



ST. CATHARINES  
CYCLING CLUB

# **Early Spring Newsletter**

## **April 2022**



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## President's message

**Spring is upon us and the new road cycling season begins!**

New training ride options for SCCC members will start this spring including new routes for the Saturday and Sunday training rides, the return of the Rockway Saturday B group ride, a Wednesday night Women's specific training ride and a Thursday night gravel training ride.

Watch for an announcement on the start of CX training rides.

Returning to the SCCC training schedule will be the Tuesday night fast training rides and the competitive Individual Time Trial Series. The SCCC "Harvard Grand Prix" 3 race criterium style series at the Dunnville Air Park autotrack is also on track to be an exciting addition to the Ontario Cycling road calendar!

Derek Christensen, SCCC President & Director of Time Trials



# 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](#)





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# Race News

Let us know how you did in races, send photos and a summary to:

[president.stcatharinescc@gmail.com](mailto:president.stcatharinescc@gmail.com)



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2022



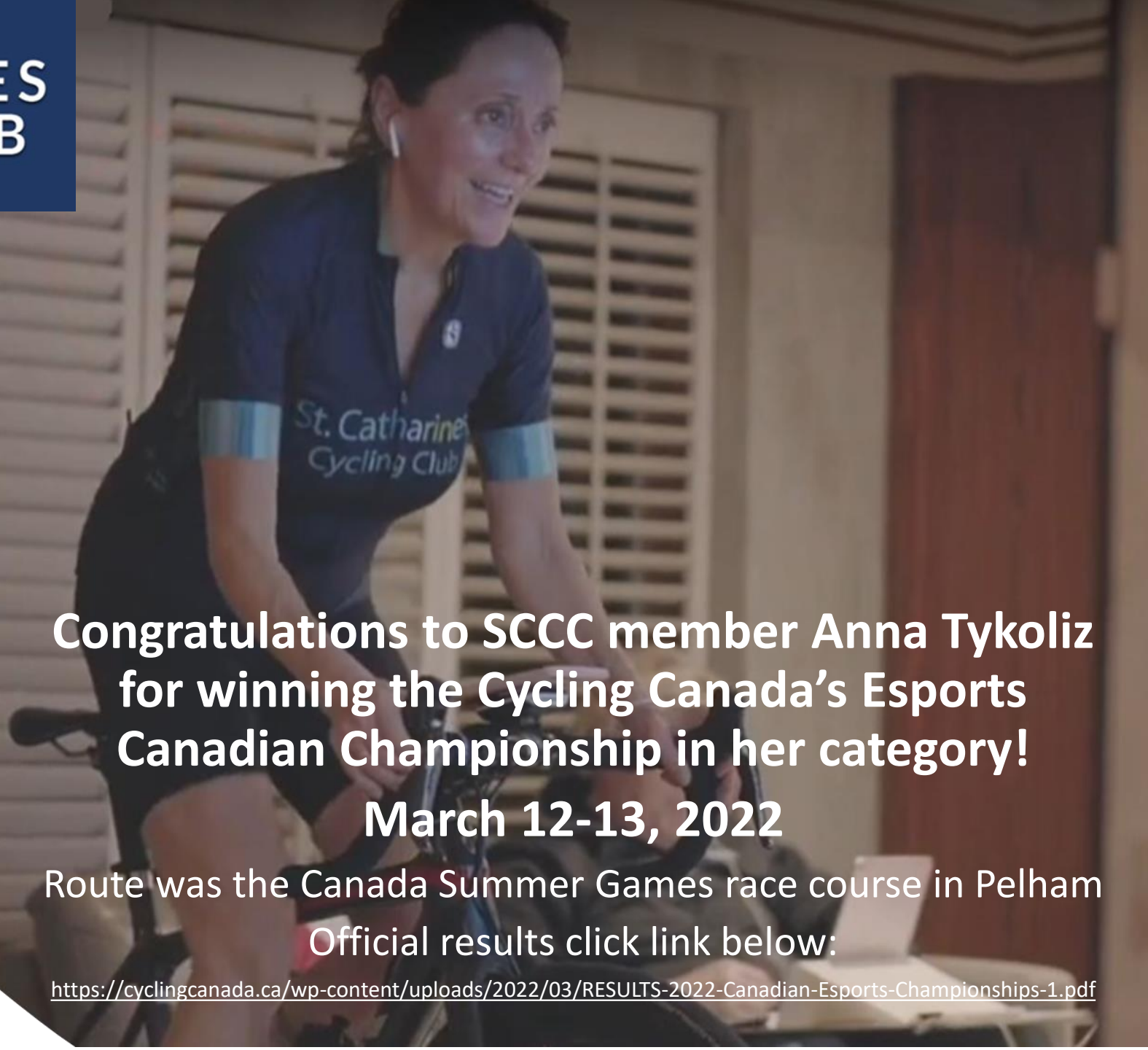
CANADIAN CHAMPIONSHIPS  
CHAMPIONNATS CANADIENS

ESPORTS

presented by | présenté par

**wahoo**

<https://www.youtube.com/watch?v=OvVSibuAmG4&t=21s>



**Congratulations to SCCC member Anna Tykoliz  
for winning the Cycling Canada's Esports  
Canadian Championship in her category!**

**March 12-13, 2022**

Route was the Canada Summer Games race course in Pelham

