



ST. CATHARINES
CYCLING CLUB

Summer Newsletter

August 2022



ST. CATHARINES
CYCLING CLUB



President's message

The 2022 road cycling season end is fast approaching and many changes have occurred this year with the Club's road cycling program including new courses for both weekend and the Tuesday night fast training. Hopefully good weather and good attendance continues until road events end in mid-September! We'll build on this year's success's come 2023.

This fall the SCCC is entering the CX cycling scene with an exciting training initiative to be announced very soon!

The SCCC also continues to expand on our initial "Try track" opportunity from last spring with the club offering Milton Velodrome track certification courses for 20 of our members. We hope to get as many members certified to ride on the Milton Velodrome and create a community of track riders this winter so as to train and even race together.

Derek Christensen, SCCC President & Director of Time Trials

New SCCC Kit

The Catelli clothing order has been submitted as of
August 17th

Expect a 6-8 week delivery time

The order will be delivered to Bikefit and when it
arrives SCCC members will be notified and you can go
pick-up your new kit!

The next kit ordering will likely be in early 2023





ST. CATHARINES
CYCLING CLUB

Race News

Provincial and National Championships

2022 Canadian Road Championships

Edmonton, Alberta

June 23-27

U23 & Elite Men's Road Race

June 26th

160.6 Km, 44.03 kph average speed

3rd Place Elite Men: Ben Perry (WiV SunGod)

55th: Orian Falk-Dotan (XSpeed United)



U23 & Elite Men's ITT June 23rd

48 Km, 29 entries

16th: Orian Falk-Dotan
(XSpeed United)

Time: 1:04:27

Road Race Facts:

- 106 entries
- 55 finished
- 25 OTL, 25 DNF





National & UCI Time Trial

July 1st: 23.7 km

National ITT:

1st Master H Women: Anna Tykoliz (SCCC) 48:40

5th Master G Women: Shelly Christensen (DigDeep) 39:49

9th Master D Men: Peter Meadows (SCCC) 44:07

UCI Gran Fondo ITT:

2nd Master C Men: Derek Christensen (SCCC) 37:07

4th Master D Men: Garnett Lee Abbey (KW) 36:11



2022 Canadian Road Championships Masters & UCI Gran Fondo

Victoriaville, Quebec, July 1-4



National Road Race

July 2nd: 85 km

1st Master H Women: Anna Tykoliz (SCCC)

Master D Men: Peter Meadows (DNF☹)

UCI Gran Fondo Road Race

July 3rd: 100 km

14th Master D Men: Garnett Lee Abbey (KW)

National Criterium

July 4th

1st Master H Women: Anna Tykoliz

2nd Master G Women: Shelly Christensen

17th Master C Men: Garnett Lee Abbey

21st Master C Men: Derek Christensen



**ST. CATHARINES
CYCLING CLUB**

**2022 Canadian MTB Championships
Cross Country / Short Track / Team Relay
Ontario Cup XC**

July 21-24, Hardwood Ski & Bike, Ontario

XCO Championships-July 23rd

Senior Sport 19-34 Women Women-13.6 Km

3rd: Camille Waldeck (SCCC)

Master Sportif 55+ Women-13.6 Km

3rd: Anna Tykoliz (SCCC)

Master Expert Men-25.6 Km

10th: Tim McClure (Team 905)



**CANADIAN CHAMPIONSHIPS
CHAMPIONNATS CANADIENS**

MOUNTAIN | XCO | MONTAGNE



**ST. CATHARINES
CYCLING CLUB**

Road Championships

August 1st

Elite/U23 Women-93 Km-38.0 km/h

7th: Natalia Stret (Ascent Cycling)

9th: Greta Chase(Ascent Cycling)

Elite/U23 Men-139.5 Km-42.4 km/h

18th: Derek Oosterveen (Newworld Cycle)

9th: Greta Chase(Ascent Cycling)

Master C Men-77 Km-37.8 km/h

6th: Garnett Lee Abbey (KW)

