

Broken Spokes wheeling off to another riding season



Bancroft's Broken Spokes Bike Club attracts riders of all ages. Sarah Johnson, Justin Toupin, and Dylan Cox are ready to ride, along with older club members Greg Metzger, Derek Naulls, Hazel Toupin, and Greg Cooper. **TONY PEARSON** Special to This Week

By Tony Pearson

Bancroft's Broken Spokes Bicycle Club went rolling into its third decade with a large turnout at its registration night. Riders of all ages showed up at Heart of the Park to enroll for another season in the saddle. And this week saw the start of activities, with the first "shake-down" ride to see where everyone fits in the wheel-house.

Registration saw a large number of children and youth signing up ? appropriate since one of the club's goals is "to introduce young riders to the skills necessary to safely ride their bicycles on trails and roads in a fun non-competitive setting, while also learning to respect and enjoy the natural environment".

In this area, the natural environment includes lots of hills ? a lead-in to the autumn's "Hilly Hundreds" rides. So mountain biking is definitely on the club's development agenda for young riders. This includes off-road; all members are told to "expect mud." If you're planning on visiting the bike track, it's also a good idea to wear a bike jersey to protect your undergarments. It'll also help you stand out in all of the greenery too! Make sure your bike has been serviced beforehand to ensure a safe ride. In addition, the club's website promises something called a "kamikaze ride" later in the season. But the club also teaches and stresses safety, so Doctor Cooper, one of the club's leading lights, doesn't expect to need his medical skills on the regular rides.

The club organizes several weekly rides, based on differences in age, gender, and riding ability. So if free-wheeling is one of your preferred activities, you can contact the club at BancroftBrokenSpokes@gmail.com.