



ST. CATHARINES
CYCLING CLUB

Winter Newsletter

February 2022



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CYCLING CLUB

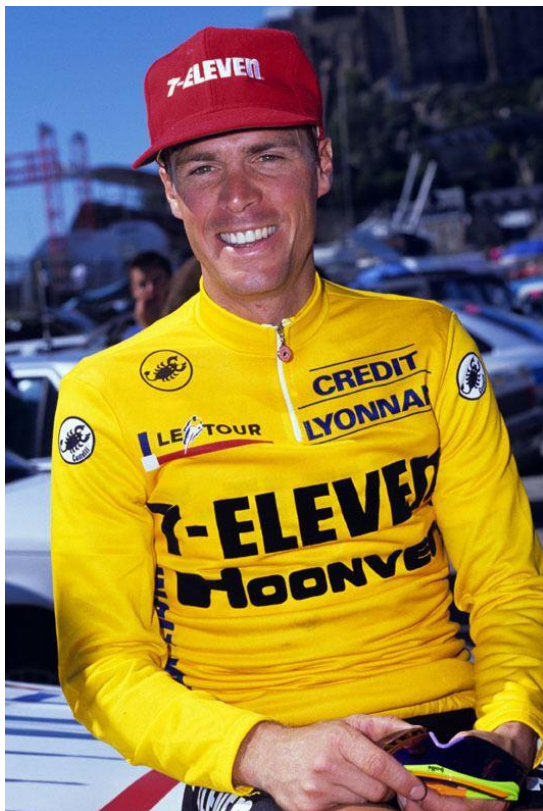


President's message

At the SCCC AGM on Sunday, February 6th I was honoured to have been voted the SCCC President. A huge thanks to outgoing President Wally Tykoliz for his six years of service to the club especially during the challenging times of the SARS-CoV-2 pandemic. With the leadership torch having been passed (or maybe having been slung forward by a Madison partner) the Executive are making some changes to the SCCC that we believe will energize the club especially coming out of the difficult winter months of this pandemic and put the SCCC at the forefront of fast training and racing clubs in Ontario. Having been around the SCCC since the mid-1980's supporting my wife Shelly when she began racing and then racing with the SCCC since the mid-1990's I believe the SCCC can be one of the premiere clubs in Canada and has indeed developed some of Canada's greatest cycling athletes.

Let's continue to honour our heritage!

Derek Christensen, President SCCC



Past-Present-Future

The St. Catharines Cycling Club has a 50 plus year history as a hotbed of cycling talent.

The SCCC was founded in 1971 by a group of local cyclists with considerable racing experience.

The purpose of the club was to promote bicycle racing, develop young riders and serve as a focal point for cyclists interested in racing.



Mission Statement



ST. CATHARINES
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The SCCC Mission Statement is what the Club Executive must strive to adhere to and achieve!

1. Promote road cycling in the Niagara Region.
2. Provide safe, effective, and enjoyable training opportunities for SCCC Members of all levels.
3. Develop road bicycle racers in Niagara at all levels.
4. Represent the interests of SCCC members.
5. Expose and attract youth to the sport of cycling at all levels.
6. Educate for and instill road safety practices.
7. Nurture camaraderie, mutual respect, and joy of riding.
8. Promote ethical racing practices
9. Comply with the rules of the World Anti-Doping Agency (WADA), Union Cycliste Internationale (UCI), Cycling Canada, and Ontario Cycling Association (OCA).
10. Encourage and support SCCC members with competitive opportunities and the pursuit of excellence at the local, provincial, national, and international levels.
11. Develop a sound and sustainable economic framework to sustain long-term operation of the SCCC and its programs and initiatives.
12. Organize, initiate, support bicycle races and/or other cycling events in Niagara.
13. Promote the development of cycling-friendly infrastructure in the Niagara region.



ST. CATHARINES CYCLING CLUB

The New 2022 Executive

President: Derek Christensen

Vice-President: Jason Chow

Treasurer: Rick Clift

Director: Greta Chase

Director: John Rikkerink

Director: Larry Duncan

Director: Wayne Van Der Veldt

Past President: Wally Tykoliz (non-voting position)



