



# The Derailleur

**TRAILBLAZERS Tandem Cycling Club**

[www.torontotrailblazers.org](http://www.torontotrailblazers.org)

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## From the President

**MARTIN COURCELLES**

First off, I would like to introduce myself: my name is Martin Courcelles and I have been a member of the TRAILBLAZERS for about 3 years now. I've always had an interest in cycling, ever since my father built a tandem bike out of spare parts when I was a child. I even used to ride my own bike while following friends around my small home town. Neighbours thought my parents were crazy to let me ride independently, but they believed in me and that's the legacy that has shaped who I am today - the belief that I "can" do whatever I put my mind to!

Following the elections on Wednesday April 14, I am the new club President for the 2010 year. I'd like to take this time to

thank Lynda Spinney for all of the guidance she has given to the club in this position over the last few years. Not to worry however, as you'll still get to work with her in her new role as Ride Convener!

My aim is not to ignore all of the hard work that has been done to date, but to improve upon a club that has matured over the years and that we should be proud of. Our most pressing task is to prepare TRAILBLAZERS' By-Laws. This will not only enable us to create a guidance template for our club, but will also enable us to access new opportunities in the future.

Thank you everyone for your confidence in me and for electing me as President for the 2010 year. I will give my utmost energy and determination in this new role, and I hope that this year will be a great one for all of us!

***Martin Courcelles***

**TRAILBLAZERS President**

## Stoker's Profile

**LUCY MISASI**



My name is Lucy. I joined the TRAILBLAZERS in 2003 to meet new people and get a chance to become more

active. I also enjoy becoming involved in the community and learning new things.

When I first started cycling I was very nervous because I had never biked in my all my life. I tried to learn to ride a single bike when I was living in Italy in the early 70s but I was always falling! Now I cycle regularly with the TRAILBLAZERS and I love to bike!

When you're out on a bike, you get to see different people, new things, and the beautiful scenery, especially if you get out of Toronto and have a chance to chat with your captain while riding, all while pedalling at the same time of course!

Over the years in the club I've met a lot of great Stokers and Captains, many of whom have become my good friends. Thanks also to Joanne Yale for telling me about the TRAILBLAZERS and encouraging me to join!

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## Captain's Profile

LESZEK KOCIUBA



My name is Les, I'm only 67 years young and full of energy! In 2001, I read about the TRAILBLAZERS in Toronto's Parks & Recreation booklet and I came to the AGM. I met some very nice

people and decided to register to be a Captain. I like to go on all kinds of trips with the TRAILBLAZERS – my experience with the club is experience I can use on my own life. My only problem is that I'm only 64 kg and I can't help more of the heavy Stokers!

In 2005, I found a small storage space on Cavell Ave – the City of Toronto would let us use this space if we cleaned it out –

there were 20 wooden pallets and it wasn't easy, but I managed to transport them to my friend's farm. This is now our South Shed, which gives the club access to all of the trails on Lake Ontario.

Meeting members of the TRAILBLAZERS has inspired me to volunteer for Blind Sailing Canada and the Ski Hawks. Now all year 'round I can be involved with recreation programs for limited or no vision and give them the opportunity to be active. This year, I'm planning to become more involved with the maintenance of the club's bicycles and I hope to help blind and vision impaired people to the last day I can.

**Congratulations to Lucy and Les, recipients of the 2010 President's Awards!**

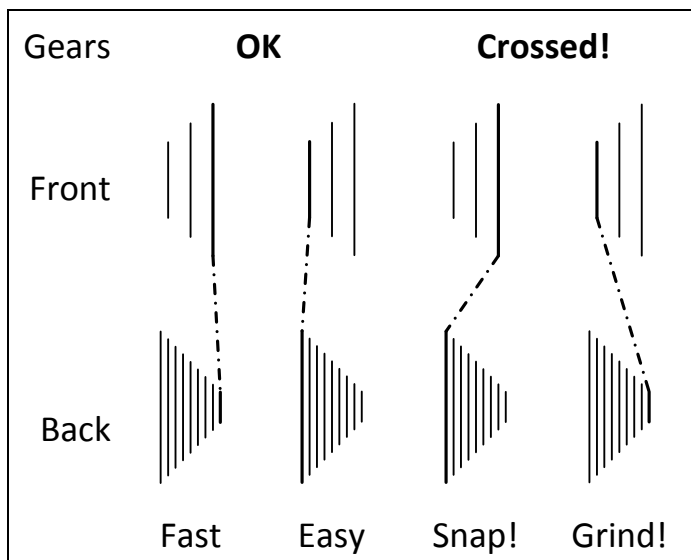
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## Tandem Tips – Avoiding Cross-chaining

ANTONY HILLIARD

Keeping our tandems in good condition is everyone's responsibility - the less we spend on fixing bikes, the more is left over for better things. While tire or brake pad wear is inevitable, careful Captaining can keep chains and gears lasting longer. Cross-chaining is the biggest danger for bike chains, which happens when the Captain shifts the front and back gears into combinations that force the chain into a side-to-side bend (see diagram below). This can easily happen by accident if Captains get distracted. For example, imagine speeding down to a creek bridge, with the bike in the fastest gears. Crossing the bridge into the climb on the

other side, pedaling gets tougher, so you shift to a larger back gear, then a larger one, and finally into the largest back gear... then the chain snaps! Nobody likes walking home, so remember: upshift before you get to hills, shift front gears before you run out of back gears, and listen for creaking or grinding noises. The chains on our tandems carry more than 1000 pounds when hill-climbing – so be nice to them!



