

MOUNTAIN LIFE

ONTARIO

THE
DISCOVERY
ISSUE

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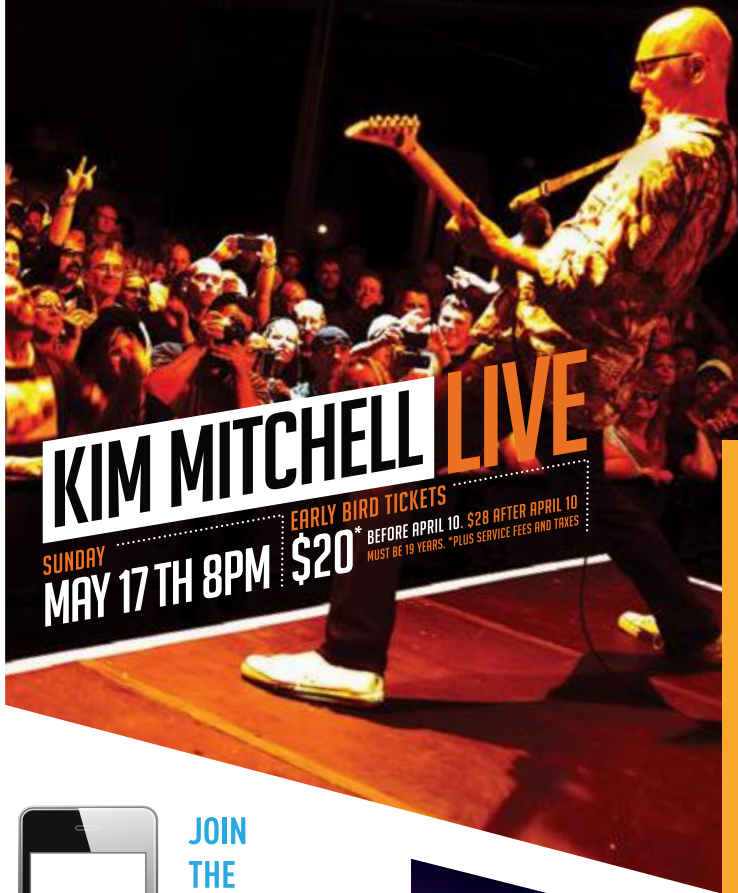
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Grey Country Road Race

MAY 16-18
May Long Weekend
Kim Mitchell Concert May 17th 8pm \$

MAY 30
British Car Show

JUNE 13
Metcon Blue

JUNE 19-21
Salsa at Blue

JUNE 26-28
PedalFest

JULY 3-5
Jazz on the Mountain

JULY 11-12
ROOTS
Cowboy Junkies Concert, July 11

JULY 18-19
Northface Endurance Challenge

JULY 24-26
Elvis Festival at Blue

July & August!

Mon. to Thurs. 7-9pm
Live Music on the Village Stage

Indie Fridays 7-9pm
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Fridays 8:30am
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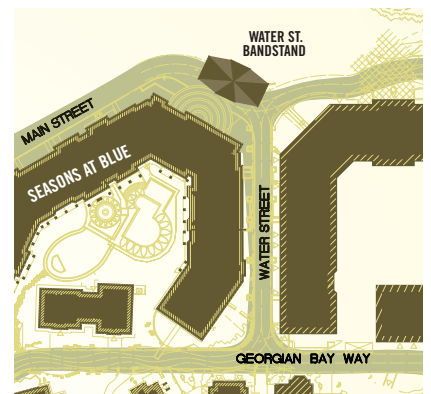
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LOCATION & LIFESTYLE



Wonderful thoughtful designs are not just an accident. This beautiful detailed 3 bedroom home 5 minutes to the Beaver valley ski club has it all, custom kitchen, heated counter tops, main floor master, with slide through to the laundry area, vaulted open concept great room, circular Scarlet O'Hara themed stair case, retro home theater, and much more. Don't miss this one! *MLS# 373250089*

Huge view country property located at the top of Grey road 40 this country home offers open concept living, original barn beams, finished lower level, 2 car garage, 3 bedroom with room to renovate. 827058 GREY 40 RD. *MLS#371570059*

A wonderful tucked away oasis on the outskirts of Thornbury Ontario. This 4 bedroom 3 full bathrooms sits includes a generous kitchen with granite counters and updated appliances, a large dining and living area with a small office or den on the main floor. The back yard has a wonderful apple orchard two outdoor entertaining areas and a easy to maintain perennial garden and room for a pool or tennis court. The home is walking distance to Tomahawk Golf and soccer pitches, Thornbury's numerous restaurants and amenities. *MLS# 371132005*



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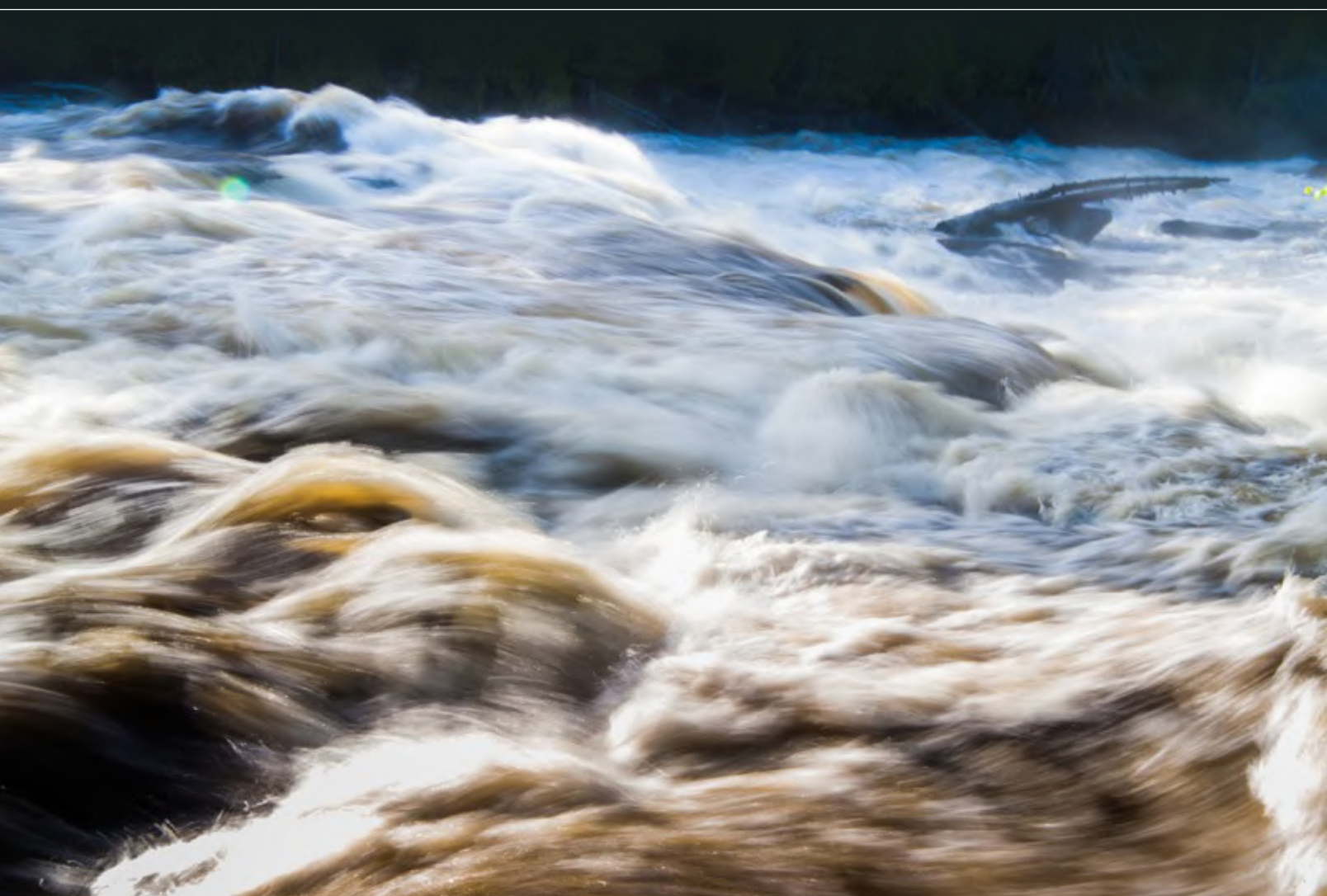
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On the cover: Chris Pegelo on his mega-classic *White Lightning*, a 5.12b mixed route at Metcalfe. GLEN HARRIS PHOTO.
On this page: The wild, wild Dumoine River – stay tuned for story this summer. SCOTT PARENT PHOTO.



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INTO THE FOG



We started out paddling from Oliphant in a thick fog.

We were headed into the Fishing Islands on a day-trip to demo some new boats. This collection of scrub-forested limestone islands lies only a few kilometres off the mainland; named for an 1800s fishing station, today the islands are a mix of Crown, private and Saugeen First Nation land. Cottages stand on a few of the islands but on that May morning in the fog I felt we were voyaging into an Ultima Thule that would swallow us whole.

A squall came out of nowhere and lashing rain forced us to the nearest islet to beach our boats and take cover behind boulders. A short time later, the fog again descended.

As we re-launched and meandered our way blindly through the islands (nobody had a GPS), the mainland world seemed very distant. Eventually we found a larger, cedar-forested island where we stopped for lunch. After we made landfall the wind began to rise again and

within half an hour, whitecaps engulfed us and rain pelted sideways.

After this latest mini-cyclone moved on and the fog lifted, we noticed a cottage on an island only a few hundred feet away. Our sense of isolation now felt laughable.

The Lake Huron southwesterly continued to rise and one of our number kayaked around the island, surfing on the whitecaps until one flipped him. Someone else began a high-velocity kite-surf back toward Oliphant.

The elements had conspired to bring us a concentrated dose of Great Lakes adventure travel. Who cared that we were only 10 minutes from shore? 📷

—Ned Morgan, Editor

N.B.: Ice Climbing at Eugenia Falls: Not So Cool

In March we posted some photos and a brief story on mountainlifemag.ca about a couple of guys ice-climbing up Eugenia Falls. Psyched about this ascent of a regional icon, we got carried away and neglected to take into account the fact that ice-climbing is illegal on Grey Sauble Conservation Authority (GSCA) land. GSCA Land Management Coordinator Chris Hachey got in touch and wrote: "Ice climbing is a prohibited activity on lands owned and managed by the GSCA. We work closely with the climbing community, providing designated climbing access at Old Baldy Conservation Area in Kimberley [see story on p.60]. For further info, contact the GSCA at 519.376.3076/ greysauble.on.ca".

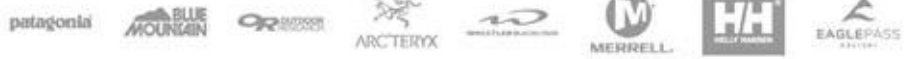
—NM.



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The ML Interview: competitive kayaker and whitewater guide Brenna Kelly talks to us about adventuring on the wild rivers of North America, guiding in Belize, instructing whitewater on the Ottawa, and competing on the Canadian Freestyle Kayak Team.



Blue Mountains - region photographer Michelle Ward seeks out abandoned farmhouses in a quest to record and memorialize these neglected spaces. Check out more of her forgotten places, faces and artifacts on our website.



The North Face Endurance Challenge at Blue Mountain Resort is the only Canadian stop for this punishing trail race. Check out our pain-filled event report.



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COLIN FIELD PHOTO.

OUR SKATEPARK DOESN'T SUCK

When the guys who started the Collingwood Bicycle and Skateboard Coalition first got together there were two goals: ensure that Collingwood gets a respectable skatepark, and create an indoor place to ride.

Working alongside the town of Collingwood, the Coalition's goals to build a public skatepark in that town are moving forward. It's a long, slow process, mired in bureaucracy, but it is moving forward. In the meantime, the Coalition members couldn't wait to ride and skate. So they created their own indoor space. Affectionately known as the Mid-Life Crisis Centre, the 18x30-foot space is wall-to-wall ramp.

“The true magic of the place shines through when members of all ages are riding and skating together.”

A limited number of monthly memberships are available and with a combo lock on the door, access is open to all who pay the dues, any time of day or night. The space is an experiment in co-operation. And so far, there is no end in sight.

But the true magic of the place shines through when members of all ages are riding and skating together. Sure, the 18-year-old Caleb Bowman generally steals the show, but the cheers are just as loud when 42-year-old Russ Ellis drops in for the first time. Or when 5-year-old Parker Conway lays on his skateboard and drops in. Women are also learning to skate on the ramp and local BMX legend Mike Dionne strongly represents the bicycle side of things.

The Centre's vibe is a testament to the power of skateboarding and BMXing; bringing together all ages, all genders, all economic backgrounds in a fun, safe, positive and healthy environment. The Centre's motto, “Our Skatepark Doesn't Suck,” has taken hold and is the antithesis to the governmental heel-dragging going on in the Coalition's other mission: building an outdoor, public skatepark.

For more info on the Centre, and the progress on the Collingwood skatepark, head on over to collingwoodskatepark.com

– C.G. Fuego



SCHOOL'S IN FOR SUMMER

Kayaking over waterfalls is not your average summer camp activity, but for teens in the Whitewater Riders program, learning to “boof” is only the beginning. Riders is an immersive two-week camp for kayakers aged 13 to 17 offered through the Madawaska Kanu Centre (MKC), Canada’s oldest whitewater school, two hours northeast of Ottawa.

The brainchild of extreme paddler Katrina Van Wijk, the Riders program fills a void she recognized in whitewater instruction for teen kayakers who already have a roll. “There are so many young paddlers out there who just need to be pushed a little further,” she says.

Her solution is a 12-day smorgasbord of skills training and adventure. Unlike a lot of youth kayaking programs out there, Whitewater Riders promises to put kids in all kinds of boats, not just the ever-popular playboat. The curriculum is overflowing with river trips, clinics, races, video sessions, and overnights – and covers slalom, freestyle, creeking, and canoeing.



PHOTOS COURTESY MADAWASKA KANU CENTRE.

Van Wijk – whose parents own and operate MKC – is the camp’s youthful Mother Goose on and off the water, shuttling the Riders between the Madawaska, Petawawa, Gull, and Ottawa Rivers. She’s joined for each unit by world-class instructors. This summer’s program will feature Canadian and US national slalom team members Thea Froehlich and Ashley Nee, along with top freestyle competitors Martina Wegman, Kalob Grady and Dane Jackson. Katrina’s sister, Stefani, is a wilderness canoe guide and will be leading the three-day camping trip.

The focus of the Riders program is to create what Katrina refers to as “complete boaters.” Built into the program is a full-day Swiftwater Rescue course that will highlight things like team awareness, rescue techniques, and ropes systems. “We’re trying to build these kids into self-sufficient kayakers who don’t just focus on themselves,” Katrina says.

Van Wijk has been pushing boundaries herself. She spent last August completing two second-descents in Norway, and her record time at North Carolina’s Green River Race is still unbroken in the Women’s category. Her most recent win was the first female descent of Toketee Falls, a gnarly 85-foot drop in central Oregon.

Despite the international adventuring, Katrina admits it’s the Riders installments she’s looking forward to the most. “It’s incredible to share my knowledge with these kids and see them crush it. They’re going to be way better than me someday.”

The camp has two installments for the 2015 season, one starting in late June, the other in late July. [M](#)

–Adrick Brock

owl-mkc.ca/mkc/event/whitewater-riders / 1-888-652-5268

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COLIN FIELD PHOTO.

INTO THE WOODS

TRAIL RUNNING'S POPULARITY HAS GROWN EXPONENTIALLY OVER THE LAST FEW YEARS AND MANY NEW RACES HAVE POPPED UP TO MEET THE DEMAND. TO HELP TAKE THE GUESSWORK OUT OF PLANNING YOUR RACE SEASON THIS YEAR WE HAVE COMPILED A CHRONOLOGICAL LIST OF SOME OF THE FINEST EVENTS IN ONTARIO AND QUEBEC.

