

Clarington Cycling Club wraps up its season

By Bev Caswell

Tried to buy a bike lately? Chances are slim that you'll find one – new or second-hand. It turns out that cycling has become a top go-to form of exercise during the

pandemic.

Cycling is a sport that the Clarington Cycling Club, with a hundred riders strong, has been promoting since its inception in the fall of 2013. The club offers memberships

to seniors 55 years of age or older who reside in Durham Region. The club rides take place every Tuesday and Saturday from late April until early October with a variety of routes and speed levels to

choose from.

Jane Livingstone, president of the Clarington Cycling Club says the club is wrapping up its foreshortened season after a late start due to the pandemic. The group usually begins riding in April and runs until October, she says but COVID delayed the start of the season until mid-July. Following stringent protocols, contact tracing was instituted and precluded allowing new members.

Livingstone says the club is very appreciative of many newly built trails in the area, some of which would previously have been rough and overgrown, she says. A recently completed trail in the west of Bowmanville "is a real jewel right now," says Livingstone, "and we're really thankful for that because it completes the official waterfront trail through our area."

Another new trail runs along the bottom of Bennett Road from Port Darlington and joins a route on the north side of Wilmot Creek to Cobble Dick Road then along a gravel path across another field to Toronto Street in Newcastle which allows riders to eventually reach Lakeshore Road, a prized route for cyclists.

A visit to the club's website shows sample rides in the Durham Region, such as the charming "Newtonville Countryside Romp," a 49-kilometre ride starting at the Diane Hamre Recreation Complex in Newcastle and

looping through the countryside north and east then returning along Lakeshore Road. Another route runs from Courtice leading cyclists to country roads in our area (Lockhart, Concession 3, Morgans Road, Concession 1 toward Newcastle) before returning to Courtice.

Several members of the club have made presentations to the local government on matters related to cycling, assisting the Municipality in helping to maintain and improve the section of the Waterfront Trail that passes through Clarington.

"A lot of our members have been actively working hard to promote different trails and safe cycling initiatives within our region," she adds.

The benefits of cycling are legion, including fitness, exposure to the beauty of nature and of course the camaraderie of enjoying challenging and picturesque rides with friends. "It's a wonderful way to be active and to cycle together safely and have the support of a group," says Livingstone. "But I think the biggest factor is socialization. We enjoy each other's company."

Livingstone is optimistic that the club will be able to take in new members next year a be able to start up at their regular time in the spring.

For more information, please visit: www.clarington-cyclingclub.com



Photo submitted by Terry Kelsey

Last week the Clarington Cycle Club took advantage of the amazing fall weather and took a ride into Orono. Pictured at the trail head of the Sidney B. Rutherford Trail head are from left to right: Jan and Don Hyland, Terry and Dorene Kelsey, Pete Heavysege and Bob Hanthorn.