Official results click link below:

<https://cyclingcanada.ca/wp-content/uploads/2022/03/RESULTS-2022-Canadian-Esports-Championships-1.pdf>





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**Congratulations to SCCC member Shelly Christensen for placing  
2<sup>nd</sup> in the Individual Pursuit Master B Women's Category at the  
2022 Provincial Track Championships !**

Provincial Track Championships March 4<sup>th</sup> to 6<sup>th</sup>, Milton Velodrome

Official results click link below:

<https://tracktiming.live/results/E22002/WMASB-IP-2000-F-0-R.htm>

# Cycle Club App

The SCCC is again using the Cycle Club App as a communication tool to inform members of events including scheduled rides.

From Cycle Club App:

*Cycle Club App is an effective software based solution dedicated to cycling club organization and management. Our goal is to produce better communication, safety, and organization for cycling clubs.*

SCCC members will be able to obtain the app as part of your 2022 membership and after joining will be able to utilize it.

Don't have the Cycle Club App yet?

Contact Larry Duncan at:

[computersinanutshell@tutanota.com](mailto:computersinanutshell@tutanota.com)







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## Time Trials Division News

The Individual Time Trial Series returns in 2022 and will start on Thursday, June 2<sup>nd</sup> at 6:00 PM.

Watch for the ITT series “tech guide” which will detail specifics on the series.

No TT bike no problem as there is a TT/Triathlon bike and Merckx style bike category

There is also a Women’s and Men’s category within each of the bike categories.

