

# HCC News

*Hamilton Cycling Club*

## **Special Interest Articles:**

- A great article on riding in the S. Pacific
- Challenge yourself for 2006.
- Presidents message.

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## **Presidents message for a New Year.**

Let me begin by wishing everyone all the best in the coming year. I am exited to serve a second term as president of the Hamilton Cycling Club and look forward to working with the many outstanding members of our club who contribute to the success of our programs. At the AGM, a new executive was established. Thank you to Don Sloan and Keith Oliver for their many years of service, and welcome to our first time executive members Sergei Stevens, Ken Wilson and Wayne

Atanas. Along with returning executive members Martin Reid, Heather Simpson and Rob Zych, we have been busy laying the groundwork for the 2006 season. Whether you join in 2006 as an elite racing member, accumulating club points at the Ontario Cycling Association, or someone that rides for fun and fitness, you are a valued member of our club and we look forward to seeing you at HCC Club events. Soon the 2006 Calendar will be published along with the annual call for volunteers.

Please consider helping out where you can. As you know, the Hamilton Cycling Club relies on its member volunteers to ensure that our events are a success. All hands on deck of course for our annual "Good Friday Road Races", April 14<sup>th</sup> this year. Hope to see you there.

Again, and on behalf of your Hamilton Cycling Club 2006 Executive, let me wish all of you a happy and fulfilling 2006. Hope your bike takes you where you want to go.

Chris Kiriakopoulos  
President, HCC

## **New club executive for 2006**

At the end of 2005 a new executive was nominated for the 2006 season.

This team of members will be responsible for listening to all of the membership and insuring that we have a smooth and successful 2006 racing and training season

The 2006 executive is as follows:

President-**Chris Kiriakopoulos**

Vice President- **Wayne Atanas**

Secretary- **Heather Simpson**

Treasurer- **Ken Wilson**

Membership Secretary- **Rob Zych**

Racing Secretary- **Martin Reid**

Newsletter editor- **Sergei Stevens**

Publicity director- **Martin Reid**

These members are responsible for the day to day operations of the Hamilton Cycling club, if you have any suggestions

or comments on improving your club please approach any of these individuals and your issue will be dealt with at one of our many meetings.

## Riding in the South Pacific

By Martin Reid

In the late 80's I took my Gios down to Fiji. My wife was there to greet me at Nadi airport and the following morning I set off for Sigatoka approximately 90km away. In Fiji you ride on the left a vestige of British rule. Outside Florida it was my first experience of riding in the tropics though not my first visit to Fiji. Far ahead I could see another rider but could never quite catch up with him. We stayed at a hotel 30km east of Sigatoka and the following morning I again set out this time for the capital Suva. The first leg had some easy grade climbing. Not so the second leg with several 20% grades. The road surfaces in Fiji are well maintained though somewhat similar to our winter grade. Vuki had arranged an apartment for us at Flagstaff overlooking the city. A couple of doors down we discovered my elusive cyclist of the first day a returning Fijian from California. However he left shortly for the north. For the next two weeks I had a daily ride over various routes around Suva a quite hilly city full of smoking buses and cars! After a few days I found myself caught up with a group of young local riders who had a 5km circuit through Flagstaff down by the

National stadium along the beach through town and back up to Flagstaff. Needless to say I joined in. We took particular pleasure passing these belching buses as they climbed hills and the military out on training runs! I learned that these young lads were Fiji's Olympic hopefuls and there was an upcoming race that weekend from Suva to Navua and back a distance of approximately 75km. I decided to join in and assuming I would not be a contender threw in one of my HCC jerseys as a prize.

About 14 riders showed up for the start. However Fiji's top rider was absent. Off we went together for a while then about six riders broke away on the first hill leaving me slowly dropping back. By the turn I was in 5<sup>th</sup> position. However as we raced back to Suva one rider had a mechanical and two riders started to tire and for the last 10km I was chasing down the leader. He beat me by a half wheel. How embarrassing. At least I didn't win my prize back! I had to tell their trainer that if a fellow of 50 could keep up they had a hell of a lot more training to do if they planned to enter international competition and indeed their best bet would be to fund some riders to race in NZ.

In May '05 I was off to the Pacific again - this time to the island of Rarotonga in the Cook Islands. My daughter has lived there for several years now and I was spending a month with her. The island is 34km around with an outer paved road - essentially flat and an inner erstwhile paved/gravel road built over 500 years ago long before Europeans arrived. Before I left Netta e-mailed me about a "bike-a-thon" taking place the day after I was arriving would I like to enter - why not. Not as agile as I had been before my accident it sounded just like the kind of event I could "show off my prowess" against a bunch of "rusties"!

Well I landed early in the morning to be greeted by my daughter and granddaughter and adorned with sweet smelling lei...but no bike - it had gotten misplaced in Los Angeles! Super service by ANZ and the bike was located in minutes and promised for the following morning. True enough it arrived and I rode it back to the house on the other side of the island. That afternoon I rode in to the "bike-a-thon" Some bike-a-thon! Two days previous Rarotonga had hosted an elite triathlon. My competition was mostly New Zealanders, Australians and some pretty fit local athletes. Even the guys my age looked like meanies from the Masters! It was too late to back out. Off we went for one lap of the island. It didn't help starting at the back and I was soon "off" the back along. —cont.

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*"I had to tell their trainer that if a fellow of 50 could keep up, they had a hell of a lot more training to do."*

## Riding in the South Pacific continued

With two or three other riders all of whom as best I could tell eventually passed me. The roads in Raro are paved with some sort of coral concoction and the ride is arm/hand numbing to say the least. I was so far off the back that they even sent out a "posse" to make sure I was OK. I was gallantly cheered when I arrived a good 5-10 minutes after the previous rider.