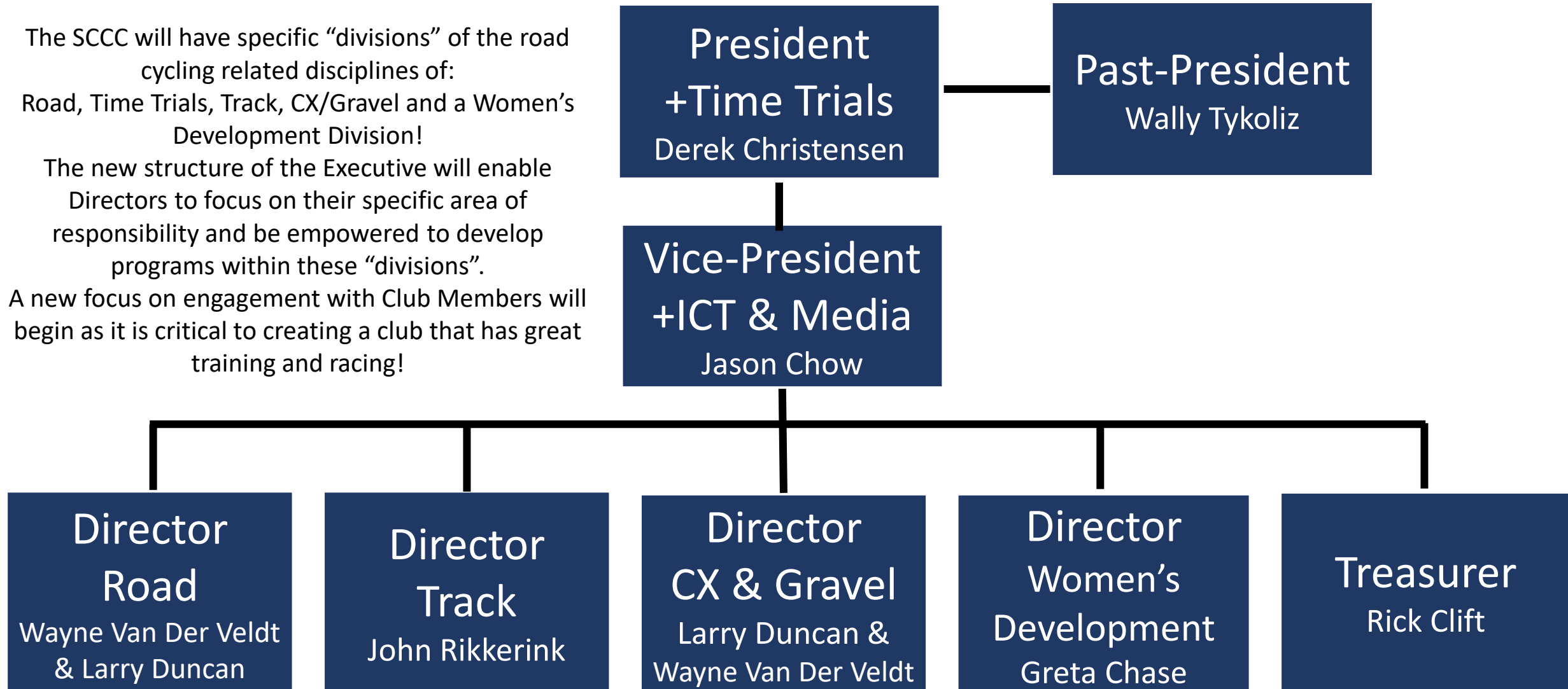
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New Executive Structure

The SCCC will have specific “divisions” of the road cycling related disciplines of:
Road, Time Trials, Track, CX/Gravel and a Women’s Development Division!

The new structure of the Executive will enable Directors to focus on their specific area of responsibility and be empowered to develop programs within these “divisions”.

A new focus on engagement with Club Members will begin as it is critical to creating a club that has great training and racing!





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Derek Christensen President and Director of Time Trials

President's duties:

- **SCCC Bylaw 11.1** The President shall, when present, chair all meetings of the members of the Corporation and of the board of directors. The President shall also be charged with the general management and supervision of the affairs and operations of the Corporation. The President with the Secretary or other officer appointed by the board for the purpose shall sign all by-laws and membership certificates.
- Provide leadership to Board of Directors and the SCCC Membership,
- Publishing of quarterly SCCC newsletters for 2022 and club updates as needed.

Director of Time Trials Duties:

- Lead the SCCC time trial training and events,
- Development of SCCC TT routes and 2022 TT series,
- Recruitment and leadership of SCCC TT event volunteers,
- Development and management of a *potential* OCA sanctioned SCCC TT event,

Contact SCCC President:

president.stcatharinescc@gmail.com



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Time Trials Division News

The Individual Time Trial Series will return for 2022!

This well received 2021 competitive ITT summer series is back this year and will again feature two main bike categories:

TT/Triathlon bike and Merckx style bike

There will be a Women's and Men's category within each of the bike categories and the United Kingdom's Veterans Time Trial Association's (VTTA) "Individual Standards" will again be applied to riders aged 41 years and older to help level the playing field!

2022 SCCC ITT Series prizes again will be the following for the Women's and Men's top three in each of the two bike categories, lowest overall time will determine final placing:

1st place: \$100.00

2nd place: \$75.00

3rd place: \$50.00

And most improved ITT rider any category: \$100.00

**THE RACE
OF TRUTH**





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Time Trials Division News

Exact routes to be used for
2022 ITT Series to be
determined but same format of
having to ride all of the series
routes at least once will be
required to qualify for placing
in the ITT series

Future goal for the SCCC to
host an OCA sanctioned TT race





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Jason Chow **Vice-President and** **Director of ICT & Media**



Vice-President's duties:

- **SCCC Bylaw 11.2** During the absence or inability of the President, his duties and powers may be exercised by the Vice President, and if the Vice President, or such other director as the board may from time to time appoint for the purpose, exercises any such duty or power, the absence or inability of the President shall be presumed with reference thereto.

