

# NEWSLETTER

Sault  
Cycling Club

ISSUE 1 | SEPTEMBER 2020 | PAGE 1



Photo Credit: Robert Larkin

## BOTTLE DRIVE

We want your empties! Fundraising efforts are being made to help support signing the rest of mountain bike trails.

Please number your bags / boxes with how many cans / bottle are inside.

### Drop off Date:

Tuesday, Septmeber 15th.

Message us for more details and drop off location or watch our Facebook & Instagram.

## SHOW US YOUR STUFF!

Do you have any great photos you'd like to share??

Send us your Fall photos and Fat Bike photos for your chance to be featured in our next newsletter, or on our social media!

Submission Deadline:  
September 25<sup>th</sup>, 2020.

Email to:  
info@saultcyclingclub.ca

## TRAIL UPGRADES & APPROVALS

We all ride the trails for the same reasons. We share a passion for mountain biking and being in the outdoors. As guests of the trails, we need to respect the work that has gone into building a positive relationship with the landowners who allow us the privilege of building and riding trails on their property. The Sault Cycling Club works with the landowners of the various properties at Hiawatha Highlands ensuring that the proper process of making upgrades to the trails is followed to allow for continued access and safety for users.

**We are always looking for ways to improve our trails!** If you have an idea and want to help turn it into reality, contact Peter or another member of the SCC Executive to discuss it. A great example of this in action are the new Bert and Ernie sections connecting Sesame Street and Stickman Drive. Gord had an idea, we asked for landowner permission, and now we're riding!

If you'd like to get involved in trail maintenance or building, please reach out to our Trail Director, Peter Henry. Peter@saultcyclingclub.ca

# The Social Distance Dozen

## 13 HILLS. ONE RIDE. CAN YOU CLIMB UP THEM ALL??

Through the month of September, the Sault Cycling Club will host this self-timed event where entrants must ride all thirteen hills in one (six hour or less) ride, choosing their own route to complete them. Hill segments will be timed but not the rides between them.

**Hills:** Landslide Rd, 3rd Line, Old Garden River Rd, Old Goulais Bay Rd, Brule Rd, Crimson, Goulais Ave, Maki Rd, Red Rock, Allen Side Rd, Carpin Beach Rd, Town

### Entrants Must:

1. Be a Sault Cycling Club member.
2. Ride between all segments.
3. Ride the same bike. Equipment changes are allowed for mechanical failure, but not for any advantage (ex: you may change a tire if the sidewall is cut, but not to switch between road and gravel for a different hill.)
5. Submit only one entry.
6. Complete the ride in 6 hours or less.
7. Obey all traffic laws.
8. Complete the ride in September 2020.

### Strava Segments

- You can utilize "segment explore" on Strava to find all of these hills.
- All 13 will begin with "SCC Dirty Dozen" followed by the hill name.

### Prize Categories:

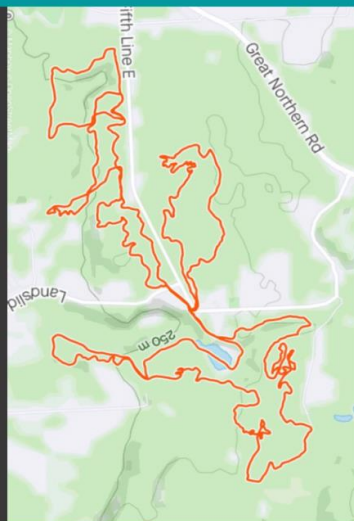
- Fastest Rider
- Shortest Route
- Worst Weather Finisher
- Youngest Male & Female to Finish
- Secret Award

# The Whole Enchilada.

Saturday, September 19, 2020 at Hiawatha Highlands

## RIDE OR RUN

DO YOU  
HAVE  
WHAT IT  
TAKES?



Details will follow soon!

50 MILES - 3 LAPS  
100 MILES - 6 LAPS



**This isn't your typical ride or run.** Challenge yourself to complete the 50 mile or 100 mile course!

### Event Details:

- Open to current Sault Cycling Club members.
- Start and stop anytime you like. Restock when you need to. The course is not timed.
- Each lap is approx. 27 km
- Ride on your own, or with your friends.
- **Please remember to stay in your social bubbles!**
- This is self-supported, so you need to bring everything you need for the ride with you and leave it in your vehicle at the Hiawatha parking lot. Lights will be needed to finish the 100 miles.
- There will be a GPX file to download to your Garmin and/or phone when you register.
- The course will be signed for those who do not have a Garmin or phone to ride with.

### REGISTRATION

Stay tuned on our website, Facebook and Instagram for registration details!

