

**QUICK LINKS>**

HamiltonCycling.com

/All About

/Application

/Archives

/Buy/Sell

/2008 Results

/Achievements 08

/Calendar

/Clothing

/History

/Club Records

/Executives

/FAQ's

/Youth

/Trophies

/Links

HCC Facebook

SEND US>

(@) Feedback

(@) Future Content

lacticburn@gmail.com

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 Six- Sunday, November 15,
2009

THE Newsletter

Trip on the Rail Trail with

Andy Keyes

Everyone in the club knows the name Andy Keyes. Its our big 100Km road race with a fine trophy to be won. But what about the real Andy Keyes?

Andy is a recently retired postie who was a member of the club in the 70's and early 80's. as well as a member of the exec. Won the BAR in '78. Andy lives on the mountain and has been organizing a recreational ride group the last few years. I came in contact with Andy when our then newsletter editor mistakenly referred to the cup as the Keyes Memorial Race! Les Humphries am honorary member who lives in the Ottawa area now reminded me Andy was very much alive and I contacted Andy to invite him to present the trophy at our banquet.

There is a link to Andy's rides <http://home.cogeco.ca/~andykeyes/> on our web and I get regular notifications of rides. Most of them are partly or wholly on trails. Anyhow a few weeks ago there was a ride on the Dundas Valley Rail trail and beyond to Paris so I decided to join the ride.

Hooray for a great fun banquet. We laughed and had a great time- thanks to everyone who came out and made it a great time!

We met behind the Metro store in University Plaza in Dundas on a fine sunny morning at 8. There were about 12 riders mostly on mountain or hybrid bikes but three of us on road machines. Off we went on the trail. I am familiar with the trail as far as Jerseyville and used to use it as a quiet route out of town till I found good surface though it be it's a bit hard on my Continentals! Anyhow one ride wouldn't hurt! Nevertheless I decided to skip back on the road where I could and after leaving them at Sulphur Springs and Hwy 53 joined up at Jerseyville. The pace was a decent 25kph. From Jerseyville the trail is pretty straight. However as we approached Brantford the trail dived under Hwy 2 and started to undulate as well as twist and turn. We detoured shortly after to take a coffee break at a biker's haven - Continue this story on the next page!

Adult Group rides

I will try to update you on the rides next issue. Sorry for the inconvenience.

Thanks for your understanding!



Patrick at Markham Giro

News Page

Trip on the Rail Trail with Andy Keyes (continued)

Tim Horton's on #2. Around this point 2-3 riders turned back. Then back on the trail. The trail comes close to downtown Brantford at one point then parallels the Grand River for a short while. At this point I was aware there was a park bench installed in memory of Don Sloan our recent President who passed away in 2008. I saw the location but as there were several benches I was unable to identify Don's. After that there were a few short stiff climbs etc. and after a bit we arrived in Paris with a healthy appetite and slightly dusty bikes.

The hotel was our destination but it was closed for renovations. After a look around we find a nice open air café on the street behind the main one and parked our bikes for well earned beers and some grub! The riders were a good social group and Andy & I recounted some of the HCC times, events and personalities of the early '80's (when I joined the club).

Finally it was time to return. The lads were going back on the trail but I decided my Continentals needed a rest and said my goodbyes and headed home on 99. I gather all went well (no flats). I am trying to get Andy to come to our banquet where I am sure he could tell some good tales.

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

HCC Banquet Awards!

We had a lot of awards to give out to the fantastic athletes of the HCC in not just the discipline of the road but also the trail, the track, and the moto's.

Senior Women - Sydenham 1.3 km Hill Climb

- Shelly McKee 1st Place - 5:19
- Denise Johnson 2nd Place - 6:55

Master Women - Sydenham 1.3 km Hill Climb

- Debbie Clarke 1st Place - 6:19
- Mary Clare Haley 2nd Place - 6:24

Master Men - Sydenham 1.3 km Hill Climb

- Carl Clarke 1st Place - 4:32
- Bert Rufenach 2nd Place - 4:53
- Larry Jones 3rd Place - 4:55

Junior Men - Sydenham 1.3 km Hill Climb

- Erik Dickenson 1st Place - 4:18

Cadet Men - Sydenham 1.3 km Hill Climb

- David Mackie 1st Place - 4:20
- Adrian George 2nd Place - 4:58
- Patrick Hennessy 3rd Place - 5:01

Minime Boys - Sydenham 1.3 km Hill Climb

- Nick Jones 1st Place - 5:35
- Justin McSpadden 2nd Place - 8:17

Pewee boys - Sydenham 1.3 km Hill Climb

-Adam Johnson 1st Place - 7:53

Senior Women - Weirs Lane 1.8 km Hill Climb

- Shelly McKee 1st Place - 5:32 (RECORD TROPHY)

Senior Men - Weirs Lane 1.8 km Hill Climb

-Steven Baker 1st Place-3:50 (RECORD TROPHY)

-Dave Woolley 2nd Place - 4:29

-Chris Eckart 3rd Place - 4:32

Master Men - Weirs Lane 1.8 km Hill Climb

-Jim Hutcheson 1st Place - 4:39

-Chris Komar 2nd Place - 4:48

-Richard Bartolo 3rd Place - 5:12

Junior Men - Weirs Lane 1.8 km Hill Climb

- Erik Dickenson 1st Place - 4:34

Cadet Men - Weirs Lane 1.8 km Hill Climb

- Adrian George 1st Place - 5:09

Senior Women - Snake Road Hill Climb

-Suzie Brown 1st Place - 7:14 (RECORD TROPHY)

Senior Men - Snake Road Hill Climb

-Dave Woolley 1st Place - 6:33

Master Men - Snake Road Hill Climb

-Carl Clarke 1st Place - 6:59

- Wayne Atanas 2nd Place - 8:31

Cadet Men - Snake Road Hill Climb

-Adrian George 1st Place - 7:56

15 km-Senior Men T.T.C.