Director of Information and Communication Technology (ICT) and Media Duties:

- Management of SCCC website, Social Media and CycleClubApp,
- Photography and videography (Cool action shots and videos!)
- Media releases and relations,
- Development of SCCC promotional materials,



Jason Chow Vice-President and Director of ICT & Media

Aside from being fast Jason continues to bring leadership to the SCCC as Vice-President, technical support through maintaining the club website and brings club events and members to digital life with his brilliant photography and videography!

As a professional photographer his expertise is critical and valued by the club in this age of social media!

<https://jasonchow.com/>





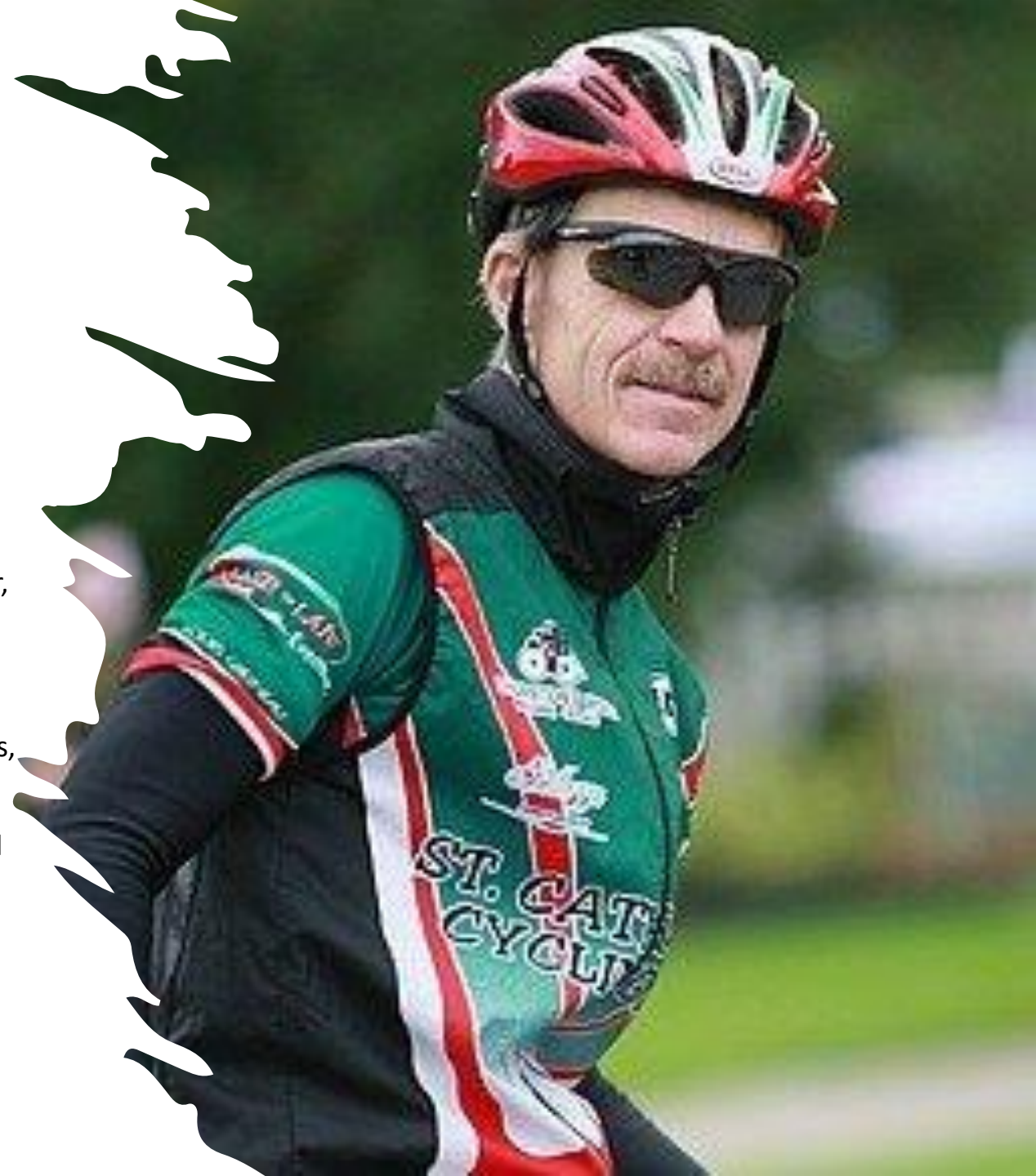
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Rick Clift Treasurer

Rick an elite cyclist, our treasurer, our historian and our advisor.
Rick has forgotten more about cycling than most will ever know!