2022 Provincial Road and Criterium Championships

North Bay, Ontario



**ONTARIO
CYCLING**

**ROAD
PROVINCIAL CHAMPIONSHIPS**

Criterium Championships

July 31st

Master C Men-34.1 Km-41.0km/h

9th: Garnett Lee Abbey (KW)



**ST. CATHARINES
CYCLING CLUB**

2022 Provincial Time Trial Championships

Port Burwell, Ontario

August 14th

Master D Women-25 Km

1st: Anna Tykoliz (SCCC)

47:01:32

Eddy Merckx Women-47 Km

2nd: Sara Byers

1:23:44:20

Master C Men-25 Km

2nd: Garnett Lee Abbey (KW)

38:02:01





ST. CATHARINES
CYCLING CLUB

The SCCC Harvard Grand Prix Race Series 2022

Road Division News 2022 Harvard Grand Prix Race Series!

The SCCC Ontario Cycling sanctioned
Criterium/Circuit style race series at the Dunnville
Air Park is the last road event in the Ontario
Cycling 2022 calendar!

Online registration still open for September 10th

Three dates in the series:

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



Harvard Grand Prix Volunteers Needed!

Volunteers have been key to the success of the Harvard Grand Prix and we need any and all members who are available to come help out for any amount of time you can offer for the last race on September 10th!

Key tasks will include:

- Set-up in the morning of race (7:00-9:00 AM)
- Registration (starts at 8:00 AM & goes through day)
- Assisting with the conduct of the race
- Take-down of race kit at end of day (3:00- 4:00 PM)

Forward your name and availability to:

president.stcatharinescc@gmail.com

Or catch any SCCC Executive member on the road to let us know how you can assist





ST. CATHARINES
CYCLING CLUB

Recruitment



ST. CATHARINES CYCLING CLUB

- Focus on promoting a welcoming, respectful and exciting club for the performance and competitive orientated cyclist!
- 99 members as of August 21st, almost to the goal of having 100 people join us in 2022!
- The first 100 members to join the SCCC in 2022 will receive 2 SCCC water bottles and a pair of Castelli socks.
- Socks and water bottles have been ordered so watch for information on when and how you can pick them up.
- **New** members to the SCCC in 2022 and **current** members who want to try racing are eligible to have a consultation with SCCC member and cycling coach David Jack. The Ontario Cycling Member Club Rebuild Program grant funds awarded to the SCCC have enabled us to purchase this coaching service to support riders.
- To schedule a consult with David Jack email: president.stcatharinescc@gmail.com