SULPHUR SPRINGS TRAIL RUN, ONTARIO – SATURDAY MAY 23

The Ontario Ultra Series' Sulphur Springs is an early-season race to stretch your quadriceps after the long winter. The 20-km looped course provides plenty of different options so it's an ideal family event that will accommodate runners of all levels. And it is spectator-friendly, with loads of viewpoints from which to cheer on friends and family during the course.

Headquartered near Hamilton in the Dundas Valley, the race has raised more than \$60,000 to help support the Dundas Valley Conservation Area.

raceroster.com/events/2015/3760/sulphur-springs-trail-races

NORTH FACE ENDURANCE CHALLENGE, BLUE MOUNTAIN, ONTARIO – SATURDAY JULY 18-19

The only Canadian leg of this US-based monster mountain-running series features the most pronounced elevation in Ontario.

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thenorthface.com/en_CA/endurance-challenge

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HALIBURTON FOREST ULTRA, ONTARIO – SATURDAY SEPT 12

Don't let the name fool you; although the marquee event is the 100-mile trail race, the Haliburton Forest Ultra has something for everyone from a 12-km right up to a 50-miler.

Having run this race numerous times I can attest to the beauty of the course. Run entirely in an enormous privately owned forest, this popular late-summer race has everything from twisting singletrack and smooth logging roads to steep, long climbs.

Haliburton will be a race of attrition for most people because of the remote and rugged nature of the course. Finishing any of these races will be the crowning achievement of your season.

haliburtonforest100.org

ULTRA-TRAIL HARRICANA DU CANADA, QUEBEC – SATURDAY SEPT 19

In a relatively short time the organizers behind UTHC have created a world-beating series that looks and feels like the big ultra races of Europe.

Racing point to point through the Charlevoix mountains above the shore of the St. Lawrence River will challenge even the most decorated of trail athletes.

Easily the most challenging east of the Rockies, the 125-km event gains almost 4000 metres during its course through a largely untouched Quebec wilderness. You'll have to make sure you don't miss any hill days during your build-up for this amazing race.

harricana.info/en



Below: The North Face Endurance Challenge, Blue Mountain Resort. MARC LANDRY PHOTO.

5PEAKS TRAIL SERIES, GTA – VARIOUS DATES

The 5Peaks series is the place to start if you're curious about trail racing in the Greater Toronto Area. This six-race series showcases some of the best-kept trails in the Greenbelt. And 5Peaks is a well-oiled machine, with corresponding races in BC, Alberta, Sask, and Quebec.

Races are often in conservation areas (including Rattlesnake Point and Heart Lake) and the race range is more conservative, with the main event in the 10–12km range. This is not to say they will be easy – often these short races have as much as 500 metres of climbing, so be sure to come prepared. 🏃

5peaks.com/regions/southern-ontario

–Keith Iskiw, trailrunner.ca





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Where to find it: Junction of Grey Road 7 & Grey Road 13.

Ted's Range Road Diner

You will have worked up an appetite during your hike up, down and along Niagara's ridge. Next up? Head to Ted's Range Road Diner for some local flare and fixin's. No need to change your hiking boots, come as you are! Dining in the converted Quonset hut is an experience all its own.

Dining in the converted Quonset hut is an experience all its own.

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Where to find it: 2km North of Highway 26 on Grey Road 112 (Trust us, you cannot miss it!)

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Where to find it: Neustadt 10w30, along with several of the region's local brews, is available at Ted's Range Road Diner and the LCBO.

DIY: www.visitgrey.ca

Photos: Glenn Harris



MIXED-MEDIA SHOW HIGHLIGHTS FORGOTTEN PLACES, FACES & ARTIFACTS

We profiled the daring and evocative photography of Michelle Ward in our fall 2013 edition. Ward seeks out abandoned farmhouses in a quest to record and memorialize these neglected spaces. Her new show *The Ghost of You* is a mixed-media expansion of this quest into what she calls “a rural fairytale.”

“I am attempting to understand and link the grounded physical world we occupy with the emotional and spiritual world that lends meaning to most everything we encounter,” Ward explains. “Each property, object, and portrait that I explore has a tale to tell that has been lost generationally... My hope is that people come to the exhibition and leave feeling some kind of emotional connection to the work. It would be wonderful if *The Ghost of You* ended up asking more questions than it answers.”

The Ghost of You hangs at Meaford Hall until April 25. Then the show moves to Gerrard Art Space, Toronto, from June 24 – July 12. [M](#)

theghostofyou.com

forgottenfarms.com



MICHELLE WARD PHOTO.



PHOTO / DAN HOLZ

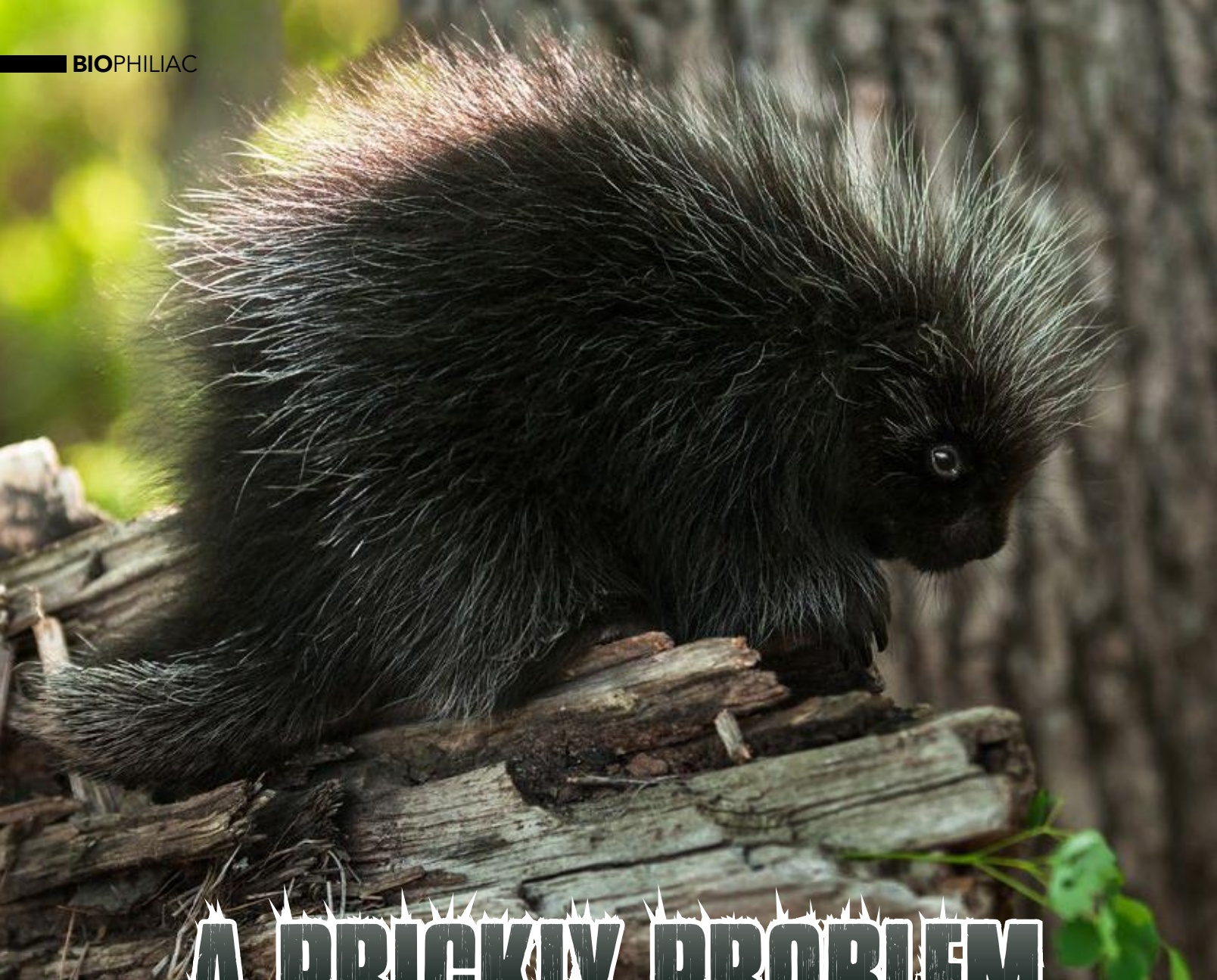


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A PRICKLY PROBLEM

HOW TO GET ALONG WITH OUR FRIEND, THE PORCUPINE

By Leslie Anthony

Many Aprils ago, I was awakened at an ungodly hour by a hellish cacophony. The dog stood on the bed howling, audible curses emanated from several sleeping forms around the house, and from outside came the regular and hollow rasp of what sounded like someone sawing into our beloved Haliburton cottage. Fearing who knows what, I instinctively grabbed an axe, flipped on the outside floods and cautiously opened the front door. There on the porch, oblivious to the light, the swearing—even the dog whose head now extruded between my legs—sat an enormous, metre-long porcupine, its long, curved claws hooked into the half-log wall as it methodically planed the lower tiers with yellowed teeth. Glancing up only briefly to acknowledge the unwelcome interruption, it calmly returned to the task of ingesting the

FEARING WHO KNOWS WHAT, I INSTINCTIVELY GRABBED AN AXE, FLIPPED ON THE OUTSIDE FLOODS AND CAUTIOUSLY OPENED THE FRONT DOOR.

cabin that had been in our family for generations. Shoving the dog back inside behind me, I'd closed the door and—maintaining proper person-to-quill distance—gently tossed a boot toward what was obviously a full-grown specimen of Canada's second-largest rodent next to the beaver. That proved enough to dissuade it, and the short-legged, heavy bodied animal waddled off into the darkness.

The sight we faced next morning has greeted many a horrified Ontario cottager opening up their cabin in the spring: the unmistakable tooth-trails of *Erethizon dorsatum* had lain bare the underlying wood along much of the outside

► *Continued*

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**FROM HARD WORK
COMES GOOD THINGS**

wall to a height of 60 cm, as well as up and down the wooden post supporting the porch roof. The mess would require extensive sanding and refinishing to rectify, but it was small consolation to know that had we not been on hand the previous evening, the creature may have returned again and again until it had exhausted all accessible gnawing opportunities. What could be responsible for the decidedly un-endearing behaviour of this otherwise endearing forest denizen? I had to find out. Those being the days before Google, I had consulted with colleagues in the Department of Mammalogy at the Royal Ontario Museum, where I was a graduate student in Herpetology at the time.

What I found out was surprising, but also made abundant sense. Like deer, porcupines are browsers, feeding almost exclusively on buds, shoots, twigs, and the inner bark of trees, all of which have a high oil content. Also like deer and other herbivores, porcupines love and actively seek out salt sources; when a stash is found, it's usually mined repeatedly over time. Coincidentally, many wood preservatives contain high concentrations of both tree oils and mineral salts, so wooden structures treated with these represent easy treats for our spiky friends—particularly in late winter and early spring when all that's left to eat in the forest are conifer needles and bark. Untreated woods like cedar which contain high concentrations of natural preservatives are also targets.

Although wood preservatives can also contain many toxic substances, porcupines seem perturbed by only some of these. While they're known to chew on creosote fence posts, they won't go for the copper-chromated arsenic salts used in pressure-treated lumber (that's

LIKE DEER, PORCUPINES ARE BROWSERS, FEEDING ALMOST EXCLUSIVELY ON BUDS, SHOOTS, TWIGS, AND THE INNER BARK OF TREES, ALL OF WHICH HAVE A HIGH OIL CONTENT.



Standing up for large rodents everywhere. LENKA VÁCLAVOVÁ PHOTO / WIKIMEDIA COMMONS.

the green stuff employed most often for docks and decks). Porcupines might not realize that there isn't much nutritive value in cottages, but they are tenacious when they find something they like—which also explains freakish reports of these animals gnawing on the starter-cords of outboard motors, tool handles (likely salty from human sweat), and the exposed radiator hoses of cars on which road salt accumulates over the winter.

Fair enough, but what can be done to prevent porcupines from foraging on your cabin if a problem arises? Some people sprinkle moth balls around "appetizing" wooden structures as a deterrent, but the naphthalene from which these are made is hazardous to all forms of life (including, BTW, humans) and isn't something you want lingering in the soil around a cottage. In addition, mothball vapours are mostly ineffective outdoors, where they're far too weak to bother a hungry or determined animal.

A good organic alternative would be to employ a liberal sprinkling of cayenne pepper on the wood surface or painted on in a strong water solution. A drawback of this measure is that it has to be replaced after every rain, and so while good for solving an acute problem when you're not around, cannot be counted on to work over the course of a winter or early spring. Random noise can make life uncomfortable for porcupines; unfortunately it will have a similar effect on your neighbour. One sure solution is to encircle your buildings with unsupported chicken wire than porcupines are too heavy to climb. You can also try a distraction method like placing a large salt block on your property a good distance from a building—though this will also attract all manner of other animals, some of which may be even more unwelcome.

Otherwise, just hope there's plenty to eat for porkies in the winter forest near your cabin—and keep an old boot by the door in case one gets the springtime munchies. **MI**

