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Q- Why is Cinderella so uncompetitive at cycling?
 A- She has a pumpkin for a coach!

Q- Any good Cycling jokes?
 A- Send them to us to put in future newsletters.

HAMILTON CYCLING CLUB

Issue Five- Tuesday, August 18, 2009

THE Newsletter New Newsletter Design

I hope that everyone likes the new Newsletter! Be sure to read the entire thing as it holds important information about racing and training in the Hamilton and surrounding areas. (plus some fun stuff at the bottom!)

It was decided that the newsletter needed a refresh so it was redone from the ground up. You will find important information that will never move and only be updated on the left hand side of the pages in the new columns. The tabs will help you quickly find what you are looking for! There is now one page dedicated to Adults and one page to youth. You will find information pertaining to that age group on those pages so you don't have to go searching all over the place to find what you are looking for.

Please feel free to send feedback or new content for our newsletter. We are always looking for new articles like your race reports or cycling stories that would make a good read! See the "send us" links on the left to submit your material or feedback to the editor of the newsletter.

Thank you and keep riding fast!

David Mackie (editor)

Remember to get your tickets for the HCC awards banquet from Denise Johnson! The annual event is at the collins brew house on Nov, 7th 09
 Details below

HCC Annual Awards Banquet at The Collins Brew House

The HCC hosts an annual awards banquet and this year we have moved it to the Collins Brew House ([MAP](#)). It will be a whole family event with food and awards. It will all begin at 5:30 when drinks are available. Shortly after at 6:30 dinner will be served and the awards will be at 8:00. this is going to be one of the best HCC events of the year. Tickets are \$15 for members and volunteers or \$30 for anyone else. **Tickets will not be available at the door!!**

Tickets must be purchased ahead of time!! Anyone who is thinking about it can contact Denise Johnson or Henry Dudko and they will convince you to do what is right and buy a ticket!

Remember to buy your tickets ahead of time and come out to the banquet!

Adult Group rides**Sat.**

-Road
Ancaster Library
time- 9:00 am

Sun.

-Road
All the Right Gears
time- 9:00 am
-Mountain
Freewheel cycle
time- 8:00 am

Mon.

-Road
Brant Cycle
time- **Unknown**
-Mountain
(women/beginners)
Freewheel cycle
time- 6:00 pm

Tues.

-Road
Ancaster Cycle
time- 5:45 pm
White Swan Time trial
time- 7:00 pm

Wed.

-Road (advanced)
All the Right Gears
time- **Unknown**

Thurs.

-Road
Ancaster Cycle
time- 5:45 pm
Sydenham 3x Hill climb
Sydenham hill
Every 2nd Thursday 6:30 pm
Every other Thursday;
Ice cream ride
Bottom of Sydenham
time- 6:00
-Mountain
Freewheel cycle
time- 6:00 pm
Watch for updates!



Patrick at Markham Giro

News Page

Great racing at Markham Giro

Congratulations to H.C.C. Cadet rider Patrick Hennessey who placed 1st in the TT and 2nd place in the Road Race for a 2nd place overall finish at the Markham Giro. Justin McSpadden (Minime) also had competed and got 6th Place in the TT and 6th Place in the Road Race. Congratulations on the great performance guys! You can see Patrick in the picture above on the far right.

White Swan TT moved

Due to recent road work on White Swan road, we have to change the location of our Tuesday night Time Trial to Hwy. 2. We have used this course in the past. The starting point and parking will be at the church at the corner of Hwy. 2 and Alberton Rd. We had to cancel the kids race last week because of a lack of volunteers. The kids race made a great come back on a separate course the next Tuesday on Alberton road near the starting area. We will go week by week for the last three of our Time Trial season to see if we can get back on White Swan one more time. Contact Henry at squirreltruck@hotmail.com if you have any questions.

Cycle for MS

The Cycle for MS is coming up and you shouldn't miss it!

Check out the link below to find out more now.

registration: Ball diamond in Moffat 8:00 - 8:30 AM

(Must be a member of an OCA Club)

Start Time: 9:00 AM (departures at 1 minute intervals)

Entry Fee: \$10.00 (Only \$15 for both days)

Directions: Take the QEW, exit at Guelph Line and go north to 15th Side road. Turn left onto 15 Side road to Moffat.

<http://www.cycle4ms.com/fundraising.htm>

Binbrook

Club RecordsBinbrook 40 km TT

---Male- Mirek Mazur
time- 53:58 (2007) HCC
Darko Ficko
time- 51:50 (2007) Assoc.
---Female- Naomi Cermak
time- 1:05:59 (2006) HCC
Jessica Spence
time- 57:08 (2007) Assoc.

Falkland

Falkland 40 km TT

---Male- Mirek Mazur
time- 53:45 (2003) HCC
---Female- Naomi Cermak
time- 1:07:47 (2006) HCC
Heather Davidson-
Mein
time- 1:00:10 (2007) Assoc.

