



“Sometimes ambitious, always social”

February 2018

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

KNBC is a volunteer-based, non-profit organization for recreational bicycle touring. The club emphasizes the social, recreational, adventurous, and fitness aspects of cycling. We usually, but not always, run day tours from starting points in the western part of Ottawa and tour areas west of the city. We also offer weekly evening Wednesday night shorter rides starting from CentrepoinTE. Several times a year we organize weekend tours based in areas that are an easy drive from the city (e.g. Kingston). We offer rides in five different speed and distance categories from relaxed to high octane based on distance, speed, frequency of stops and difficulty of terrain. If you find yourself unsure of which one to try first, we would recommend trying a slower one for the first ride.

KNBC also hosts a number of club social events including a summer picnic, a holiday social at the end of the summer cycling season and a Winter Social. Other events are also often organized such as winter moonlight cross country skiing or snow shoe treks in Gatineau Park.

If you are new to the club, we encourage you to participate in our orientation course which will introduce participants to safe group riding practices and etiquette, basic/fundamental riding skills, and signals learning session which takes place on the bike in a controlled setting such as a parking lot or section of pathway. Club membership also 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.

Information about scheduled rides, Can-Bike courses, orientation to group riding and related cycling news items appears in the weekly Bike Shorts, which is published on Mondays.

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

- Download and print the club application form and the waiver form or complete the fillable forms,
- Sign and date both documents,
- You can also scan the completed application and waiver and email them to: membership@knbc.ca
- For emailed applications, you can pay by e-transfer to: membership@knbc.ca
- Mail the application form and the waiver along with the membership fee (New membership fees are \$35; fees for returning members are \$30) to the membership director at:

KNBC Membership Director
1832 Rocklane Drive
Kanata, ON K2W 1B5

If you have any questions, please send an e-mail to info@knbc.ca.

Geoffrey Gurd
President, KNBC