Treasurer's duties:

- **SCCC Bylaw 13** The Treasurer, or person performing the usual duties of a Treasurer, shall keep full and accurate accounts of all receipts and disbursements of the Corporation in proper books of account and shall deposit all moneys or other valuable effects in the name and to the credit of the Corporation in such bank or banks as may from time to time be designated by the board of directors. He shall disburse the funds of the Corporation under the direction of the board of directors, taking proper vouchers therefore and shall render to the board of directors at the regular meetings thereof or whenever required of him, an account of all his transactions as Treasurer, and of the financial position of the Corporation. He shall also perform such other duties as may from time to time be determined by the board of directors.
- Management of SCCC assets (e.g.) clothing,
- Provide leadership and support to SCCC Board of Directors and SCCC events as required,
- If you want the 2021 end of year SCCC Financial statement please contact Rick Clift: rickclift48@gmail.com





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SCCC Current Kit Inventory

If wanting to purchase
SCCC kit please contact
our Treasurer Rick Clift:
rickclift48@gmail.com

Product	Xsmall	Small	Med	Large	X Large	XX Large	XXX Large	Sale Price
Short Sleeve Jersey								
Mens	2	3	9	0	0	1	0	\$21.00
Womens	0	2	2	3	4	4	0	\$21.00
Shorts	0	7	0	0	0	4	0	\$22.50
Ladies Shorts	1	0	0	0	0	0	0	\$22.50
Bib Shorts	0	3	0	0	0	0	0	\$27.00
Premium Bibs - old	0	1	4	0	0	0	0	\$36.00
Cycling Vest	0	0	0	0	0	0	2	\$25.50
Gloves	2	1	3	0	0	0	0	\$6.00
Skin Suits	0	1	0	0	0	0	0	\$42.00
Shoe Covers	0	3	3	3	4	0	0	\$9.00
Arm Warmers	0	1	0	0	0	1	0	\$9.00
SCCC Cycling Socks	0	0	0	0	3	0	0	\$4.50
LG Socks			16	10				\$3.00



**ST. CATHARINES
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SCCC Current Kit Inventory

Product	Small	Med	Large	X Large	Total Stock	Sale Price
Scatto Jersey						
Mens		2			2	\$64.00
Womens			2	1	3	\$64.00
Scatto Bibs						
Womens	1		2	1	4	\$63.00
Raintex Wind Vest		1		3	4	\$66.00
FRC Winter Jacket		1	2		3	\$135.00
Arm Warmers	1	1	1		3	\$17.50
50th Ann Short Sleeve			1			\$65.00
50th Ann Long Sleeve			1			\$75.00

Wayne Van Der Veldt

Director Road

Larry Duncan

Assistant Director

The Road Division is the largest and busiest in the club and has many established rides, Wayne and Larry are sharing the leadership of this division due to its complexity.

Some exciting changes are proposed such as having a variety of new routes for the weekend training rides and the Dunnville Race Series which is already in the OCA race calendar!

Director of Road duties:

- Lead the road cycling division of the SCCC,
- Leadership of the Saturday and Sunday training rides and Tuesday fast training ride programs,
- Development and management of SCCC road racing events (e.g.) Dunnville race series,
- Recruit ride leaders/road division assistants and event volunteers,
- Road racing development (e.g.) new club members, Juniors, entry level racers, support to SCCC racers,
- Develop new routes for Saturday hilly and Sunday flat training rides,
- Develop and implement a category based Saturday and Sunday training groups (e.g.) B-group,
- Locate and secure a closed circuit course to host a race series such as Midweek Crit, to be held Tuesday nights?

If you know of a potential course anywhere in Niagara please contact a SCCC Executive member!





Road Division News

The SCCC will have a return of:

- Saturday and Sunday group training rides but with some exiting changes including:
 - SCCC members requested it and we're going to deliver in having new routes for each day that will include new "pit stops",
 - Saturday will continue to be the "hilly" route,
 - Sunday will continue to be the "flat" route,
 - A planned return of the Saturday Rockway "B-Group" with new routes, Director Wayne is planning some exciting changes!
 - A goal of having a greater focus on rider development and progress through training rides (A and B groups),
 - The CycleClubApp will inform riders of the schedule and routes for the day, make sure you get the app!
- A return of the Tuesday night fast training rides!
- **Watch for news on the road training rides!**

Road Division News 2022 Dunnville Race Series!

This could be the most exciting news in 2022 for not only the SCCC but for road racing in Ontario!

The SCCC will be hosting a sanctioned Criterium/Circuit style race series this summer at what can be described as one of the most exciting and best quality race courses in Ontario;

The Dunnville Airpark track!