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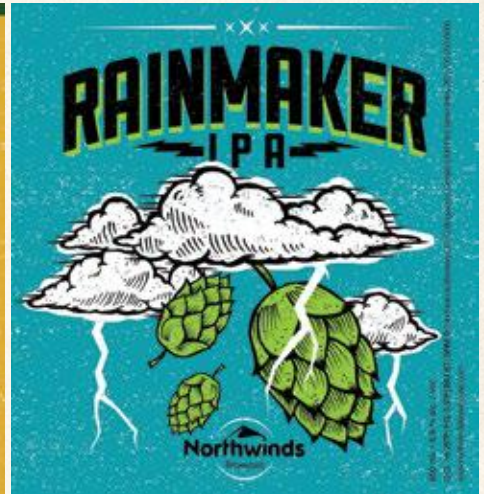
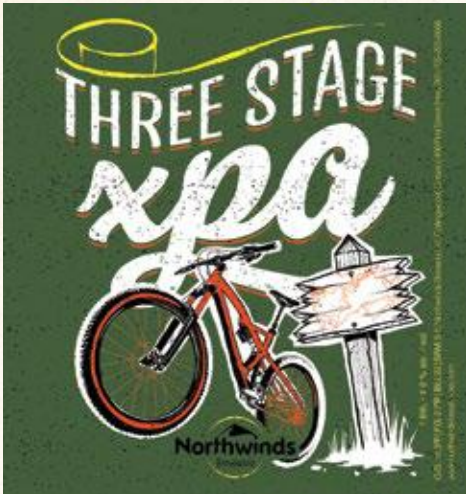
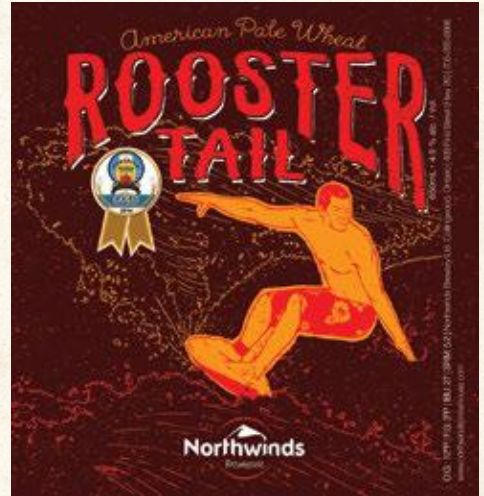
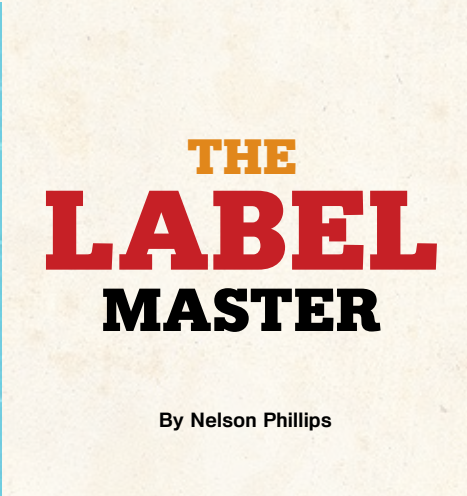
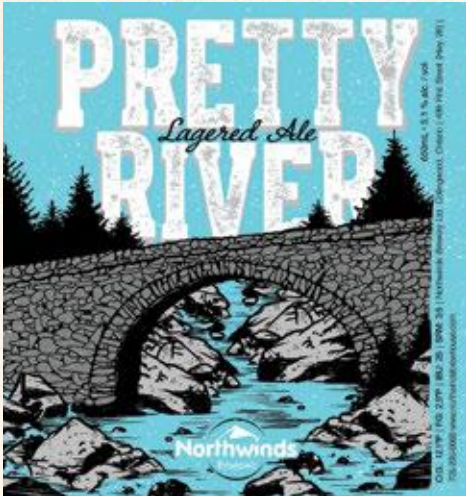
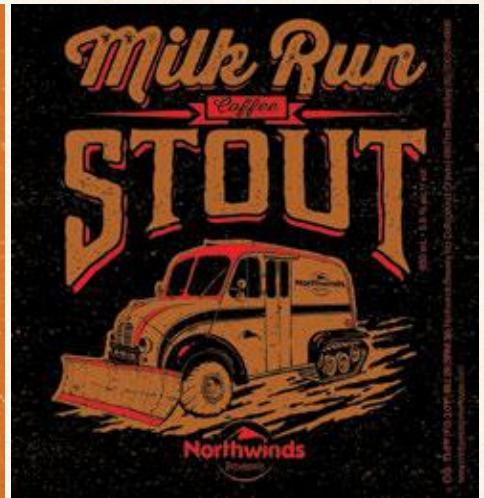
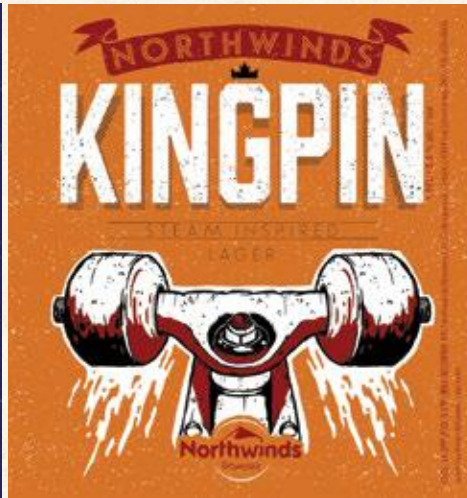
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Derek Muscat's masterful label designs will make you thirsty for more

If you live in the Blue Mountain region and you haven't heard of Northwinds Brewhouse & Eatery, chances are you've been living under a rock – maybe Metcalfe Rock. The Collingwood gastropub/microbrewery has been turning some serious heads lately. This is beer made with finesse and passion. And that extends to the label designs that grace the bottles, cans, and walls of the restaurant.

Cue Derek Muscat of Theocy Design. New to the Collingwood area, Derek has credentials to his name – designing and illustrating graphics for branding, apparel, and snowboards for the likes of Burton, Ride, Red Bull, Nitro and Like Skis for starters.

When Derek moved to town, he called up the crew at Northwinds and asked if they needed

any graphic design work done. They said yes, and through a series of meets, Derek developed a look and feel that was synonymous with the Northwinds brand, and also felt natural to him and his established visual style. Concentrating on graphic elements like typography and branded logos, Muscat has created all the label designs for the booming beer barons – about 16 so far.

► *Continued*

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NELSON PHILLIPS PHOTO.

Derek is a classic illustrator, opting to sit down with a few good ideas, creating each concept from scratch and by hand – similar to the beer flowing from the taps at Northwinds.

"They're always up to something over there," says Muscat. "It usually starts when I get a call from Jason Mirlocca or Geoff Conway. They'll give me a synopsis of the new beer they're working on, and those tasting notes and visual cues really inspire me. They're artistic dudes as well – from there, I do up a few sketches and move into illustration."

Derek is a classic illustrator, opting to sit down with a few good ideas, creating each concept from scratch and by hand – similar to the beer flowing from the taps at Northwinds. David Attenborough would call that a textbook example of cultural symbiosis.

Only once the idea gets the initial nod of approval will Muscat head to the computer to begin polishing out new custom typefaces and touching up his sketches.

From there the digital files go to Collingwood's Images In Sign, who print the bottle labels.

And local art studio The Last Radicals use a hybrid approach to traditional silk-screening and printing for all the top-notch apparel you see in the Northwinds shop. After meeting in art school, husband and wife team Rob and Sharin MacLeod got their start selling custom apparel in boutiques in London, England before coming home to tour with their band. A baby or two prompted them to plant some roots in the area, and now their new shop prints clothing, posters, and the like for many of the area's indie entrepreneurs, including Northwinds, Tin Roof Press, Bruce Wine Bar, Collingwood Brewery, and the Collingwood Skateboard & Bicycle Coalition.

If you haven't been out to Northwinds for a pint yet, do so. Crawl out from under your Metcalfe Rock, and go sample some suds and some exhibition-worthy art that sums up the culture of the Blue Mountains with every sip. ☑



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Blazing Paddles

Stephen Orlando's LED-painted Ontario
waterscapes illuminate an ancient pastime

TEXT BY NED MORGAN

PHOTOS BY STEPHEN ORLANDO









At first glance, the photography of Stephen Orlando looks arrestingly spooky. Non-photographers will wonder how he did it. What sort of voodoo is this?

As we'll discover, Orlando's photographs aren't reliant on tricks, but rather on time, light, and motion.

The Southern Ontario-based photographer has gained an international following on the Internet over the last year or so. Though he's using a common technique, his sense of contrast is his masterstroke – the way in which pathways of light-emitting diodes transform an otherwise natural waterscape.

The elements are few: a tripod, a remote control, the right ambient light, and strips of timed LEDs attached to a paddle. And most importantly, the participation of a paddler-model whose human form is obliterated by Orlando's long exposures but whose motion is captured with uncanny precision.

We talked to Stephen Orlando recently about his Ontario lake and river photographs.

***Mountain Life:** For the benefit of non-photographers, could you talk about your basic technique?*

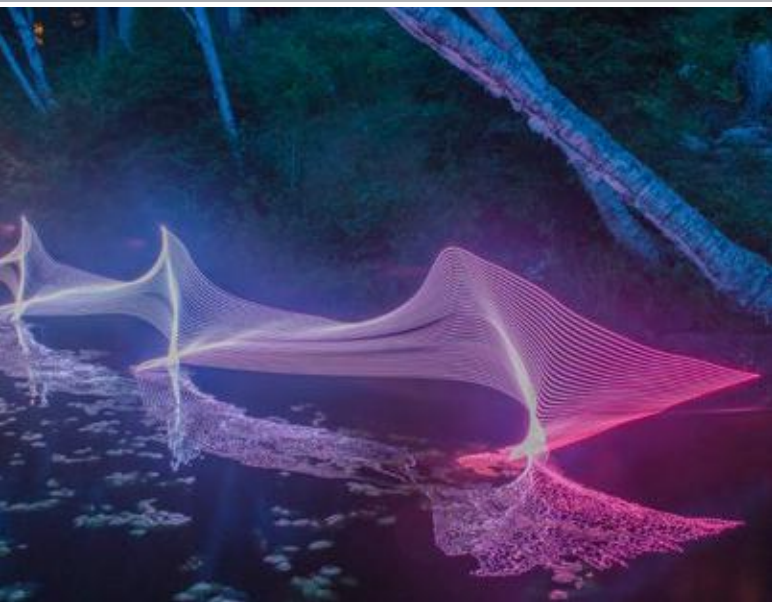
Stephen Orlando: For the canoe and kayak photos, the shutter is open for about 20 seconds. So the sensor of the camera is collecting light for that time. The only things that will show up – the only things emitting enough light to be picked up by the sensor – are either very bright, or stationary. The trees in the background are relatively dark but they're not moving, so they do get exposed. The LEDs are very bright so they emit a large amount of light for every point in space and get exposed. The kayaker and the kayak are similar to the trees in that they're not emitting much light. But since they're moving, they're not in the same spot long enough to be exposed on the camera's sensor.

If you look at the canoe pictures, where the lights are orange, red and white between each paddlestroke, you'll see a blob of light at the top. That is the paddler's face. As they brought the paddle up close to their face, light from the LEDs reflected off their face and into the camera.

***ML:** How important is timing?*

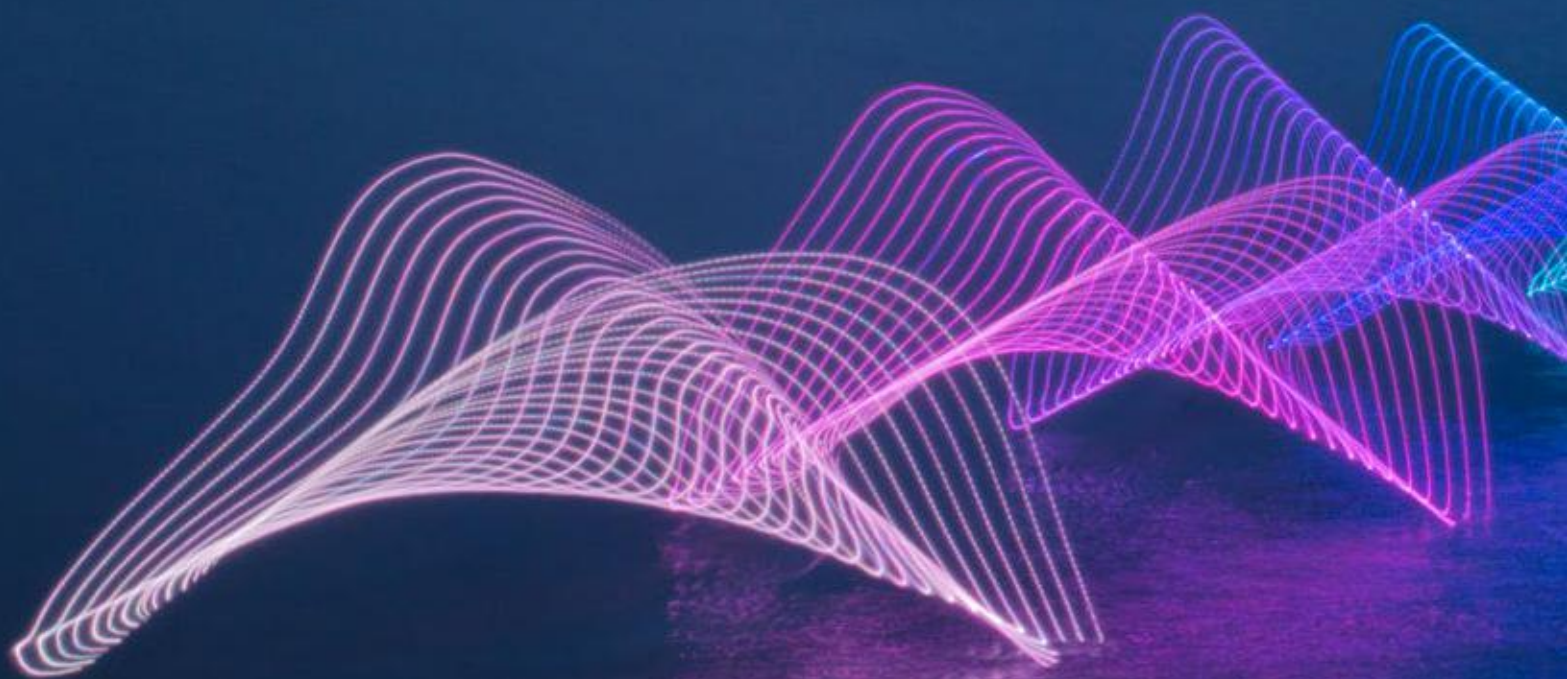
They're taken approximately at dusk. The first time I did it, we shot at 10 pm and it was pitch black – there wasn't any background, you couldn't

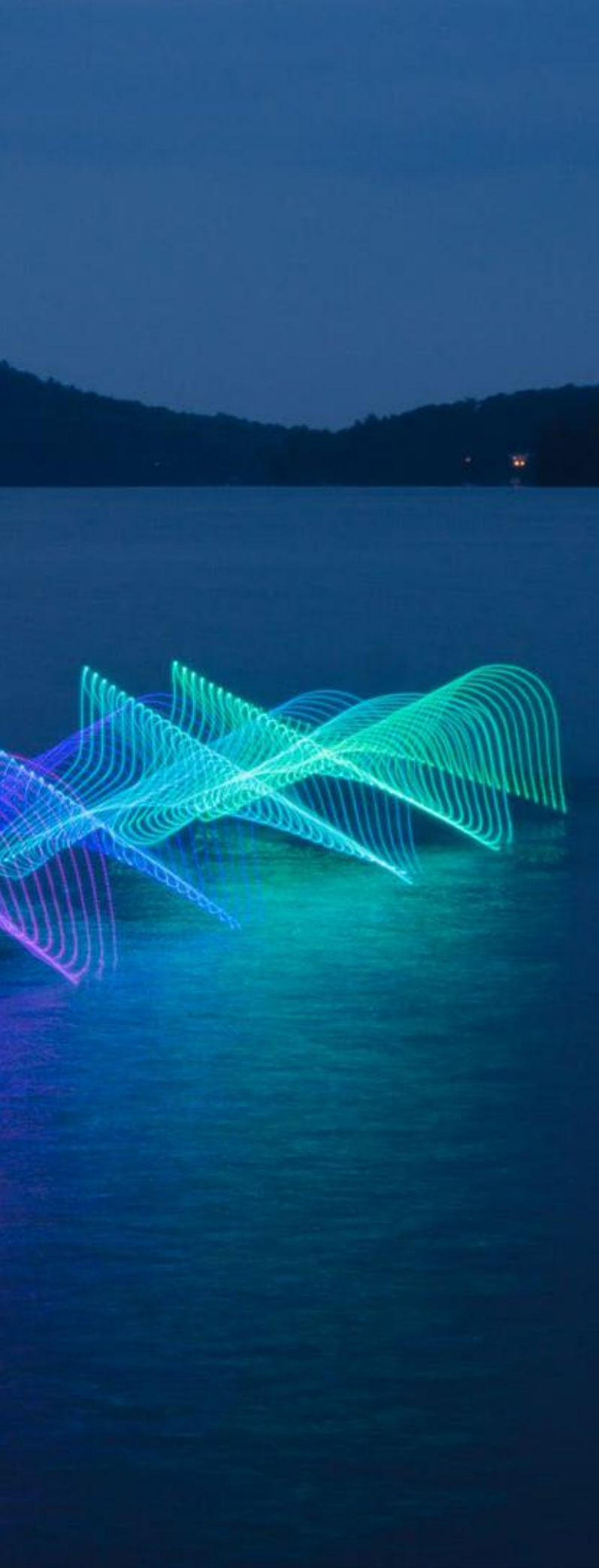
► *Continued*



Previous page: Fairy Lake, Huntsville, Ontario. This page, clockwise from top: Toad Lake, Port Loring, Ontario; Toad Lake again; Lower French River, Ontario. STEPHEN ORLANDO PHOTOS.

