

2009

1085.9

dd/mm/yy	Party	Bike	Km	Trip
12/10/09	Mike, Steve, me	RR	23.0	Winnipeg. Mike's house to the Grace Hospital by Wellington Crescent, back by Lodge and Assiniboine. About 3 degrees, cloudy, some snow and sleet. Wet.
04/10/09	Solo	GY	61.1	Sunny, Sunday, temperature got to 20 later in the day. Very windy, N about 25 K, gusting. Rode to Sidney by Lochside, with Hunt Valley outbound. Pounded by wind, even in the shelter of the trail outbound. Some boost homeward bound. I was working through the bike changes again. I switched to the Shimano black cleat after using the silver one for years. This locks in better - and no embarrassing tumbler when slowing down or stopping. The new crank length and seat position seem to be making for a pain-free ride.
20/09/09	Solo	GY	62.5	Sunny, Sunday, about 18 degrees. The wind was mild ENE at 10 AM but turned to SE or S near noon. The route was Lochside, with Hunt valley, to Sidney, same on the way back. Wind in my face both ways, more on the return, only a few knots but seemed to punch up along the Esquimalt shoreline. Still testing after the changes to this bike a few weeks ago, and perhaps doing some rehab. I had some tightness in both hips starting out, but rode nicely with some improvement in the average speed for this trip.
13/09/09	Solo	GY	55.1	Sunny Sunday. 20 degrees. Around Oak Bay and Gordon Head to Mt Douglas, Lochside out past the golf course and through Hunt Valley, back out to the Lochside, turned around at Michell's farm. This was a with the new cranks and the adjustments. It was good. There were some twinges in the right hip. My thighs were sore which goes with spinning too much but there was no punishment and there were rewards for the changes.
06/09/09			0.0	Rain
30/08/30	OC6 Crew		0.0	No clicks on the bike but a nice 17.5 paddle from Oak Bay to the Club on water I haven't seen too much.
29/08/09	Solo	GY	5.8	Neighbourhood. Short cruises to test seat position and other adjustments. Sunny warm Sat AM.
28/08/09	Solo	GY	7.2	Russ Hay Cycle on Hillside Ave for new crank, cables. AM sunny. Return in the PM cloudy and threatening to storm.

23/08/09	Solo	KA	81.9	Sunny, mixed clouds, 20-22 degrees. Winds from the southeast, shifting to south. Across Beacon Hill and Fairfield, Foul Bay and the edge of Oak Bay to Mt Doug. Royal Oak to Elk Lake, out the far end of the Park onto W. Saanich. Feeling bouncy on the road bike, I took on the climbs of Old W Saanich, coming out on W. Saanich at Brentwood Bay. Across Saanich on Keating X into the breeze, Central Saanich Road to Mt. Newton X, and across the highway to Lochside at 49k on the meter. A couple k of gravel, and then the cobbled old asphalt in Hunt Valley. A bit of the trail, breaking off onto Cordova Bay Road at Matticks, going Cordova Bay, Blenkinsop, MacKenzie to U Vic, then down Foul Bay to Fairfield, crossing to Cook, and back to Dallas. Good to be on the road bike. It fits, it's light.
16/08/09	Solo	GY	64.7	Glorious day. Clear, sunny, 22 degrees. Some wind off the water, crossing, sometimes in my face. Rode to Sidney by the Lochside Trail, with the Hunt Valley loop in Central Saanich. Then back. A couple of pauses, no breaks, steady riding.
09/08/09			0.0	Edmonton, taking a break.
02/08/09	Solo	GY	69.7	Beacon Hill, Fairfield to Foul Bay, Cordova Bay to U Vic, Mt. Douglas, Royal Oak to W. Saanich. W. Saanich to Brentwood Bay for the hills. Wallace to Saanichton, E. Saanich to McTavish for 42 k and back to Victoria by Lochside, another 25 k into a 25 k wind. Sunny day. Warm morning, hot by noon. Good workout.
26/07/09	Solo	GY	66.7	Nearly out to Sidney. Sunny, hot, windy. First James Bay and the joint trail, then Lochside to Royal Oak, across to the lakes and along the trail, out on Oldfield to Keating X. Staying in the shade, trying to find light cool sea breezes, Brentwood Bay, along W Saanich to Wallace to Stelly's X. Back to BB. North to Mount Newton X. This stretch of W Saanich has a stiff climb and first 50 meters on Mount Newton are wobbly. Across the peninsula to Saanichton. Skyline end of Wallace to the Pat Bay. Great view of James & Sidney and the American islands and dozens of sailboats from the ridge. Then Lochside and south into the wind to Victoria. Branched off the trail at Quadra, uphill on Q to Cook, then by Cook to the water, and Dallas towards Ogden, home. Some twinges in the r. hip. Seriously bonking due to lack of calories. Should have left at 8:30 AM instead of 10:45.
19/07/09	Solo	GY	65.4	Galloping Goose, Sunday AM. Sunny, hot, dry and dusty. The first 12 k were on pavement or packed gravel but then, out to about 33 k were on loose gravel, with the reverse being inverse. Hard ride. The loose gravel sucked the wheels. Major cleaning at the end.
12/07/09			0.0	Folk Festival in Courtenay.