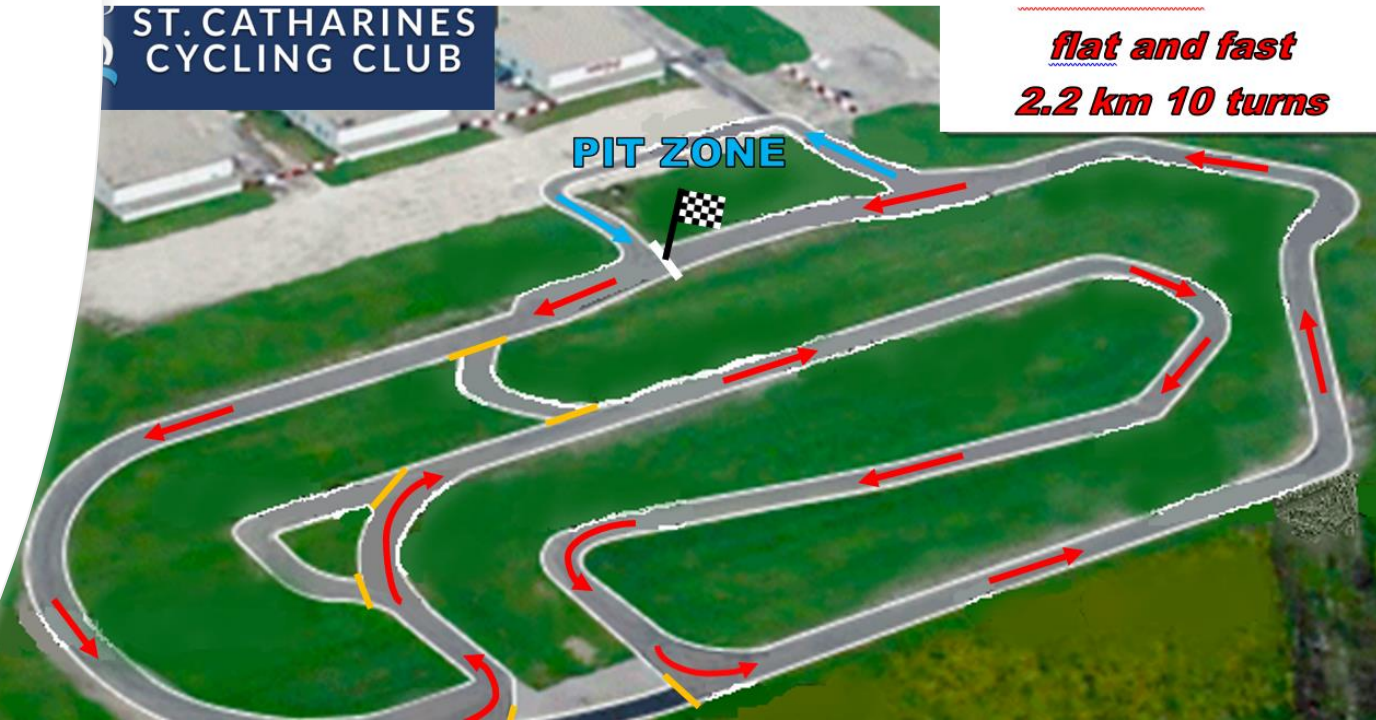
Three dates in the series:

1. Saturday, June 11th
2. Saturday, July 16th
3. Saturday, September 10th

The series is already in the OCA road race calendar so add it to yours and start training!



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Road Division News

2022 Dunnville Race Series!

- Planning for the race series is ongoing and official announcements forthcoming,
- Separate Women's and Men's categories will be ability based (e.g.) A-B-C categories, UCI licensed riders will be placed in designated categories based on license category,
- Non-UCI racers entering to self-select race category based on ability,
- Those SCCC members who attended the training day at the Dunnville track on September 19th, 2021 can attest to the fact that this track is **awesome** and will make for exciting, fast and safe racing!
- A request for all SCCC members to come out and volunteer any amount of time in the setup, running and takedown of the race. Your contribution is key to success!

Watch for announcements on the Dunnville race series!

John Rikkerink Director Track

The Track division is new and starting at the ground level, John has a long history of riding and racing on the velodrome and will lead the development of a SCCC track program. If your're interested in riding the boards talk to John!



Director of Track duties:

- Lead the track cycling division of the SCCC,
- Development of a SCCC track program and track racing development (e.g.) new club members, Juniors, entry level racers,
- Development and management of potential future SCCC track racing events ,
- Coordination and collaboration with NCIM,
- Recruit ride leaders/track division assistants,
- Management and supervision of new SCCC clothing/kit supplier,
- Management of CCN,
- Support other SCCC Divisions as required,



Track Division News

NCIM Try the Track Opportunity

The SCCC Track Division is pleased to announce its first track development opportunity of 2022 in that 15 SCCC members with current 2022 memberships will be able to take the National Cycling Institute Milton's (NCIM) "Adult Try the Track" program paid for by the SCCC.

Date: Saturday, April 2nd, 2022 **Time:** 3:30 to 5:30 PM

Location: Milton Velodrome, 2015 Pan Am Boulevard, Milton, ON L9T 8Y9

NCIM Adult Try the Track: <https://ncirevolution.com/ride/try-the-track/>

Prerequisites:

- Have not rode on the velodrome before, this is for SCCC members to "try the track" for the first time-NO COST!,
- Must have current 2022 SCCC membership,
- Only 15 spots so first 15 eligible SCCC members to contact John will be considered,
- SCCC Try the Track offer includes the program and track bike rental only. Transportation to Milton Velodrome and any other costs are not covered in this offer,
- **How to apply for the SCCC Try the Track program:** Contact SCCC Track Director John Rikkerink via email listed below to register for the Try the Track program and he will then direct you on how to register for the Try the Track program on the NCIM website (**Contact John first**).

➤ **John Rikkerink's email:** johnrikerink@yahoo.com



Larry Duncan

Director CX & Gravel

Wayne Van Der Veldt

Assistant Director

Another new focus of the SCCC with Larry and Wayne sharing the leadership of a division that will promote the exiting Cyclocross and fast growing Gravel riding disciplines.

