

Wascana Freewheelers tour schedule 2011 – Updated, April 14, 2011 (new ride Aug. 21) **Please check the web Tour Page to confirm your ride. There have been changes since Apr. 14.**

Sunday, April 10. The annual Chili and Information Night.

A time for renewing old friendships and planning your cycling season with the Freewheelers! Meet at the **Cathedral Neighbourhood Center on 2900 13th Ave. Doors open at 5:00** with a free and delicious chili supper to follow around 5:30 There will be displays, media presentations, bikes and gear to see and a chance to find out about all the many rides and activities we have planned. Sign up for the Gone with the Wind lottery and renew your membership. Information on all club rides as well as the GASP tour will be available and door prizes will be awarded! Bring a friend!

The Spring Tune-Up, Maintenance and Flat Repair Clinic will be an informal event this year.

We have found that hands-on and one-to-one instruction to be the best way to teach important skills such as changing a flat tire. Ron has volunteered to assist by inviting 1 – 3 members to gather in his basement workshop for a very “wrenching” experience! Learn the basics of tire repair, safety checks, brake and derailleur adjustments and preventive maintenance. Call 545-1494 to arrange a time. You are NOT imposing! He *loves* to do this stuff!!

Dates will vary for this new ride: “It's my Birthday and I'll Ride if I Want To!”

As part of your special birthday celebrations, invite your cycling friends along on a trip of your choice. We *could* even go back to your place for cake! Isn't that a nice thing for us to do?! Call Ron at 545-1494 to book a date and time for your ride. You've just got to do this if you have reached one of the important birthday milestones. If you're turning 20 or 30, be prepared for some serious harassment from the “elders” who may manage to stumble out for your ride!

Saturday, April 16 The Teddy Tune-Up Ride – 12 km one way- tour leader Ron Keall

The 26th annual Teddy Tour to Theodore Roosevelt Park in North Dakota is less than a week away. Today's short ride (12 km each way) is an excellent way to make sure your bike is in tip top shape before Teddy. It will also give you a little fitness head-start to make those hills a bit easier. Meet at 38 Piapot Bay at 11:00 We will ride out to Condie Nature Refuge, off exit A on highway #11. Bring a little snack or a full-fledged picnic spread. There will be a prize for the best lunch – really!

Come out even if you're not going to Teddy. If you are a new rider or have never cycled on the highway before, this is a great way to learn what you need to know. We will not leave anyone behind.

Friday, April 22 – Sunday, April 24 THE 26TH ANNUAL TEDDY TOUR!

For many Freewheelers this annual pilgrimage to Theodore Roosevelt National Park in North Dakota www.nps.gov/thro is one of the highlights of the season. It is always surprising, challenging and exciting. The distances are short (30 – 40 km per day) but the hills are indeed challenging and the weather is unpredictable. Having said that, it is surely my favourite ride and one which other club members have attended more than 15 times! As Easter is about as late as it ever gets, this could be an excellent year for great weather. Details of the ride have been included in club e group messages but I will send them to you if you ask rkeall@sasktel.net Check the excellent photo collection and stories on our club website www.wascanafreewheelers.ca Look for “Teddy Tours” at the top of the page. Options abound for both distance, difficulty and activities and the park offers excellent hotel accommodation for those not keen on camping in the cold! Do plan to attend and to invite a friend. They will thank you for it.

Wednesday, May 4 The first Wednesday Night Ride of the season – tour leader Jim McGrane

Meet in front of the Legislative Buildings (clubspeak “the Ledge”) at 7 pm A tour leader will explain the route and may provide a small map. On this first outing, a short informative talk will precede the ride. No lecture – just some hints to make these in-town rides safe and enjoyable. We usually go for coffee or ice cream after the ride. Especially this early in the year, if you are planning to attend the after ride fun, you should bring lights and reflectors for the ride back home. New members are welcome! These rides go every Wednesday at 7 until August 31.

Saturday, May 7 Lumsden for Lunch – 25 km one way from #11 and Pasqua – tour leader Velda Back

The only real hill in miles! Great fun to descend, a bit more challenging on the way back but you can always walk it! Meet at Kramer Corner (north on Pasqua and over #11) at 10:30 for the first official ride to Lumsden. Parking is available in the lot outside the “Experienced Parts” building at Kramer Tractor. Join us for lunch at the delightful Bistro on Main St. then take a little tour of the town. There are some beautiful homes to view if you have the time.

Saturday, May 14 The first of Arlene's Excellent Mountain Bike Adventures!

Details to follow but may possibly include an exploration of some of the Trans-Canada Trail near Lumsden Watch the e group for developments.

Friday, May 27 To the GROTTO! Vibank for Lunch! tour leader Ron Keall rkeall@sasktel.net

Reservations have been made – Cecilia and Kevin are expecting us for lunch. The Friday special is lasagna and Caesar salad plus they have a sandwich selection and a menu you can choose from. It's about 52 km from central Regina to Vibank but we have shortened the commute to 33 km one way by starting in White City at the home of Brian and Donna, our Freewheelin' friends. You can park in their driveway or on the street in front of 8 Capital Place. Go east on #1 to #48 on the east side of White City. Turn right, then your first right on Gregory Ave, then left on Confederation, right on Federal and right on Capital! Easy! They are at the end of the block on the right. Lunch is at noon and from all accounts it will be delicious. ***Please let me know no later than May 20 if you are planning to attend as I have to update the reservation.*** Riders starting in Regina may be entitled to an extra dessert!

