

Day 30 - Rest Day – Kenora

Got up and went for breakfast. The information concerning the ride mentions that on rest day we can eat the food in the fridge etc. Let me tell you - there is no food in the fridge and we all end up going out for a big breakfast. I had bacon, eggs, toast, hash browns Ted was with me and had the same, Andrew came and had an omelette - I guess the real surprise is that we did not have seconds. After the breakfast I went to a jewellery store to have my watch checked. The rain in Lockport had fogged my watch and I could not see the figures on the face, as well as a watch this is my heart monitor and I refer to it rather often. While in Minnedosa I had the battery replaced in a jewelry store and when the jeweler reinstalled the back she did not place the washer in the groove properly and thus allowed the water to get into the watch and steam up the window. The Kenora jeweler took it all apart and I am afraid that I have a serious problem. It looks as if the watch will never work again. I am quite upset. Lost my watch and my heart rate monitor because of carelessness of the Minnedosa jeweler. I have replaced the battery myself and never had a problem. Quite annoying. A group of us went into town to have a good meal (i.e. lots of beef). After lunch I did a tour of the town and made a major purchase. I bought a new watch. At great personal expense I replaced my heart rate monitor watch with a Timex Ironman Triathlon watch. Can you imagine these Timex watches have a list price of \$71.00!! Wow a Timex that sells for so much money. Oh well I needed a watch and could not wait until the next mail drop for Pauline to mail me a replacement. I suppose I should mention that I bought mine for \$15.00 plus sales tax at a pawn shop. Hopefully it will last until the end of summer. Otherwise a day spent cleaning my chain and getting the bike ready for a 4 day run into the Lakehead. I am using Continental Touring Pro 2000 tires on the bike and the back tire is beginning to show definite signs of wear. I would think that I will be replacing it as well as the front tire on Sunday/Monday in the Lakehead. After a couple of days of rain my chain was a dirty grimy mess. I spent a bit of time cleaning the chain and re-lubricating it. I am going to use White Lightning chain lube for a while to see how that works. Having a great time - loving the cycling.

Day 31 - Kenora – Caliper Lake

What a great day. Today I found a nearly new bungee cord and a small hand towel and a cleaning rag on the highway. I picked them up and brought them to camp. Used to towel to clean up my chain, just great. Not only that but the cycling was really good. We had a slight headwind today but other than that the day was perfect. The sun was shining and the temperature was in the mid 20s. The scenery was quite spectacular. Today we were in the Canadian Shield which means lots of rock, softwoods and lakes. Very picturesque. Ted and I rode together for the day - later in the ride Joe, Lindsey and Jessica caught up with us and we rode with them and behind them for the remainder of the ride. Lunch hour found us at Sioux Narrows having a meal on a deck overlooking the longest wooden span bridge in Ontario. I took a couple of pictures while enjoying a fresh fish sandwich. I have mentioned numerous times that normally I ride with Ted Harrison, perhaps it is time to mention the other riding partners and their routines/procedures. Joe rides with Lindsey and Jess and they are a bit faster than we are. They run a very loose system where if one is feeling strong he/she leaves the others behind and goes off on their own. Should one of the rear guard have a break down they do not wait but keep going and meet up at the next rest spot. I guess it is organized but it seems disorganized. Another twosome is Eric and Dave - or the rockets. They are the fastest and also the latest to start. Both are slow risers and leave camp late. Once on the road they usually form a paceline and run it at over 35kph. A funny thing is that even though they ride so fast they are seldom the first into camp - they power nap enroute. They think nothing of having a 30-40 nap at noon hour and then start out again. Another twosome is John Ross and George - they seem to have formed an alliance mainly because their pace is approximately the same. George is suffering from a butt problem and we won't discuss that, John Ross however is quite a character. He has a knack of talking with people that makes them totally at ease. Although I am not sure but I would imagine that he worked in sales before coming on the tour. Jack and Andrew ride together in a fairly loose manner, but when weather conditions get bad or the distance is long they join forces and work together very well. That leaves the remaining people. James is a fairly quick cyclist and on occasion with ride with us but mainly rides with the younger group of fast riders. Chris is a young man from England and rides with a different group almost every day. On occasion he asks Andrew to help him. Michael from Germany rides with the younger group of people and is a strong cyclist but very erratic, he goes fast then slow and because he is riding a mountain bike he often rides on the shoulder gravel. B sometimes rides with us, sometimes with Andrew and Jack and sometimes by herself. Judy is the slowest rider and rides by herself. That leaves 'Spicy' Mike who rides by himself or with anyone that can catch him. He leaves camp early and rides a very steady

pace, even going up hills he seldom varies his cadence. He sits upright and is a very strong rider. We have two people who are riding stages of the tour. Ray will be with us until Toronto and gets up early and is often the first out of camp. Katherine is the newest member and will ride with us until sometime in Ontario. She is a very strong rider and will probably ride with the younger group. As mentioned in a previous update she is quite popular and has no trouble finding a male companion to ride with her. This will upset the present riding groups and the group dynamics are bound to change. That is about all for now - had a wonderful day on the road and we are camping in a Provincial Campground at Caliper Lake. I am sure that enquiring minds would like to know that tonight we had a pasta meat sauce mix that was quite good, this was followed with canned fruit cocktail - a winner.