Director of CX & Gravel duties:

- Lead the CX & Gravel division of the SCCC,
- Development of a SCCC CX & Gravel program (e.g.) SCCC CX and gravel training rides
- Explore potential for a SCCC sponsored CX and Gravel races,
- Recruit ride leaders/CX and Gravel division assistants and event volunteers,
- CX and Gravel racing development (e.g.) new club members, Juniors, entry level racers, support to SCCC racers,
- Support other SCCC Divisions as required,





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CX & Gravel News

Many SCCC members have been riding and racing Cyclocross for years and Gravel riding is increasing in popularity amongst cyclists in general including club riders.

Going forward the SCCC is embracing CX and Gravel and hope to build a strong riding and training program with the goal of one day hosting SCCC Cyclocross and Gravel events.

The experience and passion of SCCC CX and Gravel riders will be required to achieve these goals and the CX/Gravel Division of the club needs you!



Greta Chase

Director Women's Development

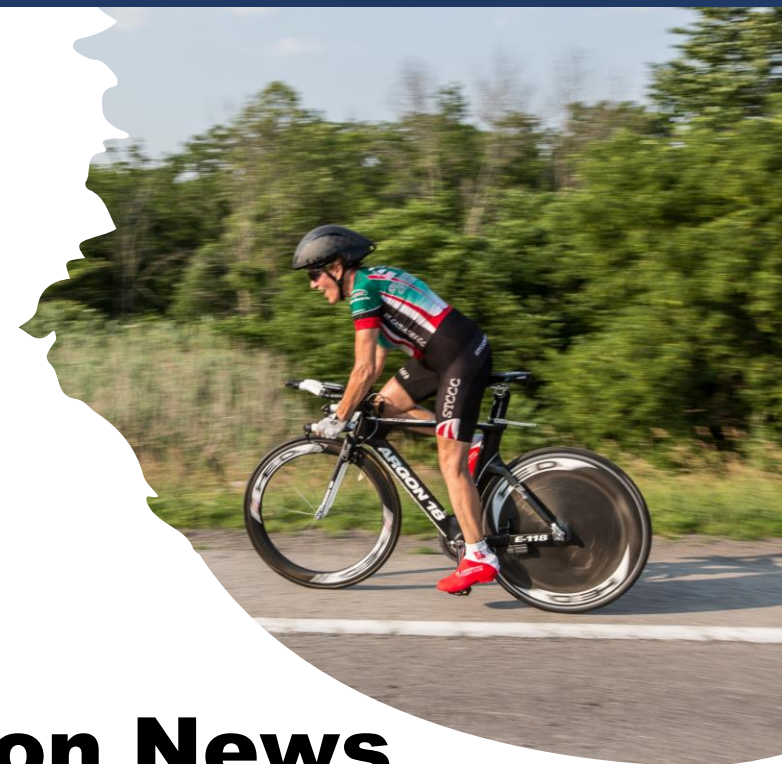
Director of Women's Development duties

- Lead the Women's Development division of the SCCC,
- Develop a SCCC Women's program (e.g.) Women's specific training rides and racing development,
- Recruit, retain and develop Women in the SCCC (e.g.) new club members, Juniors, entry level racers, support to SCCC racers,
- Coordination with Road, TT, CX/Gravel, Track and ICT/Media Directors to support Women's development within these SCCC Divisions,
- Recruit Women's ride leaders/assistants and event volunteers.





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Women's Division News

The SCCC is committed to making it the club of choice for Women who want to train fast and/or race. The Women's Development Division will promote Women's cycling within the SCCC and create opportunities for Women's development that the club has never had before.

Women of the SCCC; Greta will be contacting you!



Wally Tykoliz Past President

With his years of experience and connections within the cycling community Wally has graciously decided to stay in the position of Past President to advise the SCCC executive. Wally will continue to be the SCCC Liaison-designate with Niagara Cycling Club Alliance (NCCA)



Past President duties:

- Advise the SCCC Executive concerning past, present and future SCCC related issues,
- Liaison-designate with Niagara Cycling Club Alliance (NCCA)

Click on NCCA logo to the left to go to the NCCA website

The SCCC needs you!

