

# Hamilton Cycling Club

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

October/November  
2006

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## Hamilton Cycling Club Reaches New Level of Success

*By: Editor*

Four riders on the podium after the provincial time trial championships, four riders on the podium after the provincial road race championships, cadet takes top honours in the Andy Keyes Memorial Road Race and the Sydenham Road Hill Climb, and numerous top 15 finishes for club riders at road and track nationals.

a year the club was forced to cancel the Good Friday Road Race due to bad weather, the club turned around and put on an excellent and highly attended Good Friday Road Race, and one of only two stage races in Ontario. In both races competition was fierce. The Good Friday race was a test of early season fitness, and the stage race in July a demonstration of many riders' Road Nationals form.

The Tuesday evening time trials on White Swan Road continued to be a very popular event, seeing a core group of riders that could soon be lowering the course



The 2006 season could be considered one of the most successful in recent history for the HCC. After 2005,

record, and many other riders improving on their personal bests. The weekly event was marred by a very serious accident on the championship

night that sent usual fast man Garth Logan to hospital in an ambulance (see *TTC Catastrophe*).

The executive of the club once again did a tremendous job of doing everything to handling all the memberships to keeping



the website updated, to organizing several races. They are responsible for keeping everything in the club running and volunteer countless hours of their time to help organize the races, even when they would rather be racing themselves.

The Thursday night criterium series was run for part of the season but was cancelled midway through the summer due to a lack of participation.

The last people that have to be recognized are you, the club members. You are what make the club a success, thank-you for a fantastic season!



On December 2<sup>nd</sup>, the Slainte Irish Pub in downtown Hamilton hosts the Hamilton Cycling Club awards banquet for the third year running. Make plans to come join your fellow club members in a celebration of the cycling season with great food and great people. Guests of members are also cordially invited.

This year there are almost a record number of award recipients. Even if you are not receiving an award, come and help celebrate everyone's achievements with your favourite draught from the tap, or a good old fashioned Guinness marinated steak or pot pie.

## Sue Palmer-Komar Ends 18 Year Cycling Career

In early October, long time club member, national team member, multi-time national champion, and Commonwealth Games silver medalist Sue Palmer-Komar ended her 18 year professional cycling career. Like everything else cycling related, she did it in style, at the 2006 UCI World Cycling Championships in Austria, the hardest race in the world.



cycling as a full-time occupation. Apart from a one-year break in 2000, when her daughter Trinity was born, she has maintained her cycling career.

Over the course of her career she has ridden for several notable teams, apart from the national team, including the Genesis Scuba team during 2004 and Colavita-Cooking Light for the past two seasons.

During that time period she was the Canadian Time Trial Champion twice, and a member of team Canada at the World

Cycling Championships many times.

39 year-old Palmer-Komar was renowned worldwide for her consistency and sportsmanship. She started cycling in high school as cross training for cross country skiing, but soon made it her focus after coming to McMaster University to continue her studies. After graduating from McMaster she moved to Windsor to get her BS in education. In 1993 upon completion of her schooling she took up



The Hamilton Cycling Club would like to congratulate Sue Palmer-Komar on her successful career and wish her the best in all of her future endeavours, whether involving cycling or in different facets of life. You have made our club proud for many years!

*Photos: Top, Sue Palmer-Komar at the 2006 World Championships, Austria; Bottom, Sue Palmer-Komar in leaders jersey at 2006 Green Mountain Stage race*

## Need a Christmas Gift Idea???

Why not get yourself some HCC cycling kit and show off your club's colours, at fantastic prices too! All clothing is priced much lower than what can be had in cycling stores. Shorts also now have a higher quality chamois. Check the clothing page on the website for the most up-to-date prices and quantity available.

Ready to purchase? Contact Ken Wilson at [kwilson216@cogeco.ca](mailto:kwilson216@cogeco.ca).

### Time Trial Star Struck by Car

*By: Editor*

On the evening of August 22<sup>nd</sup>, club members were polishing their helmets, pumping up their tires, and lubing up their chains in eager anticipation of the time trial event of the year, the time trial championships. At around 6:55 PM as



everyone was nervously lining up, the terrible word came, a rider had been hit by a car while warming up. It didn't take long to figure out that Garth Logan,

40km Hogben winner and fastest 15km man of the year, was the victim. Garth was on his best form of the year and winding it up for the provincial time trial championships only a few weeks away, where it looked like a sure Master A victory for him. It was not to be however. While finishing his warm-up, and at time trial pace, a car attempting to turn left onto Painter Road entered his path. Garth had the brakes on full-force

but they were no match for his speed. He hit the car with the left side of his body, shattering his elbow, cracking two vertebrae, fracturing three ribs, collapsing a lung, and demolishing his bike and helmet.