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



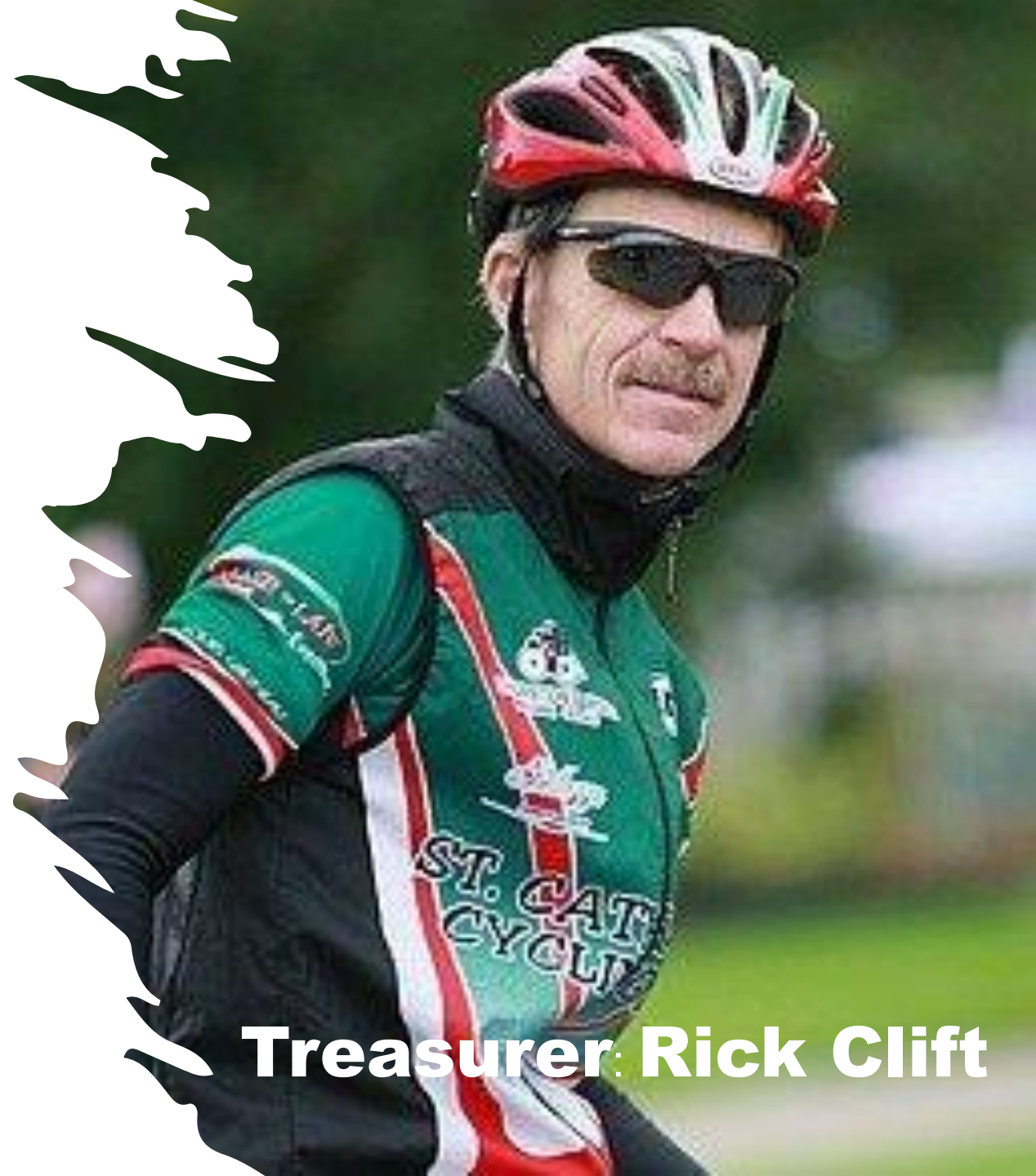
Jason continues to provide tech and media support to the club and was at the SCCC “Try the track” program on April 2<sup>nd</sup> taking photos of our members riding the boards. Photos of that event are included in this newsletter thanks to Jason!



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## Treasurer News

- SCCC clothing is still in stock, see the next few pages for items available
- If you want the 2021 end of year SCCC Financial statement please contact Rick Clift: [rickclift48@gmail.com](mailto:rickclift48@gmail.com)



**Treasurer: Rick Clift**





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# SCCC Current Kit Inventory

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



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## **SCCC Current Kit Inventory**

<b>Product</b>	<b>Small</b>	<b>Med</b>	<b>Large</b>	<b>X Large</b>	<b>Total Stock</b>	<b>Sale Price</b>
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





# New SCCC Kit



CASTELLI



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!

## Design and planning is progressing and 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 soon 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 to follow!**

# Road Division News

**SCCC weekend road training rides start the weekend of April 23<sup>rd</sup> & 24<sup>th</sup>!**

Members wanted it so this year we have new courses for both the Saturday hilly and Sunday flat training rides!

