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CALGARY BICYCLE TOURING CLUB  
NEWSLETTER

JANUARY/FEBRUARY, 1983

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THE HISTORIC BIRTH OF CALGARY'S OWN BICYCLE TOURING CLUB

With nineteen people comfortably nestled in a small Sunnyside apartment one very snowy January evening, a bicycle touring club was born. Though a name has not been decided upon yet, we all share a common enthusiasm for cycling.

As the meeting progressed, it became clear that each participant brought not only a different perspective of the sport, but also a valuable skill that he or she could offer the enterprise. All who attended left with the feeling of great potential for a bicycle touring organization in Calgary.

At this point, a certain amount of organization must occur in order that we both set achievable goals for the 1983 season and successfully accomplish these objectives. "Starting small" was suggested as a means to test our organizational abilities. In a city of 600,000 souls, surrounded by eminently tourable landscapes, and interlaced with a recreational path system that is the envy of many cities, what is small?

It's not that organized touring has not been attempted previously in Calgary. Almost ten years ago a club was formed under the auspices of the Canadian Hostelling Association, Mountain Division. In 1980, a Tour of the Bow River Valley was organized and sponsored by The University of Calgary, The Heart Foundation, CFCN Radio, and a couple of oil companies. The failure of these ventures was cause for some soul searching. On the other hand, the owners of bicycle touring shops in Calgary agree that many patrons are inquiring about organized touring. It could be that large scale interest in bicycling touring is rather recent or, more likely, that no effective communication network has existed.

The Canadian Cycling Association (established a century ago) has until recently sanctioned only competitive cycling events. Through its provincial arm, the Alberta Bicycling Association, help is now available to recreational organizations such as ours. A touring club has never been an impossible organizational problem, but it is nice to know that we have the support of provincial and federal bodies in this endeavour.

- Don Hollingshead

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A WORD FROM THE PRESIDENT

I am looking forward to an exciting first year for our club and accept the challenge of leadership with high hopes for a successful, wellrounded program. For those who have not yet met me on the road, let me describe myself: 9-year old blue Peugeot with pannier racks, fenders and a six-foot fair-haired rider on top. I have been involved with cycling for about 20 years. My love affair with bikes began with a red one-speed 26" Royce Union at the age of 10. Since then, I have commuted through all kinds of weather, toured across half of this continent, and have had nothing but good memories and good times with bicycling and the people along the way.

What I envision for our club is a wide range of activities from day rides and centuries to maintenance workshops and rallies that will appeal to cyclists of all ages and interests. Our intention is to fill the needs of recreational, touring and commuting cyclists.

I would like to thank the Provisional Officers for putting together the material that follows and Alex Berenyi and Dan Seto for making their bike shop, Ridley's, available as an interim information centre for our club. Also, thanks to the many folks who have volunteered their time and energy to get our club off the ground.

I invite any interested people to contact me or Gail Gislason for information about our club. We look forward to the contribution of newcomers at our next meeting.

- Bernie Hills

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WHAT OUR CLUB IS ALL ABOUT

Well, it's finally happening!! A bicycle touring club is being organized in Calgary. On the evening of January 10, 1983, a meeting of bicycling enthusiasts took place. The purpose of the gathering was to discuss the formation of a club to promote bicycling in all its' many facets. A list of the following objectives was compiled:

1. To offer weekend tours
2. To conduct informal day trips
3. To sponsor invitational rides for other clubs to attend
4. To coordinate a rally for both tourists and racers
5. To organize conditioning rides
6. To offer workshops on maintenance, proper technique, touring, commuting (how to stay alive in Calgary), fitness and nutrition, and making your own cycling apparel
7. To promote bicycling as a viable commuting alternative; to form lobby groups to encourage safety for cyclists; and to provide an escort service for new commuters
8. To provide a support network for all cyclists with programs designed to cater to all age groups, to offer equipment on loan, to make available cycling information packages, and to promote a sense of unity and renewal within the club
9. To publish a newsletter with scheduled rides and events, general interest information, technical information and input from club members

Gail Gislason

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WHO ARE WE, ANYWAY?

We are now faced with naming our newly formed bicycling club. If you have any suggestions for a name or logo, please come to our next meeting ready to present your ideas, or leave them with Alex or Dan at Ridley's Cycle and Sports, 225 - 10 Street NW (283-1421).

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NEXT MEETING

We welcome anyone who is interested to attend our next meeting. It will take place on Monday, February 7, 1983, at 7:00 p.m. at the Shaganappi Golf Club Clubhouse at Bow Trail and 26 Street SW. For more information, contact Alex at Ridley's. At this meeting we plan to formalize our club's philosophy and objectives.

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MAINTENANCE CLINIC

Have Calgary's potholes put wobbles in your wheels? Do spokes fly off in all directions when you reach cruising speed? Now you have a chance to remedy those problems while learning how to build a sweetheart of a wheel. Come to the Wheel Building Workshop - our first maintenance clinic. Here are the facts: It's happening at Ridley's Cycle & Sport, 225 - 10 Street NW, on Tuesday, February 15, at 7:00 p.m. Bring any wheel you'd like to lace or build that evening, a clear head, and several nimble fingers. Also bring \$6 for spokes if you intend to achieve practical results. If you want to learn, but don't have a hub and rim, these can be provided for your use. Alex Berenyi at Ridley's (283-1421) would appreciate hearing from you if your're interested in attending. See you there!!