ST. CATHARINES CYCLING CLUB

Weekly Training Ride Schedule

Click below to access the SCCC 2022 Calendar of events

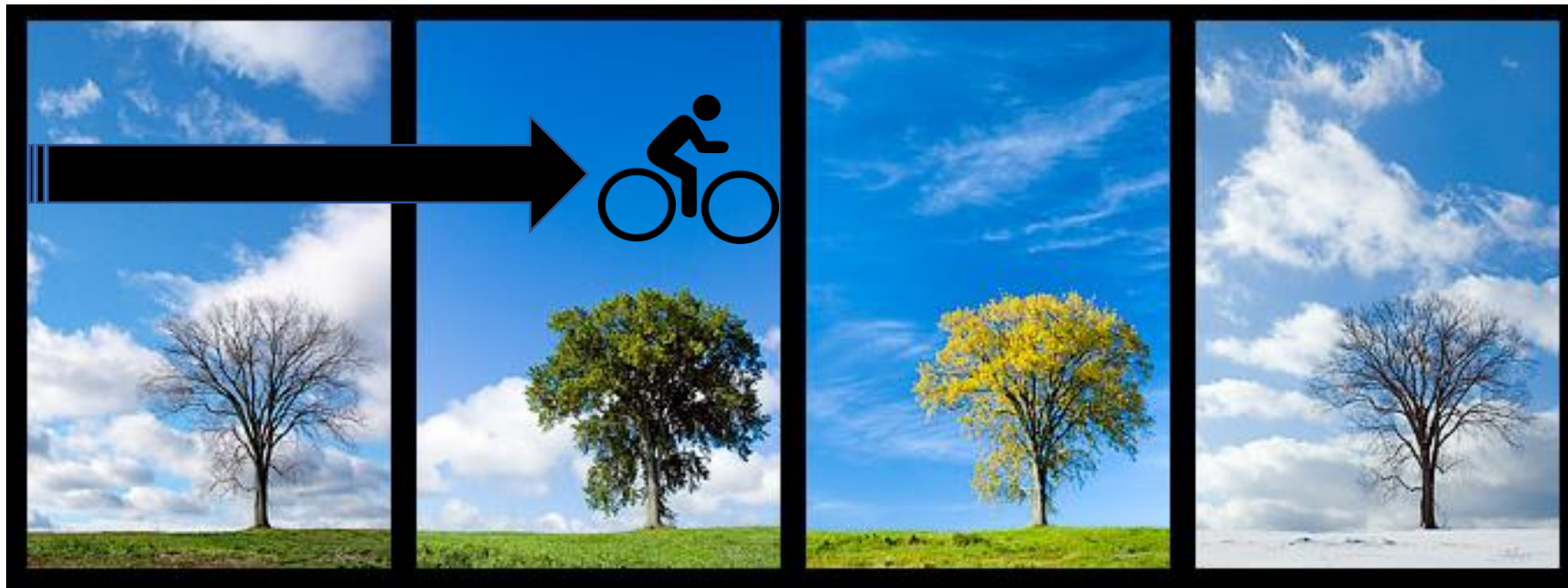
<http://stcatharinescc.ca/wp-content/uploads/2022/05/SCCC-2022-Calendar-of-events.pdf>



**ST. CATHARINES
CYCLING CLUB**

Training Programs Year Round

Starting the week of September 5th Monday night TT's, Tuesday night fast training and Thursday TT's will start at 6:00 PM to enable riders get home before the increasingly early sunset



**Gravel
Track
Zwift virtual
Road**

**Road
Time Trial
Gravel**

**Road
Cyclocross
Gravel
Track**

**Track
Zwift virtual**



ST. CATHARINES
CYCLING CLUB

Time Trial Series

The Individual Time Trial Series continues and is every **Monday** and **Thursday**, start time 6:30 PM

→ September 5th onwards will be 6:00 PM

SCCC ITT Series Tech guide:

<http://stcatharinescc.ca/wp-content/uploads/2022/05/SCCC-ITT-series-2022-2.pdf>

No TT bike no problem!

TT/Triathlon bike and Merckx style bike category

Women's and Men's category within each

ITT Series prize list 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

Ride fast, win money!

**THE RACE
OF TRUTH**



Monday Night Time Trial

Monday night time trials are part of the ITT series and have 3 repeating courses at different locations.

1) Elcho Road 10 Km TT Course:

<https://www.strava.com/segments/28061008>

2) Wellandport-River Road 16 Km TT course:

<https://www.strava.com/segments/28077169>

2) Feeder Road West 15 Km TT Course:

<https://www.strava.com/segments/21479605>





ST. CATHARINES
CYCLING CLUB

Tuesday night fast training

- Four courses that repeat over four weeks:
 - 1) Sawmill-Twenty flat course:
<https://www.strava.com/segments/31628959>
 - 2) Hilly course (Figure 8 Saylor's hill route):
<https://www.strava.com/segments/15041318?filter=overall>
 - 3) Tour of Wainfleet (last time August 23rd):
<https://www.strava.com/segments/31834814>
 - 4) North Pelham flat course:
<https://www.strava.com/segments/1145496?filter=overall>
- A, B and C group each night so riders are in the right fitness/skill level group which will make for a better training experience!