Swan

White Swan Road 15 km TT

---Male- Mirek Mazur
time- 19:40 (2007) HCC
Charlie Bryer
time- 19:13 (2008) Assoc.
---Female- Susan Palmer
time- 20:47 (2004) HCC

Syden

Sydenham 3x Hill climb

---Male- Dave Enns
time- 4:05 (2008) HCC
Jonathan Prosser
time- 3:23 (2008) Assoc.
---Female- Brooke Biggs
time- 5:05 (2008) HCC

Weirs

Weirs Lane Hill Climb

---Male- Dave Wooley
time- 4:25 (2008) HCC
---Female- Marva Taylor
time- 9:04 (2008) HCC

Snake

Snake Road Hill Climb

---Male- Rob Chesky
time- 6:13 (2006) HCC
Jonathan Prosser
time- 5:51 (2006) Assoc.
---Female- Naomi Cermak
time- 7:18 (2006) HCC

Any member of the H.C.C.
who breaks any of the
current standing records will
have the following year
membership paid by the club,
and an award at the banquet!
Good luck and Remember to
always push yourself!



Old HCC Trophy

Main Article Page

A Piece of History

We have been contacted by a lady in Texas who is in possession of a trophy that was awarded to the Hamilton Bicycle Club on July 1, 1889, from an event called the CWA Meet in St. Catharine's. She thought it was a samovar which is a device used for brewing tea

She eventually discovered that it was just a water urn...but quite a unique item in any event. I have a couple of local Historians I know looking into the origin and any available history of the urn. Plus, I have been told that Paul Wilson of the Hamilton Spectator (historical columns) may be interested in writing about it.

I sent the lady in Texas a picture of the Hamilton Bicycle Club circa 1890 and she is very happy to have it. She is going to send me some more detailed photos. We are also talking about how the HCC may get possession of the trophy in the future. ;-)

I'll let y'all know how the story develops.

-Ken Wilson
Treasurer

Thanks Ken for a very interesting article, I bet everyone will be excited to hear how this turns out!

Youth Events

---Youth Mountain Biking
(youth/family)

St. Catharine's
August 12th 2009
time- 6:00 pm

Liberty bike race
August 19th 2009
time- 6:00 pm

Liberty bike race awards
August 26th 2009
time- 6:00 pm

Sanctuary in Dundas
September 2nd 2009
time- 6:00 pm

Valley park in Hamilton
September 9th 2009
time- 6:00 pm

Sanctuary in Dundas
September 16th 2009
time-6:00 pm

St. Catherine's
September 23rd 2009
time- 6:00 pm

---Youth Road Biking
(youth/family)

White Swan Rd Time trial
Every Tuesday
time- 7:00 pm
There is a 15 km or a 4 km
race for younger kids.

Runners Den bike
Waterdown
Wednesday 6:00 pm

Sydenham 3x Hill climb
Sydenham hill in Dundas
Every 2nd Thursday 6:30 pm
Every other Thursday;
Ice cream ride
Bottom of Sydenham
time- 6:00 pm

Saturday at YMCA 2:45 pm



Three HCC Riders

Youth Page!

Tour de Terra Cotta

The Tour de Terra Cotta is a great race for the whole family to go to. There were races for all ages and entertainment for younger kids. If you have never been it is a great fun event to put on next years calendar. The tour de Terra Cotta is a Road biking race.

The course consists of a 9 km loop that has one up hill, one good flat, one good downhill, and a nice curving section.

We had 5 people (that I know of) compete in the race.

Noah Johnson finished 15th in the 9 km race as a squirt.

Adam Johnson finished 9th in the 9 km race as a peewee.

David Mackie finished 5th in the 27 km race as a cadet.

Patrick Hennessey finished 9th in the 27 km race as a cadet.

Erik Dickenson finished 4th in the 108 km race as a junior, and 79th overall.

Adrian George got a flat and wasn't able to finish.

Everyone had a great time and tried there hardest. Great race to everyone who competed!

White Swan Time Trial

The White Swan Time Trial, famous for a great course and great people is now even better with an all new Kids 4 km time trial. You can now choose wether you want to ride 15 km or 4 km. This is really good to bring your whole family down every tuesday night at 7:00 pm for some fun riding our great course. Race fast and you might even get one of Henry's awesome handpicked prizes! UPDATE- THE TIME TRIAL WAS MOVED DUE TO CONSTRUCTION SO THE KIDS EVENT HAS BEEN PUT ON HOLD FOR THE TIME BEING. WE HOPE TO HAVE IT BACK SOON!

H.C.C Fun Page



This Cone on my head should be more aerodynamic and make me much faster!

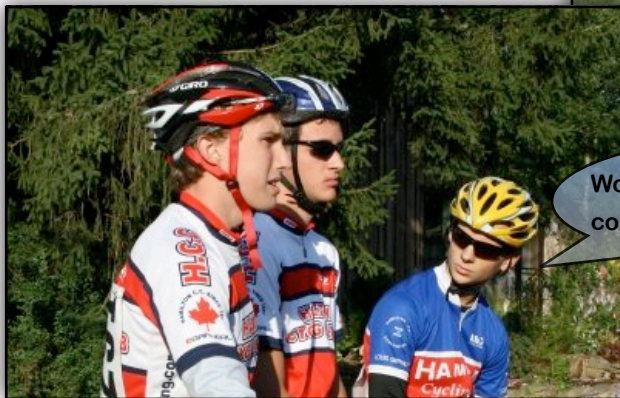
Hey! No cutting the corner!



If I am in an aero position this speech might go by a bit faster!



Wow those new HCC jerseys are way cool, I definitely need to upgrade!



You have to watch this awesome video from youtube! It is on of my new favourites! Please check out the link right here> <http://www.youtube.com/watch?v=Vn29DvMITu4>

If you managed to read the whole newsletter and get all the way down here you can give yourself a big pat on the back!