**AND**

**The Rockway Saturday B Group ride returns on May 7<sup>th</sup>!**

Ride will depart the Rockway Community Centre on Saturdays at 9:00 AM on various flat and hilly courses



**Director Road: Wayne Van Der Veldt**  
Assistant Director: Larry Duncan



# Road Division News

## Weekend training rides

### Saturday hilly course training rides:

- A and B/B+ rider categories
- There are four different SCCC Saturday hilly routes, they will go in sequential order every Saturday starting April 23<sup>rd</sup> with SCCC Saturday hilly route #1, next Saturday would be #2, next Saturday #3 and fourth Saturday #4 then return to first route and repeat
- Group will ride together in double (or single) pace line on the flats but on climbs is max effort so the group may split apart, riders will stop at top of climbs and regroup. Don't set off again until all riders are back in the pack
- There may also be fast sections where the group will practice "echelons" on flat terrain
- Saturday training rides will always start at Fryin' Guys Fish & Chips on Lake Street in St. Catharines, be there at 8:00 AM and group will depart at 8:15 to the next group link-up point in Jordan, group arrives at approximately 8:45 and will depart Jordan at 9:00
- From Jordan the courses will now vary and may either head west along escarpment with a stop in Smithville at Tim Hortons or this year go eastwards along escarpment and into Effingham's hills with a stop at Font Café in Fonthill. Group will return to Fryin' Guys.



### Saturday hilly course routes

- 1) SCCC Saturday hilly route #1:  
<https://www.strava.com/routes/2948408859362251222>
- 2) SCCC Saturday hilly route #2:  
<https://www.strava.com/routes/2948414305877285334>
- 3) SCCC Saturday hilly route #3:  
<https://www.strava.com/routes/2948404260987395494>
- 4) SCCC Saturday hilly route #4:  
<https://www.strava.com/routes/2948396267222698406>



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## **Road Division News Weekend training rides**



### **Sunday flat course training rides:**

- A and B/B+ rider categories
- To start there are two different SCCC Sunday (flat) routes, they will go in alternating order starting April 24<sup>th</sup> with SCCC Sunday route #1
- There are two variations of the SCCC Sunday route #2 which follow tried and true routes of either using Port Davidson Road or South Chippawa Road to Smithville, these may be used as alternates to the #1 full Canborough route
- Group will ride together in double (or single) pace line, group may stop and split into an A and B group on long, flat sections to practice fast paced “echelons”
- Sunday training rides will always start at Fryin’ Guys Fish & Chips on Lake Street in St.Catharines, be there at 8:00 AM and group will depart at 8:15 to the next group link-up point in downtown Fenwick for 9:00 and depart no later then 9:10
- From Fenwick rides may go out through to Canborough and then Smithville for a stop at Tim Hortons or on new routes such as through Wainfleet along the Feeder Canal Road to Dunnville for coffee at Tom Hortons. Group will return to Fryin’ Guys.

### **Sunday flat course routes**

- 1) SCCC Sunday route #1:  
<https://www.strava.com/routes/2941827839948144954>
- 2) SCCC Sunday route #2:  
<https://www.strava.com/routes/2941841385333555130>
- 3) SCCC Sunday route#2A-Port Davidson:  
<https://www.strava.com/routes/2941843642613096762>
- 4) SCCC Sunday route#2B-South Chippawa:  
<https://www.strava.com/routes/2941846335707165040>





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# **Road Division News**

## **Rockway Saturday B group**

**Rockway B Group course routes  
are still being finalized, watch  
for updates!**



- C to B rider categories
- Group at Rockway Community Centre and rolls out at 9:00 AM
- The Rockway B Group ride is a structured training ride for those that don't want the intensity of the other Saturday and Sunday weekend rides
- This is the recommended group ride for those new to riding in a group
- Rides may be hilly, flat, mixed terrain and ride leaders may have the group practice skills such as riding in an echelon
- Group will ride together in double (or single) pace line on the flats but on specific climbs may be max effort so the group may split apart, riders will stop at top of climbs and regroup. Don't set off again until all riders are back in the pack
- On fast, flat sections group may stop and split into an C and B group to practice fast paced "echelons"



