

EMCC Members Perform Strongly at Canadian Master's Championship

EMCC had a strong presence at the July 2-4, 2010 Canadian Masters Cycling Championships hosted in the Devon area. It was a first-rate event – thanks and congratulations to race director and EMCC member Bruce Copeland, the Juventus Cycling Club and volunteer team.

Day one was the 22.5 km ITT. The weather was good, not too hot or windy. The course covered much of the same stretch of road as the recent June 23 EMCC Devon 20 km ITT. However, the national's course started from the west and proceeded east about 1km past the valley hill to the turnaround. As many of us noted, there was little recovery time between the two hill climbs. This may have led to lightheadedness for some and ensuing questions such as “why am I here”, “why am I doing this”, “why has time seemingly stopped”, “really, I paid money to do this!”.....

But alas, the ITT end did arrive and 20 EMCC members (first claim and second claim) throughout the 10-year age groups represented the club proudly. Of particular note, local time trial legend Bruce Copeland won the 40-49 national title. Nancy Burden won silver in the women's 40-49 with five seconds separating first through third. Liza Miranda took home silver in the women's 30-39. The men's 50-59 had a tight finish with 16 seconds separating Brian Countryman's 6th place and the 2nd place finisher! Clive Burke took second place (but not a silver medal because he is not a Canadian citizen) in the 60-69 category, while Bill Doyle received a bronze medal in this same category for his fourth place finish. Jason Hargreaves finished a strong 5th in the 30-39 group.

EMCC Member 22.5 km ITT Results, July 2, 2010

Women 30-39	Liza Miranda	35:46 (2 nd place)
Women 40-49	Nancy Burden	36:03 (2 nd place)
	Gail Wozny	37:00 (5 th place)
Men 30-39	Jason Hargreaves	32:13 (5 th place)
	Joseph Litke	36:26 (14 th place)
Men 40-49	Bruce Copeland	30:05 (1 st place)
	George Irwin	32:05 (6 th place)
	Matt Wheatley	33:29 (14 th place)
	Lorne Dmitruk	36:07 (23 rd place)
	Mike Burton	36:14 (24 th place)
Men 50-59	Brian Countryman	32:18 (6 th place)
	Ed Heacock	33:45 (10 th place)
	Zbigniew Szymanski	34:40 (13 th place)
	Dave Watson	34:54 (16 th place)
	Richard Moses	35:13 (17 th place)
	Bill Burtnik	36:52 (21 st place)
	Don Fox	37:33 (24 th place)
Men 60+	Clive Burke	37:10 (2 nd place)
	Bill Doyle	39:07 (4 th place & bronze medal))
	Daniel Preston	40:41 (5 th place)

The second day of competition featured a road race from Graminia School west to the Genesee Power Plant area. Race distances varied between 72km and 120km depending on the category, however, all competitors had the “pleasure” of doing the two big climbs which included the selective north-bound second climb and its false top! Undoubtedly, this was the point where most racers faced their biggest challenge on the day. Again, the weather was good for racing with a reasonable west wind blowing.

EMCC Member Road Race Results, July 3, 2010

Women 30-39	Liza Miranda	2 nd place (72km distance, 5 starters)
Women 40+	Gail Wozny	5 th place (72km distance, 10 starters)
	Joy Mekechuk	6 th place
Men 30-39	Jason Hargreaves	11 th place (120km distance, 37 starters)
Men 40-49	George Irwin	22 nd place (120km distance, 64 starters)
	Darren Schacker	40 th place
	Shane Rush	53 rd place
	Kevin Coghlan	54 th place
Men 50-59	Brian Countryman	5 th place (90km distance, 40 starters)
	Ed Heacock	7 th place
	Dave Watson	12 th place
	Zbigniew Szymanski	20 th place
	Bill Burtnik	27 th place
	Don Fox	34 th place
	Paul MacDonald	36 th place
	Dave Embury	37 th place
Men 60+	Clive Burke	4 th place (72km distance, 8 starters)
	Daniel Preston	6 th place

The final race day featured a 36-km criterium with points awarded every fifth lap. Unfortunately this was deemed a local race since crits are not recognized at the national level. The tranquil atmosphere of downtown Devon was temporarily set aside as the announcer gave constant race updates in both official languages. The closed crit course was box-shaped with only two well-marked potholes to avoid. The neutral first lap was led out by a classic Mustang convertible.

The mighty Mustang roared away after lap one and the race was on. In the 50+ age group, the pace ranged from an average 42-45 kph to many breaks and sprints at 50+ kph (including some into the headwind). A single rider spill past the mid-way point of the race neutralized things for a few laps while the medical heroes tended to the downed rider. With the commissaire’s approval, the race was on again and more speed (read pain) ensued. The Quebec, British Columbia and Manitoba riders owned five of the top six finishes. Calgary-based H&R Block rider Peter Lawrence was the top Alberta finisher in 2nd place.

EMCC Member Criterium Rankings Sunday, July 4, 2010

Women 30-49	Liza Miranda	1 st place
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Men 50+	Gail Wozny	3 rd place
	Brian Countryman	8 th
	Ed Heacock	11 th
	Zbigniew Szymanski	16 th
	Dave Embury	17 th
	Dave Watson	18 th
	Don Fox	19 th

Congratulations to all the EMCC members who raced in these events. And a big thank you to the EMCC members and their family members who volunteered during the weekend.

Here's to more great summer bike riding and racing!

Submitted by Brian Countryman