Sioux Narrows

Day 32 Caliper Lake – Meyers Cove

Just another wonderful day on the Tour du Canada. I left Caliper Lake around 0800 after a breakfast of porridge. Through a misunderstanding Ted went off on his own and I rode with Jack and Andrew. We had a very enjoyable ride with lots of jokes and a slow steady pace. The weather was in our favour and the sun came out and chased the black clouds that were forming in the west. First stop was after an eastward turn on Hwy 11 at Emo where we went to a convenience store/bakery and I had a donut and coffee. Afterwards we carried on towards Rainy River. During the ride we have passed a multitude of lakes and we must have seen a million trucks pulling boats. Everyone must have a boat in this region. In Fort Frances we looked for the waterfront and had lunch on a picnic bench across the street from the Hospital. We were about 200 metres from the US at this point. After lunch we continued on the waterfront trail and had an ice cream cone (yes maple walnut). Seemingly there is a fishing derby in Fort Frances starting on Monday and the top prize will be \$37,000.00 which will increase to \$50,000.00 next year. We saw a great many boats with two motors, the large one being in the range of 200 horse power. These are some serious fishermen! After our extended lunch hour we continued eastward on highway 11. Again the lakes just seemed to continue and continue, all with their own particular beauty. Approximately 25kms from Rainy River and 15 kms from our camping spot we had a moment of excitement. Jack and I were riding on the paved shoulder with Andrew about 50 metres behind us. Suddenly there was a bang and I turned to see a 2 X 12 board skidding towards us across the highway. A pickup truck had a load of planks extending over the top of the cab and the wind had caught them and one flew off. This sure caused the heart rate to jump. Fortunately the board stopped prior to hitting us but just the idea of a load so hap-hazardously thrown into a pickup truck sure scared us. That was to be all the excitement for the day. Dinner was stir fry and rice - Spicy Mike and the cooking team did a reasonably good job. Thank heavens for Soya Sauce. Desert was berries and short cake. Quite good. Tomorrow is another short day but we have cooking duty tomorrow night, this will be followed by a long day into the Lakehead. Also, I do not know when but there will be a time change in our future. Many people seem tired today. I believe it is the sun and the weather which has been quite warm lately. A day cycling on the highway sure tends to make you tired, even though these days of 120-130 kms are not all that long. I suppose the hills that we are constantly climbing might also be a factor. Whatever the reason most of us are getting tired. Thank heavens we will be having a rest day on the Lakehead.



Mv shadow near Caliper Lake

Day 33 Meyers Cove – Quetico Provincial Park

Got off to an early start - just after 0700 hrs. Just prior to leaving I was walking past B when she got her tire caught in loose sand and fell. I helped her up and she was quite upset. Ted talked with her and she went off on her own. We left together and started out slowly after about half an hour I noticed a bicycle tire skid mark on the side of the road. I then thought it might be B since she was a tad upset. I went to catch up with her and after about 20 kms and sure enough she had been forced off the road by a bus. We decided to ride the rest of the day with her. This made the day a bit of a slow ride - Ted decided not to wait and left. We had a coffee break where the whole group met and shared a few laughs. Everyone is a bit tired and stressed with the long riding days. Some have become a bit argumentative and complaining. Personally I am a bit tired but only complaining about having to cook. Otherwise I am enjoying the ride. Dinner was hamburgers, meat and veggie with a chocolate/maple/vanilla pudding. Everything was received quite well.

Day 34 Quetico – Thunder Bay

Today was a day of changes. I started the morning on breakfast crew and had to get up and going at 5:15. That was a bit tough but breakfast went fairly well. Mel had asked us to put some green food colouring in the porridge since we would be celebrating St Patrick's Day a little late this year. Joe took a bit of offence to the colouring and was fairly upset; he calmed down and ate the porridge but it is fair to say that it was not his favourite. Most of the people accepted the colouring but it was not a big hit. So much for trying something different. (Joe later apologized for his actions and it was forgotten). We worked hard to get everything ready for an early departure. Most people had made their sandwiches the night earlier and we were able to get away just a bit before 0800. Today was to be a long ride, approx 173 kms. Off we went, Ted, Michael and myself, the cooking crew. The sun was quite warm and there was little to no breeze. The concern was not only the length of the ride but also the distance between stops. We left Quetico and the next stop for water and food was to be 88 kms later. Sure enough we had to go all the way to the junction of 11 and 17 highways to get a resupply of water and food. When we got to the restaurant we met a few of our group and shared some time with them. After a late breakfast/lunch we left towards Thunder Bay. The wind had been shifting and now the sky turned black and there was lightning and thunder. Things did not look good. The wind shifted to a direct head wind and the rains began to fall. We got wet. We still had lots of kms to complete and I was soaked to the skin. Lucky I had my good gore tex jacket in the truck!!! At least I was wearing my nylon wind shell and that kept me warm. We kept cycling and finally got to Lakehead University. The cooks have a condo type of home where there was a make your own pizza supper ready. I was hungry and it was very good, that and a couple of beers and I was ready for bed. Tonight for the first time

since Jun 16 I will be sleeping in a real bed - not that I find my tent uncomfortable it is just that it will be nice not to have to put away the tent in the morning. All in all this was a tough ride; it was long, it was hilly and it was wet. Still I am in

Thunder Bay, have cycled almost half ways across Canada and I am enjoying the experience of a lifetime.



You know you are going to get wet

plus we are stopping at the Terry Fox Memorial.

Day 36 Thunder Bay – Nipigon

Today promises to be a very emotional day. Today we go to the Terry Fox Memorial and then have a prepared lunch at the half way point of our journey. Another lovely day to start, we carried our equipment to the condo then left for breakfast at Hoitos. There were five of us at breakfast and we left together, Ted, Jack, Andrew, James and myself. In the city we lost James who had to make a stop or two. After 12kms we arrived at the Terry Fox Memorial. The Memorial sits on a high spot overlooking the waterfront of Thunder Bay and the Sleeping Giant Island. I took a few pictures and reflected on



Terry Fox Memorial

considerate and aside from the noise of the trucks it was not too much of a concern. After cycling all day I was just a few kilometres from the camping site when a car pulled off the road in front of me. Ted and Lois Kinney traveling home from a holiday in Yellowknife had recognized me and stopped. What a wonderful surprise. We had a quick chat and then carried on to the camping spot where they were to spend the night also. It was really nice to meet someone on the road, especially someone whom I have known for such a long period of time. We had supper together (I ate the TDC food and they cooked from their own supplies). I showed them my tent and equipment as well as the truck and how it is organized. They seemed quite impressed. I also explained my schedule and how things worked on the TDC. We had a lovely evening and I went to bed at my normal time. I later found out that they went into town to do a bit of sight seeing. Next morning I had breakfast with them prior to departing.