Volunteerism

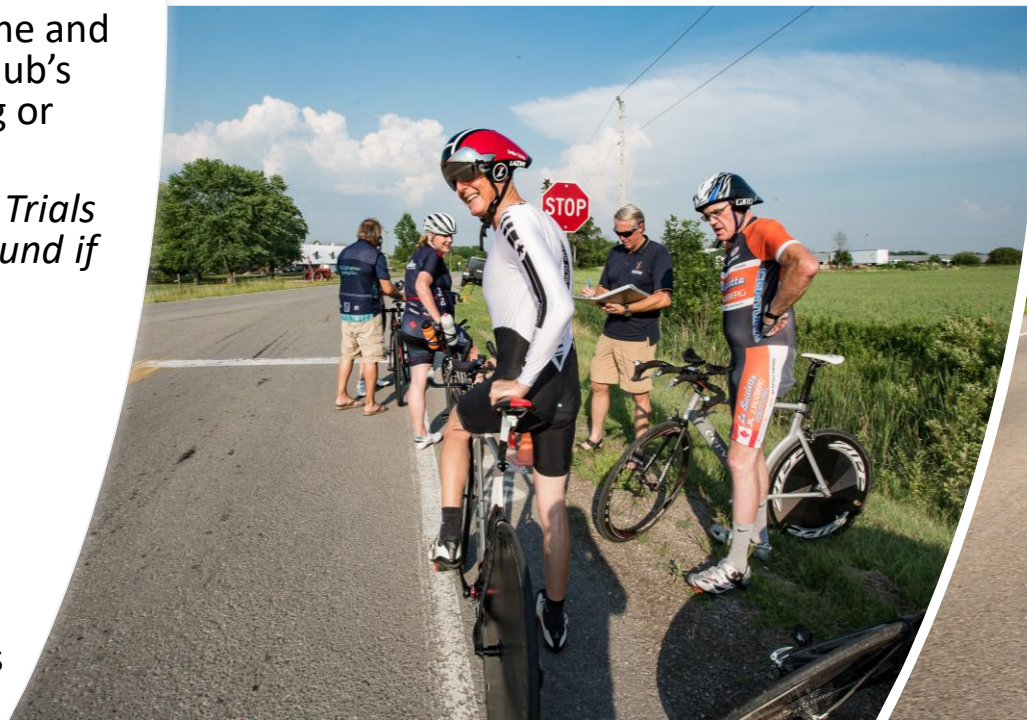
SCCC members volunteering their time to assist with the running of races, our club time trials and fast training rides have been critical to the success of these events!

Please consider volunteering your time and one way could be to assist in the Club's Divisions where you are not riding or competing in?

For example coming out to the Time Trials once in a while to marshal a turnaround if you don't do time trialing.

Upcoming volunteer opportunities:

- Dunnville race series
- Time Trial nights
- Tuesday fast training rides
(e.g.) sweeping corners
Thanks Steve De Boer!
- Future Gravel/CX training & races





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The SCCC needs you!

- A new focus within the club will be to have experienced members become leaders and assistants within the different “divisions”,
- SCCC executive Division Directors and myself will be doing outreach to members to ask if you would like to be more involved in the operations of the SCCC especially in a division where you can lend your expertise!
- If you are interested in taking a more active role in the club in a certain “division” please don’t hesitate in contacting that Director,
- Potential leader/assistant roles:
 - ✓ Direct assistance in a division in developing its “program”,
 - ✓ Creating new routes for group training rides,
 - ✓ Leading specific training rides,
 - ✓ Mentoring riders especially riders new to the sport,
 - ✓ Advising the Division Directors on issues within the club.



SCCC Kit

The SCCC Executive has made the decision to change clothing vendor and brand and we are excited to announce that Castelli clothing has been chosen to be the SCCC kit for 2022!

Preliminary details are as follows:

- An exclusive Castelli "SCCC webstore" will be created and SCCC members would order and pay online,
- There will be an "order window" with a deadline to ensure favorable ETA,
- A "Fit Kit" of offered styles would be sent to Bikefit and made available for 2 weeks of try-ons before the order window opens,
- 6-8 week delivery of kit to Bikefit for SCCC member pickup,
- Different quality levels for Bib Shorts and Jerseys, clothing available in Women's and Men's models. Full list of kit items will be determined soonest and communicated to SCCC membership,
- Competitive pricing especially considering it is high quality Castelli kit,
- Kit design/color will be the same as the current SCCC kit but may have some minor style and design updates,
- **More details to follow!**



