

HAMILTON CYCLING CLUB

The other Good Fridays

the good Fridays that weren't

The Good Friday Road Race has not always been a Good Friday! There have been two "Not the Good Fridays" in the club's history. The first was when Good Friday fell quite early in March and the club decided to change the date to April. The race was officially dubbed "The Not the Good Friday Road Race" and the weather co-operated and the event went off without a problem.

The other "Not the Good Friday" was almost a private affair. The week of the race, there were dire predictions of heavy snow and the executive decided to cancel the event two days before the race. As it turned out, while it was bitterly cold, the snow never came. Chris Kiriakopolous and Martin Reid felt that although the club had made every effort possible to inform the riders that it had been cancelled, they should still go out there to respond to anyone who did show up.

This happened in the era before technology and in the days of "on the line" registration. Twenty disappointed riders showed up that morning, many having driven from goodness knows where. Chris and Martin made the decision to run the race and the riders did around ten laps of the 2.5km course, with no commissaires present. Such a cavalier display would not go over well with the OCA, but hey, the

riders appreciated the effort and everyone had some fun that Good Friday.



Young and old, our 100+ amateur members in Hamilton, Ontario love road racing, mountain biking, time trials, hill climbs & more! We run weekly club races, host the Ontario Cup-level Good Friday Road Race, build trails for dirt riding & love to grow local cycling. We're affiliates of the OCA & IMBA Canada.

Ayr RR

Tired of being off the back in road races? Tired of sitting in the peleton as it lazily cruises at 30km because there are no breaks to chase? HCC has the answer! Australian Pursuit races in Ayr! We have a 40km race on June 20th and the long running trophy event 100km Andy Keyes race August 29th.

In a conventional road race everybody starts at the same time regardless of skills and strength. The weakest quickly fall off the back as the pack deliberately pushes the pace at the start to shake them out. Hills and attacks will further thin the field and in the end the top riders will win.

In an Australian Pursuit the field is broken up into at least three groups based on your past performance (usually gauged by time trial speeds). The gaps between these fields are calculated based on how long your group are estimated to take to finish the race. The (slowest) group takes off first followed by the 2nd group appropriately gapped (could be 10-20 minutes for the 100k race) and then the 3rd group the fastest riders. Theoretically everyone will finish at the same time. In reality one group may work harder than expected and either keep the chasers at bay or catch the group ahead. At the end of the race the riders who exceeded expectations the best, win. Riders in the first group who have won are totally delighted as traditionally their lot in life has been "off the back" and a long and lonely solo ride., The "elite" riders have the satisfaction of the "chase". If they capture everyone then its that final dash up the hill to the finish and probably a vast feeling of superiority!. If they fail to catch all the riders its usually a close call and an analysis of where did we unwittingly ease off or where could we have worked harder.

Ayr is also a great course. Where else can you race on quiet roads yet every lap quite legally dash through town with 100% right of way! Mark your calendars for June 20th and August 29th and who knows it could just be your time for the podium!

The Gage Park Pilot Project Is A Go

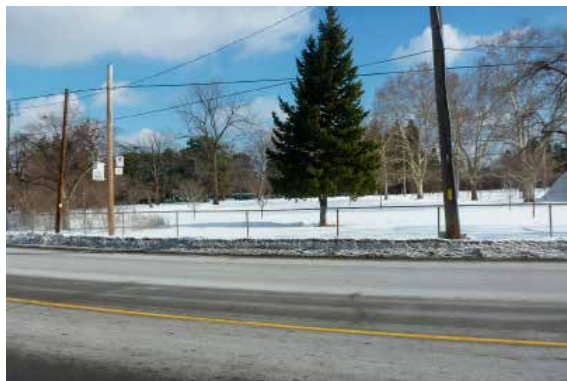
Hamilton's newest bike facility will be built this year. This project was instigated by Crown Point Youth Council and New Hope Community Bikes.

At the meeting of the Public Works Committee on April 22nd, 2014, members of the Crown Point Youth Council presented a proposal for a Family Skills Pump Track at Gage Park. The proposed development was approved and has been included as an item in the 2015 Parks Budget.

A Public Information Centre was held by City staff at the Ottawa Street YMCA on February 17, after being postponed from the February 2 date due to the snow storm. There was no major opposition to the project, so the project will proceed and will be built this year!