Day 35 Thunder Bay – Rest Day

Quite different to be sleeping indoors. Having slept outdoors for the past month I found the air was quite dry and stale and that did not help ones sleep. After doing a washing and generally cleaning up we went to Hoitos for breakfast. There was quite a group of us present and the food was very good. So good that I went back for dinner and breakfast the next day. After lunch I worked on my bike then went looking at bike stores with James. Stopped at the Golden Arches for a blizzard then back to the University. Lakehead University is totally wired for computers. Free internet connection and not only that but high speed. I caught up on the news and read a bit about the

Tour de France. Supper time came and we decided to return to Hoitos for a roast beef dinner. Really good. Tomorrow will be a big day; half way

Day 37 Nipigon – Terrace Bay



Ted and Lois

BC but I seem to be able to climb them quite easily (perhaps I am a stronger cyclist now). There were a couple of climbs just before Rossport that were a tad difficult. The downhill are really good and they seem fairly long. I had lots of fun on the downhill but the uphill are a tad tiring. We had lunch at the waterfront in Westport where a young lad was on the bbq and selling Italian sausages with relish etc. Very good. After lunch we continued on and got to camp around 4:00, again the camping spot is near the highway but I am not expecting any problems falling asleep. Tomorrow we go to White River and I think this will be a tough day with lots of climbs. Still enjoying the cycling. Unfortunately I missed seeing Ted and Lois on the road, I think they passed while I was in Nipigon. Sure was nice to see them.

Day 38 Terrace Bay – White River

Just another glorious day. Today I am cycling with Jack and Andrew, we left camp early and went to a bakery in Terrace Bay that Andrew had seen the night before. I had a banana muffin with my coffee and it was really good. We told the staff at the bakery what we were up to and they were very interested. In particular there was a French baker who kept saying 'cycling and the hills, ha ha ha ha' then he would name a town and say the town's name and mention hills and then laugh again. It was quite humorous but a little disconcerting because of the mention of the hills. Ted and Lois left the day prior in their car and I hope that they were thinking of me when they were climbing the hills. Today we had lots of climbs - they were not all that difficult just time consuming and energy absorbing. During the morning ride we played games with the three of us racing down the hills. Jack has a recumbent (one of those bikes that you sit in like a lazy boy) and he is extremely fast going down hills. We would pay



Jack and the Bakery Staff

What a wonderful day. I had breakfast with Ted and Lois at the camp spot. Actually they watched me eat and we talked about the tour and about their camping trip to Yellowknife. After saying goodbye to Ted and Lois I left camp with Jack and Andrew. We made it as far as The Huskey - about 500 metres from the camp. After coffee we did a tour of Nipigon. The town was quiet and looked a bit deserted. On the way out of town I took a lovely picture that showed the town and the natural harbour of Nipigon. For those that might be interested (Pauline) Nipigon is the home of Al Hackner aka the Iceman. We left town and started towards our final destination of Terrace Bay. The air was clear and the scenery was spectacular. We had a few climbs, well more than a few. The hills in Northern Ontario are a bit longer than the ones in



Climb near Rossport

close attention when he was getting ready to increase his speed and we (Andrew and myself) would then try to jump on the 'train' and follow in his slipstream. Jack made it lots of fun and it helped to pass the distance. Poor Jack pays for all this effort on the uphill, the recumbent is just not as fast as a 'normal' bike on the hills. We stopped in Marathon for a bit of lunch and a break. Happened to see the weather on the television at lunch hour, everyone seems to be getting rain but we are dry. Talk about being lucky. After lunch there seemed to be fewer hills and the cycling was much easier. We even had a bit of a tail wind for a short period of time. The weather was sort of in between comfortable and hot. Along this stretch a wolf ran across the road directly in front of us. He was a beauty, large and looked very healthy. Not a care in the world he just trotted into the woods. Later in the day we passed the 'Yellow Brick Road' a road which I

believe leads to a gold mine where earlier TDC riders spent the night. Fortunately we were able to go past the mine and are spending the night in a Provincial Park. It seems that all parks that we have spent time in this summer are concerned about the quality of their water. This park is no exception and we must boil the water for 5 minutes prior to drinking/cooking/dental. This is a major inconvenience. Oh well, all in all this was a great day with lots of sun, beautiful scenery and very kind people. Loving the ride across Canada. I believe I forgot to mention that while in Nipigon with Ted and Lois I changed (with help from Jack) my rear tire for a new tire that I had brought with me. The proprietor of a bike store in Thunder Bay told some of the riders that everyone should change their tires at the mid way point. All of us are noticing excessive wear on our tires, I think it is the rough roads in the prairies that caused most of the wear. Nevertheless I am now riding on a new tire. The old tire had lost most of its tread and was quite bald, so time for a new one; sure do not want to get a flat. One more point of interest; today marked the half way point for the number of days and if the mileage (8000 kms) that I think we are going to do is correct it is also the half way point for mileage. All down hill now.

Day 39 White River – Wawa

We camped at the White River Provincial Park, the tenting area was 4kms from the road. Fortunately the road was paved, unfortunately the road was hilly and at the bottom of all the hills there seemed to be construction so that we had to brake. Finally on the road and I was on the way. For some time I have been mentioning the favourable tail winds or the lack of winds. Today was pay back time. The wind was strong and from the south-west; we were going mainly in a southerly direction. When not directly on the nose the wind was from the front quarter and sure made for some slow speeds. I had planned on riding with James today, he is not a morning person and was having troubles getting organized. I left camp without him and agreed to meet up later down the road. As mentioned previously we all seem to stop at the first opportunity for breakfast or coffee. Today we would have to ride to White River before getting our morning fix of caffeine. When I got to White River I decided I would first visit the monument to Winnie the Pooh. I am sure all know that Winnie was a bear cub that came from White River and ended up in the London Zoo where he was befriended by AA Milne and his son Christopher. They have a lovely monument dedicated to Winnie as well as a small museum in the local information office. I quite enjoyed the opportunity to see these things and take a couple of pictures. Afterwards I had a coffee and a donut. Had to buy additional water also, because the next stop would be Wawa. I met up with James but decided that I was enjoying the solo ride so I started out on my own. I kept plugging along until lunch break. I stopped beside a lake and had my lunch. I thought I heard voices but just kept eating and enjoying the day. Out of the wind the temperature was quite pleasant. After lunch I went about 400 metres down the road and there was a group of our people helping Spicy Mike fix a flat. Of interest for all the cyclists, Mike is riding a 'comfort' type of bike with 26 inch wheels. While in Banff he purchased new tires; 27 inch tires and tubes and installed them. They basically fell off the wheel. Notwithstanding this problem he did not have an extra tube nor a pump. He sure was fortunate that others showed up to help him. I then jumped on to the paceline as it left the station so to speak. The paceline was running along at about 29-30kph with a significant head wind. Katherine was pulling about five of us of



Winnie the Pooh



Wawa Goose

This was a great ride. I rode with them for about 50 kms with just one stop. Loved every minute. Got to camp fairly early and got all cleaned up. Shortly after arriving a lady named Mary came into camp wearing her TDC jersey. She had been on last years 75 day tour and had remembered her stop in Perth. A lovely lady who really enjoyed her experience. Tonight dinner is being prepared by the spice boys (Mike, John Ross and Eric). They are reading the recipe as they cook - lots of enthusiasm with mixed results. Time will tell. Supper is now finished and it most certainly was not a success. In fact tonight's meal will be the low point of cooking for the summer. I cycled back to the corner greasy spoon and had a delicious hamburger. Tomorrow is a rest day and I am looking forward to a day of rest. My knees, for the first time, are a tad sore. I think it is the constant hills with a head wind.