I had originally assumed I would do a couple of laps of the island every other day. But other than race day I confined myself to one lap due to the

roughness of the road. There was one hill I was assured I could not climb - a 500' 20 - 25% grade up to the hospital. Originally built high up to isolate it during a TB outbreak. Well I managed that one!

On both trips my bottom bracket seized up. Not sure if it was due to the climate or air travel - any ideas?

## Canadians pick Top 10 cycling achievements

Alison Sydor and Steve Bauer head a list of the top-10 Canadian cycling achievements, compiled via poll by CanadianCycling.com

After two weeks of voting, thousands of readers chose the top 10 from a list of 25 significant athletic accomplishments.

"We began this project after Forbes.com released a list of the achievements," said

CanadianCyclist.com editor Rob Jones. "After compiling a list of nearly 50 significant achievements by Canadian cyclists, we pared it down to 25 and let our readers decide. When you read through the list, there are some incredible accomplishments for a so-called 'non-cycling' nation."

Sydor and Bauer took four of the top five spots top-20 athletic between them, and

seven of the top 10. Also on the top-10 list were Lori-Ann Muenzer (4th) for her Olympic gold medal in Athens (the first Canadian cyclist to win an Olympic gold medal); Roland Green (tied for seventh) for his incredible 2001 season; and Curt Harnett (ninth), for his world record in the flying 200 metre time trial (a record that has not been broken after more than 10 years).

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*"There are some incredible accomplishments for a so-called non-cycling nation."*

## TOP 10 continued

### The top 10:

1. Alison Sydor's three consecutive world titles (1994-96).
2. Steve Bauer's 1990 Tour de France, when he spent 10 days in the yellow jersey.
3. Bauer's 1988 Tour, when he won a stage, finished fourth overall and spent five days in yellow.
4. Lori-Ann Muenzer's Olympic gold medal in the sprint at the 2004 Olympics; Canada's first Olympic gold medal in cycling.
5. Sydor's 17 World Cup

victories (mountain bike cross-country).

6. Sydor's 13 consecutive years of top-five finishes (cross-country, 1992-2004) at the world championships, including three gold, five silver and two bronze medals.
7. Roland Green's 2001 season, when he was world champion, World Cup champion, world team relay champion, national champion and won two U.S. NORBA series titles.
7. Bauer wins the silver medal

at the 1984 Olympics as an amateur, immediately turns professional and wins a bronze medal one week later at the professional world championships.

9. Curt Harnett's world record in the flying 200 meter time trial (9.865 seconds) at the 1995 world championships, a record that still stands.
10. Sydor's silver medal at the 1996 Olympic Games in the inaugural Olympic mountain bike event.

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*“1. Alison Sydor's three consecutive world titles (1994-96).”*

## Trophies presented for 2005 season

Once again we held our Awards Banquet Nov 26th at the Slainte Irish Pub 33 Bowen St in downtown Hamilton. We had a full house and more awards won than in recent years.

Wayne Atanas was MC for the evening assisted by

Chris K for the awards. During the proceedings dinner included a slide show of club activities notably the youth wing put together by Chris ran in the background. After dinner Chris gave us a recap of the year followed by a humorous talk by Naomi Cermak

recounting her year racing notably her first really big race in Montreal and how she survived a comedy of foul ups etc to finish the race respectably.

## Trophies awarded as follows

Jamie Kerr Memorial Best Overall Champion- **Doug Taylor**

BAR Masters- **Doug Taylor**

BAR Master Women- **Mary Clare Haley**

Senior TTC- **Sergei Stevens**

Master Men TTC- **Doug Taylor**

Master Women TTC- **Mary Clare Haley**

Cadets TTC- **Mike Hruska**

Andy Keyes 100km RR- **Sean Scott**

Hogben 40km TT- **Mirek Mazur**

Nella 40km TT- **Fred Pepper**

Fastest 15km TT- **Mirek Mazur (19:45)**

15 km TTC Senior- **Mirek Mazur**

15 km TTC Vets-**Doug Taylor**

15 km TTC Women- **Naomi Cermak**

15 Km TTC Master Women- **Mary Clare Hayley**

15km TTC Cadets- **Mike Hruska**

Most Improved Rider- **Mike Hruska**

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*“Fastest 15km Time Trial- **Mirek Mazur** (19:45)!”*

## New Web-based discussion forum

A new discussion forum has just been added to the **HCC** homepage.

This forum will allow members to discuss any and everything that is cycling related. Non-members will also be allowed to view all discussions, but they will not be able to post anything to this form.

As of mid-January we have a few interesting topics up for discussion, my favourite so far is "should we change our Jerseys?" As our forum gets more popular there are sure to be a lot of

topics to discuss and also some great information from all of our membership.

Please check out the forum let your opinion be known.

## A challenge for 2006

Various studies have shown that if you let your goals be known, than you are more likely to achieve them.

This is your challenge for the upcoming season, when you get the opportunity, figure out your cycling goals for 2006, then email them to the HCC Newsletter editor ([sergei.stevens@gmail.com](mailto:sergei.stevens@gmail.com)), those goals that you have set will then be published in the next bi-monthly issue of this newsletter.

Now I know that everyone wants to have a good season, but please do not be general, I would like to see specific numbers.

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## **Hamilton Cycling Club**

E-MAIL:  
sergei.stevens@  
gmail.com

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We're on the Web!  
See us at:  
**hamiltoncycling.com**

### **Any idea's**

If you have any ideas for stories or articles let me know, I will do my best to get them in a future issue.

I would also like to hear from our sponsored rider, I am sure that everybody would like to be kept up to date on the excellent racing results of Naomi Cermac.

### ***About Our Organization...***

The Hamilton Cycling club was originally founded in 1889, and was known as the Hamilton Bicycle Club.