The track will be designed by a consultant and will be a trial for possible future development of a bike skills

park, not just the pump track that is happening in 2015.



The southwest corner where the pump track will be built.

The organizing group held a well-attended indoor bike park support day on February 21 at the East Hamilton Kiwanis Boys and Girls Club, with ramps supplied by Joyride 150 and bikes supplied by New Hope Community Bikes.

There is a Facebook page for the bike park. Search for "Gage Bike Park" to find it. The Hamilton Cycling Club has pledged to support the project.

Congrats to the group for getting another bike facility in Hamilton! The pump track will be located at the southwest corner of Gage Park, by the intersection of Gage Avenue and Lawrence Road.

Christie Lake Trails Update

You won't recognize the area once its been thinned!

Christie Lake Conservation area did some tree thinning during the winter. The good news is that there has been minimal damage done to the trails! The unfortunate part is that the trails were covered up by falling branches, deadfall, and the remnants of the tree thinning process.



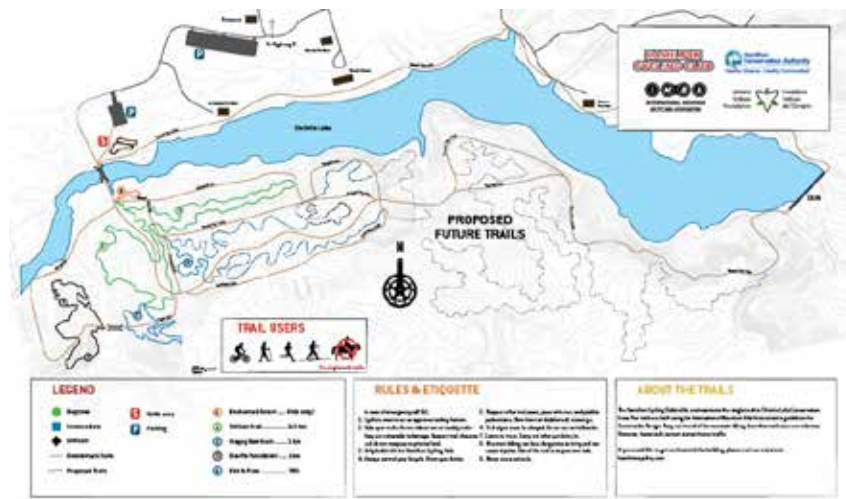
Volunteers and HCC members cleaning up the Ebb & Flow Trail at Christie Lake



The HCC has started the cleanup so that riders are ready to go for the riding season, which is just around the corner. The trails are still damp and there was ice under the covers of the fallen branches.

We welcomed the help of 22 volunteers and members for a clean up on April 26. We accomplished a lot with so much help but more is needed.

New trails will be created this coming summer. If you are interested in taking part in the building or clearing of mountain bike trails at Christie Lake please check our website at christielaketrailbuilders.ca/what-were-doing/



Youth Bike Loan Program

The Hamilton Cycling Club is pleased to announce that we will offer bikes out on loan for a period of up to 10 months. We have several road and mountain bikes available in a variety of sizes. Some have been purchased this year with funds from our Trillium grant and some have been donated by members.

Eligibility criteria are as follows:

- Preference given to youth age 18 and under.
- Must be member of the Hamilton Cycling Club for duration of the loan.
- Must be an active participant and out riding regularly.
- Must participate in some club event or activity at least once per month.



HCC Events

- May 7, 2015 - Indian Trail 15 Time Trial
- May 14, 2015 - Safari Road 15 Time Trial
- May 23, 2015 - Binbrook 20/40
- May 24, 2015 - MEC Bikefest Burlington
- June 4, 2015 - MTB Christie Lake
- June 10, 2015 - Snake Road Hill Climb
- June 13, 2015 - Falkland 20/40
- June 20, 2015 - Ayr 40K Road Race

See a Full listing of all the HCC Races & Events at www.hamiltoncycling.com



Hamilton Cycling Club Executive

- Marc Risdale, President
- Martin Reid, Membership Secretary
- Ken Wilson, Vice-President/Treasurer
- Brian Chewter, Youth Program Executive
- Shelly McKee, Executive at Large
- Greg Ellis, Secretary
- Peter Martin, Mountain Bike/Website
- Bryan Czerneda, Mountain Bike Advocate