



When Being Called an Idiot Isn't a Bad Thing



The Bloor West Village Idiots

Being called an idiot is most often an insult, but in Bloor West Village, located in Toronto's west end, "Idiot-dom" is something aspired to by many area cyclists.

The Bloor West Village Idiots formed in 2008 around the Ride to Conquer Cancer (RTCC), a two-day, 200km journey from Toronto to Niagara Falls. What began as a small group of four cyclists has morphed seemingly overnight into a team of over 15 riders.

Their playful T-shirts, adorned with red and white court jesters, have made this group a community attraction.

I sat down with Doug Evans, Gavin O'Hara, Tom Ostler, and Anthony Ruta at Fiddler's Pub, a popular neighbourhood joint that the Idiots frequent. These close-

knit friends clearly enjoy one another's company, and can always share a good laugh.

The team's name was the creation of Ostler's wife. "I guess she thought it was a suitable fit [to describe this group of guys]," laughs Ostler, who has been on the team since its inception.

While their popularity may seemingly be due to their witty name and humorous T-shirts, there is a more serious issue at the heart of this fun-loving group's fame. This is a team of riders united by their commitment to raising money for cancer research.

After being diagnosed at the age of 51 with multiple myeloma, Evans was determined to complete the RTCC in order to benefit the Princess Margaret Hospital, where he received chemotherapy and a stem cell transplant in 2008.

"This team connects a passion to ride with a passion to do something," says Evans. As a cancer survivor, the RTCC allows him to give back to the team of researchers and doctors that saved his life. Two of the group's members have battled cancer personally, while many others have a connection to the disease through parents, siblings, spouses, and friends.

"There's a strength and commitment to doing this," explains Evans. "When there's a reason to do it and it's close to your heart, it's more than just bike riding," he says.

The RTCC was the main motive for the group's formation. "There were three or four of us that started riding together on a regular basis and at some point decided to do the Ride to Conquer Cancer as a goal for our riding. As we rode we actually picked up other people in the neighbourhood," says Ruta.

Neighbourhood interest in the Idiots has grown over the past couple of years through a unique integration process. "The group has grown in a very organic fashion. We haven't done any active recruiting. It's word of mouth, it's relationships that people have; somebody brings somebody — a friend, a colleague — who rides," explains O'Hara.

In order to join the Idiots, a rider must complete one of two rides — either the RTCC or the Tour for Kids, a four-day, 800km bike ride benefitting a variety of children's cancer charities.

A total of 15 proud Idiots completed the RTCC on June 12 and four will be riding on the Tour for Kids this August. — *Lisa Evans*

The Langkawi International MTB Challenge 2011

The Langkawi International Mountain Bike Challenge (LIMBC) will be run for the second consecutive year from October 17-23, 2011.

Organized by Human Voyage and sanctioned by the Union Cycliste Internationale (UCI) and the Malaysian National Cycling Federation (MNCF), the five-day race will take racers through a protected tropical rainforest area. Known as Asia's ultimate race, the LIMBC 2011 boasts the biggest purse in Asia, with a whopping RM360,000 (approximately US\$130,000) in cash and draw prizes to be won.

Human Voyage CEO, Dato' Abdul Malik Mydin, expects the 2011 race to be an even greater success than last year's event. With the backing of UCI and the Asian Cycling Confederation (ACC), the inaugural race saw 765 local and 55 international bikers on the start line. Winners of their respective categories from last year include Australia's Lachlan Norris (cross-country men's elite and endurance men's open), Malaysia's Adrian Lauridsen (cross-country men's junior) and Emir Shafiq Zainal also from Malaysia (endurance junior).

For LIMBC 2011, the entry fee for international participants is US\$400, which includes the race registration fee for stage and jamboree, accommodation, meals, and return transfer to the airport.

Registration is now available at www.mtbmalaysia.com.

► IN BRIEF

Yaletown Grand Prix Cancelled

The Yaletown Grand Prix, which was scheduled for Sunday, July 3, was abruptly cancelled due to a lack of riders only one day after the organizer sent out an appeal to media requesting support for the race. Since few riders had registered for the competition, the owners of the race decided to cut their losses and cancel the event.

UnitedHealthcare teammates Christian Meier and Andrew Pinfold were slated to appear at this year's event. First held in 2004 as a joint venture by Team Trek Red Truck Racing and MJG Breweries, the race grew quickly, drawing big crowds to the historic loading docks of the Yaletown district in the heart of Vancouver where the narrow streets and technical course made for exciting rac-

ing. SpiderTech's Svein Tuft won last year's race while riding for Garmin-Transitions. It's uncertain if the race will be resurrected.

CCES Launches Biological Passport Program

The Canadian Centre for Ethics in Sport has begun to monitor athletes' sample analysis results over an extended period of time. This innovative development, known as a

biological passport, is recognized as the most promising way for anti-doping organizations to fight against doping in the future.

The biological passport is considered a valid and reliable method for indirectly detecting doping. It is an electronic record that anti-doping agencies can use to monitor specific parameters measured in an athlete's blood and urine. It allows experts to

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