

# DURHAM CYCLING CLUB

## SUMMER TOUR 2010

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### WHEN DOES OUR SUMMER TOUR TAKE PLACE

The tour dates have been narrowed down by request to either of two weeks in June. Which week we go will be determined by a consensus of what best suits most club members. The dates so far requested are ;

Wednesday June 9<sup>th</sup> to Sunday June 13<sup>th</sup>  
or  
Wednesday June 16<sup>th</sup> to Sunday June 20<sup>th</sup>

We are starting the tour on a Wednesday, as opposed to a Sunday, at the request of club members who have work commitments. This enables them to tour with us but take fewer days off work. To finally fix the tour date we need a reasonably assured indication of how many club members will do this tour and which start date they prefer. See the last page.

### TOUR ROUTE

The route is not yet finalized. I need a better idea of how many of us there will be because the route will sometimes be tailored to fit our accommodation requirements within our proposed distance objectives.

A rough idea of our easy tour is that we go through Fenelon Falls, then up to Haliburton, Carnarvon, Buttermilk Falls, Dorset, Dwight, through Algonquin Park, Whitney, Lake St. Peter, Bancroft, west to Paudash, Tory Hill, Haliburton, Minden, Kinmount, Burnt River, Fenelon Falls, and home again.

Later maps with directions, turns, distances, road names and numbers will be prepared for each day, and with each daily map we will provide notes about points of interest along the way.

### HOW TOUGH OR DIFFICULT WILL THIS TOUR BE?

Our pace will be relaxed and easy. Without making it sound difficult the distance pedaled each day will be about 80 kilometres. This won't be tough if you think of it in terms of it being 80 kilometres over about five or six unhurried hours. If in the morning we cycle for three hours, then take a long lazy lunch for say 1½ hours, then pedal for another couple of hours we will have comfortably covered our 80 kilometres by mid afternoon. Remember that we are not doing the Tour de France nor trying to break any distance records. This is an easy tour of friends who simply want the pleasure of the open road, sunshine, fresh air and new places to see.

There will be no high speed fast riding and we will always stay together with a lead and a sweep. If the going gets tough on a bad hill and some of us want to get off and walk, remember that we will be pedaling loaded touring bikes, well that's O.K., we get off and walk. We will regroup at the top of the hill. This thought about walking up big hills may be applicable to me, because although I am healing well after my disastrous crash in Germany I still haven't got back full use of my left arm and hand and so cannot yet pull hard on the handlebars to climb hills.

## PREPARING YOUR BIKE

A touring bike, hybrid, mountain bike or other kind of bike equipped with a rack for panniers and having a handlebar bag is the type of bike needed for touring. Road bikes that cannot carry panniers won't do for a tour unless they have a support vehicle, which we discuss below.

Tuning up your bike before a tour is important. Be sure that the gears are shifting smoothly, chain is lubricated and the brakes are working well. Also be sure that your riding position on the bike is comfortable

## TOUR SUPPORT

This is essentially a self supported tour with no support van . However enquiries have come from club members who don't have a touring bike but would like to come on the tour but need a support vehicle because their road bike cannot carry panniers. Our suggestion for these members, and we have done this in the past, is bring along a non-cycling spouse or friend who will drive and carry your gear for you.

The non-cycling spouse or friend will have much of the day free but can always meet up with us at rest or lunch stops and will of course be there for dinner in the evening, breakfast in the morning and a recounting of the exaggerated days events when we sit around in the evening. Sometimes the non-cycling driver may even go on ahead and check us into the next motel or B&B.

## PANNIERS

Two panniers that attach to a rear rack and a handle bar bag should provide enough storage space for a five day tour. If you are considering buying panniers opt for a size of about 40 litres. This size will usually consist of one large main pocket and one or two smaller outside pockets.

Panniers must attach to the bike rack very securely. If they are loose they can get caught in the spokes or fall off. Although they must fit securely panniers should be reasonably easy to remove, and some can be joined together with Velcro straps for ease of carrying when they're off the bike. Back packs, while perhaps suitable for a day ride, will become uncomfortable when carried for a number of days, and may result in back pain or chafing if you're trying to carry enough gear for five days.

## HANDLEBAR BAGS

Handlebar bags are handy for small items that you want to reach quickly such as phone, camera, wallet, lip balm, power bars and snacks. Too much weight on the handlebars can tweak the balance of your bike. Be sure that when you install your handlebar bag it doesn't impede the brake or gear cables and doesn't sink low enough to rub on the front tire. If you are considering purchasing equipment for this tour, such as panniers or handlebar bags, first check with club members in case there is something available, then look on cycling web-sites for used equipment. One useful site is: <http://www.tbn.ca/>

## WHAT DO WE NEED FOR OUR TOUR

We will be pedaling from inn to inn or B&B to B&B so we can't travel fairly light. No camping gear or sleeping bags will be needed. But we must carry everything that we need for five days.

