

# Cycling Club volunteers have trails ready for the biking season

**Golden Cycling Club**  
*Submitted*

May has been a busy month for the Golden Cycling Club. First, the local trails were opened and cleared of their winter debris. With over 100 km of trail spread throughout four trail systems, it can be a challenge to stay ahead of local cyclists.

At the same time, GCC kick started the cycling season with a series of projects aimed at promoting cycling. Golden has been gaining recognition as a cycling destination in recent years – last year the Club recorded 12,000 users on the CBT Mainline trail – and the community will be hosting two large race events in July.

Recognizing that trails are the foundation of its success, the Club has focused on trail development and improvement, and 2014 continues that process. Early in May, two volunteer days were organized and the Sternwheeler Trail was completed.

This trail links Nicholson to the southern Moonrakers and Canyon Creek trails and represents the culmination of four years of negotiations and effort to replace the old Sander Lake trailhead. Local landowners, Jim Gudjonson and Nicole Bauche, generously allowed development of a trailhead on their property and the Golden Cycling Club followed up with over 500 hours of volunteer labour in order to establish the trail.

Also in May, GCC secured a \$15,000 contract with the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO) to complete and enhance the LSD trail. Essentially an extension of the Canyon Creek trail, this trail will further diversify our trails by offering a technically challenging descent along the Terminator Ridge. GCC has also started construction of a fifth trail network. Located to the north of the Moonrakers, the new trail network is expected to take three years to complete and will add another 20 km of trail.

While much of the Club's work relies on various funding agencies such as the MFLNRO, Columbia Basin Trust, the Resort Municipality Initiative and others, it is often the assistance from local corporate citizens that makes the



John, Kristy and Freya Denham and friends celebrate the opening of the new Mighty Quinn trail.

*Photo Submitted*

projects possible. Alpine Helicopters has never turned down a request from the Club to lift materials into difficult sites, and this year they offered GCC \$10,000 worth of helicopter time. In conjunction with their pilot training they slung multiple lifts to eight sites. Many of these lifts were comprised of rough sawn fir boards supplied by Canadian Timberframes. This was the second year in a row that CTF has donated over \$5,000 worth of decking material for the bridges and boardwalks being built by GCC.

GCC celebrated the construction of its first machine-built trail, the Mighty Quinn, on May 17 with a ride and lunch. Local contractor, Starr Trail Solutions, completed last year as part of the Mainline Completion Project and the trail has attracted considerable attention for its large rollers and berms. More importantly, the trail honours the memory of John and Kristy Denham's son Quinn and the event was made special by the attendance of John and Kristy's

new daughter Freya.

The Club has also endeavored to promote cycling through workshops and group rides. In 2013, club director Andy Bostock initiated his 'Wednesday Wobbles'.

Part social, part instruction, these rides provide a low stress learning experience and Andy is leading the rides again this year.

Also this year, local certified instructor Mel Webber is offering women a similar learning experience with her 'Tuesdays with Betty' rides. On May 27 the first girls' ride started at 6:30 from Reflection Lake.

This weekly ride is open to female riders of any level with rides lasting around two hours, focusing on one aspect of riding, but also just ripping through the trails.

The inaugural ride ended at Riverhouse tavern in time for Taco Tuesday and a pint. Meeting places for either of these group rides often vary but club membership entitles you to advanced

knowledge.

The last weekend of May saw 21 women attend the first GCC Women's Mountain Biking Workshop organized by Mel, with assistance from David Gagnon and Andy Bostock. Friday evening participants learned about bikes, how to maintain them and how to optimize the fit.

Saturday, three groups took to the trails to learn and practice riding skills to improve technical climbing, enhance confidence and bike handling and to flow through switch backs on the way up and down.

Mel puts out a "big thank you to the instructors for volunteering their time and experience, and to the participants for making this happen".

Thank you as well to Kicking Horse Mountain Resort for the first aid kits (which remained unused).

From the workshop, \$500.00 was donated to the GCC to help maintain and grow our mountain biking community.

**FREE!**

**GOLDEN  
COMMUNITY CHORD**

**FREE!**

**Check out Golden's newest Arts & Culture magazine.  
The first issue (June/July 2014) hits shelves June 4<sup>th</sup>!**