with registration. If you register on-line the on-line registration form will prompt you. If you mail your form in, you must follow with an e-mailed photo.

The photo should be head and shoulders only with no hat or sunglasses and a light single coloured background.

File Type: .jpg

File Size: less than 600 kilobytes

Background: Light single coloured / white preferred

Photo Style: May be black & white or colour

Prohibited: No dark glasses or hats (Except for religious or medical reasons)

Photo Labelling: Please label the photo in the following order: Last Name, First Name, Current Year le. Smith, Mary 2012

Newsletter Submission dates

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

Issue	Submission Date	Mailing Date
12-01	April 5	April 11
12-02	August 10	August 15
12-03	December 10	December 15



HAPPY HOLIDAYS!