- Dave Woolley 1st Place

- Ian Chambers 2nd place

- Mike Fletcher 3rd Place

15 km-Senior Women T.T.C.

- Shelly McKee 1st Place

- Denise Johnson 2nd Place

15 km-Master Men TCC

-Doug Taylor 1st Place

- Wayne Atanas 2nd Place

-Richard Bartolo 3rd Place

-Jim Hutcheson 4th Place

15 km-Master Women T.C.C.

- Lucy Elcome 1st Place

- Michelle Fraser 2nd Place

15 km-Cadet Men T.C.C.

- Adrian George 1st Place

- Patrick Hennessy 2nd Place

15 km-Minime boys T.C.C.

- Nick Jones 1st Place

- Justin McSpadden 2nd Place

- Alex Dos Santos 3rd place

Fastest 15 km-White Swan Rd.

Dave Woolley 20:53

Fastest 15 km-Hwy. 2Jim Hutcheson 19:45**Jamie Kerr Memorial**

- Dave Woolley 1st Place

- Jim Hutcheson 2nd Place

- Steve Anschuetz 3rd Place

B.A.R. Seniors Men

Dave Woolley 1st Place

B.A.R. Master Men

Jim Hutcheson 1st Place

Wayne Atanas 2nd Place

Steve Anschuetz 3rd Place

B.A.R. Senior Women

- Shelly McKee 1st Place

Senior Men T.C.C.

- Dave Woolley 1st Place
- Fred Pepper 2nd Place
- Ian Chambers 3rd Place

Falkland 20km TT

- Michelle Fraser 1st Place-43:25
- Marva Taylor 2nd Place-49:58

Senior Women T.C.C.

- Shelly McKee 1st Place
- Denise Johnson 2nd Place

A HUUUUUUUGE THANKS to everyone who came out to the awards banquet!!!!!!!!!!!!!!

Master Men T.C.C

- Doug Taylor 1st Place
- Wayne Atanas 2nd Place
- Richard Bartolo 2nd Place
- Jim Hutcheson 3rd Place

The event was a great success and we hope everyone enjoyed the food, youth and awards presentations.

Master Women T.C.C.

- Lucy Elcome 1st Place
- Michelle Fraser 2nd Place

The club had an awesome year and we hope to make things even better for the next.

Cadet Men T.C.C

- Adrian George 1st Place
- Patrick Henessy 2nd Place

The Hamilton Cycling Club would like to thank our membership, Tires Direct, Brant cycle, Central Cycle, for their donations and help for the banquet and events through the year.

Andy Keyes 100 km - Ayr

- Jim Hutcheson 1st Place
- Chris Komar 2nd Place
- Mark Harvey 3rd Place

Ayr 48km R.R.

- Debbie Clarke 1st Place
- Rob Zych 2nd Place
- Steve Anschuetz 3rd Place

Nella 40 Km TT Binbrook

- Fred Pepper 1st Place-57:26
- Dave Woolley 2nd Place-57:37
- Ian Chambers 3rd Place-58:50

Binbrook 20km TT

- Patrick Hennessy 1st Place-38:20

Hogben 40km TT Falkland

- Fred Pepper 1st Place-56:38
- Dave Woolley 2nd Place-57:37
- Ian Chambers 3rd Place-58:50

Youth Events

I will try to update you on the rides next issue. Sorry for the inconvenience.

Thanks for your understanding!

Our events have been listed at the bottom of the article on the right!



Three HCC Riders

Youth Page!

Spin Classes at Freewheel

The HCC Executive is pleased to announce that we will be offering weekly youth spin classes starting Thursday December 3 at 5:30. There will be no class on December 24 or December 31. In January we will add Mondays at 5:30 for classes twice per week. There will be no classes during March Break. For a total of 14 weeks of classes, ending with the last class on March 25. The classes will take place at Freewheel cycle on King Street in Dundas. The classes will be free of charge to HCC youth members. However these are not designed to be drop in sessions, we ask the youth commit to attending every week. If there is space in the class after the youth have signed up, we will open them up to adult members for a fee of \$10/session. Please email denise-johnson@sympatico.ca to confirm your attendance.

Remember that we will still have our monthly trips to the velodrome, monthly trips to the Orangeville indoor MTB/BMX track and I am working on a stretching and strengthening weekly session at the Y for the youth riders to get us through the winter months.

Events coming up that you should go to!

We have something on every weekend from now until Christmas. We hope to see lots of you out trying these new and exciting cycling opportunities in the off season.

Nov 21 trip to Forest City Velodrome

Nov 28 HCC AGM at Dimaggios

Nov 28 & 29 trip to Orangeville indoor MTB/BMX track

Dec 5 & 6 to Orangeville indoor MTB/BMX track

Dec 12 & 13 to Orangeville indoor MTB/BMX track

Dec 19 trip to Forest City Velodrome