Eyewitness reports stated they could not believe he was still alive given the amount of blood everywhere and the damage to the car.

He was rushed to the General Hospital in Hamilton where he remained for the next two weeks undergoing three surgeries on his elbow, several different scans, and physiotherapy.

The damage to his bike was extensive, and included a broken handlebar, shattered front wheel, and both fork blades sheared off. Two months later, out of the hospital and back at work, Garth is realistic about what happened and knows how serious it could have been. "It makes me think twice whenever I approach an intersection, I'm definitely less of a risk taker now because I've seen what could happen if

you takes risks," said Garth. He also says that he sees things in a different perspective now, and is less intense at work, though coworkers could not be reached for comment.

Garth is quick to state however that he is more eager than ever to race again. He realizes racing really had nothing to do with his accident, and that racing is often safer than regular training rides. He has been back on the trainer for almost a month and has even managed to get in a few late season rides. Garth's advice to club members: "play safe, but don't forget were only playing!"

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## **Preview of Next Issue**

*By: Editor*

Can't get enough of this issue of the newsletter? Here is a look forward to the next issue, due out early January. Expect lots and lots of pictures from the awards banquet, annual meeting, Good Friday Road Race, Hamilton Classic Stage Race, and more. Race reports from Good Friday and Hamilton Classic road races, a report on the annual meeting, and a message from the club president.

Also look for more rider profiles, especially some on the younger riders in the club and riders that the club supports.

As always, if you have any contributions, please send them to your editor Vince De Jong, we would love to include you pictures or stories in an upcoming issue!

## **Club Annual Meeting**

*By: Editor*

Club members do not forget your annual meeting on December 9, 2006. This is your chance to have a direct say in the happenings of the club, vote for executive members and have lunch and a beer on the club.

The meeting will be held on December 9, 2006 at the Royal Coachman in Waterdown (check website for directions). It will begin at 11:30 and continue till approximately 3:00 PM.

## **- 2006 HCC Award Winners -**

**Jamie Kerr Memorial Best Overall Champion** 1st Doug Taylor 41points Trophy & Medal  
2nd Mark Harvey 40 Medal 3rd Naomi Cermak 37 Medal

**BAR Seniors** - 15km TT Aug 29, 40km TT Hogben, 40 km RR, 100km RR, Syd. Hill Climb  
Must enter 4 1st Mark Harvey 35 Trophy & Medal

**BAR Masters** - 1st Doug Taylor 38 points Trophy & Medal

**BAR - Women** - 15km TT Aug 22, 40km TT Hogben, 40km RR, 100km RR, Hill Climb -  
1st Naomi Cermak 40 Trophy & Medal

**BAR Master Women** - 1st Mary Clare Haley 40 Medal

**Senior TTC** 1st Mark Harvey 18pts Trophy & Medal

**Women TTC** 1st Naomi Cermak 30 Trophy & Medal

**Master Men TTC** 1st Doug Taylor 30 Trophy & Medal 2nd Wayne Atanas 24 Medal 3rd  
Ralph Clarke 21 Medal

**Master Women TTC** 1st Mary Claire Haley 30 Trophy & Medal

**Andy Keyes** 100km RR - Ayr 1st Mike Hruska 2:33:32 Trophy & Medal 2nd Naomi Cermak  
2:50:26 Medal 3rd Doug Taylor 2:50:43 Medal

**Hogben** 40km TT Falkland 1st Garth Logan 57:21 Trophy & Medal 2nd Matt Kings  
1:01:40 Medal 3rd Doug Taylor 1:02:15 Medal

**Nella** 40km TT Binbrook 1st Doug Taylor 1:00:23 Trophy & Medal 2nd Walter Piersanti  
1:01:11 Medal 3rd Naomi Cermak 1:05:59 Medal

**Fastest 15km TT** Garth Logan 20:24 Trophy

**15 km TTC Senior** (avg best 5) 1st Garth Logan 20:40 Medal 2nd Mark Harvey 23:17  
Medal 3rd Jason Ostafichuk 24:23 Medal

**15km TTC Vets** (avg best 5 handicapped .6 sec per km per yr) 1st Doug Taylor 20:15  
Medal 2nd Carl Clarke 21:13 Medal 3rd Walter Piersanti 22:05 Medal

**15km TTC Women** (avg best 5) 1st Naomi Cermak 23:46 Medal

**15km TTC Master Women** (avg best 5 handicapped .6 sec per km per yr) 1st Mary  
Clare Haley 26:18 Medal 2nd Heather Simpson 29:11 Medal

**15km TTC Cadets** (avg best 5) 1st Matt Gallo 24:06 Medal

## Valley Park Cyclocross

By: Editor, with reports by Garnett Abbey

On Sunday October 15, 2006 the Hamilton Cycling Club was proud to once again host a race in the GHA, the club's third OCA sanctioned race of the year. 127 riders took the start to test their mettle against the conditions, course and each other.