Sunday, May 29 The Ever Popular “Gone With the Wind” Tour! tour leader Ron Keall

People line up to get their name on “the List” This year we will be giving everyone a fair chance by holding a lottery. If your name is one of the lucky 14 to be chosen, you will experience what many consider to be one of the best rides of the year! You can sign up at the Chili Night supper on April 10th or call Ron @ 545-1494. A \$25 entry fee must accompany all applications. The draw will be on May 15, two weeks before the ride and “the List” will be published that day. Note: names of “couples” (defined as any 2 people who prefer not to cycle without the other person going along) can be entered as one name (and one chance) or as two (with two chances but no guarantee of togetherness!). If you were not able to get on “the List” this time, your deposit will be returned. If interest is still high, we may do a second GWTW tour later in the year. ***Make your cheque payable to Wascana Freewheelers.***

Meet at the Legislative Building before 8 o'clock when our route out of town will be chosen and a common direction agreed upon. The support van with the club trailer will accompany us all day, carrying some of your gear as well as water and a few bike tools. Pack a lunch, rain gear, and some warm clothes just in case. You can transfer to the sag wagon at any time during the day. We will patrol the front and end of the line of riders, though the front-runners probably get fewer visits! We end the ride at 3 pm to give you time to get back home for a shower and supper. This ride will not be canceled due to rain and CERTAINLY NOT in the event of high winds! ***Environment Canada Weather***

Warnings would trump our enthusiasm! Riders who fail to show up will forfeit their fee

Friday, June 3 – Sunday, June 5 An Introduction to Loaded Touring Weekend - tour leader and starting point TBA

An excellent introduction to a very enjoyable aspect of cycling. There will be quite a number of experienced riders along to help with bike fit and adjustment, packing tips, camping and cooking ideas and moral support. We will travel to the scenic Lumsden Campground (over the steel bridge across from the RCMP) after work on Friday, spend the night, take the long way to the Craven campground for the next night, then cycle home to Regina on Sunday morning. You should be back home by noon. Club gear (panniers, tent, air mattress, stoves, etc.) is available free of charge to members.

Friday, June 10 Our First Date with Stella! - A Night Ride! tour leader Ron Keall

Last year we purchased 2 high-quality Stella 120 bike lights which make riding at night so much easier and safer. These are front lights which easily attach to bars, stems or racks. Call Ron @ 545-1494 if you wish to book one of these lights for the ride.

We will meet at 38 Piapot Bay at 10:00 pm This short ride trails through the new NW subdivisions and makes a short jog over to highway #11 before returning down Pasqua St. North. This is a safe and enjoyable way to explore the night! We will stick together – you won't be left behind.

All riders must have a front light for their bike as well as the required rear red light. A good flashlight can be taped to bars or racks if you don't have a fancy cycling light. Reflective, light clothing and reflectors mounted on your bike will complete your ensemble! Please call Ron if you are planning to attend as the number of riders will affect the route. ***An e group message will be sent out by 9:00 pm if the ride is canceled due to rain, wet pavement or a weather warning.***

Saturday, June 18 The Qu'appelle Hills - tour leader Velda Back

One hill or four – the choice is yours! Meet in Fort Qu'appelle at 10:00, in the park on Broadway where the farmer's market is held. We will cycle around Echo Lake and up the Echo hill, then back to Fort Qu'appelle. Next stop is Balcarres for lunch, returning to the Fort for the Lipton hill and possibly the highway 10 south hill. Total distance to do all four hills would be 100km . For those preparing for the longer summer rides, this is great training. The ride can also be done as a half-day tour with only one hill. Velda recommends taking along a picnic lunch.

Wednesday, June 22 Newfoundland Getaway

If you show up for the scheduled Wednesday Night Ride today, you will NOT find Marion, Velda, Arlene, Barbara or a few other club members! They will be on their way to Newfoundland for a spectacular ride down the west coast! We wish them all well! (and many of us wish we were going with them!) For more information check the website at www.atlanticcanadacycling.com

Saturday, July 9 – Sunday, July 10 Jim's Wee Too Beach Overnight Camp-out 789-6314

Rosella and Jim have invited you to ride to their cottage at Wee Too Beach, about 25 km north of Bethune on highway #11, a distance of 75 km. *This is a great opportunity to prepare for GASP which is **only one week away!*** You can choose to ride loaded but Rosella has kindly agreed to ferry your gear out to the cottage. Meet her at the parking lot of the “Experienced Parts” building at Kramer Tractor, just north of the junction of highway 11 and Pasqua St. North at 8:30 or call Jim to arrange a luggage drop-off at his place before the ride. As an added bonus Jim and Rosella are going to feed you supper and breakfast! How wonderful!