 Start time 6:30 PM but September 5th onwards will be 6:00 PM





**ST. CATHARINES
CYCLING CLUB**

Wednesday Women's Training Ride

**The well received Women's specific training rides
have ended for the 2022 season but will be back in
2023!**





**ST. CATHARINES
CYCLING CLUB**

Thursday night Time Trial

- Thursday night is part of the Time Trial series and is always the Sixteen Road TT courses
- Start time 6:30 PM but September 5th onwards will be 6:00 PM
- Start point, parking and washrooms at Silverdale Community Centre
- Two alternating courses:

14 KM SHORT COURSE TT

<https://www.strava.com/segments/8199276>

16 KM LONG COURSE TT

<https://www.strava.com/segments/1400794>



Thursday Gravel Training Ride

Thursdays at 5:30 PM

Start point:

Lock 1 parking lot, St. Catharines

Strava Route:

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

Parking and washrooms at Lock 1





ST. CATHARINES
CYCLING CLUB

Rockway Saturday B group

The Rockway B Group is back!

- 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 also the recommended group ride for those new to riding in a group
- Routes will vary!





ST. CATHARINES
CYCLING CLUB

Saturday hilly course training

- A and B rider categories
- 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
- Four routes that rotate over 4 weeks:
 - 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>





ST. CATHARINES
CYCLING CLUB

Sunday Flat & Fast Training



- A and B rider categories
- 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 than 9:10
- Four routes that rotate over 4 weeks:
 - 1) SCCC Sunday route #1: To Dunnville & return
<https://www.strava.com/routes/2941827839948144954>
 - 2) SCCC Sunday route #2: The Wainfleet Flats!
<https://www.strava.com/routes/2963662103789505762>
 - 3) SCCC Sunday route #3: The full Canborough
<https://www.strava.com/routes/2941841385333555130>
 - 4) SCCC Sunday route #4: Wainfleet-Part deux
<https://www.strava.com/routes/2963686217686922466>



Track Division News

WHAT:

NCIM Track Certification Course

The SCCC Track Division is excited to offer SCCC members free National Cycling Institute Milton (NCIM) A and B Certification courses; a \$162 value!

<https://ncirevolution.com/ride/track-certification/>

WHO:

Course spots are for any 20 SCCC members (10 female and 10 male)

This certification allows you to ride and race on the Milton Velodrome-the best indoor track in North America!





ST. CATHARINES
CYCLING CLUB

Track Division News

WHEN:

SCCC Members only private NCIM track A & B certification courses are scheduled for:

- **A Certification:** September 24th and 25th at 1000-1200 am
- **B Certification:** October 1st and 2nd at 1000-1200 am



WHERE:

Milton Velodrome, 2015 Pan Am Boulevard, Milton, ON

It would be great to have all the SCCC members doing the courses together but let us know if you can't make these dates and we'll coordinate another course date.



ST. CATHARINES
CYCLING CLUB

Why?

Why take the track
certification course and ride
the track?



**7 Reasons you Should Try Riding Track
(Whatever your Ability):**

<https://totalwomenscycling.com/road-cycling/7-reasons-try-riding-track-whatever-ability>



Why?

The certification courses are to allow you to train and even race at the Milton Velodrome, once certified you would be able to take part in the following training at the velodrome:

- **Drop-in session:** 90 minute session with riders on the track doing a continuous single pace line, usually 2 pace lines on track going at the same time-one fast and one slower. Great for just getting out and spinning the legs in the middle of winter versus indoor trainer. Bikes are available for rental. <https://www.milton.ca/en/arts-and-recreation/drop-in-cycling.aspx>
- **Open-track session:** 90 minute session that has 1-2 coaches who will assist you with what you want to do that session. All riders will indicate to the coach what they want to do and a quick schedule is created so everyone gets time on the track. Usually there are riders doing sprint and endurance type training. Great option to work on individual fitness and track riding skills! Bikes are available for rental.
- **Beginner-Intermediate-Advanced training:** 90 minute session that has 1-2 coaches who conduct structured beginner, intermediate or advanced training sessions. After obtaining your track certification you start with beginner structured training (BST), then Intermediate structured training (IST) and then you can progress to the Advanced structured training (AST). Bike rental is included in training session price. The coaching staff will get to know you and will assist you in your progression and will also certify you to do NCIM racing if you want. <https://ncirevolution.com/train/adult-training/>

Getting out on the velodrome during the cold weather months is a great way to work on your fitness and mix up your training!



