

AUGUST 2019

Waterloo County Wanderers

HIGH TEMPERATURE RIDING

Summer was a little slow getting started this year but it has certainly kicked in to high gear this past couple of weeks with high temperatures and high humidity. Some of you may choose not to ride when the temperatures become extreme however, if you do ride, please make sure to carry sufficient water, electrolyte replacement drinks on longer rides and are well protected against the sun. When it's hot, a drink every 2~3 km is very helpful to keep hydrated. It's important to be prepared.



SPECIAL EVENTS

PORT DOVER TRAIL RIDE will be on Saturday August 17th

Join your cycling friends on the 5th annual Rail Trail ride from Waterford through Simcoe and on to Port Dover. It is approximately 25 km each way and is mostly hard compacted trail with some paved sections. There are two gates just north of Simcoe with loose sand that may best be negotiated by walking through the gate. On your return make sure you do the turn right as you enter Simcoe (watch for the signs). We will meet at 79 Alice Street, Waterford and plan to start the ride at **10:00**. Here's the Google maps link <https://goo.gl/maps/QbmLX4w84XM2>. | We plan to take a group picture before we set off.

Guy will be at Kerry's St. James St. Eatery at 8:45 for breakfast, if you want to join him ([10 James St. S.](#) and less than a block from where we park). In Port Dover, you can have lunch either on the beach or in the A/C comfort of the Erie beach Hotel or the outdoor patio. There is no specific return time, so if people want to have a swim, shop, or go back earlier they can, but the group return is planned for between 1:00 & 1:30. When back in Waterford, there are two shops that sell ice cream, snacks and refreshments: Kerry's St. James Street Eatery (open till 3) and Ritzy Cakes & Eatery at [20 Alice street](#) (with a later closing time).

NOTE: If the weather forecast for Saturday looks bad on the Friday evening, we will send an email to cancel or postpone the ride. If you need to call Guy on Saturday before or during the ride, his cell phone number is 519-741-4897

HOLD THE LINE CYCLING & FOLK MUSIC FESTIVAL on Friday & Saturday September 6 & 7th
See www.HoldTheLineWR.org for more details on events, tickets and contact info.

CHALLENGE RIDE is scheduled for Saturday September 14th (rain date is Saturday September 21st)

As the cycling season draws to a close, you may want to challenge yourself to a longer ride. No better way to do it, than with your WCW buddies. There will be two routes, approximately 100 km and 50 km. One of our volunteer members will drive SAG to provide water and light snacks at pre-determined rest stops. The SAG will also respond to calls for assistance if required. More information, including starting location and exact route distances, will be sent out closer to the date.

RIDE SCHEDULE

Thank you to all of our map volunteers. We have all of our rides for the season taken care of.

WCW JERSEYS

We have a complete size range of our signature jerseys available for \$75 each including tax. If you would like one of our high quality jerseys in either high visibility neon green or bright white, please see Joanne out on the ride nights or send us a quick email and we'll arrange to get one to you right away.

RIDING IN A WCW GROUP

One of our strengths as "Wanderers" is that we look out for one another.

Here are a few group safety tips as we explore our countryside.

- Don't ride alone and carry your cell phone just in case you or someone in your group needs help.
- Maintain a consistent and predictable riding style.
- Give others in your group sufficient space for the safety of all.
- Be sure to communicate your intentions to those close by (indicate abrupt stops and turns).
- Don't stop to re-group at a corner. Instead, make your turn and find a safe spot completely on the shoulder of the road to re-group with your friends.
- Be aware of others in your group. If you are near the tail end of your group and you notice someone is falling behind, don't leave them, they may be experiencing mechanical problems or not feeling well.
- Ride close to the shoulder and not in the middle of the lane
you may be interfering with traffic and making it difficult for them to see around you.
- Try not to cycle over grass cuttings that are spread out on the road.
The roadway with cuttings becomes like an ice rink.

Let's take care of each other.

MEMBERSHIP CARDS AND NAME TAGS

If you have not received your 2019 Membership Card, please see Lorna Boratto before or after a ride. For new members who haven't received their laminated name tag, see Peter Walesch.

PARTNER STORES:

Keep our partner stores in mind for all of your cycling needs, whether its bikes, parts, clothing, gear or tune ups and repairs. Just show your membership card when you visit their store. The stores are:

- Ziggy's Cycle in Kitchener,
- McPhail's Cycle & Sports in Waterloo
- Wheels on Peel Cycle & Sports in New Hamburg

"I want to ride my bicycle bicycle bicycle; I want to ride my bicycle; I want to ride my bike; I want to ride my bicycle; I want to ride it where I like I don't believe in Peter Pan, Frankenstein or Superman; All I wanna do is bicycle, bicycle, bicycle..."
Freddie Mercury, Queen, 1978

YOUR ORGANIZERS

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www.WCWanderers.com

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