“My background is in engineering, specifically aerodynamics. A lot of what I’ve done in the last few years is related to analyzing fluid motion – how air flows over a wing or through a wind tunnel...”





Left: Fairy Lake, Huntsville, Ontario. Above: Elora Gorge, Ontario. STEPHEN ORLANDO PHOTOS.

see any trees. It was just weird lines in the dark, with no context to the picture. The key to these pictures is shooting them when it's light enough so the background shows up.

I program the lights to change colour. I pick a bunch a colours I want the lights to go through, and how fast the lights change between them. I try to time it so there is a different colour for every stroke.

ML: How do you know when you're finished a shoot and you've got it right?

The time of day usually dictates when the shoot's over. And it's always nice when the motion is more or less consistent – when there's not a jarring moment in the pattern. So I try to look for that. In some instances the paddler's hand or head will block the light, so there will be discontinuity there. I'm trying to look for clean, repetitive patterns, especially for the open-water canoeing photos. But for whitewater photos, I can't very well tell the paddler to make a repetitive pattern, or he might smash into a rock.

ML: How did you get into light painting?

I've played around with long exposures as long as I've been taking pictures; taking pictures of various things like fireworks, waterfalls, or stars. My background is in engineering, specifically aerodynamics. A lot of what I've done in the last few years is related to analyzing fluid motion – how air flows over a wing or through a wind tunnel... I think this knowledge gave me the idea to use light painting to show the motion of known objects. I see many similarities between these pictures and the streamlines associated with fluid flow.

And there was a Red Bull project that a photographer from Montreal, Patrick Rochon, worked on about a year and a half ago where he attached some lights to a wakeboard. That project inspired me a bit to do the work that I'm now doing. And I tried to incorporate some of my aerodynamics knowledge – taking those ideas and trying to analyze a specific movement that was familiar to people, but you don't really see. The goal of these pictures is not only to create something visually appealing but also interesting in a physics and motion aspect. So you can look at the picture and realize there's a lot of information being visualized – you're seeing the position of the paddle over time in a single picture. Even in a video, you can't see all of the positions of the paddle at once. [ML](#)

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TIM OLSON / PHOTO: TIM KEMPLE



A SELF-PROPELLED MISSION OVER THE TREACHEROUS ICEPACK OF GEORGIAN BAY WITH MODIFIED STAND-UP PADDLEBOARDS

By Scott Parent

ACROSS THE FROZEN SWEETWATER SEA

“Holy fuck!” Zane declared as we advanced to the edge of the open-water river that had hatched down the centre of the Georgian Bay icepack. We woke up after our first day push across the mixed terrain off the Cape of Neyaashiinigmiing with a thin belt of water – that hadn’t existed the night before – within sight of our tarp. The GPS said we had 28.5 kilometres between us and Double Top Island lighthouse. It read 27 km when we went to sleep the night before. We had drifted away from our goal. It was obvious the thin vein beside us didn’t measure the amount of distance we lost. There had to be more open water out there ahead of us.

We made quick work crossing the vein, and marched on through fields of smooth ice circled with hummock ridges, searching for passable breaks that would lead us into the next ‘room’ of travel-ice. We could see the black of the river revealing itself over our right shoulders. At a distance, we could determine one daunting characteristic.

It was big.

We selected passable avenues through the hummock buttresses that led us closer to the river’s edge. The contrast of black on white was astounding. That’s when Zane Davies piped up in awe-induced expletives. “We could paddle all the way to Parry Sound up this river,” he remarked. Looking at the satellite image of that day now reveals we could have almost reached the French River.

Seemingly poised in the best position to cross where we stood, we discussed our options. We needed a flat ice edge for the transition, and we needed to avoid hummock ice emerging out from underneath while we launched onto the water.

In winter, the open waters of Georgian Bay can form into closed ice terrains. Over the course of the winter the floes conglomerate into shifting landscapes. The centre of the inland sea doesn’t reach full concentration and we can expect it to move. Even when we say the lake is frozen over, the winds will stir it all into motion. The potential for open water is always present.

That being said, our SUPs enabled us to handle open water. Should we hit water, we figured it would be just like winter paddling along the Peninsula. We were both comfortable and prepared for that. We had rehearsed for that. In fact we had to paddle out nearly 1km off the Cape to access the floes setting out.

Not only could we paddle them, they served as the ultimate haulage sleds, with built-in rocker. They offered the ultimate modality for mixed terrain winter travel out there, so long as they could handle the abuse. They also served as foam insulators to sleep out on the ice.

Having blown out a board in dress rehearsals, we modified two Blu Wave Wave Rider 10’6”s with added fiberglass along the rails and bottom centre, and epoxied crazy carpets to the bottom. The added layer of polypropylene would help shield the foam core. Then we skinned the rails with Gorilla tape, and hauled a repair kit. Zane stepped out on a thin band of ice approaching the open water, and broke through up to his thighs. Protected by his drysuit, the cold water didn’t penetrate. He backed off and rerouted to a thicker section along the edge, and transitioned smoothly onto the open channel.

With the winds at around 11 knots we elected to kneel on our Wave Riders, which were loaded beyond their design, leaving us at the mercy of La Mer Douce. We passed through drifts of ice, over a small chop and into the exposed heart of the Bay.

After crossing almost 2km of open-water river, we transitioned onto the east side of the divide. We checked our progress with the GPS and saw that we had gained the middle of our line to the Western Islands’ Double Top lighthouse. With ideal weather for ice travel, we plodded on course across the remaining aqua firma. Altogether the open water we encountered comprised only 3.66 percent of our 82-km paddle trek. Without question, this was a surreal and unforgettable sequence of strokes for us both – planted between thousands of steps across a frozen sweetwater sea. ■

▶ *Continued*

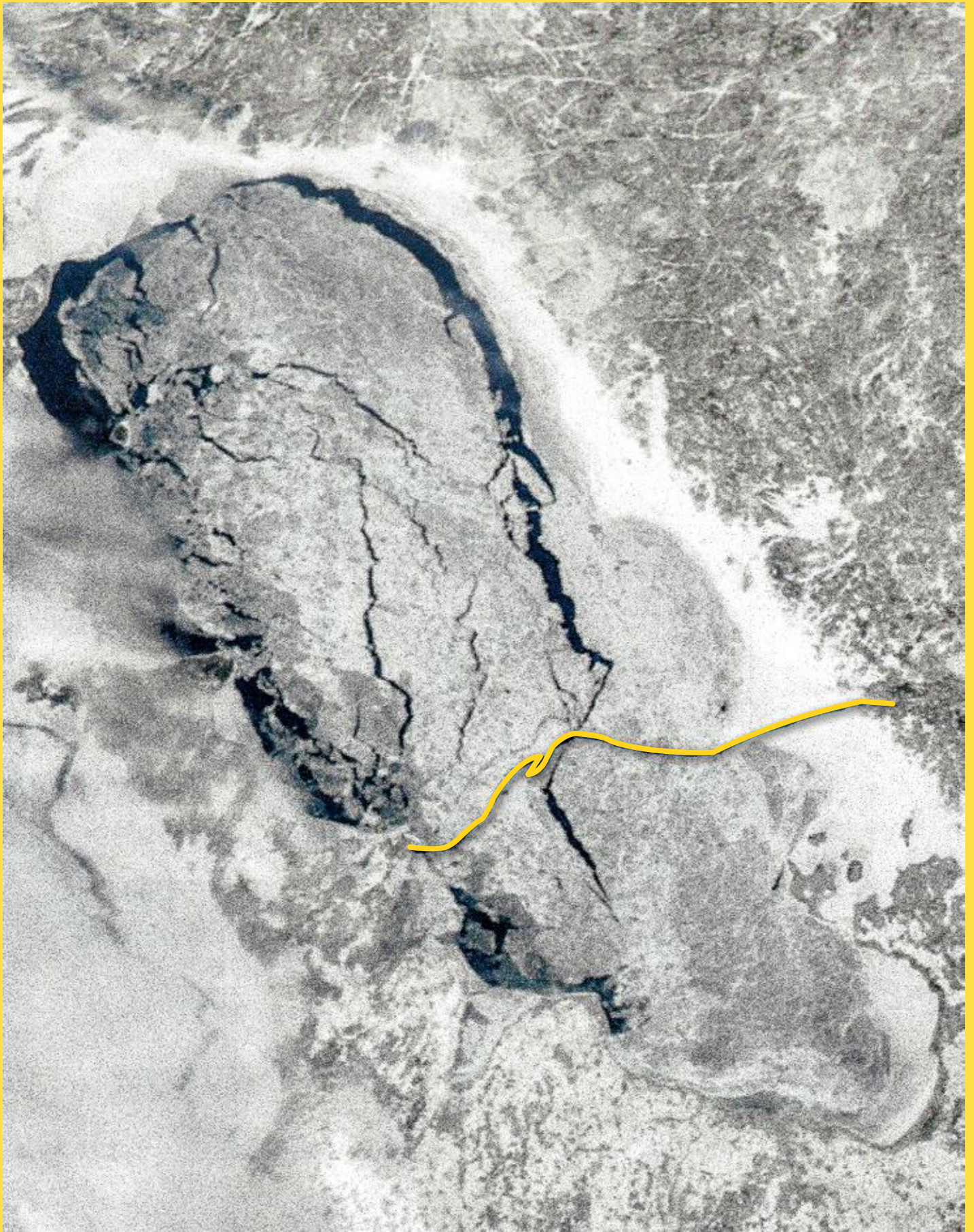
Above: Zane Davies heads into the shifting aqua firma. SCOTT PARENT PHOTO.



Zane Davies poles his way forward. SCOTT PARENT PHOTO.

NOT ONLY COULD WE PADDLE THE SUPS, THEY SERVED AS THEY
ULTIMATE HAULAGE SLEDS, WITH BUILT-IN ROCKER. THEY OFFERED
THE ULTIMATE MODALITY FOR MIXED TERRAIN WINTER TRAVEL
OUT THERE, SO LONG AS THEY COULD HANDLE THE ABUSE.





Above: satellite image of Georgian Bay showing the route from Cape Croker to 12 Mile Bay.
Right: Scott Parent on a clean patch of "travel ice." ZANE DAVIES PHOTO.

THE CENTRE OF THE INLAND SEA DOESN'T REACH FULL CONCENTRATION AND WE CAN EXPECT IT TO MOVE. EVEN WHEN WE SAY THE LAKE IS FROZEN OVER, THE WINDS WILL STIR IT ALL INTO MOTION.





Clockwise from top left: schematic of dining area; blocks of Durisol, a proprietary material made of cement-bonded recycled-wood fiber that creates a breathable wall; schematic rear of home. ILLUSTRATIONS COURTESY TERRACEWOOD.CA.

APPROVED BY MIKE

TerraceWood Promises a Healthy & Efficient New Approach to the Subdivision

By Nelson Phillips

In a time when many parts of southern Ontario are besieged by mostly indistinguishable home developments, this one stands out for all the right reasons.

The TerraceWood neighbourhood in Meaford, to begin construction this year, is promising to emphasize eco-friendly and non-toxic materials, low-impact and energy-saving design and building techniques, and classic small-town aesthetics with a contemporary twist.

The mastermind of TerraceWood's construction process is Tim Singbeil, VP of Production and Innovation at Meaford-based Third Line Homes. The 25-home boutique 'hood will be constructed with Durisol, a proprietary material (made of cement-bonded 100-percent recycled wood fiber) that creates a "breathable wall." These insulated forms don't use foam or polystyrene, helping the structure to be extremely strong, energy efficient, fire resistant, toxin and mould free, soundproof, and capable of taking a serious beating from the elements – something we're used to on Georgian Bay. Additionally, Third Line Homes estimates a cost reduction to heating and cooling of around 40 percent.

"Durisol has been operating in Ontario since 1945 and was originally used as soundproofing for highways," says Mary-Jo Osborn, VP of Marketing with Third Line Homes. It's been a staple of home building in Europe and has recently gained traction in Canada.

Singbeil discovered the compound while searching for a resilient product that could also promote wellness and help to reduce carbon footprint. Singbeil and crew at Third Line Homes have constructed more Durisol homes in Ontario than any other builder.

Designed by Toronto-based blackLAB Architects, TerraceWood's four different floorplan designs range in size from 1526 to a beefy 2388 square feet. Lead architect and founding partner of blackLAB Joe Knight says that TerraceWood will "stay within the realms of a more traditional idea by adopting clean roof lines and minimalistic designs that simplify and add a modern twist to the classic rural aesthetic."

The project is also Mike Holmes Approved. The über-contractor and television personality – who has built his career on constructing better and healthier homes – recently tweeted that he was proud to have bought the first TerraceWood property.

And if all this isn't enough, the project is also Mike Holmes Approved. The über-contractor and television personality – who has built his career on constructing better and healthier homes – recently tweeted that he was proud to have bought the first TerraceWood property in Meaford. We should all feel good about having Mike as our neighbour.

Mary-Jo Osborn says the opportunity to work with Mike Holmes came about when the latter called on Tim Singbeil to consult with the Durisol construction in a "Mike's Ultimate Garage" episode on HGTV last year. Holmes also invited Third Line Homes to collaborate on a Durisol four-plex in Atikameksheng Anishnawbek, a First Nations community outside of Sudbury. "Think of the Three Little Pigs," said Holmes in a recent interview with Bayshore Broadcasting. "If you're going to build a home that lasts, build it out of block or concrete. That's what we're doing with Durisol...it's a brilliant way to build."

The thoughtful designs of TerraceWood will complement the relaxed gusto of Meaford as well as the nearby Niagara Escarpment, Georgian Bay, and the Bighead River Conservation Area land bordering the subdivision in the east end of Meaford. "We're reclaiming part of town," said Osborn. "It's a different kind of development entirely." [ML](#)

[DIY terracewood.ca](http://DIY.terracewood.ca)

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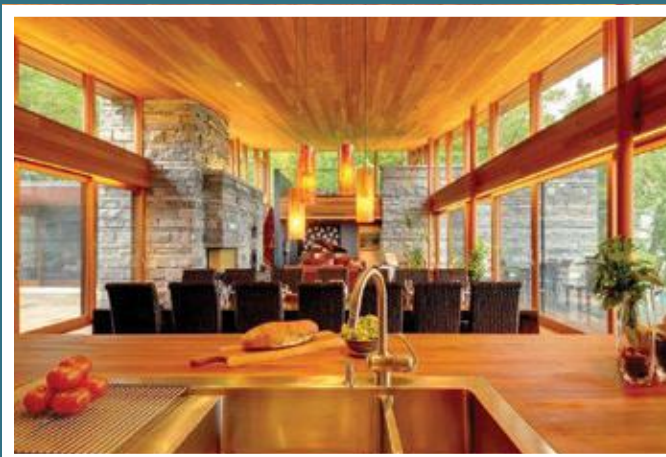
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Words by Andrew Findlay – Photos by Steve Ogle



IN ONE OF THOSE RANDOM ENCOUNTERS THAT CAN MAKE – OR BREAK – A TRIP, WE HAVE LANDED A SKIING ATHEIST FOR A MOUNTAIN GUIDE IN A COUNTRY THAT’S MORE THAN 80 PERCENT DEVOUTLY CATHOLIC AND NOT EXACTLY RENOWNED FOR SNOWSPORTS. EVENING SUN RECEDES ON 5,704-METRE VOLCÁN ANTISANA, THE FOURTH-HIGHEST VOLCANO IN ECUADOR AND CONSIDERED THE MOST CHALLENGING TO CLIMB. I EXAMINE THE WEB OF TANGLED ICE LOOMING ABOVE CAMP, WHILE TRYING TO MITIGATE AN ALTITUDE HEADACHE WITH A SECOND BEER.



Opposite page: Andrew Findlay and Cam Shute contemplate an improbable stack of crevasses on the lower shoulder of Antisana.

