

2008			804.4	
dd/m/yy	Party	Bike	Km	Trip
20/7/08	Solo	GY	67.1	Sunday, cloudless sunny day. Windy, with strong sea breezes from the south and east. A straight run out the Goose to Rocky Point Road and back. I was aiming for some shade and some brush to cut the breeze. Partial success. Dusty, the trail is gravel from about 14 k out to the turnaround and back. I had a major session with the chain cleaning fluids and tools on my return with the chain rings off to remove dirt and wax and dust. I have taken to White Lightning – run that and wipe the excess off in a shop towel. Good for a century or more, self cleaning.
13/7/08	Solo	KA	85.5	Sunday. Sunny, windy day. Out to U Vic and Mt. Douglas, across by Royal Oak to West Saanich Road, out to Brentwood Bay, some zigs and zags, basically Mt. Newton Cross into Saanichton, then north to Panorana Rec at McTavish, along Lochside back to Mt Newton, across the Pat Bay and through Central Saanch to Island View, then across the Pat Bay again to Lochside. Coffee at Mitchell's Farm (62 k). Through Hunt Valley to avoid the gravel on the trail, back to Lochside and one Lochside to Royal Oak, Blenkinsop etc to Cook, down to Beacon Hill. I was bonking at about 60 k but had to come back into the wind. I am a better man for it but tired.
1/6/08	Solo	GY	51.2	Sunday 7:30 AM start to minimize sun and wind on a 30 degree day. Cadboro Bay Road, Mt. Douglas, Cordova Bay Rd to Mt. Sayward, Lochside and Hunt to Mitchell's Farm (31 k) and back by Lochside. Wind increased with heat.
22/6/08			0	Sunday. Driving home from Winnipeg.
16/6/08	Mike, Steve, Tony	RR	32.4	Winnipeg. St. Mathews to Berry, North to Red River College, Brookside Boulevard to Oak Point, across and onto Burrows, and east across Winnipeg from Tyndall Park through Garden City and West Kildonan to Main, over the Redwood Bridge, through Elmood Cemetery, across the Louise Bridge and the Riverfront developments to the Forks, Assiniboine Avenue to Osborne, Westminster Avenue to Sherburn.
15/6/08	Mike, Steve, Clint, Tony	RR	59.5	Winnipeg. Sunday AM. Manitoba Marathon day. Along Maryland, Wellington, through River Heights to Waverley Heights, along the Lyon Parkway to the Assiniboine Forest, Charleswood, Roblin at the Perimeter out to Headingley into a strong northwest wind.

8/6/08	Solo	GY	58	Through Oak Bay – on new streets like Musgrave. Emerged on Lansdowne, ground up to Cordova Bay Road. Turned at the Golf Course. Down Cordova Bay (haven't done that since last spring due to road work – all fixed now) and across by Arbutus. Grandview etc to Mount Douglas, then Lochside trail to the soccer pitches. Turned on Hunt and went through Hunt Valley (Central Saanich), to Michell's Farm. This added a couple k of asphalt, skipped some gravel. Across by Keating Cross Road to Brentwood Bay, along West Saanich Rd. to Interurban, Tillicum, along Selkirk and Craigflower, Bay St. Bridge downtown and home. Sunny when I started, cloudy most of the ride. Windy – beat up by 40 k. headwinds on east and southeast headings vis. West Saanich, Interurban, Tillicum.
4/6/08	Solo	GY	27.7	Cool, windy – gale force on the water. Downtown, Fort, Oak Bay & Foul Bay to U Vic, back down FB to Oak Bay, around Victoria Golf Course, McNeill & Richardson back to Fairfield, then South Park and back home to James Bay.
25/5/08	Solo	GY	89.6	Sidney. U Vic, Mt. Doug, Elk Lake, Keating Cross Road, E Saanich R to Airport, Beacon into Sidney (50 k.). Lochside with detours through Central Saanich. Sunny most of the day, negligible cloud, 20 degrees. Pretty breezy. East north east when I started. East south east after the airport. Got it coming and going. Ran out gas around 85 k. Didn't plan to go that far with the trails, rough asphalt and wind but it felt good.
18/5/08	Solo	GY	44.1	To Mt. Douglas by Cook & Cedar Hill, Lochside to Michell's Farm, back home. 18-20 degrees, high cloud, windy.
8/5/08	Solo	GY	12.8	VCKC. Light cloud. 14 degrees.
6/5/08	Solo	GY	12.8	VCKC. High cloud, clearing. Windy. 15 degrees at 6:00 but dropped fast before the trip home.
5/5/08	Solo	GY	12.8	VCKC. Sunny, light cloud, 14 degrees at 6:00 pm. Windy. First evening ride in shorts
4/5/08	Solo	GY	50.6	Goose - Lochside to Michell's farm at Island View, across Highway 17 into rolling terrain - East Saanich Road, Keating Cross Road, and Oldfield to the Beaver/Elk Lake park, and along the lakeside trail. Then west and south on Wilkinson across to the Interurban. Down to Tillicum, Gorge Road and Hillside to Cook, home. Mainly sunny. 14 degrees, windy.
7/4/08	Solo	GY	12.9	VCKC
5/4/08	Solo	GY	17.1	Sat AM. To VCKC, return via Canadian Tire on Douglas, Cook Street Village. Cloudy, windy, temp around 10 degrees.
3/4/08	Solo	GY	13.4	VCKC
31/3/08	Solo	GY	14.9	VCKC with side trip to GO center. Sun and cloud, 7 degrees, windy.
30/3/08	Solo	GY	13.3	VCKC. Sunday AM, DB Launch. Cloudy, cool, showers.
29/3/08	Solo	GY	9.7	GO Center on the Selkirk Water at 12:30; return at 4:30. Cloudy, 6 degrees, rain squalls. 3 hours of paddling too.
16/3/08	Solo	GY	50.6	Galloping Goose to Happy Valley and back. Mainly cloudy, about 8 degrees, brisk south winds a factor in Colwood and on the return.

2/3/08	Solo	GY	29.4	New ramble to U Vic area. Beacon Hill, Fairfield, Rockland, Cadboro Bay, U Vic circle, Gordon Head, back by Shelbourne, Cedar Hill. Started sunny, turned to thick cloud. Under 10 degrees, cold strong winds.
28/2/08	Solo	GY	13.6	VCKC, via Goose & Selkirk. 4:45PM ; return 7:15PM. Cloudy, 6-8 degrees.
24/2/08	Solo	GY	25.4	Overcast, turning to sunny. 10 degrees, windy. VCKC via Goose & Selkirk, then along Gorge and Hillside to Foul Bay, Fairfield, Cook Street, Beacon Hill.