



February, 2017

**To all KNBC members and potential members:**

Welcome to all returning members and those joining for the first time!

If you are new to the club, you are probably interested in knowing that the KNBC is a volunteer-based, non-profit organization for recreational bicycle touring. We usually, but not always, run day tours from starting points in the western part of Ottawa and tour areas west of the city. Several times a year we organize weekend tours based in areas that are an easy drive from the city. And, as you can see in all our literature, we offer rides in five different speed and distance categories. If you find yourself unsure of which one to try first, we would recommend trying a slower one for the first ride. Finally, the club emphasizes the social, recreational, adventurous, and fitness aspects of cycling.

Rides are offered in five graduated categories based on distance, speed, frequency of stops and difficulty of terrain. We are going to continue a concerted effort to ensure that our rides conform to the advertised speeds. Again this spring, new members will be offered an orientation course. This optional course will introduce participants to safe group riding.

Club membership includes the opportunity to take the CAN-BIKE 2 course at a minimal cost. This course is taught by a certified CAN-BIKE 2 instructor and will help all riders hone their skills and increase their confidence on their bike. Details can be found at [www.knbc.ca](http://www.knbc.ca).

In order to join the Kanata-Nepean Bicycle Club (KNBC) you will need to:

- Download the club application form and the waiver form;
- Fill them out either electronically or by hand after printing;
- Sign both forms by hand

**Option 1** - send copies of both forms along with the membership fee to:

KNBC Membership Director  
13 Stillwater Dr.  
Nepean, ON K2H 5J9

**Option 2** –send scanned documents by e-mail to [membership@knbc.ca](mailto:membership@knbc.ca) along with an e-transfer for the membership fee to either [membership@knbc.ca](mailto:membership@knbc.ca) or the Treasurer ([lori.henley7@gmail.com](mailto:lori.henley7@gmail.com))

Membership fees remain the same as last year. Regular membership fees are \$40; fees for renewing members are \$35. Our fees include liability insurance arranged through a private insurer (GameDay Insurance).

If you have any questions, please send an e-mail to me at [info@knbc.ca](mailto:info@knbc.ca).

Peter Nabein  
President, KNBC