The venerable Garnett Abbey, a master B rider had this to say about the race, "Conditions were perfect for a cyclocross race, sunny, around 8°C, and with a stiff wind. Everyone really enjoyed the course and the competition. Due to lots of rain earlier in the week, the lower sections were muddy and slow, favouring riders who could spin through the mud rather than push big gears. The course had a distinctly European flavour to it as it consisted of many technical, tight, and off camber turns over grassy knolls." He also went on to credit club member Rob Cheskey (who finished just over 30 seconds ahead of him) for riding a very strong race to win the master C

category and was the only master C rider on the same lap as the leaders.



Some other riders with strong results included the club's Mark Harvey, Phil Renaud, and Marie Clare-Haley (see results below).

A new rider that many may not recognize is a minime club rider who won the minime category. Some of may think this was a small feat given the size of the category, but look at this young rider's time! In a time of 51:52, Jake St. Pierre

would have placed 5<sup>th</sup> in the master BCD category. This under 15 rider will be someone to watch in the coming years with results like this!



Once again HCC club members did

not disappoint in the final club organized race of the year, great job everyone! Special thanks to all the volunteers for spending the day as marshals, setting up and taking down the course, looking after registration, handing out prizes, and especially to all those who spent the past weeks and months organizing and planning for the event. (see next page for results)

## - 2006 Valley Park Cyclocross Results -

<b>Master BCD-9 Laps</b>						
Cat	Rider	Club	Pos Over	Pos cat	Bib	Time
B	Dermott, David	True North	1	1	718	49:13
B	Jackson, Adrien	Wheels of Bloor	2	2	747	50:05
B	Hennessy Peter	Ind	3	3	707	51:29
B	Pagell, Mark	Ind	4	4	713	51:40
B	Green, Stuart?	St Catherines	5	5	737	51:58
<b>C</b>	<b>Cheskey</b>	<b>Hamilton CC</b>	<b>6</b>	<b>1</b>	<b>723</b>	<b>52:13</b>
<b>B</b>	<b>Renaud, Phil</b>	<b>Hamilton CC</b>	<b>35</b>	<b>21</b>	<b>745</b>	<b>-3 Laps</b>
<b>U15 Men-9 Laps</b>						
					Bib	Time
<b>Min</b>	<b>St Pierre, Jake</b>	<b>Hamilton CC</b>		<b>1</b>	<b>102</b>	<b>51:52</b>
Mim	Winn, Luke	Impala		2	101	58:20
<b>Women-9 Laps</b>						
					Bib	Time
S	Ross, Tara	CheerWine	1	1	514	50:50
S	Sin, Amanda	3 Rox Racing	2	2	512	54:00
S	Watson, Karen	Ind	3	3	510	-1 Lap
MB	Hall, Carolyn	Chain Reaction	4	1	203	-1 Lap
S	Holland, Gidney	Ind	5	4	505	-1 Lap
<b>MB</b>	<b>Clare-Haley, Marie</b>	<b>Hamilton CC</b>	<b>17</b>	<b>4</b>	<b>202</b>	<b>-3 Laps</b>
<b>Junior &amp; Cadets-11 Laps</b>						
					Bib	Time
Cad	Stafford, Jared	Cyclissimo		1	251	1:03:00
Cad	Winn, Bennet	Impala		2	260	1:08:20
<b>Master A-11 Laps</b>						
					Bib	Time
MA	Heck, Steve	Short Swap		1	412	58:40
MA	Berridge, Rodney	Ind		2	432	59:41
MA	Barnes, Jon	Sport Swap		3	489	-1 Lap
MA	Mogg, Peter	Hub		4	422	-1 Lap
MA	Croutch, Andrew	True North		5	435	-1 Lap
<b>MA</b>	<b>Harvey, Mark</b>	<b>Hamilton CC</b>		<b>33</b>	<b>460</b>	<b>-2 Laps</b>
<b>Elite Men-11 Laps</b>						
					Bib	Time
S	Morse, Peter	Jet Fuel		1	622	54:57
S	Garrigan, Mike	HBCC		2	650	55:37
S	Watson, Andrew	Team Race		3	615	57:10
S	Couglin, David	Ind		4	631	58:37
S	Boocock, Brooke	Calyon/Litespeed		5	649	59:10

*Pictures on previous page: Top, Mark Harvey showing how its done; Bottom, Rob Cheskey celebrating his victory*