ST. CATHARINES
CYCLING CLUB

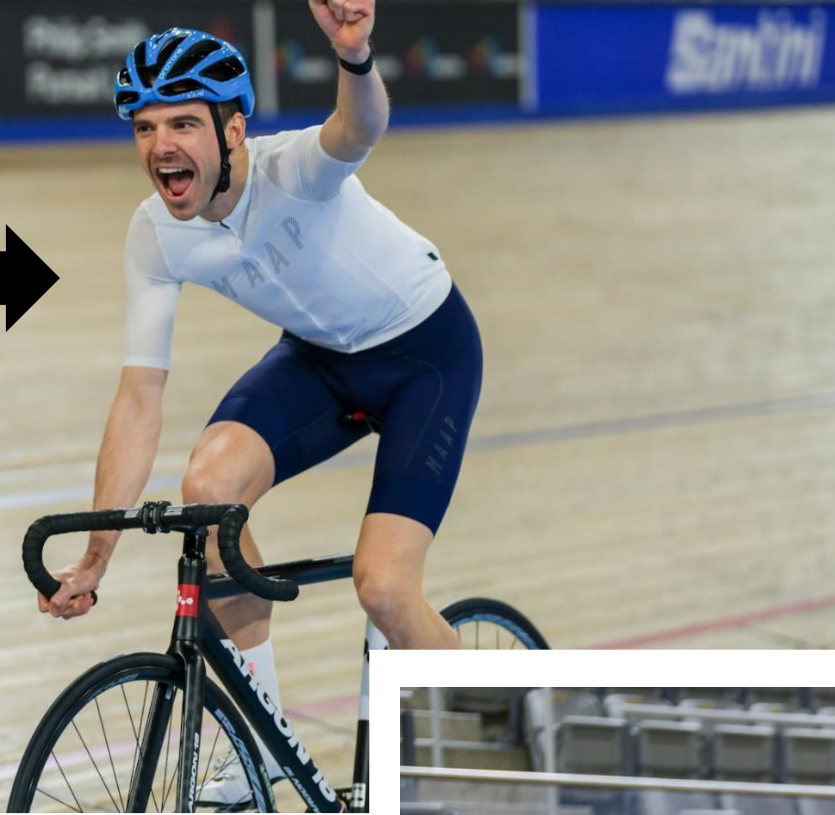
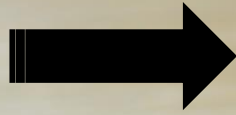
Racing on the Velodrome

Two main types of racing on the Milton Velodrome:

- 1) **NCIM racing:** Once you have completed the Track certification program and done some BST and IST you would be able to take part in the NCIM Saturday night racing on the track on the track. At this point you will also need a UCI track license and your own track bike as rental of bikes for NCIM racing is not offered. Fortunately entry to mid-level raceable track bikes are reasonably priced! <https://ncirevolution.com/race/>
 - 2) **Sanctioned races:** These are usually an “O-Cup” track racing event, Provincial track championships and even National track championships. You will also need a UCI track license and your own track bike as rental of bikes for these races is not offered.
- **Out of Province racing:** With a UCI track license you would be able to race in track events in Canada and throughout the World.
 - **UCI Track License:** If wanting to race on the track you need the UCI track license which you can add to an existing UCI license for road, CX, Mtn for this year or 2023.



**Be like Justin,
try the track!**



**Want to take the NCIM A and B
certification course then
submit your name to:**

president.stcatharinescc@gmail.com

You will receive instructions on how to
get registered at NCIM once you have
submitted your intent to attend





ST. CATHARINES
CYCLING CLUB

CX News

Continue to watch for an exciting announcement
on Fall CX training !



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](#)



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!