You can camp in Jim and Rosella's yard or you could use one of their extra bedrooms. Riders should be back in Regina mid-afternoon on Sunday. Please call Jim if you are planning to attend this ride and if you would like to reserve some inside accommodation.

You could ride only one leg of this trip, but you would need to arrange your own transportation. You could shorten the distance to 50 km by starting in Lumsden but be sure to let Jim know if this is what you are planning.

July 16 – 22 The Great Annual Saskatchewan Pedal GASP 2011!

Check out the official website: www.saskcycling.ca/GASP/gasp.html for all the details. Club members have provided the bulk of riders over the years but this ride is now attracting a more diverse population. If you are planning on attending this year, be sure to come on ALL of the club rides in preparation! Book early with the SCA as space is apparently limited to the first 40 riders!

August 6 – 13 CANDISC TOUR 2011 “Cycling Around North Dakota in Sakakawea County”

Several club members have joined a few hundred of their American brethren on this 400 mile trip through Sakakawea county in North Dakota. More information at www.parkrec.nd.gov - follow the link on the left hand side of the page. There are usually 300 – 400 riders on this trip.

Sunday, August 14 Barbara's Mystery Tour - tour leader Barbara Shourounis

Details TBA

Saturday, August 20 – Arlene's Second Mountain Bike Adventure!

Follow Arlene as she explores a portion of the Trans-Canada Trail around Moose Jaw. We meet at the corner of Coteau St. and 8th Ave SE at 10:00. The ride should be over around 2:00 Arlene tells us, “The trail winds 10 km along the Moose Jaw River and presents some scenic views overlooking the valley. You will ride through grasslands, the wooded river valley and along the valley walls. Expect gravel and dirt trails and perhaps even some mud! Bring a lunch to enjoy at Connor Park before heading back to your vehicles. Mountain bikes recommended.” No matter where the tour leads you, you can be sure it will be both fun and informative. Arlene knows nature and she know how to care for cyclists!

Sunday, August 21 Pilot Butte Loop \

Meet at 2:00 pm at the Sandra Schmirler Rec Centre at the corner of Prince of Wales and Woodhams Drive. The ride is a plus or minus 40 km loop taking us from the Rec Centre up to Park St., to Pilot Butte on highway 46, to Hwy. #1 past the White Butte Trail, onto service roads just north of #1 and finally ending Richard's & Sharon's place: 31-2801 Windsor Park Road around 4:30 pm. Sharon and Richard will be providing food and beverages upon our return. Please RSVP a few days before the ride so that we can plan the meal. richbera@gmail.com Partners of riders are welcome to join us at 4:30.

Sunday, August 28 Our Annual Progressive Dinner

A very popular ride which we repeat each year. The plan is to enjoy appetizers, main course and dessert at three different club members homes as we cycle an in-city loop. Details to follow.

Wednesday, August 31 The last of the Wednesday Night Rides!

Sad but true, the season is coming to a close. As we lose sunlight and the evenings turn cooler, we end the scheduled Wednesday rides. Stay tuned to the e group messages to arrange for additional rides – basically a few diehards go right until the snow flies! Tour leaders for these unscheduled rides are not assigned. Majority rules! Ride carefully.

September 2 – 5 Sturgis Bike Rally! tour leader Marion Perry

This Labour Day weekend, join us at the Sturgis Bike Rally! Oil your leathers and polish the Harley! Well, the ride is actually near the much quieter Sturgis, Saskatchewan, 95km north of Yorkton

where we will camp beside the Assiniboine River in the Regional Park. Enjoy cycling, water sports at Carol Fonger's cottage, possible golf at the Crystal Lake links and, of course, at least one famous Freewheeler Potluck supper! Bring your own road and/or mountain bike/kayak/canoe/Speedo/leathers/golf clubs.

Potential rides (determined by participants, weather and interest):

- Sturgis to Crystal Lake return (40 km on pavement) with a chance to play in the water at Carol's cottage
- Sturgis – Preeceville – Tadmore – Crystal Lake – Sturgis loop (some gravel) 40 km
- Sturgis – Norquay – 62 km (or via Pelly – 88 km)
- Saskoda Flyway Century! (101 km)
- Sturgis – Preeceville – Lady Lake – Hincliffe loop – 61 km with some gravel

Please let Marion know if you are planning to attend all or part of this weekend.

Fall Supper Rides and wind-up suppers – watch for information on rides to the Lakeview and Regina Beach fall (or fowl if you prefer!) suppers which have proven quite popular over the years.

Rides to follow:

Mother's day weekend,

Victoria Day long weekend,

Father's day weekend,

Canada Day ride – usually only a day ride

any theme rides which may be planned (Jim has declined as he felt he really blew last year's ride!)

Maybe Ron and Marion could plan another great one like the Buffalo Hunt!

Also, the August 1 weekend,

Richard's Balgonie Loop -

Wayne's Fitness rides, -

more Freedom Fridays

a Garage Sale Saturday (or Friday),

White Butte in the light and dark,

the Tour de Taylor out to Ken's cottage, -

any tours from Noreen,

more from Barbara,

more to Lumsden. Whew!!! Hard to keep up!