Art Pope

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NEWS FLASH

BIG PLANS UNDERFOOT FOR 1983 BICYCLING ACTIVITIES!

SOME PLANS ARE ALREADY DEFINITE:

Gulf/San Jan Islands Easter Tour

A nice break from the typically chilly weather of an Alberta Springtime. Fly to Victoria; then take a ferry to Pender and Saltspring Islands. Return to Vancouver Island by ferry; then on to San Juan and Orcas Islands. Resort accomodations.

Tour of the Swan River Valley (TSRV)

One of North America's best organized mass tours. Drive to Missoula, Montana for a 220-mile, two-day tour during Mother's Day weekend. Limited to 500 participants.

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AND PLENTY MORE ARE TAKING SHAPE:

Tour Leader's Workshop

A discussion of possible problems and solutions for those contemplating leading tours this season.

Hemistour Slideshow

A two-year tour from the Canadian Arctic to the southern tip of Latin America. A question & answer period to follow with rider Carmin Militano.

Victoria Day Rally/Tour

Details to be announced.

University Games Tour

A round-trip tour to Edmonton to see the University Games cycling events.

Bicycle Picnic/Rally

In celebration of the recreational path system.

Kananaskis Classic

A loop tour from Calgary of the newly completed Kananaskis Corridor route over Highwood Pass.

St. Paul Rally

This September weekend tour is an annual event in Central Alberta.

Contact the Programme Director, Don Hollingshead, if you're interested in any of these activities, or if you have some good ideas of your own. You can also leave word with Alex or Dan at Ridley's Cycle & Sports.

Don Hollingshead

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TOUR RESOURCE CENTRE

With another touring season rapidly drawing near, it is time to start gathering information for a Tour Resource Centre. If you have any maps, pamphlets, schedules or other information you would like to share, please get it together and bring it to the next meeting, or leave it with Alex at Ridley's. Thanks,

- Chris Allen

(If you have anything to contribute to the newsletter, please leave it for Art Pope (283-6747) at Ridley's Cycle & Sports - Editor.)

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MAINTENANCE TIPS: BRAKES

Many of us do our own repair work on our bicycles, and all of us can at least keep an eye open for problems before they get serious. Our maintenance clinics will explore the innermost workings of bicycles, but here are some technical opinions to get you thinking. Your questions and arguments will make our clinics a success.

WHAT TYPE OF BRAKE WORKS BEST?

Any good quality brake which is well adjusted. When you squeeze the lever it should feel very smooth and spring back freely by itself. If it doesn't, there is too much friction - usually in the cable. Try oiling, starting inside the lever where it pivots, then where the cable end is anchored. Then oil all the places where the brake wire goes into or comes out of the cable casing. Oil the bolt or bolts on which the brake calipers pivot as they move towards the rim. If this doesn't work, either the lever or caliper are damaged (have them checked), or you need a new cable, which is more likely. New cables must be lubricated with oil or light grease before being threaded into new casing. Never reuse old casing, and keep everything very clean.

HOW DOES A CORRECTLY ADJUSTED BRAKE LOOK?

Both brake shoes will rest about 3 or 4 millimetres from the rim, therefore your rim must be fairly true. When you squeeze the lever the brake shoes will move in to the rim and touch it before the lever has been squeezed more than a third of the way. This will vary a little from one brake system to the next. The brake shoes must make contact in line with the rim and centred on the rim, not a little above or below it.

HOW DO I STOP MY BRAKES FROM SQUEALING?

They squeal for the same reason that chalk squeals on the chalkboard: the angle of contact is wrong. The brake shoes should be slightly pointed in towards the front of the bicycle. To do this, close the jaws of a small adjustable wrench (not pliers) on the end of the caliper just above or below the brake shoe. If necessary, remove the shoe to make room. Then use the wrench as a lever to carefully bend the caliper. Don't overdo it. A very slight amount of toe-in is sufficient.

HOW CAN I CENTRE THE CALIPERS ON THE RIM?

Some sidepull brakes have a slot on the pivot-bolt for a thin wrench to centre the caliper. If not, tap with a punch and hammer on the spring right beside the pivot-bolt to swing it one way or the other. With centre-pull brakes, grasp the top body of the caliper and swing it to one side or the other. Very small adjustments can be made by sliding the yoke to one side or the other on the cross-cable.

WHEN SHOULD I REPLACE MY BRAKE SHOES?

When there is no rubber left; when they are worn unevenly because they have not been in line with the rim; or when they are not grabbing because they are hard and dried out (usually a couple of years, if left outside a lot).

If you have questions, see you at the clinics. Until then, wear the bike grease under your fingernails proudly!

- Alex Berenyi

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PROVISIONAL OFFICERS AND COORDINATORS

President	Bernie Hills (245-2451)
Programme Director	Don Hollingshead (H 289-7061, W 260-5904)
Secretary	June Hills (H 245-2451, W 259-4114)
Treasurer	Alex Berenyi (H 261-8945, W 283-1421)
Newsletter Editor	Art Pope (H 283-6747, W 296-6592)
Membership & Circulation Coord.	Gail Gislason (283-6559)

\* Logo courtesy of Colynn Kerr

THERE'S BEEN A NEED FOR THIS CLUB FOR A LONG TIME

LET'S MAKE IT HAPPEN!



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