05/07/09	Solo	GY	79.8	Sidney. Sunday morning. Sun and cloud, light east winds. I went out by Dallas & Beach, on the shore around Oak Bay and Gordon Head, to Mt Douglas. West on Royal Oak to Elk Lake, along the west shore trail, out of the park onto Oldfield. North to Keating X, and by E. Saanich to Stelly's X. Across to the shore, North to Sidney, hitting 50 in front of Serious Coffee. Return by the Lochside trail. It was a good work out but I noticed some strain and pain in the right hip. I am wondering about changing to a 170 crank from the 175. 170 feels right on my road bike, I am not tall and I don't have long legs. I should have stuck with 170 when I upgraded the crank in '04. That may account for several problems.
01/07/09	Self, Mike, Steve	RR	74.8	Winnipeg. Mike's house to Maryland, Wellington Crescent and Assiniboine Park. Charleswood and the Harte Trail to the Perimeter. Roblin to Headingley, Old Trans-Canada to the White Horse, return. Sunny Canada day. North east wind, much stronger than the forecast.
28/06/09	Self, Mike, Steve	RR	52.0	Winnipeg. Mike's house to the Forks, through Elmwood to the paved commuter path on the rail grade along Gateway, across the perimeter to Bird's Hill. Back the same way to Nairn, then past the mushroom plant on Archibald, the old fort and the Provencher Bridge, downtown, Assiniboine Ave. & and Wolseley. Sunny. Winds from the west NW at 45 gusting to 70 KPH. A tough one.
13/09/09	OC6 Crew	OC6	0.0	Sat. OC6 Race. Island Iron, Comox. Hot sunny day, calm water. Tough.
30/05/09	Self, Joyce	GY	25.1	Sat. AM. From Cadboro Gyro Beach, Mt. Douglas, Lochside, U Vic, Cedar Hill X, Beach back to start.
10/05/09	Solo	GY	51.5	Sunday. Cloudy. About 14 degrees at 8:30 am. Light wind. Felt colder. Cook Street and Fairfield to Foul Bay to Cadboro Bay Road to Mount Doug. Royal Oak across to Beaver Lake Park. Along the Lake Trail and out the north end, and a run south on the shoulder of number 17 back to Royal Oak. Coffee at Starbucks at Broadmead. Royal Oak to Lochside and back along the trail to Johnson Street. Along Wharf and Belleville, back to James Bay. Then the lawn.
03/05/09	Solo	GY	44.4	Sunday. Sunny, about 15 degrees at 10:30 am. Windy, from the SE. Sunny, high cirrus cloud, heavier cloud on the horizon, closing in towards noon. Lochside, Hunt Valley side loop on the way out. Back on Lochside over the swing bridge. A ride across Saanich to Gorge Road, down Gorge & Hillside to Quadra, down Cook to Dallas and home.
02/05/09	OC6 Crew	OC6	0.0	Sat. Race. Brotchie. Toughest thing I have tried in years.
27/04/09	Solo	GY	19.0	Monday PM. Sunny. About 16 degrees at 6:30, cooling to about 13. Clear, light wind. Menzies and Superior to Cook. Up the hills to Hillside and Cedar Hill, then up Cedar Hill to Dairy. About 2 k with several sharp climbs. Onward to Mackenzie and a stop at the Home Depot on Shelbourne. Back the same way, down Cook to Dallas. The hills become 45 k freewheel descents. A loop on Circle Drive, exit the park on Douglas, down Toronto to Menzies.

26/04/09	Solo	GY	28.4	Sunny. 14 degrees but cooler in the wind. Strong east wind. Dallas, Foul Bay, Richardson to Oak Bay Marina. Beach to Cordova Bay, Arbutus to Finnerty, UVic, back down Foul Bay, Oak Bay, Pandora, downtown and home. Short ride. Sore after yardwork exertions. Uncertain guts.
20/04/09	Solo	GY	20.5	Sunny, 16 degrees, cooling. Dallas & Beach, Foul Bay, Richardson to Oak Bay Marina, McNeil across to Cook, and an exploration of Fernwood and North Park. Down Quadra to Beacon Hill and a loop around the park.
18/04/09	Solo	GY	42.2	Lochside to Island View, light cloud. 12 degrees.
10/04/09	Solo	GY	35.5	Goose to Royal Roads. 8 degrees, cloudy, some drizzle. Windy, The climbs in the uplands were hard.
07/04/09	Solo	GY	24.3	Beacon Hill, Dallas-Hollywood, Foul Bay to Uvic. 10 degrees, light cloud, light wind. The hill on Foul Bay was brutal. I am out of shape.
06/04/09	Solo	GY	25.3	Lochside to Royal Oak. Warm sunny day. Cooler evening. A nice start to 2009 after an awful rainy cold winter and spring.