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## Road Division News

### Tuesday night fast training

- Starts Tuesday, May 31<sup>st</sup> at 6:00 PM (Hilly course)
- Three courses:
  - 1) Hilly course (Figure 8 Saylor's hill route)
  - 2) Sawmill flat course
  - 3) North Pelham flat course
- A, B and hopefully a C group each night  
Additional detail at SCCC website:  
<https://stcatharinescc.ca/tuesday/>

The roads currently look rough from winter damage but hopefully repairs will have been made by May 31<sup>st</sup>, watch the Cycle Club app for updates





## Road Division News 2022 Harvard Grand Prix Race Series!

The SCCC Ontario Cycling sanctioned  
Critérium/Circuit style race series at the Dunnville  
Air Park is on track!

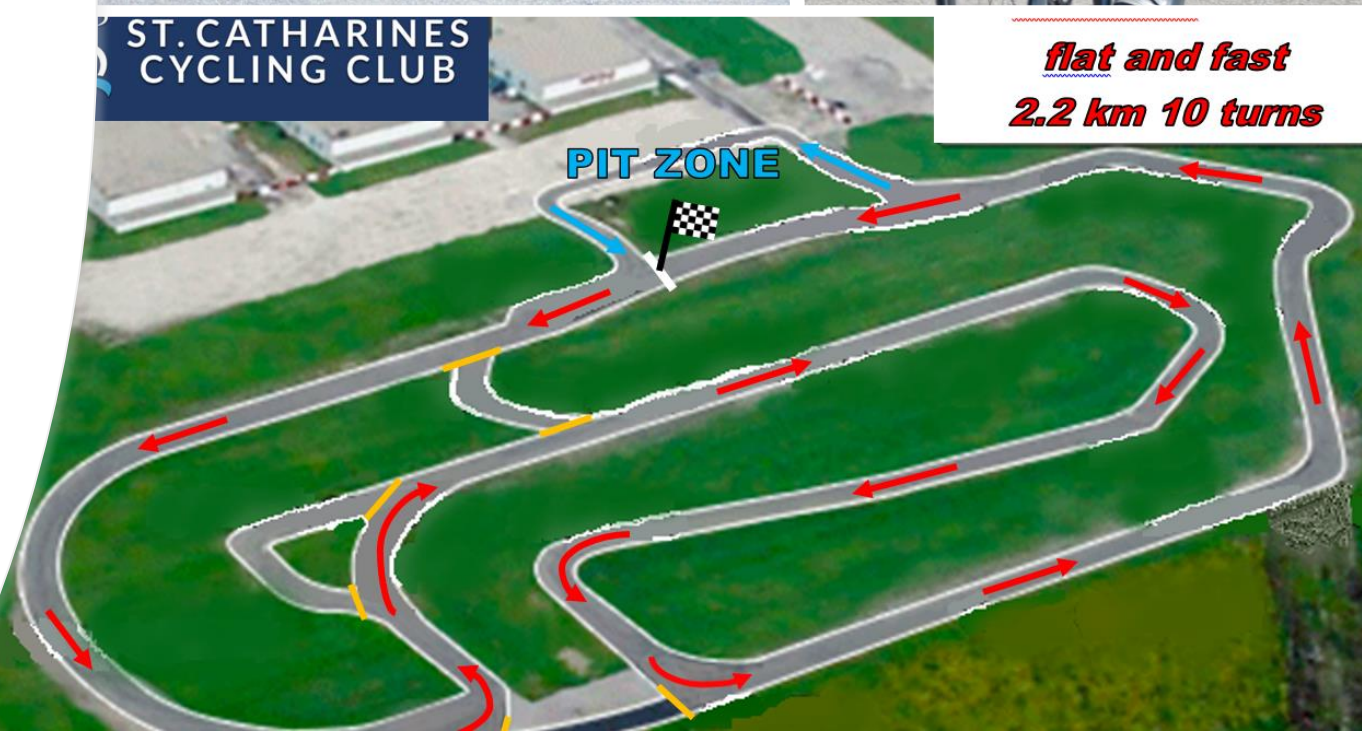
Three dates in the series:

1. Saturday, June 11<sup>th</sup>
2. Saturday, July 16<sup>th</sup>
3. Saturday, September 10<sup>th</sup>

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



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***flat and fast***  
***2.2 km 10 turns***





## Road Division News 2022 Harvard Grand Prix

- Separate Women's and Men's categories will be ability based (e.g.) A-B-C categories, UCI licensed or Ontario Provincial Road licensed riders only ,
- Registration will be on the CCN website,
- Those SCCC members who attended the training day at the Dunnville track on September 19<sup>th</sup>, 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 further announcements on the Harvard Grand Prix!**





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## NCIM Try the Track Opportunity

On Saturday, April 2<sup>nd</sup> ten SCCC members took part in the NCIM Try the Track program whereas they received instruction on basic track bike riding skills and riding on North America's best velodrome in Milton.

The 45 degree corner banking at first had the SCCC questioning their decision to try the track but once on the boards any apprehension was quickly replaced by exhilaration!

The Try the Track program was no-cost to the ten members as this was part of the SCCC track divisions development program.

Watch for future track development program opportunities and if wanting to "try the track" or learn more about riding the boards contact John Rikkerink at: [johnrikkerink@yahoo.com](mailto:johnrikkerink@yahoo.com)

# Track Division News



**Director Track: John Rikkerink**











**Director CX & Gravel: Larry Duncan**

Assistant Director: Wayne Van Der Veldt

CX Specialist: Nathan Chown

## Gravel News

The SCCC is excited to announce the inaugural gravel training ride for the club starting on:

**Thursday, May 5<sup>th</sup> at 5:30 PM**

Start point: Lock 1 parking lot, St.Catharines

Strava Route:

<https://www.strava.com/routes/2948390193182710230>

Ok,... this may not be entirely new for those of you that have been taking part in this gravel ride already but you have laid the foundation for what will be an exciting start of gravel focused training in the SCCC!

More to come....





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# CX News

Our longtime SCCC member and resident CX specialist Nathan Chown will be a key leader in the SCCC CX and Gravel Division and will be instrumental in building a strong CX division.

Watch for a an exciting announcement on CX training !







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## Women's Division News

Greta Chase  
Director Women's  
Development



Women's specific Wednesday night training rides start  
Wednesday May 18<sup>th</sup> at 6:00 PM

Start/finish location: Parking lot of St. Paul Street  
and Carlisle Street, St. Catharines

All SCCC Women welcome!  
This will be a B group intensity  
ride focused on group and  
individual riding skills. Routes  
and training focus of rides will  
vary. Watch for updates on  
routes





## **Wally Tykoliz Past President**

Wally continues to provide advice to the new SCCC Executive and also acts as the SCCC Liaison to the Niagara Cycling Club Alliance