## Small Stretches for Long Rides

DEBBIE THOMAS

Over my years of tandem cycling, I've noticed that certain parts of my body can become stiff, fatigued or numb while cycling. I've developed some small tips and tricks that I'd like to share with you to help you through your riding season.

Parts of the body that may be affected from sitting astride a bicycle for a long period of time are the palms of your hands, the bottom of your feet, the buttocks, inner thighs, pelvic region and in some cases the tip of the big toe! I like to tense and relax the different muscle groups in these areas once and awhile – this can be done while you are riding or it may be safer while sitting on the bike when it is not in motion.

Other exercises that I find effective are pelvic tilts – these can be done by pulling in your stomach muscles and very slightly relaxing the lower back area. Next, I do the same with my shoulders and neck, as these muscles become tight and sore. Make sure to focus on only one muscle group at a time.

Next, when I am at a resting position on the bike, I take one hand off of the handle bars and swing my arm back and forth closing my fist, and then I make circular motions much like doing the front crawl - this works wonders for your hand, arm and shoulders.

If you don't have riding gloves, I find it's helpful to keep both hands on the handlebars while relaxing my hold and spreading my fingers apart.

All of these silly little things help me get through a ride, in addition to breathing deeply and drinking lots of water!

## News & Events

Welcome to the new  
**TRAILBLAZERS' Executive for 2010!**

The 2010 Executive was voted in on April 14 at the Annual General Meeting:

President: **Martin Courcelles**

Vice President: **Jennifer Griffiths**

Secretary: **Debra Lausch**

Treasurer: **Bruce Wonnacott**

Ride Convenor: **Lynda Spinney**

Operations Manager: **Chris Spinney**

Public Relations Officer: **Linda Varekamp**

Member at Large: **Maria Fitton**

**What's a "Blaze-a-Thon"?** The TRAILBLAZERS' biggest event of the year is taking place on Saturday June 12 – The Blaze-a-Thon is a fund raiser group ride and picnic. Choose from a 50km ride in the morning, 25km ride in the afternoon and/or

stay for lunch in between! Registration is \$15 or \$10 before May 29<sup>th</sup>, and includes lunch, a goodie bag and great prizes for most funds raised! Registration is FREE with \$75 or more in sponsorships; get a free T-shirt with \$100 in sponsorships. Thanks to our event sponsors Mountain Equipment Co-op and ride leader Paul McCue! For more information, event schedule, and to download sponsorship forms, visit: [www.torontotrailblazers.org/blaze-a-thon.html](http://www.torontotrailblazers.org/blaze-a-thon.html)

**Cycle for Sight 2010** takes place on Saturday June 19. Cycle for Sight is a one-day ride from Toronto to Collingwood in support of Foundation Fighting Blindness, Canada's leading charity funding vision research. For more information, visit: [www.cycleforsight.ca/](http://www.cycleforsight.ca/)

The Toronto Chapter of the Alliance for Equality of Blind Canadians (AEBC) invites

you to attend **Community Connect 2010**, on Sunday May 2<sup>nd</sup> at the North Toronto Memorial Community Centre, 200 Eglinton Ave W. The fair will feature presentations, displays, vendors and a new accessible voting machine targeted at vision impaired voters!

For more info, visit: [www.blindcanadians.ca](http://www.blindcanadians.ca)

## 2010 RIDE SCHEDULE

For more info & updates, visit: [www.torontotrailblazers.org/activities.html](http://www.torontotrailblazers.org/activities.html)

1. **Sat. May 8** – Leslie Spit
2. **Sat. May 29** – Island Ride & Picnic
3. **Sat. June 12** – “Blaze-a-Thon” Fundraiser Ride & Annual Picnic
4. **Sat. June 19** – Cycle for Sight
5. **Thurs. July 1** - Canada Day Ride
6. **Sat. July 17** – Breakfast Thornhill Ride
7. **Sat. Aug 7** – Scarborough Bluffs
8. **Sun. Aug 28** – Barrie Ride
9. **Sat. Sept. 11** – Niagara Ride
10. **Sat. Sept. 25** – Collingwood Rail Trail



## Donation Form

**Yes! I would like to support the TRAILBLAZERS Tandem Cycling Club**  
*Funds are used to support new tandem purchases, bicycle maintenance and operations and social events.*

### Enclosed is my donation of:

\$25.00  \$50.00  \$100.00  \$200.00

\*Other \_\_\_\_\_

Cheque enclosed (payable to TRAILBLAZERS Tandem Cycling Club)

Credit Card - *Donate securely online using Canada Helps at [www.torontotrailblazers.org/donate](http://www.torontotrailblazers.org/donate)*

*\*Official Tax Receipts are available upon request for donations of \$10 or more, issued automatically for donations of \$25 or more.*

**Registered Charity #86786 4753 RR 0001**

Name \_\_\_\_\_

Street \_\_\_\_\_

City & province \_\_\_\_\_

Postal code \_\_\_\_\_

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Email \_\_\_\_\_

### Mail to:

TRAILBLAZERS Tandem Cycling Club  
 188 Highfield Rd  
 Toronto ON M4L 2V2

**Thank you for supporting the TRAILBLAZERS!**