Perhaps this is a good time to bring you up to date on the chronicles of Katherine. Some of the young men are still quite interested, I think that James has the best opportunities because she seems to enjoy his company while riding. On the other hand Eric is the strongest cyclist but gets carried away and goes too fast when he rides with her. She likes to lead and is good at it. A couple of the other guys have sort of backed off. The fact that she now wears a mosquito net over

along the highway! She is a very strong cyclist and did not want any assistance. Talk about a free lunch.

her head almost all of the time may have an impact also. All to say that things have slowed down in the big chase. My hope is that things will pick up again before she leaves us in Toronto - makes interesting viewing.

Day 40 – Rest Day Wawa

I went back to the restaurant for a breakfast of eggs and bacon, Andrew joined me there. After breakfast I returned to camp and packed up my washing and rode into town. Lovely day, raining. Got to town and found the Laundromat and started my washing. I left the washing to go to a pharmacy and buy some lip balm. My lips are quite chapped and I have sun burn on them. I also purchased some hand sanitizer. Did a bit of sight seeing and then back to the camp to work on my emails and talk the owner into allowing me to use her phone. Everything worked out okay and I was able to get the emails out okay.

Day 41 – Wawa – Pancake Bay

This had to be one of the most beautiful rides that we have had this year. The morning started as most - went to breakfast, the spice boys were cooking and the breakfast was somewhat less than appetizing. One of the guys had two of their pancakes, one was not cooked in the centre and the other was just powder in the centre. The nearby restaurant did a booming business. I was riding for the majority of the day with Jack and Andrew. We started slowly and stopped after 20 kms for a break and to check out the beach. The beach was really beautiful, unfortunately the water was cold to very cold. The hills were interesting and challenging. Although not too tough they were constant and wore us down over the day. The mileage was in the 160 km range. Just before noon hour we had the opportunity to climb Montreal River Hill, it is long and tiring but not too difficult. The downhill portion has a left hand curve that makes it look like you are going to go straight to the ocean. There was a bit of a head wind at the point coming in from Lake Superior and it made my speed quite slow - only made it to the mid 60kph range. After the downhill we stopped at a restaurant at the top of the next hill and met some others of our group. The ice cream cone (maple walnut) was really good and quite large - not Balderson size but pretty close. I was on cooking crew so we just kept on pedaling and got to the campsite around 4:00. We were camped about 4 kms away from the front gate - back in the direction that we came in to the camp from. Oh well just a few more kms. Our cooking crew put on a meal of hamburgers and a fruit cocktail. Unfortunately we were a bit late with the hamburgers and the group ate most of the fruit cocktail as an appetizer, people are hungry and food is eaten up quickly. After clean up I checked out the beach - it was really beautiful, but again the water sure was cold. Went back to the tent and to bed, had to be up before 6:00 to make breakfast.



Lake Superior lookout

Day 42 Pancake Bay – Thessalon

Being on cooking duty is a bit of a pain - alright a major pain. I was up early to help with breakfast and because of clean up and loading the truck I did not get on the road until an hour later than normal. Today is a longer ride in the vicinity of 167 kms. The air was clear and a bit crisp, I was wearing a polar fleece top with a cycling vest. I left with Eric (the rocket) who said he would be glad to pull me for a while (that means riding in front and breaking the wind for the person following - you can save about 20-30% of the energy required.) This did not last long. Eric wanted to maintain the same pace on the hills as on the flats and I did not want to expend that much energy on such a long days ride. I rode on my own and later met him taking a rest break. I continued on and saw the marker for the halfway point of the trans Canada highway. I guess that we are half way through the ride. I continued on and had two good climbs. The second was called mile long hill, and there was a reason for that - a steep grade and a mile long climb! Got to the top and shortly after met up with Joe, Jess and Lynz with whom I tagged along for a while. Suddenly I could not turn my pedal. My shoelace had come undone and caught in the chain. I sure was fortunate to get out of the situation without falling. Unfortunately the group had left me behind and I had to work to catch up with them. Once in the Soo I looked for a CIBC bank with no luck, managed to find a McDonalds (what are the odds) and had a milk shake. Rode about 400 metres and ran into Jack and Andrew. We rode together for the rest of the day. In Bruce Mines I gave up on a CIBC bank and went into the liquor store and used my debit card to buy a gift bag and got some cash. I also bought some water. On the subject of water; the quality of water is somewhat varied. The water taste ranges from very good to just awful. The Provincial Parks all have 'boil water' signs up informing all campers to boil their water for 5 minutes. I usually try to get the water for free at restaurants but from time to time I just have to buy - not like at home where we have really good water. Finally made it into camp and got cleaned up etc. Dinner was pasta with a tomato sauce with sausages; it was very good. We also had some English muffins toasted on the cooking sheet with garlic butter, all in all very good. Tomorrow we head straight down the road to Massey.

Day 43 Thessalon – Massey

It had to happen sooner or later; today I fell. Leaving the camp spot there was deep sand I thought I could ride through. Half way through I realized I was not going to make it, but being clipped into my pedals I could not get my feet out in time. In slow motion I fell to the right into soft sand. (this is relatively common and is called a turtle roll) Nothing was hurt, with the exception of my ego. I got up and carried on. This was to be a reasonably easy day - riding along highway 17 from Thessalon to Massey with stops for food and drink. I was riding most of the day with Jack, we started out early but only made it into Thessalon where we had a coffee. Met a couple from Madoc and then had a conversation with the proprietor concerning the lack of tourists. Andrew was supposed to meet us but was late so we left slowly. Next stop was Iron Bridge. I am sure that I remember the iron bridge that once spanned the river there, we asked but the bridge had not been here since mid 60s; so much for my memory. Afterwards we continued on stopping for soft drinks and ice cream. Later we stopped at an Indian Art Gallery where there were original works of art as well as prints. Prices were reasonable but no room for anything on the bicycle. The evening meal was a success, we had stir fry with veggies, (mushrooms, peppers, cauliflower etc) and rice. I read for a while during the evening and then to sleep. During the night I was awakened by scratching on the side of my tent, twice I swatted before the animal left. The next morning I discovered that something had also been in my bike bag. Nothing was taken nor chewed but my bike was knocked over. I would imagine it is the smell of peanut butter sandwiches that attracts the animals.