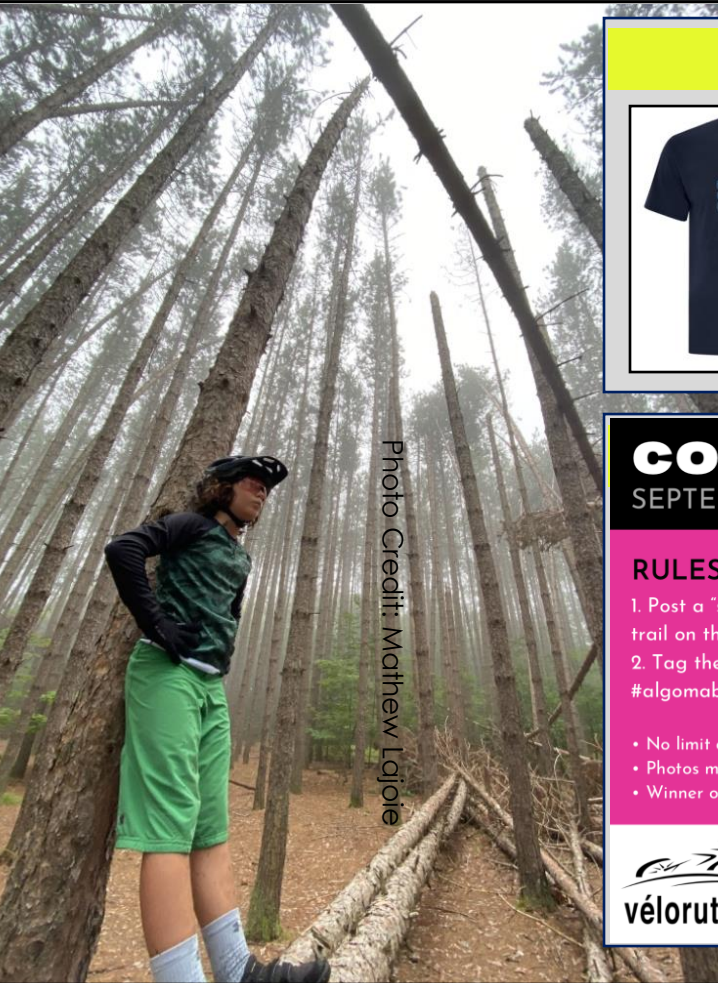


Photo Credit: Matthew Lajoie

**SCC APPARREL – COMING SOON!**



Soon you'll be able to purchase your very own SCC T-Shirts, Hoodies and more! Watch our Facebook and Instagram to see when our online store goes live!

**CONTEST #2**  
SEPTEMBER 1ST TO 20TH

**RULES**

1. Post a "selfie" with the sign from your favourite trail on the Hiawatha Trail Network
2. Tag the following #SaultCyclingClub #algomabikes #velorution\_bike\_ski #saultstemarie

- No limit on photo entries.
- Photos may be used for future media promos.
- Winner of \$100 Velorution GC will be selected at random.



Contest is open to current SCC members.  
Not a member? No problem!  
Visit our website and become one today.  
\$30 / Adult \$15 / Youth \$70 / Family



**CONTEST ALERT!**

Want to win a \$100 gift card to **Velorution Bike & Ski**?? Read the rules!

Congratulations to **Elliot Caruso** who won the \$100 gift card to **Algoma Bicycle Company** earlier this summer!!

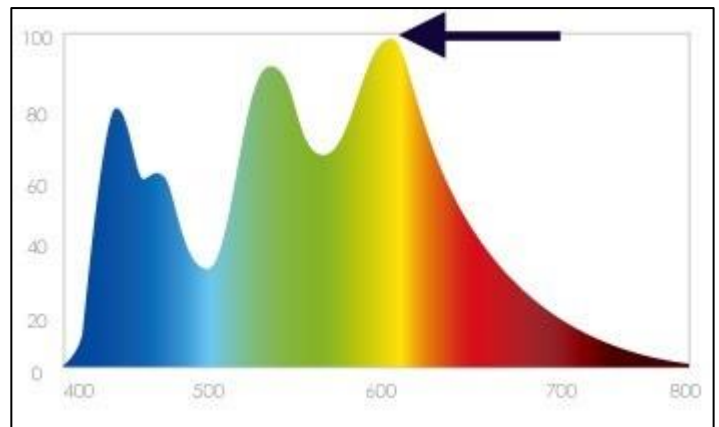
**CYCLING SAFETY**

**ROAD CYCLING SAFETY – COLOUR IS EVERYTHING**

It takes a driver about 1.25 to 2 seconds to perceive an object, determine what it is and start the process of steering away from it. The sooner they see you the better.

No surprise, auto drivers direct most of their attention to looking for other cars. They are not looking for bicyclist. About half of bicyclists are hit on straight roads where visibility was not an issue.

The color yellow, being a combination of green and red, looks brighter than green or red due to both sets of cone cells in the eye reacting.



X axis wavelength. Y axis is intensity  
Clearly, the darker the color, the less intensity reaching the retina.