This page, clockwise from top left: Ramiro Donozo after his 50th (or so) climb but first ski of Antisana; Quito colours; Loading the van outside of the Hotel Vieja Cuba, Quito; Findlay at basecamp prepping for midnight start; Little old lady at the Otavalo Market; the crew driving in Antisana Nat. Park toward Donozo’s secret base camp.

Two days earlier, when I landed in Quito, my waiting taxi driver had commented upon seeing my skis: “I did not know we have this sport in Ecuador.” Reasonable observation. While Steve Ogle, Cam Shute and I prep our packs in the fading light, guide Ramiro Donozo examines his 1980s-vintage 185-cm, pink and orange Dynastar Radicals like someone thrown into the cockpit of a plane for the first time and told to land it, at night.

“The skins are still on from the last time,” Ramiro says.

“When was the last time?” Steve asks.

“Hace tres anos,” he replies.

Three years ago.

The sun drops at the equator with the suddenness of a switched light. Across from camp, Antasanilla, a black plug of volcanic rock, claws the darkening sky above tiny Laguna Santa Lucia. In minutes it’s coal black and we’re scrambling for sleeping bags and a night of insomnia. After a restless night, I chase morning light into the mess tent where Ramiro’s right hand Diego is conjuring up pancakes and instant coffee.

As we climb on, the altitude puts a vice grip on my lungs. A straightforward headwall leads to an intimidating mess of disintegrating seracs – the only way forward. Ramiro drops nonchalantly into the glacial junkyard.

A few coffees later, and with bellies full, we start puffing up a scant path, following the beams of our headlamps toward a crumbling moraine. The dull glow of pre-dawn slowly floods the vast highlands of Ecuador. The air feels desperately thin; a week ago I languished at my sea level home pondering the absurdity of fleeing an inbound Canadian winter to ski crud and wind-tortured slab at the equator. Volcanoes are weather magnets; they’re appealing more for their geologic symmetry than for snow quality. In less than an hour we reach the glacier. I heave my pack onto a flat rock. Ramiro swigs water from his plastic bottle then looks up toward the summit, still clear.

“Earlier this season another guide got turned around. He could not find a route around a big crevasse near La Cumbre,” he says.

He holds his ski and fumbles with a pair of museum-ready Silvretta 404s. Ramiro is a study in unassuming composure. I realize this two hours later, after we have skinned up the low-angled apron of snow-covered ice and encounter our first obstacle – a gaping chasm threatened from above by truck-sized seracs.

► Continued



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Clockwise from top left: The crew's cozy, catered tent under clear skies; (l-r) Cam Shute, Ramiro Donozo, Steve Ogle, and Andrew Findlay on the summit; Findlay rips a turn down the upper headwall; Shute, with Findlay and Donozo in front, heading up to mark the route; an acclimatization push with Volcán Cotopaxi in background.

"I'm thinking we go *this* way," he says, pointing his ice axe at a steep tongue of snow between two tottering ice blocks.

We surrender reluctantly to local knowledge, or faith. With skis off and crampons on, we punch a plumb line through the seracs, weaving, ascending and descending, until once again reaching easier terrain. From there we thread large crevasses, leaving wands to mark the route should we lose visibility on the descent. Far below, puffy clouds scud the blue sky leaving shadows on the tan-coloured plateau.

As we climb on, the altitude puts a vice grip on my lungs. A straightforward headwall leads to an intimidating mess of disintegrating seracs – the only way forward. Ramiro drops nonchalantly into the glacial junkyard, which amounts to about 30 seconds of roll-the-dice objective, then leads up a tongue of clean hard snow toward a more forgiving glacier above.

Suddenly, he stops.

"Wait, I take photo," he says, while Steve and I ponder mortality at the foot of an improbably balanced ice tower.

Briefly, I detect the pungent scent of sulfur, a reminder that Antisana is dormant but poised to pounce, having last erupted cataclysmically in 1801. Soon the summit is in tasting distance. A long ascending traverse gains us the mellow south ridge. Six hours after stumbling out of camp under darkness, we ascend un-roped to the broad summit of Antisana.

Ramiro is a study in unassuming composure. I realize this two hours later, after we have skinned up the low-angled apron of snow-covered ice and encounter our first obstacle – a gaping chasm threatened from above by truck-sized seracs.

The weather holds, but clouds already boil up from the Amazon basin a few vertical miles below us and to the east. Our summit stop is brief.

We click in and swish down the summit plateau, the horizon dominated by Ecuador's iconic chain of volcanoes. As we slide to a stop, I gaze upon one of the most enticing natural terrain parks I've ever seen, with the icy cone of Cotopaxi piercing the bright equatorial sky at 5,897 m. We drop in one by one, executing tentative, oxygen-starved turns, before a gaping slot forces a right-hand traverse to the ugly icefall that got my palms sweating on the ascent. A few jump turns down the steep sliver and we're back in the firing line, quickly removing our skis and sprinting beneath the seracs now in full sun. With skis back on, I breathe easier once again. The headwall is smooth, sliced by narrow crevasses that are

easy to avoid, and far less steep than it seemed on the ascent. Then we're back to weaving among the big bus-eaters: a game of snakes and ladders on skis. Ramiro follows far behind, stoically doing his impersonation of a skier, and slowly regaining some shreds of skill he left behind on Bariloche a few years ago. Even from a distance I see his beaming white smile on a brown weathered face; though he has climbed Antisana many times it's his first on skis, which makes our shared experience even richer. I point my tips downward and recall the taxi driver who questioned whether or not there's any use in Ecuador for those P-TEX sticks called skis.

Turns out there is – on volcanoes that scrape the sky a mere 80 km from 0° Latitude. [ML](#)

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DEFENSIVE CYCLING

Our cycling columnist's close call spurs a discussion of road sharing

By Noelle Wansbrough

Last fall while riding my bike on a county road, I was almost killed. An 18-wheeler came within an inch of me, close enough to cause panic among my fellow riders. I'm sure the driver of the truck was frustrated at having to pass so many groups of cyclists out for their weekend ride. Rather than wait he chose to thread the needle between my group and an oncoming vehicle. This unsafe and illegal pass is all too common in the cycling world.

No doubt everyone has noticed the dramatic increase of cycling traffic, especially on weekends. Local governments are working to promote cycle tourism and help increase revenue for local businesses. However, more bikes on the road means more potential for accidents.

A recent Ontario Coroner's report states that all cycling accidents are preventable. Mutual respect on the part of drivers and cyclists could reduce the number of incidents. The report also indicates more paved shoulders and cycling infrastructure will aid accident prevention. Studies in Denmark, a country known for its vast number of cyclists, have shown paved shoulders and separate cycling lanes reduced the death toll in cycling accidents by 35 percent.

Grey Road 19, 10th Line, and 6th Street have recently added paved shoulders but many roads still need work. The solution isn't easy since four different municipal governments administer the roads and a 100km cycling route can cross four municipalities and two counties. Lack of common jurisdiction and available funds pose challenges to any type of paved shoulder. The Collingwood Cycling Club and Share The Road are advocating for all municipalities to provide more paved shoulders on key cycling routes, but it is often an uphill struggle. Not all



Above: GLEN HARRIS PHOTO. Below: a 'ghost bike' memorial marks the scene of a fatal accident. PHOTO COURTESY EDMONTONBIKES.CA

elected officials or public servants support these initiatives, but maybe they should. In 2013, 42 percent of Ontarians indicated they were more likely to vote for a political candidate if they made strong public commitments to fund new cycling infrastructure such as separated bike lanes, paved shoulders and bike-only traffic signals.

"This unsafe and illegal pass is all too common in the cycling world."

In the meantime, mutual respect between drivers and cyclists needs improvement and this is a high impact, zero-cost initiative. Cyclists need to obey the rules of the road and drivers need to be more attentive to cyclists as vulnerable road users. OPP Constable Piet Huyssen and Steve Varga (VP, Collingwood Cycling Club) are working together on a Defensive Cycling Strategy and plan to present it to groups of interest province-wide.

The two-abreast pace-line is a contentious topic between drivers and cyclists. The Defensive

Cycling Strategy supports it. According to Varga, "It's actually safer for cyclists to travel two abreast and the Highway Traffic Act does not outright forbid it. The two abreast pace line, when done properly (tight to the right and in smaller groups) provides safer conditions for a driver to see and pass. It is a shorter pass for drivers."

Share The Road signage, more paved lanes and advocacy are helping, but in the meantime cyclists and drivers need to be proactive about staying safe on our roads. Remember, cyclists and vehicles are equally entitled to use and share the same road space. Respecting all road users helps everyone. 🚲

Postscript: One of my cycling colleagues had the same 18-wheeler pass his group unsafely. His helmet cam recorded it and the Collingwood Cycling Club and OPP contacted the trucking company. The company apologized on behalf of the driver. No formal charges have been laid.

sharetheroad.ca

CLIMBERS & CONSERVATIONISTS UNITE!

LAND PURCHASE ENLARGES THE APPROACH TO OLD BALDY CRAG

By Ned Morgan. Photos by Glen Harris

Old Baldy – also known locally as Kimberley Rock – is a high rambling outcrop of dolostone overlooking the Beaver Valley. Parallel to its 152-metre-high crest is a section of the Bruce Trail named for Malcolm “Mac” Kirk, the late forester and conservationist who spearheaded the effort to protect the area in the 1960s. Working for the Grey-Sauble Conservation Authority (GSCA), Kirk secured much – but not all – of the property immediately surrounding the cliff from the family who had owned it since the 1800s.

Rock climbing began here in the ‘60s and today the face – comprised of the hardest stone the Niagara Escarpment has to offer – boasts over 100 recorded climbs. With real estate development on the upswing in the region over the last decade or so, this big bioherm – a 400 million-year-old coral reef – needed a bigger buffer zone. When a cliff-bottom 45-acre plot that stretched nearly to the village of Kimberley came up for sale in 2012, the GSCA knew they had to act. And they knew they’d need a partner to help raise the funds.

That’s when conservation met sport climbing. The partner turned out to be the Ontario Access Coalition (OAC), a not-for-profit volunteer group that works with landowners and conservation authorities to keep climbing and bouldering areas open and environmentally sound. At a multi-user group meeting for the Kolapore Uplands, GSCA Land Management Coordinator Chris Hachey approached OAC Executive Chair Randy Kielbasiewicz about the impending Old Baldy sale. Here was an opportunity, Hachey explained, to protect the climbing access *and* a significant parcel of prime conservation land. Old Baldy is a postcard-ready icon, its face photographed, painted, and climbed countless times, its vistas flocked to by thousands of Bruce Trail hikers. Development would undermine its incalculable value to the biosphere and to the surrounding communities.

“The OAC wants to become more involved in preserving the Escarpment,” says Kielbasiewicz. “What good is a cliff if the land around it looks like a subdivision? If you go down to Milton now, on top of the Escarpment where you used to look out onto farm fields – you see housing developments and suburban sprawl.”

“Old Baldy has some of the best stone and concentration of high quality 5.11-5.12 sport climbing on the Escarpment.”

So Kielbasiewicz and the OAC applied for a MEC Land Acquisition grant. “In early 2013 we heard about the sale of the property and the opportunity to support the OAC with the possible land purchase,” says MEC’s Regional Sustainability & Community Co-ordinator Dave Robinson. “The OAC did a lot of work on their end and applied for and received the funding [\$100K] from MEC. The GSCA will be the actual landowners and will use their expertise to manage the land and provide access for climbers.”

► *Continued*



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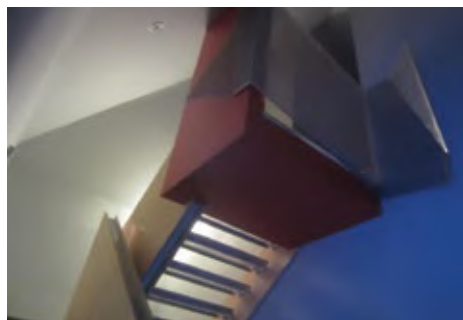
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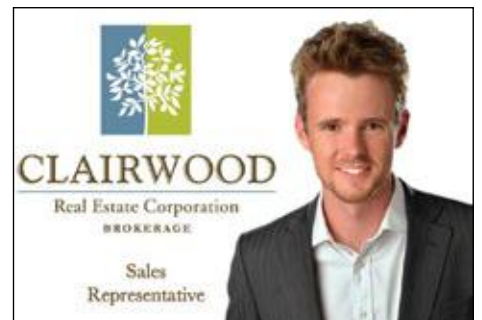
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The OAC, Ontarioclimbing.com, the Alpine Club of Canada, The Bruce Trail Conservancy, and The Nature League raised the remaining funds to meet the asking price. The GSCA is currently finalizing the legal details of the land transfer.

This Old Baldy acquisition signals a fruitful partnership between groups that have not always agreed on land use. Some Niagara Escarpment conservationists, for example, once considered climbers a threat to the ecosystem.

“What good is a cliff if the land around it looks like a subdivision?”

“There used to be this image of the ‘dirtbag’ climber – this is a leftover from the ‘70s and ‘80s,” says Kielbasiewicz. “It doesn’t exist anymore.” He explains that climbers’ views of the Niagara Escarpment changed alongside everyone else’s in the late ‘80s and ‘90s after research spearheaded by University of Guelph’s Douglas Larson and his Cliff Ecology Research program identified rare and ancient eastern white cedar trees growing on crags. UNESCO declared the Escarpment a World Biosphere Reserve in 1990. Mindful of these cultural shifts, the OAC maintains a code of ethics that includes no top-roping off trees, no disturbing flora or fauna, and no chipping or drilling holds.

Kielbasiewicz adds that today’s sport climber has no interest in treed crags: “Rock climbs tend to follow obvious features,” he says. “And those features today are often on blank faces, devoid of trees – like Old Baldy. When climbing standards rose with the introduction of indoor climbing gyms, the interest in groveling your way up a gully of loose rock and trees went by the wayside. Now our interest is mainly big faces. Climbs that fall into disuse are re-evaluated. And if there’s no point in it being there, we remove it. Those routes that didn’t respect the modern understanding of the ecosystem don’t get climbed anymore.”

► *Sidebar continued on p. 64*

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*—Chris Hachey, Land Management Coordinator,
Grey Sauble Conservation Authority*

"OLD BALDY HAS SOME OF THE BEST STONE AND CONCENTRATION OF HIGH QUALITY 5.11-5.12 SPORT CLIMBING ON THE ESCARPMENT. IT WAS ONE OF THE AREAS THAT MADE ME REALLY APPRECIATE THE QUALITY OF CLIMBING IN THE BEAVER VALLEY, HENCE LEADING TO US MOVING HERE IN 2008. IT HAS BECOME MY OUTDOOR TRAINING CRAG AND EACH YEAR I WILL GO OUT TO REPEAT THE CLASSICS TO TEST MY SKILLS AND SEE WHERE I AM AT. IT IS ALSO HOME TO MY FAVOURITE ROUTE IN THE BEAVER VALLEY: CHRISTINA'S WORLD, A LONG, STEEP AND EXPOSED 5.12D."

