

Hamilton Cycling Club

The Newsletter of
the Hamilton
Cycling Club,
Promoting Cycling
and an Active
Lifestyle Since 1889.

December/January
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2006 Hamilton Cycling Club Awards Banquet

by: Editor

The 2006 Hamilton Cycling Club awards banquet was very reminiscent of the season, great participation and a great time to be had. It celebrated the great results and performances from various club members, and gave one of the clubs best, Susan Palmer-Komar, a chance to speak and share with the members.



A good crowd came out for the annual Awards Banquet

The evening at the Slainte Irish Pub began with a great meal. Club president Chris Kiriakopoulos then gave the president's address (see *President's Address*). Chris thanked the club members for the great year and for helping with all the races the club put on over the past season.

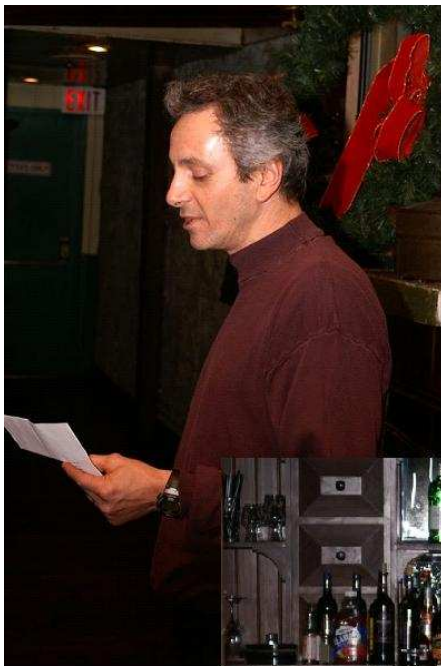
Chris turned the evening over to member coach Mirek Mazur, who, sans notes, introduced the feature speaker Sue Palmer-Komar by listing some highlights from her career and congratulating Sue on her accomplishments over the years. It should be noted that while her retirement was announced in the last newsletter, Sue will be continuing to work with her team and may also compete in a few select races.

Sue took the opportunity to address the club and speak about how many life lessons can be learned from the bike. She talked about how various aspects of personal hygiene, teamwork, and friendships are all experienced and taught while traveling and racing around the world with teammates. Sue also took the opportunity to share some photos from various points in her career, from her first bike to her Tour de France leader's jersey. The complete slide-show is available on the club website.

After Sue Palmer-Komar's presentation it was time to hand out the table full of

hardware to the 2006 season trophy and medal winners. To view the complete list of award winners check out the last newsletter or the club website. See below for some pictures of the big awards such as most improved rider(Matt Gallo), and senior time trial champion(Mark Harvey).

The executive would like to thank all the club members for coming out and having a great time kicking-off the holiday festivities and the end of the season. To all club members, we hope you had a wonderful holiday season and Happy New Years!!





Various pictures from the 2006 Hamilton Cycling Club awards banquet, Ken Wilson presented the awards.

President's Address

by: Chris Kiriakopoulos

Welcome! It's nice to get together and celebrate HCC activities. It's especially nice to celebrate with those who rode their bikes in club races and are tonight being recognized for their achievements.

I would like to take this opportunity to thank my executive; Wayne, Martin, Rob, Heather and Ken for their hard work and commitment this past year. With the help of all the other volunteers who came out, great things were accomplished! The Good Friday Road Races were brought back to Hamilton, and the Cramero/Nella Hamilton Classic was as pro as any Ontario race last year. We have been encouraged to organize Good Friday in 2007 as the opening Road Ontario Cup. That is growth triggered by this year's executive. Your executive sponsored HCC's Ontario Summer Games Team, which included four Youth Mountain Bike Camps. Our club now boasts three certified Sprockids leaders with three more waiting to get trained. Our first "First

Gear" session in Ancaster was a success and we look forward to planning HCC youth programs for 2007. At Valley Park, our Cyclocross races were again a huge success. Many club hands came together as usual, lead by our fine executive. Of all the great accomplishments this year, perhaps the most significant is the regular execution of our club time trials and road races. A special thank you goes to Martin Reid who has done a great job with our club calendar, including tabulating the results and preparing the awards for tonight.

