

HAMILTON *Cycling Club* Inc

www.hamiltoncycling.com



Issue three- Sunday, May 31, 2009

THE Newsletter

CLUB RACING FOR 2009.

We have a Bi-weekly Hill climb every second Thursday on Sydenham in Dundas at 7 pm. The bi-weekly hill climb is one of the great events that the HCC puts on that deserves every member competing for personal and overall records. We have had so much fun so far and really hope that you can race with us. There are some of the most amazing prizes ever for winners, so why not give it a shot and come out to our next race on Thursday June 11th. For more information you can contact Henry Dudko at squirreltruck@hotmail.com or call (905) 628-2786.

Hello H.C.C.!- New kits are in!

The new women's kits have arrived! now the girls can join the guys with super cool looking HCC outfits. I have seen both jerseys and if you haven't seen the newest one you don't know what you are missing. If you have an old jersey or no jersey you need to get a new HCC jersey to show off to your friends. You will be the coolest and most styling cyclist on your block- Guaranteed. Anyone interested in buying Jerseys and shorts, please contact Ken Wilson to make arrangements at kwilson216@cogeco.ca or call (905) 304-5265. Sizes available are: Jerseys: XS-XL \$60, Standard Short's: XS-XL \$55, Bib Shorts: S-XL \$60. Women's kits will arrive mid- late May, prices will be the same as men's.



Tuesday Time Trials

Ok, if you're like me and love racing and doing time trials then you need to come and try out our Tuesday time trial on White Swan Rd. We have had so many people show up for this event and all the feedback is positive. The course is the same beautiful fast winding course as last year that has some great scenery, but you will be moving to fast to notice! Be at White Swan Rd by 6:30 on Tuesday to register (\$1 for members and 5 for friends) and the race will begin at 7:00. This year we have numbers for you to wear so if you can please bring your own pins we would be so happy- Henry will give you a hug if you do.

-So I can't wait to see you there!

Group rides (watch for more rides to be added soon)

Sunday: Road bike leaving from All the Right Gears at 9 am; Mountain bike leaving from Freewheel cycle at 8 am

Monday: Road bike leaving from Brant Cycle; Mountain bike (women/beginners) leaving from Freewheel cycle at 6 pm

Tuesday: Road bike leaving from Ancaster library at 6:00 pm; Time trial White Swan road 7 pm

Wednesday: Road bike (advanced) leaving from All the Right Gears; Mountain bike youth/family alternating between liberty bikes, valley park and St. Catharine's.

Thursday: Road bike leaving from Ancaster library at 6:00 pm

Mountain bike leaving from Freewheel cycle 6 pm; 3x Hill climb at Sydenham every second Thursday!!!

LINKS:

[Hamilton cycling club](#)

[All about](#)

[Application](#)

[Archives](#)

[Buy/sell](#)

[2008 results](#)

[Achievements 08](#)

[Calendar](#)

[Clothing](#)

[History](#)

[Club records](#)

[Executive](#)

[FAQs](#)

[Youth](#)

[Trophies](#)

[Links](#)

[Facebook Page](#)

Q- Why can't a bicycle stand up on its own?

A- Because it is to tired!

Q- Any good Cycling jokes?

A- [Send them](#) to us to put in future newsletters.



Tuesday 15 km time trial 2009

UPCOMING EVENTS!

THERE ARE SO MANY EXCITING EVENTS TO LOOK FORWARD TO THIS YEAR.

Time trials on white swan road are great fun races for people of all ages to enjoy- Every Tuesday starting May 5th.

The Sydenham Triple Hill Climb is a challenging race uphill X3! Every second Thursday starting May 14.

The Ayr Road Race is a fun 48 km race. Saturday June 6th at 9:00 am

Great Recipes

Apple Loaf

Ingredient's -

1/2 cup of butter
1 cup brown sugar
2 eggs
1 tsp. vanilla extract
1 cup apples - peeled, cored and grated
pinch or two of cinnamon (optional)
1 cup all purpose flour
1 cup whole wheat flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
3/4 cup chopped walnuts

Directions

-Preheat oven to 350F.
-Butter a 9x 5x 3" loaf pan.
-Mix flour, baking powder, soda, salt, and nuts
-In a large bowl, mix butter, brown sugar, and eggs until smooth. Stir in vanilla.
-Stir in grated apples.
-Pour flour mixture into batter, stir until moistened. Scrape into loaf pan.
-Bake for 50 - 60 minutes or until an inserted toothpick comes out clean.
-Let stand 10 minutes, then remove from pan.
-Let it cool on a cooling rack and enjoy. :)

<- If you would like to get a printable version of this recipe [click here](#).

Youth Rides- Important

We are in the process of reorganizing our youth program. We hope to have a coach coming on board shortly. We will provide you more details as we get them. We will be running a program on Wednesday nights. The next Wednesday June 3 we meet at the 8x12 location in St. Catharines and the following Wednesday the kids will be racing in the Liberty 8x12. After that we hope to have the next Wednesday in Hamilton but will confirm with you before then. Some of the stronger cyclists, especially the teens, may want to consider some of the adult group rides we have partnered with Freewheel cycle in Dundas for. They are Sunday 8 am, Monday (beginners and women's ride) 6 pm, Wednesday (expert riders only), and Thursday (intermediate ride) 6 pm. We value our youth members and hope to grow our club by getting more youth involved. Good luck to those racing in the up-coming O-cup races and we look forward to seeing you at our youth events. For a full schedule of youth events you can [download it here](#).