Day 44 Massey – Manitowaning



Near Manitowaning

had a bit of a problem with a truck pulling a trailer. For some reason the truck cut him off and he had to get on to the shoulder in a big hurry. We went across the Cloche mountain range, nothing very difficult to climb but there was a bit of climbing anyways. All in all it was a reasonably easy day. Dinner was mash potatoes (!) tomato sauce, rice, veggies and one spoon of hamburger. The last time this group cooked we had beans and wieners so this was greatly appreciated. Today was just another wonder day cycling across Canada. Wow am I every lucky!!

Breakfast was a little later this morning because we had a relatively short day. After eating scrambled eggs and porridge I was ready to leave. Jack and I left together with an agreement to meet Andrew in Espanola. We followed a secondary road that ran south of highway 17, little traffic but quite rough; still it was worth not having to share the road with all the truck traffic. This morning it was quite foggy and my sweater was wet by the time we had finished the 30kms to Tim Horton's. When we got there we met up with others and had a coffee and doughnut, followed by a hot chocolate and another doughnut. In all we spent 90 minutes there before leaving. Andrew now joined us and we spent the rest of the day traveling down the highway to Manitowaning. In Little Current we waited while some sailboats went through the canal. Had a good ice cream cone; three flavours (heavenly hash, chocolate mint and yes maple walnut). Got to camp around 4:00 after riding 111 kms. The

road was reasonably smooth (okay had a few quite rough spots) with a small shoulder. Andrew

Day 45 Manitowaning – Tobermory

Today is a rest day - at least according to the Tour director. Before we could rest we had to do a couple of things. Take down our tents, pack the truck and ride to the Ferry terminal 36kms away. The truck had to be packed and leaving the camping spot before 7:15 - and we got the job done. Next we had to cycle to the ferry terminal. One of the riders left at 6:15 just to go the 36 kms before the ferry left at 9:10; definitely a slow cyclist. I left with Jack and Andrew at about the same time the truck did and had lots of time to spare. The ride was fairly flat and any traffic that was on the road was also going to the ferry terminal. Once on the ferry we all went up to the different decks and either sat outside or inside out of the elements. Personally I sat outside for as long as I could (the sun went under some clouds and things got a bit windy and cool) Jack met some relatives on the boat and left with them for a visit. Andrew and I went to town to look at all the sights in Tobermory and then had fish and chips for lunch. Afterwards we made our way back to the



Tobermory Lighthouse

camp which is situated about 6 kms outside of the town. I would think the reason for the distance from town is because of the price and also it means less distance for us tomorrow. There is nothing available at the camp spot so I will be going back to town for dinner this evening. Tobermory is a real tourist trap, lots of souvenir shops and tourists wandering about the town. The harbour is fairly small but is jam packed with boats of all sizes. Seems to me they are all reasonably large and expensive. Tomorrow is a short ride to Owen Sound where we are having a bbq at James' parents home. I am really looking forward to that.

Day 44 Tobermory – Owen Sound

Yesterday was our day of rest, I noted that on my rest day I cycled just over 52kms - not exactly a rest day. Andrew and Jack are cooking breakfast - a scrambled egg with mushrooms and onions dish as well as porridge. I have some of both.



Group at the Erskine's

I help load the truck with them because I agreed to help with the purchasing of gift(s) for Mr and Mrs Erskine (James' parents who will host a bbq for us this evening). We are one of the last out of camp but this will be a fairly short day. The only major stop (major being a relative term) will be in Wiarton to see Wiarton Willy. We are taking our time stopping every hour or so for a break and a chance to rest. Before noon hour we are coming into Wiarton. On the outskirts there is a garden centre and bakery; Andrew stops and makes several purchases; Jack and I continue to town and find a small restaurant that is still serving breakfast. We have another breakfast as well as a date square. While talking with the owner we meet the pastry chef and not wanting to hurt her feelings we have to sample her work. Dirty job but Linz has now joined our group after having flatted twice this morning; she is the flat leader with 11 so far!

George and John R are touring the town looking for Willy and a good restaurant. We talk George into a date square also (actually I think he bought two!) It is

hot and humid and after taking a couple of pictures at the Wiarton Willy Statue (yes a large concrete statue) we head towards Owen Sound. The cycle into the town is very pretty along the harbour with lovely homes and good streets. We find the centre of town and start making our purchases. We have to buy things we can carry on our bikes as well as being cautious about the cost. A couple of whirly jigs for the lawn, a candle (they may want to refresh the house after we leave), an I love Canada coffee mug, two bottles of wine and two plants. We even bought a nice bag and fancy paper - very nice. Finally we get to the camp at about 4:30 - Mel had asked us all to be ready for 5:00 because there would be cars/vans to take us to the bbq. Set up tents, shower etc and off we go. Well almost. Some are still not at camp. I am with the last group waiting for the stragglers. It is now 6:30 and the steaks are waiting, in fact they are being cooked as we wait. I help put up George's tent, stuff a lot of things back into the truck and finally we go. Chris is nowhere to be seen and we leave him behind. James is driving and has some bad news: the steaks are bigger than expected and since we only paid \$10.00 per steak we now owe and additional \$2.00. Now that was a problem I could handle. The home/cottage was beautiful, there were lots of people present to meet us (I do not think we are a freak show but we sure do cause a group to gather) there were salads of all kinds, hamburgers and steaks for those that paid the extra. It was truly delicious. I had a Tbone that was flowing over the plate. No problem eating everything. The people were amazed at the amount of food that we could consume and yet remaining so slim (some are slimmer than others) One of the 'mature' riders had a steak and two giant hamburgers! Remember we ate almost constantly all day long - we sure burn up the calories. Back to the campground and in bed by 9:30. Fortunately it was quiet in my area, others complained about being kept awake by people talking and socializing. Tomorrow promises to be a fairly tough day into Alliston - 170kms with lots of hills. Oh Oh I hear rain on my tent during the night. This could be a problem tomorrow. Putting away a wet tent is no fun, besides with all the humidity just about everything I own is wet.

