

# Cyclist rides second in Trinidad marathon

By LORI TAYLOR  
Herald Staff Writer

Cycling is not one of Canada's better-known sports, which might explain why there hasn't been a fanfare over Georgetown resident Tim de Freitas' second-place finish in a cycling race in Trinidad recently.

De Freitas, a 19-year-old student at the University of Toronto, was one of three young men from Ontario who went to Trinidad to compete in the Ross and Sons tour in Trinidad as representatives of Canada. The trip was sponsored by the Ontario Cycling Association.

The 135-mile race was in two stages, one of 54 miles over hilly terrain and one of 81 miles over flatter terrain.

"They were big hills for us Canadians," de Freitas said. "The Niagara Escarpment is a molehill in comparison."

The difference in temperature was also a problem for the Canadian cyclists. Temperatures in Canada were close to freezing before the three left Canada, but it was the rainy season in Trinidad, and temperatures were in the 90s each day.

**UNDER 18**

The other two men competing for Canada were Craig Burge from the Ottawa Cycling Club and Rui Avalawn from the Ajax Cycling Club. Mr. Burge placed sixth overall, and Mr. Avalawn placed fourth overall, and first among riders under 18.

The winners of the race were those with the fastest time over the two stages.

At one point in the second stage, de Freitas was leading in the overall time for the race, but on a series of switchback turns, he went off the side of the road and lost a wheel. He also lost two minutes in time, and by the end of the race, he had lost by four seconds.

While he was in Trinidad, de Freitas also competed in the 90-mile Cycle Classic sponsored by U.A. Brown, and came in third.

De Freitas was chosen to go on the tour because he was one of the riders in the best physical condition when the race came along. The Ontario Cycling Association keeps track of each of the cyclists and their competition times.

**LONG DISTANCE**

De Freitas started riding long distances when he was 14. A friend, Ray Gubala, made it to the national team, and this sparked de Freitas to start competing.

By the time he was 16, de Freitas was regularly riding 150 miles a week. He rides in ten-mile time trials each Monday, riding his bicycle over to Mayfield Secondary School, completing his ten-mile trial and riding back.

"I love riding," de Freitas said. "I go riding even when it's snowing. I have snow tires for my bike."

De Freitas is a member of the Bramalea Cycling Club, but he trains by himself. He began competing in races two summers ago, entering small races.

"Last summer, I raced all



Tim de Freitas came back a winner from a 135-mile race in Trinidad.

summer, but I didn't do too well because I was inexperienced. I'm inexperienced, compared to the other junior riders, because a lot of them have been racing for years and their fathers have raced in Europe."

**WINDSOR STAR**

De Freitas competed in the Windsor Star Classic this summer, and finished fourth and fifth out of a field of about 40 riders in the two stages of the race. When it was suggested that this is a commendable showing," he said, "You've got to expect more from yourself. Even if you win the race, you should be saying, 'I should have won by more.'"

The lack of recognition for the sport of cycling in Canada causes problems for riders, not the least of which is relatively small amounts of prize money. Cycling is an expensive sport, and many riders depend on prize money to help fund their expenses.

De Freitas pointed out that tires for his bicycle cost \$20 each, "and I go through a lot of wheels". The custom-built frame alone on his bicycle, minus seat, handlebars, anything not a part of the frame, cost \$350.

De Freitas has a year-round training schedule to keep fit for cycling. He lifts weights all year. In spring, he tries to ride 500 miles a week to get ready for the season. Once the season is over, he trains

until the snow comes by running over hilly terrain. In the winter, he skis cross-country.

**WORLD CLASS**

In spite of the lack of recognition of the sport in Canada, competition is stiff, de Freitas said.

"Not anybody can get on a bike and ride in a race, but there's lots of competition," he said.

Gord Singleton got three world records in Mexico recently," he said.

De Freitas said he doesn't set himself specific goals in cycling, although he enjoys competing and winning.

"I don't like to say, 'I'm going to be Ontario champion,'" he said. "I just like to cycle."

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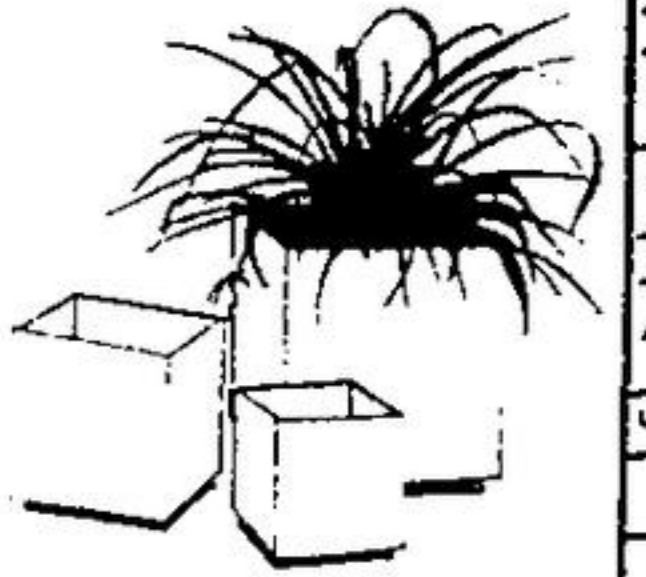
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This is to inform parents that the interim reports for the first semester will be handed to the students on Thursday, November 6, 1980.

The report is intended to provide the student and parents with a fair indication of achievement, attendance, and effort, which has been observed during the first part of the semester.

The report should provide a basis for useful discussion between parents and teachers. To this end, a Parents' Night has been scheduled for Monday, November 17, 1980 from 7:00 - 9:00 p.m.

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