CASTELLI



Virtual Training rides on Zwift

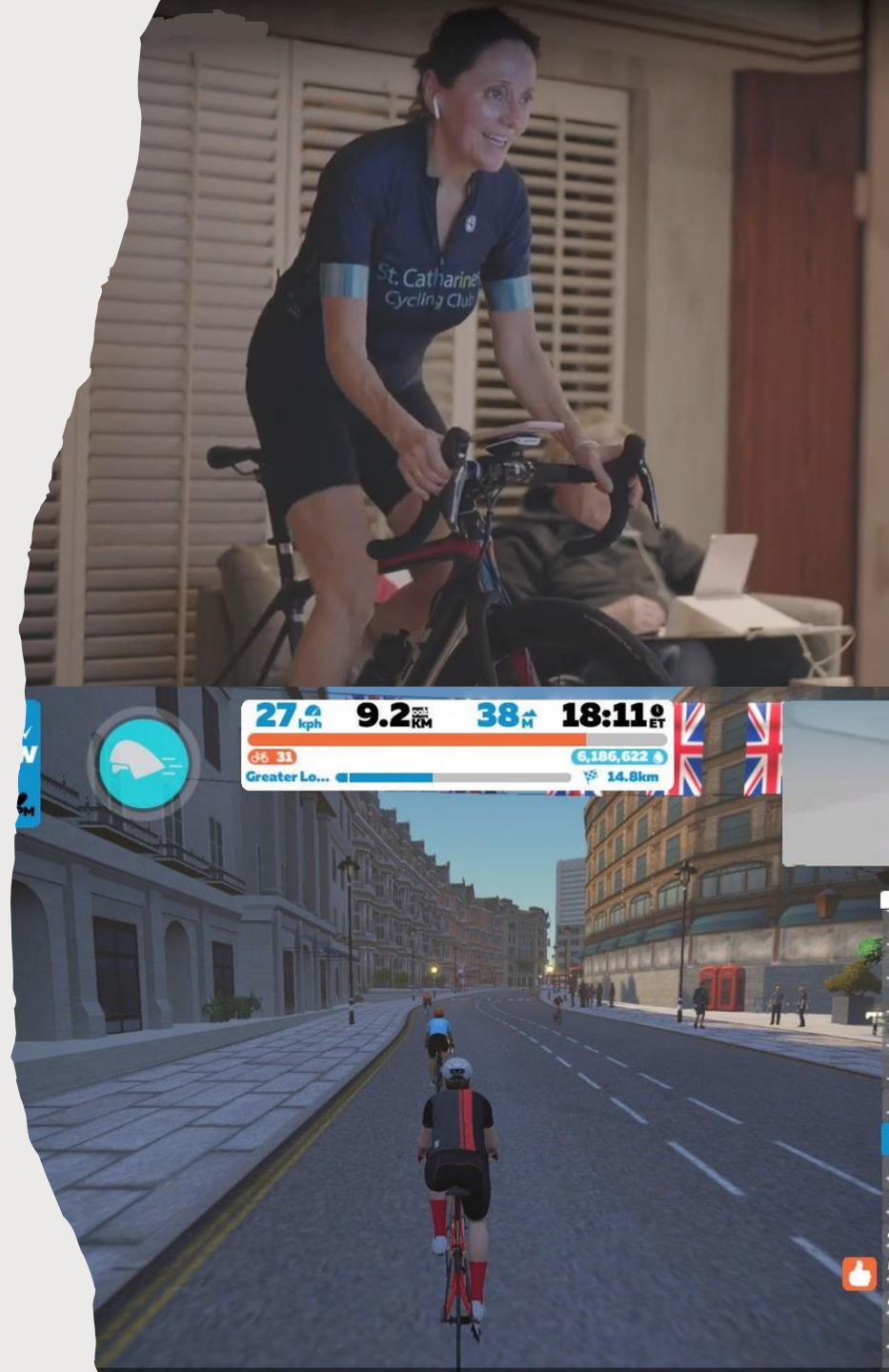
The SCCC is offering virtual training rides on Zwift

Check the CycleClubApp for when scheduled

Contact Director Larry Duncan for the invite

Watch SCCC member Anna Tykoliz lead Cycling Canada virtual training! (click link below):

https://www.youtube.com/watch?v=G_s34ZeB8YU





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Virtual Training rides on Zwift



CANADIAN CHAMPIONSHIPS
CHAMPIONNATS CANADIENS

ESPORTS

presented by | présenté par

wahoo



**Cycling Canada's Esports Championship Route is
the Canada Summer Games race course in Pelham!**

March 12-13, 2022

For more info click link below:

<https://cyclingcanada.ca/event/2022-canadian-esports-championships/>

2022 SCCC Membership



Full Membership: \$40.00
Racing Membership: \$40.00
Youth Membership: \$20.00
Alumni (non riding) membership: \$15.00

[Click here to access CCN Bikes online registration to join the St.Catharines Cycling Club for 2022](#)

Fast training



ST. CATHARINES
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Going Forward in 2022

Racing



Camaraderie, respect & passion for cycling!



CX/Gravel

Safe riding



Women's Division

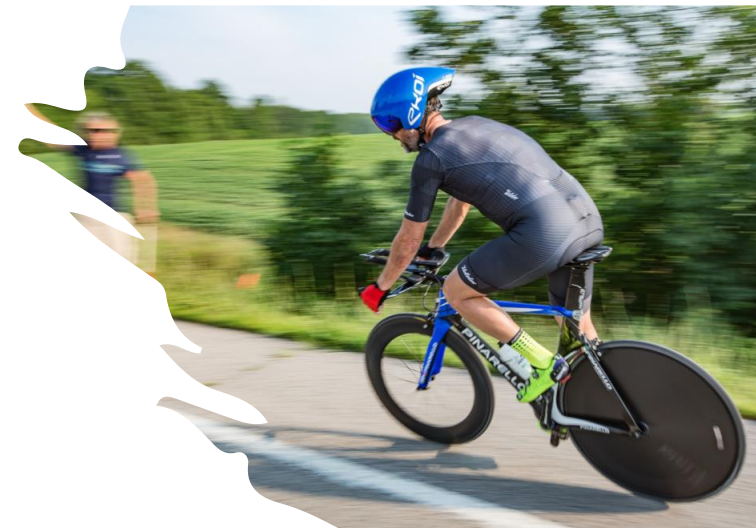


Events

Track



Time Trials





ST. CATHARINES CYCLING CLUB

The SCCC is grateful to these sponsors for the past and ongoing support for our passion....*the sport of cycling!*





FISH & CHIPS

FINISH



st. catharines
cycling club

SEVEN DAYS WITHOUT FISH MAKES ONE WEAK

See you on the road!