## TOUR LEADER WILL CARRY

To make sure that we don't all carry stuff we may never need, the following items will be carried by the Tour Leader and don't need to be duplicated.

- Spare Tire 700 X 25 in case of blow out
- Spare inner tubes
- Extra spokes for 700 size wheels.
- Spare brake cable and spare gear cable
- Chain link
- Teflon lubricant
- FIRST AID KIT

## TOUR PARTICIPANTS WILL CARRY

All too frequently, people going on bicycle tours, especially when touring for the first time, tend to carry too much stuff. Of course bring along whatever you wish but try to keep the weight down, and bring only what you are sure you will need.

Bring the least amount of clothing possible because we will find laundromats or get laundry facilities along the way. Remember that we will be cycling in the summer, in warm weather. Cycling shirts, jerseys or tee-shirts and shorts will be most comfortable. Don't ride in jeans because the thick seams will chafe your skin. Wearing layers of light clothing enables you to be comfortable by adding or removing layers as the weather changes. The following items are listed simply as a memory jogger. Don't forget the insect repellent!

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|---|--|
| <input type="checkbox"/> Helmet         | <input type="checkbox"/> Rain jacket                       |
| <input type="checkbox"/> Cycling shorts | <input type="checkbox"/> Cycling shoes                     |
| <input type="checkbox"/> Cycling Shirts | <input type="checkbox"/> Walking shoes or sandals          |
| <input type="checkbox"/> Socks          | <input type="checkbox"/> Slacks and shirt for evening wear |
| <input type="checkbox"/> Cycling gloves | <input type="checkbox"/> Toiletries and Insect Repellent   |

## TOOLS

Everybody should carry with them at all times the following essentials:

- Pump
- Spare inner tube
- Tire levers
- Allen keys
- Spare batteries
- Bike Lock

## WATER BOTTLES

Bring two water bottles or a Camel Back water supply system because when touring you will, especially on a hot summer's day, lose a lot of moisture. You really should begin to replenish this sweated moisture before you get thirsty. You need to drink about two litres of liquid a day to prevent dehydration. Although water is the best liquid to prevent dehydration you will also need to replace the electrolytes your body loses. So bring drink crystals such as E-Load or Gatorade to mix power drinks in addition to water, or be prepared to buy Gatorade or similar drinks along the way. Constantly drinking on a tour is important.

Snacks are also important. Although we will stop at cafés, snack bars or restaurants along the way bring power bars, trail mix or other high energy snack food to occasionally nibble on.

## BIKE LOCKS

We will likely not leave our bikes unattended if we can help it. But if we are all going inside at the same time somewhere we should lock the bikes up. Your tour leader will bring one long cable that can comfortably lock four, possibly five, bikes together, but still, each rider should bring their own lock.

## ACCOMMODATIONS

When we finally put the tour together I will look for Bed & Breakfast or motel accommodation in our "touring price range." We won't be staying at the Royal York but neither will we be staying at the Royal York

It is most important that when you decide to come on this tour you think about accommodations. How are we grouped and who is with whom. Are you a couple and want a double bed? Do you want single beds but will share a room with a friend? Does anybody need a single separate room?

## INFORMATION NEEDED

There's no immediate hurry to provide this information yet because I will now be away until the end of March. Then I must have your thoughts, comments, any suggestion about the tour and what you would like to see or do. I will also need a reasonably firm idea of how many will be on this tour because of the complexities of working out accommodations.

## DURHAM CYCLING CLUB SUMMER TOUR 2010

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**NAMES OF PARTICIPANTS;**

Phone No.

E-mail:

Cyclists:

Non-cycling Spouse:

**DATE PREFERRED FOR TOUR**

- Wednesday June 9<sup>th</sup> to Sunday June 13<sup>th</sup>
- Wednesday June 16<sup>th</sup> to Sunday June 20<sup>th</sup>

**ACCOMMODATION REQUIRED:**

- Double Room, Double Bed
- Double Room Twin Beds
- Share a Room, Single Beds
- Single Room Alone

**Any previous touring experience or is this your first tour?**

**Please respond to Fred Loftin at the end of March - [loftin@bell.net](mailto:loftin@bell.net)**

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