Click on NCCA logo to go to the NCCA website



## Virtual Training rides on Zwift

The SCCC is offering virtual training rides on Zwift

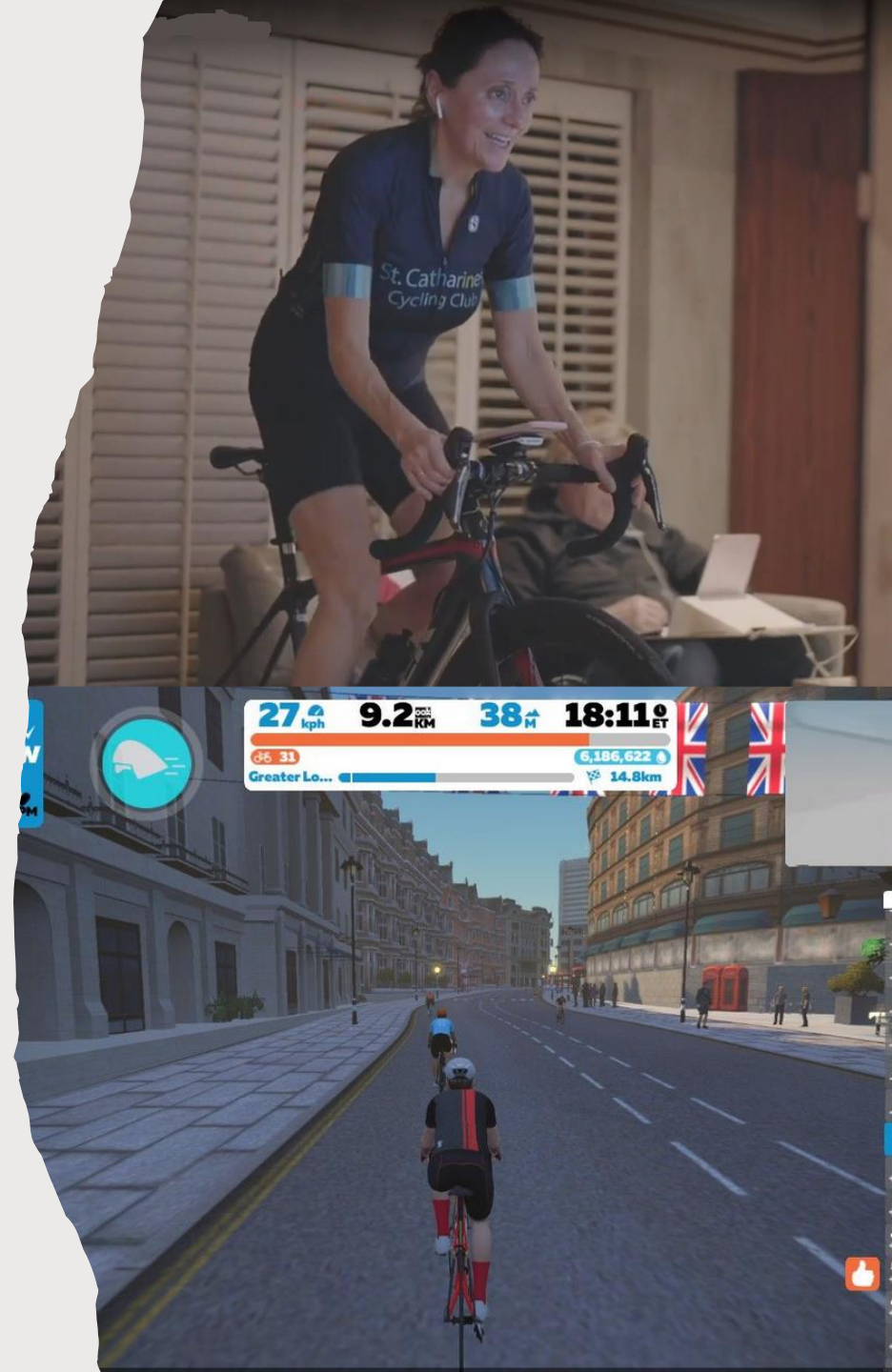
Check the CycleClubApp for when scheduled

For the invite to attend contact:

[president.stcatharinescc@gmail.com](mailto:president.stcatharinescc@gmail.com)

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

[https://www.youtube.com/watch?v=G\\_s34ZeB8YU](https://www.youtube.com/watch?v=G_s34ZeB8YU)





# 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



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SEVEN DAYS WITHOUT FISH MAKES ONE WEAK

**See you on the road!**