Day 45 Owen Sound – Alliston

We had a wonderful bbq last night at James' parent's home. A really lovely home on the water with stone garden beds etc. A great time. I managed to send off a few emails and that was very fortunate. I also pestered James for directions on how to get from Alliston to Peterborough. First to get to Alliston. I left the KOA campground with Jack, Andrew and Linz. We have decided not to follow Bud's directions but go another way. Hopefully our way will be shorter but it may have more hills. We are willing to trade the hills for a bit shorter ride. After an hour we have done a fair bit of climbing; the hills are short but steep, it is foggy and there is no traffic on the road. Andrew and Linz stop to check the maps and a lady says good morning and that coffee will be ready in a few minutes. We have stopped in front of a small store/restaurant in Walters Falls. We go in to have a coffee and sure enough she is willing to make us breakfast. It was delicious; eggs, bacon, home fries. After an hour of talking with her and her husband off we go. Again there are hills but we continue on, now in the rain. The rain is falling but it is more comfortable than too much heat. I am wearing a shower cap over my cycling helmet and am taking a fair bit of razzing. Well more than a fair bit, but my head is dry. We continue on and have our stops every hour or so for a break. The rain is picking up and so is the traffic. We agree that riding in a group is too dangerous so we break into three groups. Jack by himself followed by Linz and myself followed by a solo Andrew. This works fine and we meet when we take our breaks. Linz has no fenders on her bike (actually a small rear pack which stops her from getting the 'skunk stripe'). I am not interested in eating her road dirt all day so I end up pulling

her the majority of the day. I must admit she is a much stronger cyclist than I and she volunteered numerous times to take a turn at the lead - the dirt in the face is just not worth it. We have a stop in Shelburne for a hot chocolate and a sticky bun. Andrew can find a bakery in the middle of nowhere. This is an excellent stop and we stay for more than a half hour. Still raining, off we go to Alliston. Toronto has expanded and it must have gone to Alliston, the town that I remember as being a small farming community is now quite large and very busy. How large? Two Tim Hortons - we stop at only one. Finally, after a long ride we arrive at camp where I am cooking. We are first to camp and when we open the truck there is a large envelope with my name on it. Bud has very generously provided me with maps, written directions and suggestions on how to cycle to Peterborough tomorrow. I am really impressed, the package is much much more than I anticipated. I asked the owner of the campground if they would like a tour of the truck and see how we set up and cook etc. They agreed, then I asked if they would put a few of my clothes in their dryer; they agreed, now I will have dry clothes for my ride tomorrow. Dinner went over well, pasta with a tomato/clam sauce followed by fruit salad. Mel had purchased a large container of blueberries and we had lots of fruit. Also, tonight our group loses Katherine, her segment is over and she leaves. John Ross went off with friends, Chris, we are not sure where he is and Mel is at her brother's wedding. James and Dave went to Toronto a few days ago. A smaller group which will get even smaller tomorrow. .

Day 48 – Alliston – Peterborough

I am impressed. Bud has prepared me a great package to get me from Alliston to Peterborough. Andrew and Jack have agreed to do my breakfast chores and I am able to get an early start. Off I go – into the fog. Bud's route takes me on back roads that have fairly short but steep climbs. This is an omen for the day- lots of climbing. I am on my way to Ted and Lois Kinney's home in Peterborough and I am not too sure of the way. I have the maps but have never traveled this route before. Besides that I am now traveling solo. While on the tour there is always someone traveling either behind or ahead and this gives you a sense of security. Today I am on my own. Oops - is that rain? The fog has now turned into a drizzle. I am on quiet roads and in the area of the Holland Marsh. It is lovely farmland and I am looking for Hwy 11. Big highway ahead - too big, it is the 400 - which I passed over about 45 minutes ago. Bud's directions said turn left after crossing a bridge and I turned right. In my defense it was a lovely sweeping right hand turn after a bridge at the bottom of the hill which I took with a bit of speed. Now I must turn back and retrace my route. After an additional few kms I am back on track and have lost probably an hour. Not to worry - I do not know the route; nor do I know the distance. Back on the correct hwy I phone Pauline to tell her I am okay, she is concerned and agrees to act as a command centre to inform Ted and Lois of my whereabouts. Off I go, I did have a bit of humour on the way. I was in the hills and climbing a long hill when I passed a couple of young cyclists on mountain bikes. They must have noticed my age and decided their ego was crushed so they picked up speed and tried to follow me. Off we went to the top (I did not increase my speed) on the downside I really gained on them and then did a bit of a push on the next hill and that was the last I saw them. Now close to Newmarket I turn toward Uxbridge and then Port Perry. Not sure if this is the shortest route I know that once I get to hwy 7A I should be able to follow that route into Peterborough. I stop and ask several people if they know the distance. With the distance I have covered with what they tell me is left I will have to cycle almost 200 kms today. This is a bit of a problem, hills, wind in face now and rain. Not good. Just to add to my stress the bolt that holds my saddle to the post shears off. Now I do not have a saddle, I do manage to look beside the road and find all the parts. My luck changes and I find a Home Hardware store that has a bolt that will work - not the exact one I need but one that will work. Off into the rain and hills I go. At Bethany I call Pauline and tell her I am getting close - but that I am tired, dirty and wet. I have been careful to keep eating and drinking lots of water so I know I can finish the ride but I will be really tired. Off I go. In the meantime Pauline has called Ted and told him where I am. As I leave Bethany there is a mean climb, then another. I am beat, but things improve and now I am on a long gradual down grade. I love this!! It is amazing what a downhill will do to one's spirits. Just loving the ride. I make really good time and as I get to the Peterborough by pass I meet Ted in his car. He tells me 12 more kms to go and I am really happy. Now the ground is flat and I can travel along pretty easily. Finally at their home. I am whipped!! But after all this the distance is only 170kms or a bit less. What a great day! Lois prepared a wonderful roast beef dinner with pie for desert. I eat plenty but am in bed by 9:00. Tomorrow - home!!