—Leslie Timms, guide and owner of Ontherocksclimbing.com

"OLD BALDY HAS A SIGNIFICANT HISTORY AND A NUMBER OF CLIMBS THAT DATE BACK TO THE '60S. CLIMBING IN ONTARIO HAS A VERY RICH HISTORY AND THE STANDARD OF CLIMBING HERE IN THE EARLY DAYS WAS UNIQUE, GLOBALLY SPEAKING... AFTER THE WAR YOU HAD AN INFLUX OF EUROPEANS WITH AN UNDERSTANDING AND SKILL-SET THAT DIDN'T EXIST PRIOR TO THAT. AND OLD BALDY IS UNIQUE IN ONTARIO FOR THE HIGH QUALITY OF THE ROCK -VERY DENSE, VERY FEATURED. IT REPRESENTS GOOD CLIMBING THAT DOESN'T IMPACT THE ECOLOGY OF THE ESCARPMENT.[CANADIAN-BORN PRO CLIMBER AND US SIERRA MOUNTAIN GUIDE] PETER CROFT HAS FIRST ASCENTS ON OLD BALDY THAT HAVEN'T BEEN REPEATED. NO ONE WANTS TO DO THEM BECAUSE THEY'RE TOO SCARY. NO BOLTS, AND REALLY POORLY PROTECTED." *—Randy Kielbasiewicz* 

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WALK WITH FLORA

CLEANSING ADVICE WORTHY OF FLORA, THE GODDESS OF SPRING

By Kara Wildeman



Top image: Flora, from a fresco recovered at Pompeii, Italy, circa 1st century CE. Flora was a Roman goddess of flowers, fertility, and the season of spring.

THE ARRIVAL OF SPRING ALWAYS REMINDS ME TO TAKE THE TIME TO NOURISH MYSELF. I SAY GOODBYE TO WINTER AND ANY HABITS I HAVE PICKED UP DURING THOSE COLD MONTHS AND RENEW MY DEDICATION TO CREATE A HEALTHY BODY, MIND, AND SPIRIT. IF YOU FEEL LIKE YOU CAN RELATE, HERE ARE SIX WAYS YOU CAN NOURISH YOURSELF THIS SEASON:

Spring-clean your cupboards.

I don't just mean re-organize and wipe them down but really go through all the food on these shelves and examine it. Cupboards are where we generally store all of our boxed, canned and other packaged food. These guys are typically storing a lot of preservatives, Genetically Modified Organisms (GMOs) and other unwanted ingredients that could be making us feel tired, grumpy and unwell. I am a stickler for reading ingredients, and have strict guidelines on what comes into our house and what doesn't. Here's a list of a few ingredients that stay out of our kitchen:

- GMOs (corn and corn by-products, canola and soy)
- MSG (Monosodium Glutamate)
- Potassium Bromate, Aspartame, Sodium Nitrate, BHA/BHT.

Choose organic.

To ensure that the abovementioned ingredients stay out of your food, make the organic choice. Not only do organic foods taste better, they are free of the chemical residues of modern farming practices. The best part is, when you buy organic you are voting with your dollars and not supporting the use of harmful pesticides, herbicides, fungicides and GMOs.

Go alkaline.

It's all about chemistry. The acid/alkaline balance in our body relates to our tissues and fluids and is measured by pH. Food also has

a pH and is said to be acidic or alkaline, or somewhere in between. We function best if our bodies are slightly alkaline. Meat, dairy, caffeine, grains, cooked and processed foods are all acid-forming in our body; dark leafy greens and raw foods are alkaline-forming. Cutting back on acid-forming food and increasing or adding in more alkaline-forming food encourages our body to achieve a balanced state and leaves us feeling energetic. We have a list on our fridge (printed from the web) to remind us where foods fall on the acid/alkaline scale.

Find fermented foods.

Add more of these gems to your diet. Fermentation has been used for thousands of years both to preserve food and to increase its digestibility. Since the invention of pasteurization and preservatives, the art of fermenting has been all but lost. Consuming fermented foods increases the good bacteria in our gut, helps us to digest our food more effectively, and supports a healthy immune system. When shopping, add sauerkraut, kim-chi, kombucha or kefir to your cart. (Make sure that they haven't been pasteurized; this process kills beneficial bacteria.)

Hydrate.

Many of us are chronically dehydrated, and consume coffee, carbonated beverages, and sugary juices rather than water. Dehydration can leave you feeling tired and lethargic and can cause constipation and headaches. There

is a rule of thumb that I like to use: drink half of your weight in ounces each day. (For example: 140lbs = 70oz = 2L.) I stay away from bottled and tap water. Bottled water contains trace plastics from the bottling process, and tap water contains chlorine (which kills your gut flora). Install a filter on your tap, buy a Berkey filter or better yet, log onto www.findaspring.com and find living springwater near you.

Seek superfoods.

Superfoods provide the most potent, concentrated, and nutrient-rich sustenance on the planet. They have elements of both a food and a medicine. They are calorie-sparse, nutrient-dense, and loaded with antioxidants. Not only do superfoods nourish your body, but have been shown to help correct imbalances and guide us toward a healthier diet. Superfoods increase your energy, boost your immune system, elevate your serotonin (the feel-good neurotransmitter) and help to bring your body back to an alkaline state. And if this isn't enough, they also taste incredible. The superfoods that I add to my smoothie each day include goji berries, cacao, maca, spirulina, chia seeds, and chaga. 🍵

Kara Wildeman is a homeopathic doctor with further study in holistic nutrition. She currently own/runs The Market organic grocer between Thornbury and Meaford and works with patients healing illness through homeopathy and whole foods. karawildeman@rogers.com

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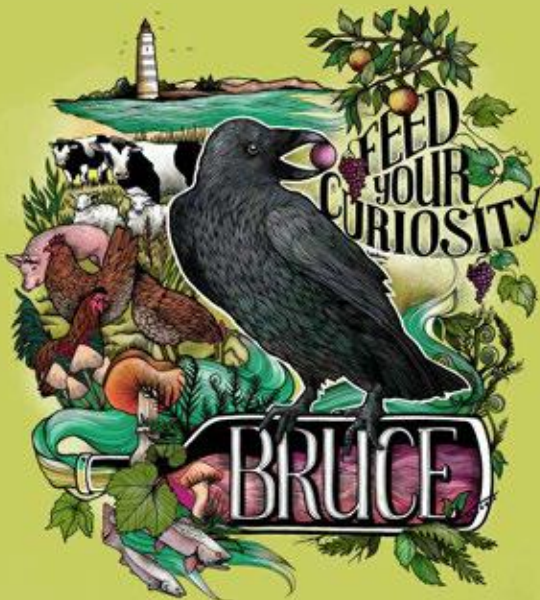


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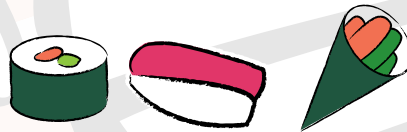
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OBSTACLE MAN

A CONVERSATION WITH RYAN ATKINS, PRO OBSTACLE COURSE RACER

Text by Colin Field & photos by Frankie Lee Matthews

I first met Ryan Atkins in October of 2014. He told me that claiming to be a professional obstacle course racer was kind of silly. The next week he was contemplating signing a contract with Battlefrog. To become a professional obstacle course racer. If you ask what he does for a living now, he'll tell you he does some trail-building and some contractual engineering work, and that he makes some money obstacle course racing. Realistically though, he's got no way around it: he is a professional obstacle course racer. In fact he's one of the best in the world. He won the World's Toughest Mudder last year, and placed second at the Spartan World Champs and the Obstacle Course Racing World Champs.

He lives in Caledon now, but grew up in Ottawa competing on the unicycle trials circuit. And he was no slouch there either; he was world champion

at 15 and then again at 18. Then he started racing mountain bikes while in university, before getting into running. And it was the running that set him on his current path.

How did you get so good at obstacle course racing?

After racing mountain bikes for a couple of years, I just started running. I started doing ultras and stuff and just got really into it. I guess the agility from unicycle trials riding, along with the endurance from mountain biking and all the running: it was a perfect storm for training for obstacle course racing. It all clicked together for me.

There's also the fact these races actually exist now.

Yeah, exactly.

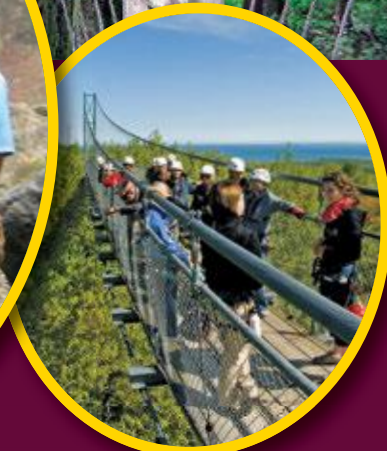
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To switch everything off and completely zone in on my performance and my feelings, how my breathing is and how I feel in my legs and my mind – that's a skill and takes practice. And that's something I honed through unicycle trials, as funny as that may sound.

Have they been around for a while?

There is a guy in the UK that's kind of credited with starting it. He started his first race in 1987, but it's really only become mainstream in the past five or six years.

What drew you to obstacle racing?

It's a really cool sport. Not only do you have to have good endurance, you need good agility, good strength, good grip strength, so I think the all-around fitness it demands is pretty unique. Crossfit's kind of similar, but you don't have the same kind of running requirement in Crossfit. And then a lot of the top-level athletes in endurance sports just focus on that one sport, which makes sense, but they'll tend to neglect a lot of other aspects of their fitness. For me, course racing is pretty cool in that respect. I also like it because the barrier to entry is so low. You just need a pair of running shoes.

What do you do for training?

I really like to go out and trail-run. So that's the bulk of my training. It's my favourite thing to do, so I do that a bunch – probably 75 percent of my training is that. And then the other 25 percent is strength-based training: a lot of body weight stuff, carries, and rock-climbing as well. That's kind of how it breaks down. Then when I'm too beat up from all the running, I'll just ride my bike.

Where do you trail-run around Caledon?

I really like running on the Bruce Trail, doing loops on that, doing loops at Forks of the Credit Park. There are great trail systems around there: Mono Cliffs, Terracotta. There are some pretty good hills too.

There must be a lot of mental components to these races. How do you cope with that?

I think all my years of racing mountain bikes definitely comes into that. Every time you come to a start line it's another learning experience. Having done so many races helps out with the knowledge that it's just another race at the end of the day. I try not to get too stressed or worked up.

The unicycle trials that I did help too. When you're in a trials competition you really need to shut everything else out and focus on the task and on

your movement. You can't let any distractions come through. To switch everything off and completely zone in on my performance and my feelings, how my breathing is and how I feel in my legs and my mind – that's a skill and takes practice. And that's something I definitely honed through unicycle trials, as funny as that may sound.

Do you have any interest in these long races that cross the Gobi Desert and such?

I think I'd rather run them just as challenges instead of races. I'd love to run across Antarctica, that's something I've been dreaming about doing for years. I'd like to run the whole Bruce Trail in one go, or things like that: super ultra, long runs. Hopefully in the off-season I'll be able to do some of these bigger adventures.

Running across Antarctica? Has that been done?

People ski across it. I don't think anyone has run across it. I just think the landscape would be so incredible doing something like that.

Do you have any advice for people wanting to do these races?

I think people train too much for strength at these races. If you want to do well at an obstacle course race, you need to run a lot because the race is mostly running. Especially for males, the strength demands are there, but they're not that high. Most guys, with two to three days a week of basic strength training, should be able to get through the obstacles. Their focus should be on general fitness, some work on their grip strength, but mostly on running.

On average, women are a little less strong than men, so I think women need to focus on strength a bit more. So doing some pull-ups, and body weight exercises. They don't need to go overboard.

Anything else to add?

Lots of people get psyched out by these kinds of races. But most people – if you are active and you run, and you have some strength – will be able to get through the course. For people who are hesitant to sign up, just do it. Because it's a lot of fun. 🏃‍♂️

Read the full Ryan Atkins interview at mountainlifemag.ca/inthisissue





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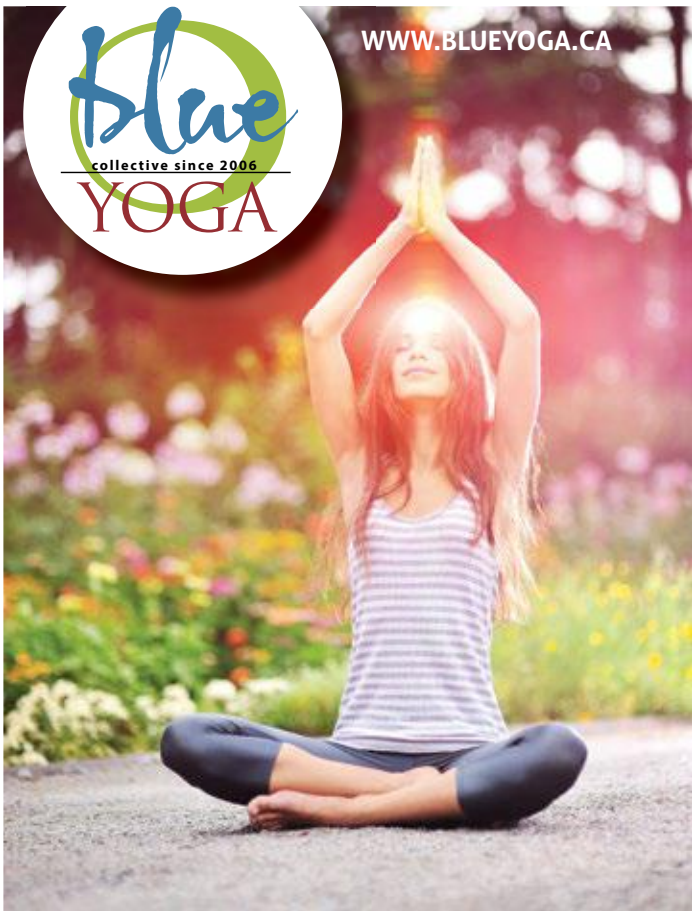
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7:15 - 8:30 pm

Hot Buddha Flow with Leah Hagreen
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WEDNESDAYS

10:30 - 11:45 am

Gentle Stretch with Leah Hagreen
Buddha Rider, Collingwood

6:30 - 7:45 pm

Intermediate Hatha Yoga with Lise Garrette
Ravenna Hall, Ravenna (no classes the week of Oct. 27 and Nov. 3)

THURSDAYS

6:30 - 7:45 pm

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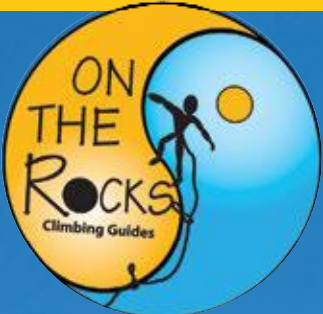

