

## [ PEDALING ]

### CLUBS

# Tripleshot Cycling Club

Inclusiveness is Key to Success

BY LISA EVANS

Anyone who needs a jolt of java to get going in the morning can empathize with Victoria, B.C.'s Tripleshot Cycling Club. Its pre-dawn rides start at 6:00 a.m., making a triple-shot Americano not only a luxury, but often times a necessity.

The club formed in 2006 after a group of Professionals who enjoyed riding with each other socially decided they wanted to do more for the sport of cycling and challenge attitudes of exclusivity that they felt existed in some established clubs. Tripleshot was formed on the philosophy that everyone is welcome regardless of their experience or speed. "We aren't a bunch of Lycra-clad, shaven-leg, mirrored-sunglasses ruthless killers who will drop you in the ditch," says member Peter Lawless. "There's a huge impediment to recreational sport in Canada in that those who know can resemble a clique, which the uninitiated don't know how to get into," says Lawless. Tripleshot always asks at the start of a ride if anyone is new and extends a friendly welcome.

Its values of inclusiveness extend to the way it organizes morning rides. Cyclists self-select one of three riding groups. The "A" group is made up of no-holds-barred, go-as-fast-as-you-can riders who slow down for nothing and no one. The "B" group rides slightly slower than the "A" and regroup after hills or sprints to ensure that everyone stays together. The "C" ride is the place for anyone new to cycling and keeps the pace of the slowest rider. "The point is no one rides alone. If you came to a group ride, you should ride with a group," says Lawless.

Weekday rides begin at 6:00 a.m. and finish around 7:15 a.m. — always at a local coffeeshop. The early hours are not only effective at avoiding heavy traffic, but also ensure that those with family and work commitments are able to get their ride in before getting the kids off to school or themselves to the office.

In addition to weekly rides, Tripleshot offers an introduction-to-riding clinic that teaches new cyclists the basics of braking, cornering, how to ride in a group and hand signals. It also holds a women's



courtesy of the Tripleshot Cycling Club

Tripleshot Cycling Club riders at the top of Goldstream Heights near Victoria.

clinic to remove the intimidation barrier that women often feel when first getting involved in cycling. "A lot of women are a little hesitant to come out and ride in a big group of hairy, sweaty men," laughs Lawless.

With 120 members ranging from teenagers to senior citizens, Tripleshot is twice the size of any club in Victoria and is now one of the larger cycling clubs in the province. Current club president John Dower recalls a ride where the two front riders were a 13-year-old girl and a 71-year-old man. "I thought this is pretty cool. There probably aren't many clubs around that can make that claim," he says.

Although Tripleshot is not a racing club, several members have competed at National events. Its biggest success story is Anika Todd, who took home a surprise silver in the Elite women's TT this past June at the Road Nationals and has since signed a Pro contract. Todd went from having no cycling experience to riding with Tripleshot's A group. Although praising her mad talent as a cyclist, Lawless says the club was largely responsible for assisting in Todd's national success. "She didn't have the money to go to Nationals, but this club identified her as somebody worth supporting so we fundraised amongst the club members," says Lawless.

Todd's podium finish was indeed a proud moment for the club. "A lot of us got quite a kick out of being able to open the newspaper and see a picture of someone standing on the podium wearing a Tripleshot jersey," says Lawless. Fostering young talent is something the club would like to continue to pursue. "We'd like to have a line item in the budget for special projects where we have an opportunity to support someone like Anika," says Dower.

Tripleshot is always open to new members, who are welcome to join at any time simply by showing up on ride day. Taking advantage of Victoria's temperate climate, Tripleshot rides year-round. "We're blessed here in that there's probably only one week per year when there's enough frost on the road that you can't ride," says Dower.

For more information visit [www.tripleshotcycling.com](http://www.tripleshotcycling.com).

## ► IN BRIEF

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Club and Morning Glory Cycling Club to support riding at the local municipal level and to create a network of experts and advocates.

With other stakeholders, the fund will be used to help introduce and pass provincial legislation that is supportive of cycling safely on the roads. As well, the fund will be used to educate the public and, in particular, motorists about the safe

passing of cyclists and to provide the police with educational and enforcement tools to reduce injuries and fatalities on the roads on Ontario. For more information, visit [www.ontariocycling.org](http://www.ontariocycling.org).

### Cycling Canada Hires Two New Track Coaches

Cycling Canada has hired two new coaches to spearhead its track-cycling programs. Craig Griffin

will take the helm of the proven endurance program, which produced Canada's only cycling medal of the 2012 Olympic Games in the women's Team Pursuit. And Ian Melvin will ensure Canada has a steady stream of new track talent as development coach.

With the 2016 Rio Olympics on the horizon, Cycling Canada is looking ahead at building a successful track program. Both coaches

come with an extensive track cycling experience that will contribute to producing ongoing world-class performances.

Griffin was the USA Cycling endurance coach at the 1992, 1996 and 2000 Olympics before moving over to Carmichael Training Systems and starting to work with para-cycling athletes.

He was head coach of the US

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