Day 40 Peterborough – Maberly

Ted was up early to get me breakfast and I was able to leave their home by 0700. Once again off I go into the fog. Today I know I have about 170kms to travel. The road between Peterborough and Norwood has been paved recently and there are great paved shoulders for me to cycle on. For those that do not know hwy 7 is most certainly not a cyclist friendly road. Today is Monday of the long weekend and I want to get in as many kms as possible before noon hour. I am pushing a bit but realize that my last rest day was Wawa and yesterday really drained my energy. Finally I get to Norwood and stop for a drink. My time is better than expected and I am pleased - next is Havelock. I stop there to phone Pauline and tell her that I am ahead of schedule and ask her to phone my sister and ask her to get to Actinolite a bit earlier than expected. Off I go - now the road is back to hwy 7 normal, the shoulder is none to very small but traffic is light and what traffic there is going the other direction. Continuing on I get to Marmora where I want to stop for a break but am unable to find a suitable location. Finally I stop beside the road just to rest my butt. Next stop is Madoc - and road construction. Good news they have paved most of the construction area and even have a fairly wide paved shoulder. I am happy. This construction continues on to Actinolite with smooth and rough sections but mainly smooth. I am quite excited to meet my sister and we have a nice visit for about 30 minutes. I eat some toast and have a large chocolate milk. I am concerned because traffic has picked up and I still have about 80kms to go. (I have gone about 90 kms at this point). The road for the next few kms is the worst of the day. It is soon over and I make reasonable time. I think it helps that I have traveled this route many many times and know all the turns and towns. Next stop is Kaladar where I stop in a little park and eat some food. There is some sad news as I cycle along. Saylor's a restaurant near Arden has closed and is for sale. I had hoped to stop there for a break. As luck would have it there is a gas station just a bit further down the road and I stop there for the first time. It is quite nice, has been renovated over the winter months and I get a very good milk shake. I am somewhat disappointed, because although the road has been paved recently and is very smooth there is not

a good cycling lane. When I return from Newfoundland I intend to send Ernie Eves a letter; it does not make sense to me. Back to cycling; now I really know the road and have picked up the pace a little. As I get near Sharbot Lake I pass Fletchers' cottage road (another surprise they have changed the name of the road) John & Muriel have a sign on the road offering me encouragement. Very touching. Now I know it is about 24 kms to home. I have been watching my average speed and am over 27kph for the day. I am thinking that perhaps this would be a good day to try and set a new personal best. I really pick up the pace as I leave Sharbot Lake. There is a bit of traffic but I keep to the 6inch bicycle lane and push. By the time I get to Maberly I have a 27.5 kph average for 170kms. A personal best. (alright I did have a bit of incentive). Now the final two kms home. Pauline is in the yard when I cycle in. Can you imagine all the way from Victoria BC to Maberly by bicycle. Wow. Now for some rest - I am tired. The dogs are excited to see me – although somewhat reserved at first but soon happy and want to play 'kong'. (Kong is a rubber toy that I throw for them - Tashy the female usually gets the toy and Nike the male barks at her as she growls at him). Great to be home. Next few days are rest days then I cycle to Ottawa and meet the group.

Days 50, 51 and 52 at Maberly

Day 53 Maberly – Ottawa

Time to leave home and rejoin the tour. Pauline made me a wonderful breakfast and by 0715 I was on the road to Ottawa. I had agreed to meet Colin Ward at the Tennyson Side Road and Hwy 7 junction. Sure enough he was there waiting for me. By that time I had ridden 30 kms and was all warmed up. We took a short break so that I could have a bite to eat and give my body a break from the saddle then we started off. Colin had helped me during my training rides and I enjoyed getting together for a ride on my way to Ottawa. We rode together from the Tennyson Rd to Blacks Corners - 25 kms - a ride we have taken numerous times during my training period. Today was an enjoyable ride with lots of talking about the Tour de France and other cycling news. Once at Blacks Corners I bid farewell to Colin who now had to cycle the 25 kms back to his car and I proceeded on to Ashton, Stittsville and Ottawa. I managed to pick up the pace a little (roads were in better condition) and I was in Westboro Sports just a minute or two before 1130. I was excited to see Rhonda, Cindy and Doug. Thank heavens I took my bike into Westboro sports because I had to have the rear cassette replaced as well as new brake pads installed. The brake pads were metal upon metal and the cassette had become worn out - amazing and only 16,000 kms since new. :) :) Not surprisingly Westboro Sports in Ottawa looked after me extremely well. I was ready to go to Carleton University and check in. Again good fortune shone on me - Jack and Andrew had carried my luggage to my room! I had the opportunity to go through all my clothing and re-arrange my shelves. I was very fortunate. I called Rhonda and we went to visit Cindy. After a discussion we decided that pizza was in order for supper and we would go back to Rhonda and Doug's home. Cindy arrived, we watched a movie and waited for Doug to finish work and join us for dinner. Okay - we did not wait for Doug ate prior for him finishing work. We had a nice visit and I then was driven to Carleton by Cindy. A great day.

Day 54 Ottawa – Hudson

This morning started with a bit of a discussion on the loading ramp. We received a note from Mel telling us to have our bags in the truck prior to 0645. Some people (university grads I might add) did not understand the note and arrived after 6:45 only to find us loading the truck. Instead of requesting us to stop; an argument/discussion started with a bit of a stand off. This could have been avoided if someone had just politely asked us to stop. Oh well, things happen. After loading the truck we went upstairs to an all you can eat breakfast. Pretty good. We (Jack and Andrew) decided to cycle out of Ottawa via the Rockcliffe Parkway on our way to Dave and Marie Tucker's home. When we arrived at the Tuckers' Claude Paquette was there with his son Eric and had prepared a sign of congratulations with the mileage that I had completed and with the mileage of the distance yet to complete. The Tuckers' home is just magnificent; I just loved the open concept and the views are spectacular. We had some coffee and muffins/donuts/stickybuns. As well as a quick tour of their home - including the tiled floor in the garage where Dave has his new car. (I told him that once you have a Lexus you never go back) FWIW Dave traded in his Corvette convertible for a new Lexus 430 - black on black. Claude and his son provided us with suggested routes and we decided to follow Claude's advice and cycle Bud's route instead of riding down highway 17.