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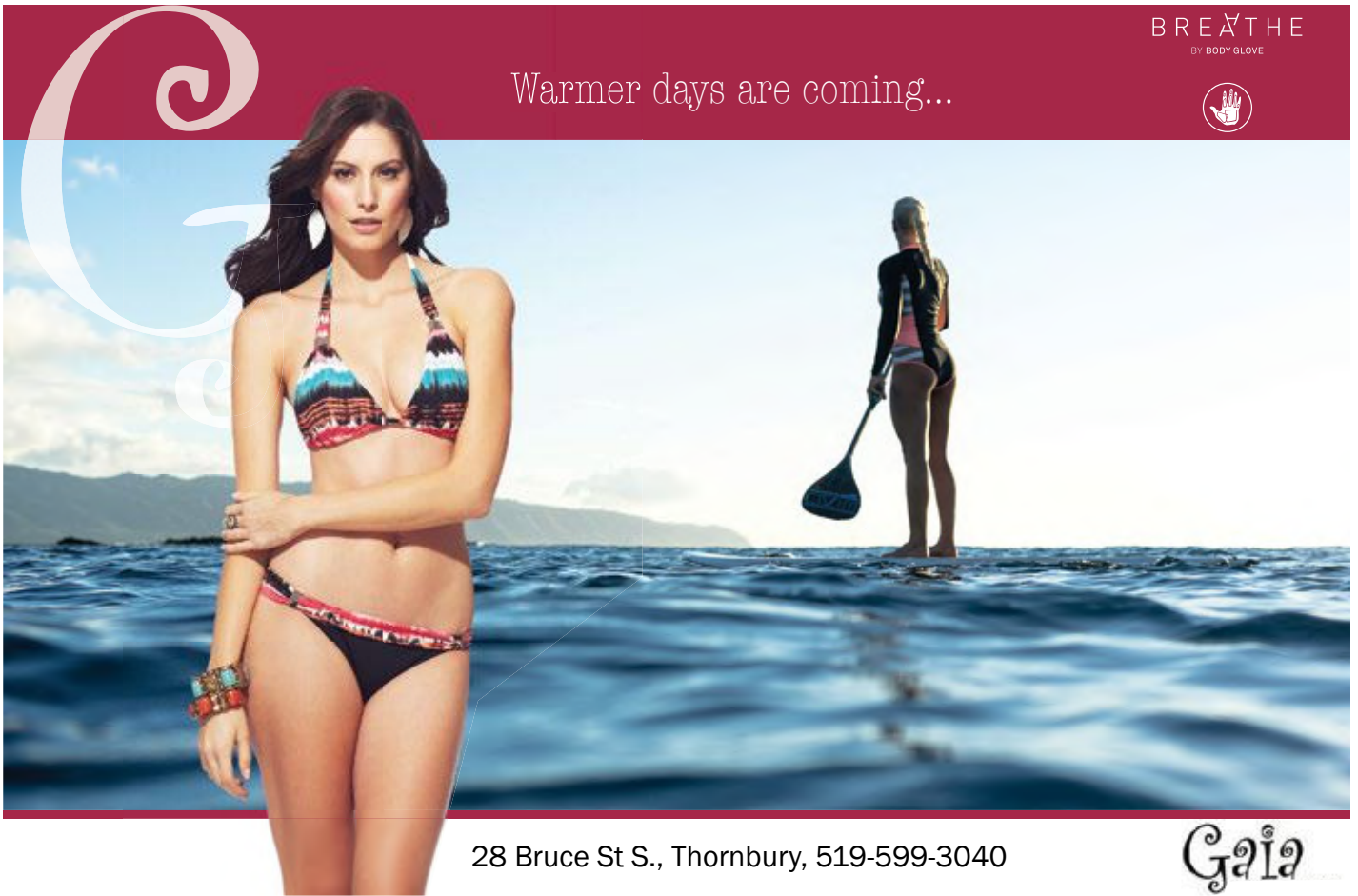


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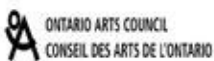
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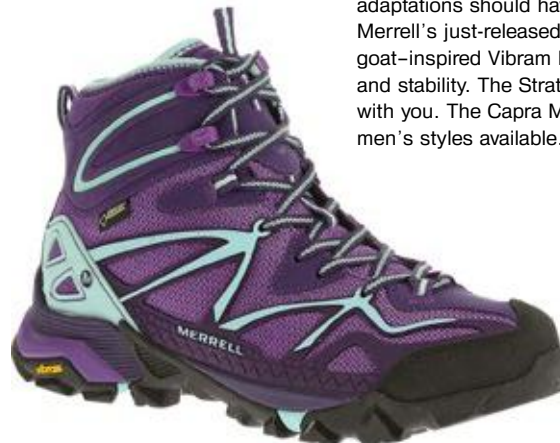
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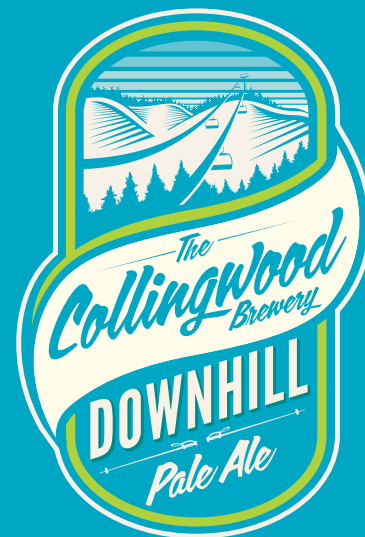
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LOWA INNOX GTX MID (\$210)

Offers ultra-lightweight support with a wrapped upper on an injected PU midsole and 'Monowrap' frame construction for stability. Made with LOWA's NXT sole for traction and durability and specifically designed for all-terrain sport and speed. This mid-cut shoe is ideal for fastpacking (and they handle pavement comfortably, too). The Innox is less structured than LOWA's hiking boots but with better support, stability and traction than a running shoe. Waterproof/breathable. lowaboost.com



SPY ALLURE SUNGLASSES (\$89.95)

The Allure comes with the SPY Happy Lens, the only colour and contrast enhancing lens technology that maximizes the transmission of the sun's "good" rays—while still blocking out its "bad" rays—which studies suggest fosters an uplift in mood and alertness. Crafted from virtually indestructible Grilamid. 100% UV protection. Small opening at end of each temple for easy leash attachment. spyoptic.com



BOMBER GEAR PALGUIN DRY TOP (\$399.99)

An advanced dry top featuring the highest-level ergonomics, performance and breathability available. With Polartec NeoShell: the lightweight yet amazingly durable, breathable and waterproof 3-ply fabric. Also boasts four-way stretch glideskin neoprene on neck and wrists for added comfort. Whatever the elements bring, the Palguin Dry Top will keep you warm, dry and comfortable year-round. bombergear.com



PEAK PERFORMANCE WOMEN'S BLACK LIGHT SOFTSHELL PANTS

Offering the comfort and insulation of a stretchy mid-layer with the protective qualities of a hard shell, these pants are essential equipment for serious climbers. The Schoeller fabric shell gives optimal freedom of movement and breathability, and Cuben fabric as reinforcement at the bottom of the legs delivers max tear-resistance. peakperformance.com



OSPREY OZONE CONVERTIBLE 22

The ultimate in enlightened travel luggage. This ultra-light wheeled carry-on features an integrated zip-off daypack and backpackable carry. The easy-to-access front zippered pocket is perfect to store small items that you want to access quickly. Includes adjustable/removable harness, grab handles, modified/removable ErgoPull hipbelt. Updated version coming this summer. ospreypacks.com



OUTDOOR RESEARCH HORIZON JACKET (\$129)

Waterproof, breathable and fully seam taped, and replete with features usually found only on pricier shells, the Horizon Jacket provides high-end rainwear performance at a nice price. Features including interior and exterior front zipper stormflaps and a fully adjustable hood keep out the elements, and TorsoFlo hem-to-pit zippers effectively vent excess heat. Women's and men's styles available. outdoorresearch.com


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Day on the Bay

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A \$100 per person donation gets you a scenic afternoon cruise on the bay, (2-3 hours, weather permitting – power or sail) and a casual après-sail BBQ back at the RBC clubhouse.

Proceeds from the Day on the Bay event will go to the Meaford Hospital Foundation - a \$75 tax receipt will be issued. *Our inaugural event in 2013 raised \$4,000 for the Hospital.*

Saturday, July 4th, 2015

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Registration forms are available online at www.reefboatclub.ca - or in person at the Meaford Chamber of Commerce office, Meaford Hall, Gyles Sails and Marine, Richardson Boat Works, Meaford Harbour Office, and the Meaford Municipal offices.





HELLY HANSEN MEN'S PACE BLOCK JACKET (\$180)

A performance lightweight running jacket for ambitious runners on cool days. The lightweight X-Cool quick dry fabric sheds the wind and rain so you stay comfortable and can run longer. Laser cut ventilation at the back and mesh ventilation under the arms makes sure you don't overheat during high intensity sessions. The all-over flock print lining gives you extra air circulation, more comfort when sweating and prevents the lightweight fabric from sticking to your skin. hellyhansen.com



THERM-A-REST LUXURYLITE ULTRALITE COT & BUG SHELTER (COT \$215-\$235 & SHELTER \$145)

As light as 2 lb, the award-winning UltraLite Cot is lighter and packs smaller than any cot on the market. Offered in a range of sizes, the patented BowFrame design creates a stretch-free fabric bed with superior off-ground comfort. And you'll enjoy the solitude of night out in the open even more with the new Cot Bug Shelter. It fits snugly atop all LuxuryLite Cots and its freestanding design is a breeze to set up. High-clarity, bug-stopping mesh offers excellent visibility and ventilation. thermarest.com and also available at mec.ca



MINDSHIFT ROTATION180 PROFESSIONAL DELUXE CAMERA BAG (\$625)

From the folks at Think Tank comes their new adventure-sport-focused brand Mindshift. And their bags are amazing. This backpack features an integrated camera belt pack that can be rotated from behind you to in front of you without removing your pack. And the easier it is to bring your camera, the more often you'll take photos. mindshiftgear.com



DIVOOM VOOMBOX OUTDOOR WIRELESS STEREO SPEAKER(\$99.99)

Packs audiophile sound performance and wireless function into a portable, rugged design. Ideal for outdoor music listening, the 15W-output speaker features a water- and dust-resistant case. Bluetooth lets you stream audio from smartphones and tablets. Built-in mic to take and make calls wirelessly. Rechargeable battery boasts 12-hour playtime. divoom.com also available at amazon.ca

FJALLRAVEN KEB TROUSERS (\$224.99)

Brilliantly designed and stylish any-season hiking pants optimized for mobility and durability. Constructed with Fjallraven's own durable G-1000 Eco material in high-wear areas for reinforcement. Elsewhere, stretch polyamide aids mobility. A zippered vent opening from knee to hip and along calf releases excess heat. Includes two leg pockets with pocket cover flap, one with a zip and one with a mesh pocket inside. Strap adjustment with button fastening at pant end plus hook to secure to boot. Women's and men's styles available. fjallravencanada.com



TOAD&CO WOMEN'S SOJOURNER JACKET (\$119)

The simple-yet-sophisticated Sojourner gives you a layer of minimalist refinement with sleek details to boot - check out the kick-pleat in the back adjustable hood and ample zip pockets for travel docs or trail mix. The light breathable coating and durable water repellent finish will fend off wind and drizzle. Still a pleasure to wear when the weather's fine. toadandco.com







ABOUT THIS SHOT

Model: Konica Minolta
Dynax 7D

Shutter Speed: 1/1600 sec

Exposure Program:
Manual Pattern metering

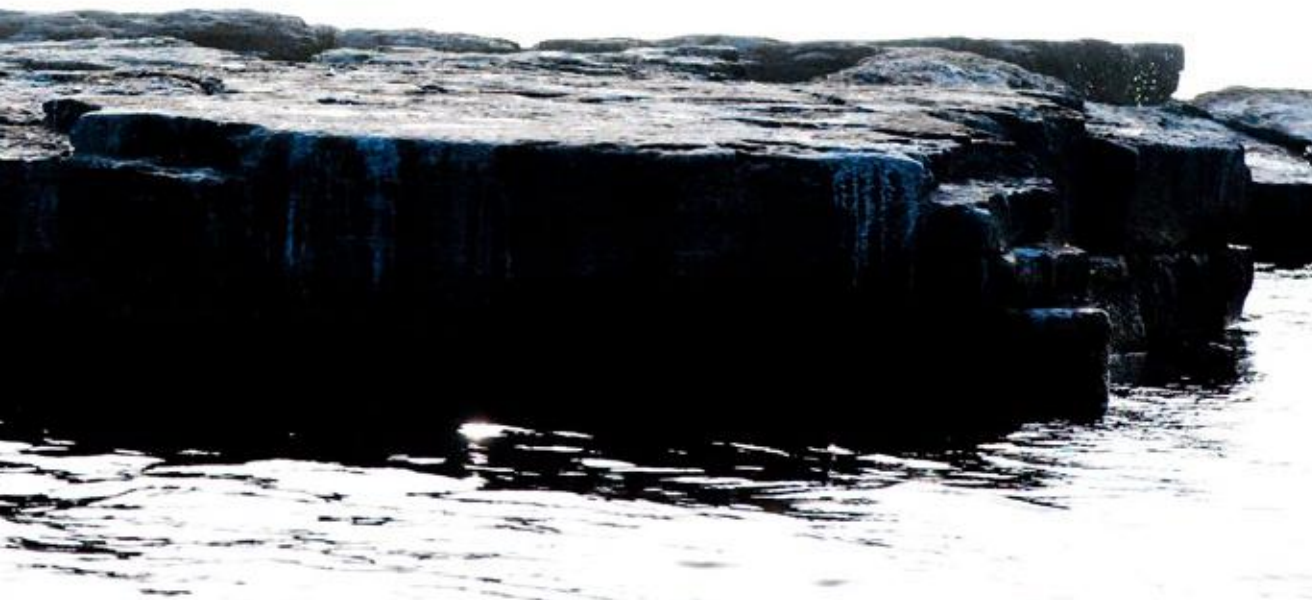
Aperture Value: f/4

ISO Speed Ratings: 200

Focal Length: 210 mm

Leopard frog basking
on the shore in northern
Bruce Peninsula
National Park near
Overhanging Point.
SCOTT PARENT
PHOTO.





ABOUT THIS SHOT

Model: Nikon D700
Shutter Speed: 1/2500 sec
Exposure Program:
Aperture priority
Aperture Value: f/2.8
ISO Speed Ratings: 125
Focal Length: 70 mm

Great blue heron on
shoal near Flowerpot
Island, Bruce Peninsula
National Park. GLEN
HARRIS PHOTO.



ABOUT THIS SHOT

Model: Nikon D700
Shutter Speed: 1/160 sec
Exposure Program:
Spot metering
Aperture Value: f/2.8
ISO Speed Ratings: 1000
Focal Length: 28 mm

Riding Kolapore
Uplands. GLEN
HARRIS PHOTO.





ABOUT THE LEFT PAGE SHOT

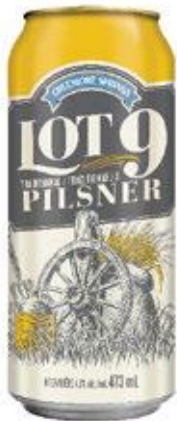
Matt Konings does a clicked lookback in his homebuilt yard in Collingwood. MARC LANDRY PHOTO.

ABOUT THE SHOT ABOVE

Model: Nikon D3
Shutter Speed: 1/320 sec
Exposure Program: Manual
Spot metering
Aperture Value: f/2.8
ISO Speed Ratings: 1250
Focal Length: 200 mm

Lincoln Chin, Land of Oz, Niagara Glen, ON.
STEVE OGLE PHOTO.

LOCAL PICKS



Creemore Lot 9 Traditional Pilsner

This golden pilsner is inspired by and traditionally crafted to honour the founders of Creemore – determined folks who transformed a rugged patch of land called Lot 9 into some of the most prosperous crops around. So roll up your sleeves and raise a glass to an honest day's hard work.

Anna, Creemore Springs (creemoresprings.com available at Beer Store & LCBO)



Canada Goose Moncton Jacket

Waterproof and breathable, with a roll-out emergency hood and reflective strips, the Moncton stretchy softshell will keep you warm and dry on the move. Offered in stand-out spring colour options. Hip-length; cut longer at the back for added protection. Slim fit.

Ashley, Canada Goose (canada-goose.com 1.888.276.6297)

Mountain Hardwear Scrambler 30 OutDry Backpack

The versatile and newly waterproof Scrambler 30 keeps contents dry in all conditions, easily carrying rock shoes and a rack of cams, to extra layers and electronics. Low-profile shoulder straps and a stowable waist belt provide an ergonomic fit, while a top zippered pocket keeps essentials handy.

Shannon, Mountain Hardwear (mountainhardwear.com 877.419.4062)



Salomon Elevate Seamless Tee

A seamless tee with an active fit, the Elevate is made with 14% wool, making it incredibly soft and comf, and it will only become softer with age. Its active fit and quick-dry is ideal for running or sports, but it still looks good for all-day wear. Subdued branding so you can wear it everywhere.