Thanks again everyone for coming out. Please consider coming to our Annual General Meeting next week as well. Hear the details of club business in 2006, and help vote in our new executive. Welcome to Vince De Jong who has already signed on as our Newsletter Editor. Heather is stepping down as secretary after this year. Heather has done a great job and we appreciate all the fine work she has done for the club. We are looking for some interested member to step up. Hope to see you there.

Volunteers Needed For Good Friday

On Friday, April 6, 2007, the Hamilton Cycling Club is hosting the Good Friday Road Race/O'cup #1 in conjunction with the OCA. The race will be held in Flamborough on an 18km course.

For this to happen we need your help!!! We need volunteers to help set up and take down signs around the course, marshal corners, drive race support and commissaire vehicles, help with registration, and many more opportunities to help. In fact there isn't something that you can't do! If you have any question PLEASE call a member of the executive to find out how you can help make this race a success.



Back row left to right: Wayne Atanas, Vince De Jong, Ken Wilson; Front row: Martin Reid, Rob Zych , Heather Simpson, & Chris Kiriakopoulos

Above and below is your 2007 Hamilton Cycling Club Executive. Heather Simpson returned to her position as secretary by popular demand. All other positions were filled by the incumbent party. Feel free to contact your executive at any time with questions or concerns.

2007 Executive

President Chris Kiriakopoulos Hamilton clkiriakopoulos@cogeco.ca 905-544-7592
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Annual General Meeting Report

by: Editor

The annual general meeting of the Hamilton Cycling Club was held on December 9, 2006 at the Royal Coachmen in downtown Waterdown. Approximately 15 members attended to hear the club executive member's reports and to help provide feedback on the club's plans for the 2007 season.



After lunch, club president Chris Kiriakopoulos spoke about his work with the club, and specifically some details about the club's involvement with the Canadian Cycling Association's Sprockids initiative. The club has three certified instructors for the program. This year the club could take over more responsibility for the program in the Hamilton area. Chris also spoke about the positive experience that several young riders had at the Ontario Summer

Games while riding for the team sent by the club.

Vice-President Wayne Atanas took over from Chris and spent several minutes speaking about some ideas and plans that could be soon implemented. The Hamilton Cycling Club has, for the most part, always been marketed and presented as a racing club. Wayne's concern is that this could be turning off potential club members who, while very

much enthusiastic cyclists, may not be interested in racing. His concern stems from several conversations he has had with various cyclists over the past year. Look for more details to follow on the club's website and in the newsletter regarding plans for more recreational rider based rides. In the meantime, if you are a rider that would be

interested or know someone, please contact Wayne Atanas to express your interest.

Retiring (or so she thought) secretary Heather Simpson briefly commented on her position which involves a lot of groundwork and looking after various administrative details, such as executive meeting minutes, and helping to keep the meetings on track. Heather also does a fantastic job organizing volunteers and volunteering herself when she would rather be racing.

Ken Wilson the club treasurer presented the club's finances for the year. The club is currently in a relatively healthy financial state. Ken commented that the primary reason for the club losing money on races was policing costs, which for the most part are non-negotiable. A financial bright spot was the Valley Park cyclocross event which raised substantial revenue and effectively cancelled out any losses in other races. Lastly, Ken will be ordering clothing shortly to increase the stock. If you need some clothing, contact Ken so he can get a better idea of how much to order, especially if you need an extra small or some other uncommon size!

Membership secretary Rob Zych added a few thoughts to Wayne's about increasing membership. He would also like to remind members that memberships are due and forms are included with this newsletter. Don't forget to fill out all your waiver forms!!