Things went pretty well, but no matter how you look at it 180 kms is a long bicycle ride. When the day was over we had cycled just over 180 kms! The Spice Boys were cooking and we decided on a sure thing at a greasy spoon rather than take a chance on their cooking. When we got to the camping spot I think we had made the right decision. The dinner did not look all that good but the dessert looked okay (canned fruit and cookies). A very fortunate thing happened. We got to the camp late and were told that all the tents that were set up were near a grand stand and this being Saturday night and French

Canadians being French Canadians there was going to be a party. We lugged our tents into an open field some



Andrew, Eric, Jack, Dave, Claude and Marie
And my bike

distance away and I had a great sleep. Quiet (I wore ear plugs anyways) and peaceful in the back 40. Today was a great day but lots of riding. I was tired. Some welcome back to the Tour.

Day 55 – Hudson – Mount St Hilaire

Today's ride will take us from Hudson through the city of Montreal to the town of Mt St Hilaire. This should be an easy day of approximately 115 kms. That sets the scene for a day with a lot of surprises. We left the camp site at Hudson fairly early. The sky was overcast and sure enough a slight drizzle began to fall almost immediately. Bud's map was right on for the first twenty kms. We followed all his recommended roads and had a lovely ride beside the Ottawa River and through an area of just magnificent homes. There are quite a few just spectacular properties on this route. Soon we found ourselves on the outskirts of Montreal searching for a bridge to cross to get on the correct side of the Lachine canal. Bud's maps let us down, the distances suddenly were off and we were going further and further away from the correct route. We stopped and asked directions from a couple of people and sure enough we had missed the turn by about 6 kms. Back we went. Now the drizzle was turning into rain. We were wet, but warm. The temperature was quite warm and the rain did not bother me at all. I had a jacket with me but the warmth of the rain was quite enjoyable and we rode through all but the most heaviest of downpours. We stopped for a breakfast after 30 kms and were soon followed by a group consisting of Joe (who had three flat tires this morning) the girls, James and Judy. We finished first and left - only to stop when heavy rain fell once again. During the day I believe that I got soaked and dried out about six times. The ride beside the Lachine canal was very enjoyable, the speed limit kept us from going too quickly but the absence of cars was a real bonus. In the early afternoon we passed by the Expo site and saw the housing pavilions as well as a line up for kms of people going to the Casino de Montreal. We finally got to Isle Notre Dame, the site of the Gilles Villeneuve circuit for formula one cars. We did a lap with our bicycles! I do not know if it was allowed or not because there were only a couple of cars on the track and ourselves. Sure had fun. Got lost a couple of times and finally made it out of the circuit and back onto the correct road. When we finally made it to camp we had gone approximately 10 kms longer than the recommended route. Had fun anyways. Finally got to camp and had to do the cooking. We had pasta with a tomato sauce and even a bit of ground beef. Not too bad. Dessert was a cake. I think that the reason we had a cake was because it was cheaper than fruit etc. The last person who came in arrived after 8:30 - he got lost more than once. Things went well and we cleaned things up quite quickly. Good thing - went to bed early (9:00).

Day 56 Mt St Hilaire – Pointe du Lac

Lovely day riding beside the Richelieu River to Sorel then on hwy 138 to Pointe du Lac - just a lovely day but quite humid. We cycled beside the Richelieu River from the town of Mt St Hilaire to Sorel. The homes went from nice to extremely nice. There sure is lots of money in this part of Quebec. I was on breakfast duty and we prepared eggs and Jack helped us prepare porridge. The porridge is always a concern because the quantity can vary from day to day. We did very well and had a minimum left over. One of the tasks that we must do is to help load the truck. Boy oh boy - some of the bags sure have an aroma. We have been in the rain or high humidity for some time now and everyone's sleeping bag is wet or at least damp. We sure need some dry air. Back to the ride. We left camp and rode to Tim Hortons for a coffee. Then off we went in the direction of Sorel. A beautiful day with a slight overcast so the sun was not too bright. I was riding with Jack and Andrew and we took regular breaks. The first was at a depanneur when we stopped for a coffee and there was fresh croissants etc. Enjoyed a treat sitting by the river - just great. When we got to the ferry at noon hour we met Ted with B and Michael as well as Dave and Eric then John Ross. Quite a group crossing the St Lawrence. When we got to Berthierville we continued on route 138 towards the camping spot at Pointe du lac. The accommodation was adequate inside, with 4 or 5 to a room.. Four of us decided to camp outdoors and this was just a great decision. During the night we had a change in air and a slight wind picked up and dried everything out. Just a great break. I actually had to put the sleeping bag over me to keep warm. The people who stayed indoors must have had stale air and high humidity.

Day 57 Pointe du Lac – Quebec City

Just another wonderful day on the Tour du Canada. Joe and the girls were on cooking duty and prepared a good breakfast of eggs as well as some porridge. I sure felt sorry for them, the working conditions were certainly less than perfect. The evening prior they had served up a delicious stir fry in a kitchen that must have been 40 degrees C. It was brutal. We shared the kitchen with another group and it had been used by many previous groups. I opened the fridge to get a cold beverage and the odour was unbelievable. It was so bad that I was concerned that it may have caused damage to the beer. This morning we left the campground at the normal time and cycled to Trois Rivieres where we headed towards the waterfront to stop and have some coffee and a sticky bun. We sat on an outdoor patio and watched people going to their jobs. What a life, sitting watching everyone go to work. Not too shabby. After our second breakfast off we went in the direction of Quebec City. This is a lovely cycle with great scenery all the way, there were little hills but nothing to worry about. I had cycled this route a few years previously and knew that there was a tough climb coming later in the day. We stopped for a late lunch at Donnacona where I managed to eat a whole 12 inch submarine sandwich. That was definitely too much at one sitting - anyways it was hot and I needed some energy. The route went past the Louis Garneau factory outlet but I did not bother to check it out. Those that did later said that the selection was very poor and nobody made a purchase. At Cap Rouge there is a difficult climb, but this time I was prepared. The climb starts steep and does not relent until the top. I started steadily and kept a steady pace until the top. Part ways up there was a red light that I managed to get through while it was red (did not want to stop and there was no traffic). I got to the top of the climb and actually went too far, Jack waited until I returned and we rode together until Laval University. I shared a room with Andrew. Dinner was in the basement; we had lasagna warmed up in a real oven.