Holly, Salomon (salomon.com)



Griffin Survivor All-Terrain Smartphone Case

Designed and tested to meet or exceed US Dept. of Defense Standard 810F, Griffin's Survivor Extreme-Duty Case is built from the inside out to protect your phone from extreme conditions: dirt, sand, rain, shock, vibration and a host of other environmental factors.

Madison, Griffin Technology (griffintechology.com)

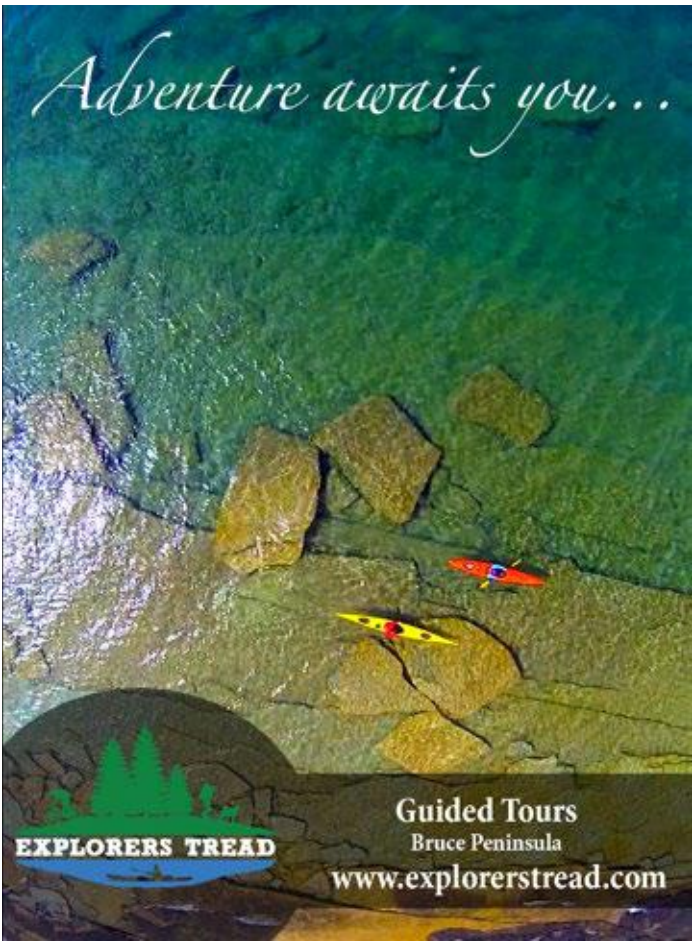
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Trish, Thornbury Bakery (thornburybakery.com 519.270.7238)



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Kris, Kamikaze, Collingwood
(kamikazebikes.com 705.446.1234)

Side Launch Wheat Beer

Side Launch Wheat is an authentic Bavarian style brew served unfiltered with its natural yeast and proteins. The beer is bursting with flavours reminiscent of bananas, cloves, and lemons. It has become a year-round favourite and available to purchase direct from our brewery in Collingwood and the LCBO.

Chuck, Side Launch Brewing Company (sidelaunchbrewing.com 844.293.2337)



C4 Belts

C4 Belts offer over 600 colour combinations to match every season, every outfit, and every mood. Waterproof, durable, animal-friendly and earth-friendly, these belts will leave you looking cool on the outside, and feeling good on the inside. C4 partners with four awesome charities each year.

Kelly and Kim, The Tack Shoppe, Nottawa
(thetackshoppe.ca 705.445.4041)

POC Crane Pure Helmet

The Crane Pure has a dual density EPS liner, where the stiffer outer part deals with higher energy impacts and the inside provides protection for lower energy impacts. Perfect for urban commuting and for looking great booting around town.

Devin, Skis & Bikes Collingwood
(skisandbikes.com 705.445.9777)



Slackers Slackline Kits

Slacklines help improve core strength and balance while walking just a few feet off the ground. Follow the directions and your slackline will be set up in 10 minutes. Including Balance Blox kit for younger kids, original kit, and glow-in-the-dark kit.

Jeff, Minds Alive, Collingwood (mindsalive.ca 705.445.6222)



Turtle Shell 2.0 Bluetooth Speaker

Feel the room-filling bass on this rugged, shock-proof, water-resistant Bluetooth speaker. With omnidirectional audio, built-in mic for speakerphone functionality, and rechargeable lithium-ion battery with 16 hours of play time.

Shane, Squire John's, Craigleith (squirejohns.com 1.800.303.1334)

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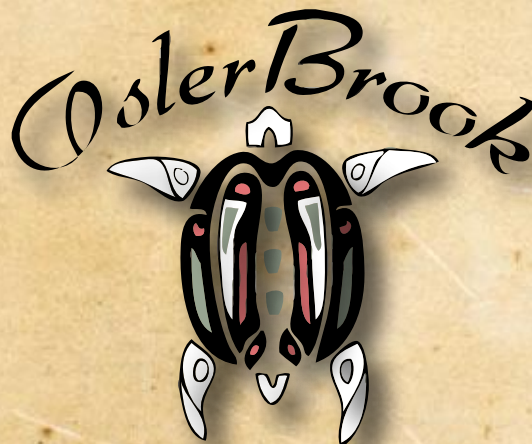
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OSLERBROOK.COM**



Helly Hansen Women's Aspire Jacket

Ultra-lightweight and windproof X-Cool quick-dry fabric sheds sweat and rain so you can run longer. Since the inside counts for as much as the outside, HH developed this hooded training jacket with a cool shiny print inside to match the performance. Christina, Helly Hansen (Hellyhansen.com 1.866.376.4183)

Nikwax Hardshell DuoPack

Tech Wash is a soap-based cleaner which can be used regularly to clean clothing and equipment without damaging DWR coatings. TX.Direct adds water-repellency and revives breathability. Both products prolong the lifespan and optimize the performance of wet-weather clothing. Sarah, Nikwax (nikwax.com; available at mec.ca 1.888.847.0770)



BOGS Hudson Leather Sandal

Far more than a humble flip flop, the Hudson features a waterproof nubuck leather strap with a wicking Neo-Tech lining. The Rebound cushioning outsole compresses and bounces back, keeping you comf for the long days of summer. Women's and men's styles. Carley, BOGS Canada (bogsfootwear.ca 1.800.363.5762)



Rudy Project Rydon Carbon with Laser Black Lenses & Rx

The bullet-proof polycarbonate lens is ideal for protection while cycling or mountain biking. 100% UVA/UVB protection. Available with photochromatic Rx optical insert. Armand, Envy Eyewear, Blue Mountain Village (envyeyewear.com 705.445.3168, direct Toronto line 416.238.2743)

Blundstone CSA Greenpatch

Blundstone worked with CSA authorities to craft a steel-toe boot that lives up to safety standards, as well as Blundstone standards for style, comfort, and durability. A lightweight, weatherproof work boot with a reassuring Kevlar shank in the sole. Blundstone.ca



Fjallraven Abisko Hybrid Jacket

Delivers perfect protection against cold winds but only takes up a little space when packed away. Made from cool, quick-drying and wrinkle-free Micro Travel (MT) fabric, with shoulders, hood and lower hem in G-1000 Lite fabric for extra protection against wet and wear. Mesh opening in the yoke and sewn ventilation holes under the arms make it ideal for warmer weather, too. Malania, Fjallraven Canada (fjallravencanada.com 1.800.361.1983)





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ROY ORBISON & THE EVERLY BROTHERS

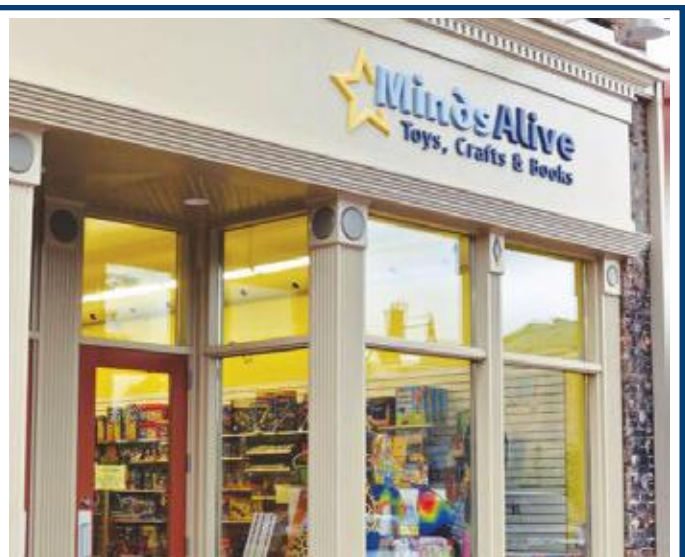
rock tribute
Saturday, May 2, 8pm \$31.50

TOWER OF SONG

the music of Leonard Cohen
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JENNIFER POTTER adult contemporary Sat. May 9, 8pm \$20



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Paul, Baked & Pickled (bakedandpickled.com 705.607.0707)



Catalina iSUP 12.6 Inflatable Stand-up Paddleboard

Constructed using double layer PVC drop-stitch construction, the new Catalina iSUP boasts maximum durability and portability. Packs into a backpack that can be checked as regular baggage on any airline. The V-shaped nose provides displacement-hull board performance in an inflatable. Suitable for touring, rivers, flatwater or even small waves. Includes carry bag, pump and repair kit.

Aaron, Blu Wave (bluwave.ca 1.866.404.3155; local Blu Wave dealer in Southern Georgian Bay - Southwinds Marine southwindsmarine.com or Blue Surf bluesurf.ca)



Northwinds Moonlit Wit Beer

This is a cloudy straw-coloured beer with a tight white head. The aroma has notes of bright orange zest, clementines and a spicy pepper from the yeast and toasted coriander. The flavours are full of lemony wheat and orange with a nice bitter spicy backing. This is an effervescent and dry beer, soft on the palate and perfect for a sunny spring day. Geoff, Northwinds Brewhouse & Eatery, Collingwood (northwindsbrewhouse.com 705.888.3550)



Kahuna Stand-Up Paddleboards

"Stand Strong, Adventure On." Kahuna is Canada's premier SUP company. With a great variety of boards, there is something for everyone. At Kahuna, quality is everything. Pick yours up at Two The Core.

Sarah, Two the Core, Thornbury (519.375.6868 twothecore.ca)



SAXX Kinetic Boxer

Designed to endure high-output aerobic activities. The soft blend of nylon and spandex is extremely quick drying and thus ideal for running and sport. The SAXX articulated front pouch and internal mesh panels give you the room you need, while preventing unwanted friction.

Chelsea, SAXX (saxxunderwear.com; available at mec.ca)



Pixie Mood Bags

Pixie Mood is a PETA-approved Canadian company fashioning its bags from cork and a vegan PU-leather, which has much less harmful impact on the planet than vinyl or PVC. It is softer and does not crack in harsh weather like other synthetic leathers.

Tarren, Gaia Boutique, Thornbury (gaiaboutique.ca 519.599.3040)

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Saturday Night Lights. MARC LANDRY PHOTO.

GOT A LIGHT?

A nocturnal trail-ride turns Tarantino

By Colin Field

"Got a light?" was the first thing he said. Which was weird, because even in the dark I could see the glowing ember of a cigarette dangling from his lips.

"I need a light," he said pointing to our obnoxiously bright mountain biking lights attached to our helmets and handlebars. This made a lot more sense.

It was a Saturday night and we'd come tearing up to him in the dark. We were hooting and hollering, just getting started on what is one of my favourite Saturday night activities: riding mountain bikes in the dark as fast as you can through the woods. It's so much fun. Even the trails you know by heart become adrenaline-pumping adventures.

Now I'm sure we'd scared the hell out of this dude. If I was him, I'd have panicked, crouched in the woods and let whatever those noises and lights were pass. But he didn't hide; he had something else on his mind. He got directly in front of us, blocking the trail so we couldn't get past. Cory asked, "Hey could we get by?" which was when he asked for a light.

And why wouldn't we oblige? We were curious why he was out here, so we sidled up to him and shone our lights on whatever he was fumbling with. He muttered something about how we might see his girlfriend out here too. Then I saw what was in his hands: I saw some bullets, what looked like a handgun and a pair of frantic fingers trying to load the clip. My first thought was, "Oh cool, that's a pretty badass-looking BB gun." I'd never seen a handgun outside of a glass case before.

But it was Adam's reaction that tipped me off. "No thanks man, we gotta go," at which point he took off. Cory with him. I watched for a

millisecond longer, as the guy spilled bullets all over the singletrack while swaying on his heels. I took off as fast as I could, hammering to catch up. A few minutes later, I yelled between my gasping breaths, "Was that what I think it was?"

To which everyone responded: "Yep. A handgun."

What was supposed to be a short out-and-back ride became an epic. There was no way we were heading back in the dark towards a man with a now-loaded handgun. Instead we shouldered our bikes, sacrificed our dry shoes and plunged knee-deep into the rushing Bighead River.

THERE WAS NO WAY WE WERE HEADING BACK IN THE DARK TOWARDS A MAN WITH A NOW-LOADED HANDGUN.

While night-riding itself is a sure way to induce an adrenaline rush or two, throwing in a random dude with a handgun is a great way to amplify it all. As we rode back along the twisting singletrack on the other side of the river, our calves and quads burning with exhaustion, gunshot-like sounds exploded throughout the valley. Whether they were fireworks (it was the May long weekend) or gunshots, we'll never know.

Fear is an amazing emotion. It gave our ride a singular focus: get out of the woods as fast as possible. And on the way, we rode better than we ever have. We rode faster, with more confidence and a quicker pace than usual. Our legs pushed through the burn and our lungs sucked in more oxygen. And when we finally got home, that cold beer tasted better than any beer we'd ever had. We were better friends now. Friends with one more story to tell.

And after drawing straws to see who would phone the police, we all agreed: we'd be riding that same trail next year on Saturday night of the May long weekend. No question. And with or without a random dude with a handgun, we'd also plunge into the Bighead River again. Because that was a seriously awesome ride. ☑

Culture & Cuisine

IN DOWNTOWN COLLINGWOOD

Discover the top 8 activities & events of the Spring

Midweek Musical Wednesdays

Every Wednesday at 12:00 p.m., head over to Sheffer Court for a pairing of delicious local food and live music. In the evenings starting at 6:00 p.m., visit the Collingwood Museum for live jazz & blues.



Tastes of Spring

Downtown Collingwood offers an array of sumptuous dishes and delicacies, including Canadian haute cuisine, authentic Italian, and brewpub fare. Many restaurants also feature locally sourced ingredients, and hand-crafted wine, beer & cider.



Downtown Collingwood Farmers' Market

Spend your Saturday mornings at the bustling Farmers' Market, a cornerstone of Collingwood's foodie community. Enjoy local produce, meats, artisanal cheeses, and preserves, and find one-of-a-kind handcrafted gifts from May to October at the corner of Pine and Second Streets.



Boutique Browsing

Fashion. Décor. Eco-friendly. Three words that describe Downtown Collingwood shopping. With trendy clothing boutiques and shops that feature handcrafted items, Collingwood is the go-to place to find a gift for that someone special.



Art Battle 2015

Saturday May 23rd: 12 artists, 3 rounds. Painters go head-to-head with their creativity and courage in a battle of live competitive painting.



Harbourfront Trails

Discover the beauty of South Georgian Bay as you stroll along the many harbourfront trails. Insider's tip! Millennium Park and Sunset Point Park are perfect places to watch the sun set over the sparkling waves.



Art on the Street

Hand-painted Muskoka chairs & art banners are displayed around the downtown, complimenting the colossal murals that depict Collingwood's unique history. Take a self-guided tour of this outdoor art gallery following the Collingwood Art on the Street Map.



Galleries & Museums

Learn about our shipbuilding history at the Collingwood Museum. Admire stunning artworks at the Blue Mountain Foundation for the Arts, the Tremont Gallery, the Collingwood Public Library, and numerous other galleries and studios downtown.



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