

HAMILTON *Cycling Club* Inc

www.hamiltoncycling.com

Issue two- Tuesday, May 5, 2009

THE Newsletter

CLUB RACING FOR 2009.

Volunteers are what drive most community events and this is true of our club's largest race event of the year. This year we had a record number of volunteers at the Good Friday Road Race from the club members, family and friends. In total over 40 volunteers contributed. 20 of the great volunteers that helped out were students from Barton Secondary School. Without everyone's help we could not have pulled off such a successful event. Many thanks to everyone who contributed to the success of The Good Friday Race.

Volunteering has really helped to make our last race a great success, If you wish to be part of the next one please contact Henry at squirreltruck@hotmail.com or call (905) 628-2786.

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

The new men's kits have arrived today! 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.



Coming Events

Our events begin with our first weekly White Swan Rd. 15km I.T.T on Tuesday May 5th at 7pm. Please be there at least 20 min. before to register. We will also be using numbers to race, so make sure you have enough time to pin them on. If you could bring your own safety pins, we would be very thankful!... I'll even give you a hug for doing so.

Our first Bi-weekly Hill climb event will be Thursday May 14th at Sydenham in Dundas at 7 pm. Both events are \$1 for members and Mc Master C.C and \$5 for associates. For more information you can contact Henry Dudko at squirreltruck@hotmail.com or call (905) 628-2786.

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](#)

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[FAQs](#)

[Youth](#)

[Trophies](#)

[Links](#)

[Facebook Page](#)

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.



Good friday Road Race 2009

Great Recipe- Protein Pancakes

PROTEIN PANCAKES...Long term energy without spiking your blood sugar. :)

(High fiber, slow digesting carbs)

Ingredients->

3 whole eggs

3 egg whites

1/2 cup rolled oats

2 medium zucchini

1/2 yellow onion

1 tsp. parsley

pinch of salt and ground pepper

1/2 tsp. minced garlic

1 tsp. extra virgin olive oil (coconut oil is much better for frying)

-In a large bowl, mix together the eggs, egg whites, and oats. Grate the zucchini and onion into a separate bowl, then stir in the parsley, black pepper, salt, and minced garlic. Combine this with the egg and oat mixture. Coat a large skillet with non-stick spray (optional), then pour the oil of your choice into it. Heat the skillet to medium, then add 1/2 cup of the mixture into the pan and spread it with the back of a spoon to create a 6" pancake. Cook for 3 or 4 minutes before flipping the pancake and cooking the other side for 3 or 4 minutes, or until golden brown. Makes 6 pancakes. :)

If you would like a copy of this recipe to print out [click here](#).

-If you or someone you know has a article to put in the newsletter about a great recipe, race report or anything else let us know - write us an article!

Submit it to [David Mackie](#)

Its 2009 and there is so much to look forward to.

This year we have a lot of great things to look forward to. We have new cycling kits because you can never be too stylish. We have more events and weekly rides than ever before. We even have a great new Social page within Facebook so you can share your favourite rides, cycling news and tips.

We have so many events going on that you can participate in a club activity every week. Get into cycling even more with The HCC now!

Good Friday Race Report

The Good Friday Road Race was the first of the season for me and I was pretty excited. I was nervous before the race- everyone else always looks so fast! When the race started it was a few kilometers before everyone settled in and calmed down. Myself being a triathlete am used to going all out the whole way and not really using as much strategy. I found from the perspective of someone who is not always in these sorts of races that the strategy was one of the most

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



important things involved in doing well at these races. I quickly realized how well every move is thought out before being executed to ensure that you stay rested for the final sprint! I spent a lot of time in the front or at least close to it. I think the other cyclists could tell I was all for going "all out" and used that to send me to the front quite regularly. On the last lap I was starting to feel the fatigue from all of the pulling and other riders were much more rested than myself. In the last bit I should have gone ahead long before the sprint as I am no sprinter on the bike! I got dropped in the acceleration to the finish. I had a great time and learned so much from this race. The course was great with lots of challenges and wonderful riders to compete with! I have always enjoyed this race and this year was no different. I hope to race it again next year with a little extra knowledge and maybe some new racers too!

Thanks for reading,

-David Mackie

[Submit your own](#)