Racing secretary/publicity director Martin Reid spoke about his activities involving the club. In his position as

racing secretary he plays a key role by setting the club racing schedule and also runs many of the races. Martin is looking for volunteers to help with timing for club time trials and several other races. For the coming season the White Swan Road time trial will continue as will the other road races and time trials. The Flamborough criterium will not be held this year due to a lack of participation. As the publicity director Martin keeps the website up-to-date and also frequently sends results to the local press in Hamilton.

Last and least (in age) your newsletter editor had the floor. The current plan is for a newsletter every other month in the off season and then once a month during the season for a total of nine issues a year.

The final key item of business was the election of the executive. All positions were filled by the incumbents, including secretary Heather Simpson who agreed to come back by popular demand. The next executive meeting is set for January 20, 2007 at Wayne Atanas's house.

Good Friday Past and Present

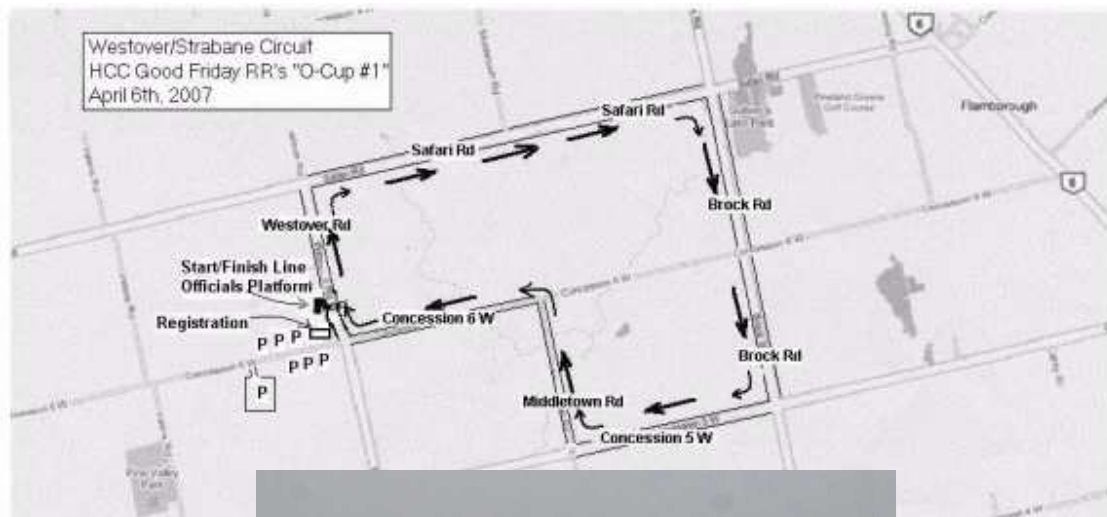
by: Editor

April 14, 2006, the Hamilton area awoke to chilly temperatures, fog, rain, and the first race of the 2006 season. The classic Good Friday Road Race, back after a year long snow-induced hiatus, put 244 riders through their paces and showcased some riders who would become some of the best riders in Ontario over the course of the season.

The winner of the Junior/Cadet/Master BCD, Charlie Bryers would go on to win several O'cups and represent Canada at the Junior World Championships. Senior 1/2 champion Ryan Roth would continue his winning ways to take almost every O'cup and the overall O'cup championship.

In 2007 the Hamilton Cycling Club has been granted the distinction of hosting the first O'cup race of the year. The 2007 Good Friday Road Race will now be upgraded to O'cup status, meaning longer races, bigger fields, and better riders. This is a fantastic opportunity for the club to showcase its organizational skills that hosted three successful races in 2006.

At this point, the club has tentatively approved a course and the schedule of races for the events on April 6, 2007. The course features 18.5km loops, long false flats, five hills including a climb just before the finish, and straight roads all of which will test the strength of any breakaway and ensure only the fittest and fastest riders will cross the line victorious.



Make sure to mark the date on your calendar to experience a brand new course and pick up some early season O'cup points. Not ready to race yet? The club is looking for volunteers (see page 4) to help with various aspects of the race. Hope to see everyone there!