Wednesdays

Wed. May 6th HCC Youth ride in St. Catharines
Wed. May 13th Liberty bike race
Wed. May 20th HCC Youth ride at Valley park, Hamilton
Wed. May 27th Liberty bike race
Wed. June 3rd HCC Youth ride in St. Catharines
Wed. June 10th Liberty bike race
Wed. June 17th HCC Youth ride at Valley park, Hamilton
Wed. June 24th Liberty bike race
Wed. July 1st HCC Youth ride at Valley park, Hamilton
Wed. July 8th Liberty bike race
Wed. July 15th HCC Youth ride in St. Catharines
Wed. July 22nd Liberty bike race
Wed. July 29th HCC Youth ride at Valley park, Hamilton
Wed. August 5 Liberty bike race
Wed. Aug. 12th HCC Youth ride in St. Catharines
Wed. Aug. 19th Liberty bike race
Wed. Aug. 26th Liberty bike race awards, Montebello Park St. Catharines
Wed. Sept 2nd HCC Youth ride at Valley park, Hamilton
Wed. Sept. 9th HCC Youth ride at Valley park, Hamilton
Wed. Sept. 16th HCC Youth ride at Valley park, Hamilton
Wed. Sept. 23rd HCC Youth ride in

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Records!

Any member who breaks one of the team records will get their next years membership paid for and receive a special prize at the year end banquet- so keep on practicing to try to beat these guys!

Here are the club records for the current club events.

Binbrook 40 km TT -

Male: Mirek Mazur - 53:58 (2007) HCC

Darko Ficko - 51:50 (2007) Assoc.

Female: Naomi Cermak - 1:05:59 (2006) HCC

Jessica Spence - 57:08 (2007) Assoc.

Falkland 40 km TT - Male: Mirek Mazur - 53:45 (2003)

HCC

Female: Naomi Cermak - 1:07:47 (2006) HCC

Heather Davidson-Mein - 1:00:10 (2007) Assoc.

White Swan Road 15 km TT - Male: Mirek Mazur -

19:40 (2007) HCC

Charlie Bryer - 19:13 (2008) Assoc.

Female: Susan Palmer - 20:47 (2004) HCC

Sydenham Hill Climb 1.3km -

Male: Dave Enns - 4:05 (2008) HCC

Jonathan Prosser - 3:23 (2008) Assoc.

Female: Brooke Biggs - 5:05 (2008) HCC

Weirs Lane Hill Climb -

Male: Dave Wooley - 4:25 (2008) HCC

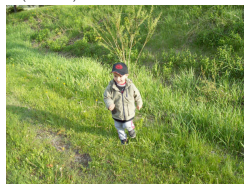
Female: Marva Taylor - 9:04 (2008) HCC

Snake Road Hill Climb -

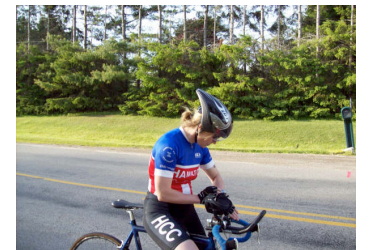
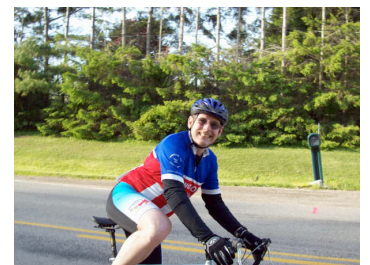
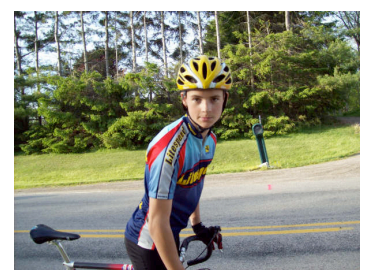
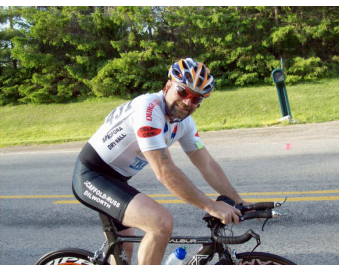
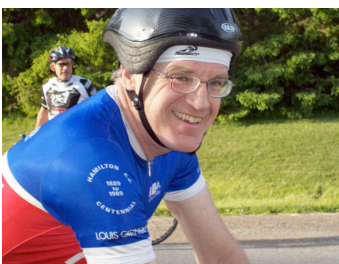
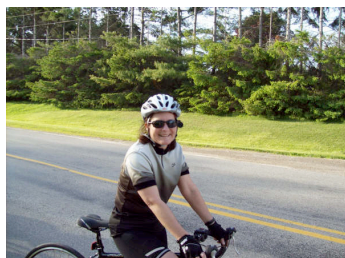
Male: Rob Chesky - 6:13 (2006) HCC

Jonathan Prosser - 5:51 (2006) Assoc.

Female: Naomi Cermak - 7:18 (2006) HCC



Thanks for reading
this issue of the
HCC monthly
newsletter!



**Why is the HCC so
great?**

**Well a picture is worth
a thousand words!**