

Kanata - Nepean



2 Winterburn Terrace, Nepean ON K2G 5W9

April, 2003

A Message from El Presidente

By the time you read this, I hope that the latest snowfall in this eternal winter will have melted and everybody will be thinking "biking".

Back in February, we had a great Annual Winter Social with a very good turnout. Many thanks to Dennis Langevin for doing his usual wonderful job of organizing the event, and to Les Armstrong for entertaining us with tales of his and Maggie's European Escapades.

Stella has been busy over the last couple of months and has done a great job of mapping out the tours for the first part of the season, starting on April 13 through to August. It will be another great season with a wide variety of rides that I am sure everybody is looking forward to.

Since last season, the club's web site has a natty new look and new content, thanks to Don McIntosh. If you want information about KNBC, or if you've lost your tour schedule, or if you want to re-read the latest newsletter, just visit www.knbc.ca.

Finally, we have ordered badges suitable for gluing or sewing on handlebar bags or whatever, for purchase at \$3.00 each incl. taxes. These are embroidered badges with the KNBC logo, and they measure 3 X 2 inches. will be available from the tour leaders starting in late April.

See you on the rides.

Barrie Kirk

Phil & Sandie Shea

How can this be? Phil and Sandie are leaving us for the delights of Montreal and Grandparentage! All manner of threats and coercion have failed to deter this defection. Their house is sold and they have another to go to already, just down the road from the Mulroneys, so I'm told (I'm not sure if that's true, but it sounds impressive - or possibly not!). Let's give them a great send off and make sure we keep them sweet in case we find ourselves needing to crash at their place one of these days! We have reserved the upstairs room at the **Cheshire Cat, Friday, May 9 at 7.30 p.m.** for a "knees up". Let me know if you are coming and if you are planning to eat/drink/make merry or whatever, so we can tell mine host how many to expect.

Brooke Keneford

592-3453 or (preferably) keneford@aol.com.

Tours

As usual, we have wonderful roster of tours this season and by the time you receive this newsletter, you should have already received your brochure. Remember, the opening tour of the season is this Sunday, April 13 to Carp (a nice easy one!). Tell your friends about the rides and don't forget to tell them also that for any non-member, the first ride they take with us is free! That way, they have a chance to decide at no cost whether they like us enough to join.

KNBC Challenge

This challenge is for all 2003 members of the Kanata-Nepean Bicycle Club!

We challenge you to see how many kilometres you can ride with the club on club rides. Just record your total for each ride (your tour leader will have a "Log of Kilometres Ridden") and hand it in at the end of the year. A log for the second half of the season will be distributed after the Summer and Fall Brochure is printed.

Awards and prizes will be made at the Annual General Meeting in November to those recording the most kilometres.

Good luck and keep pedalling!

First Aid Kits and Walkie Talkies for Tour Leaders

In the interest of safety, everyone should cycle with a first aid kit and many of our members do. However, some do not and therefore we have bought a supply of first aid kits for distribution to the tour leaders, so that we are sure to have at least one kit available on every ride. The other innovation this coming season is that we are trying out walkie talkies, again for distribution to tour leaders, to see how they work out for us. The idea is that the tour leader will carry one and the "sweep" will carry the other. That way, we should be able to alert everyone in the group of accidents or breakdowns, so that we can stick together and do whatever is necessary to help.

Can Bike Courses

The organization "Citizens for Safe Cycling" runs cycling skills courses for cyclists. We have subsidized our tour leaders to take the Can Bike 2 course. A session is coming up towards the end of April at which time two more tour leaders will get the training. There are two kinds of courses for adults. The Can-Bike Traffic Skills course is

7 hours - one full day. *Emphasis is placed on avoiding common and serious hazards for cyclists, proper lane positioning, and negotiating with other traffic. You will also learn the quickest way to fix a flat, how to make your bike more comfortable to ride, and locking equipment and techniques.* Can-Bike 2 is for the intermediate or advanced cyclist, and runs for 18 hours over three sessions. These courses are open to all cyclists and we encourage our members to take one. To find out more, visit the CFSC website at www.cfsc.ottawa.on.ca.

Ottawa Cycling Advisory Committee

As the name implies, the Ottawa Cycling Advisory Committee's main purpose is to advise the City of Ottawa in all matters that impact a citizen's ability to cycle safely in Ottawa. There are two sub-committees, one for Bicycle Parking and the other for Education and Enforcement. We also have *ad-hoc* committees which meet while they are needed to deal with such things as road maintenance, the Official Plan and changes to the path through Lebreton Flats.

The Education and Enforcement sub-committee has been working to try and get a new pilot project at a specific location to reduce sidewalk cycling. There have been many complaints on this topic during the past year, and people need to be aware of the dangers of cycling on the sidewalk.

To this end the committee is printing a brochure about these dangers. The sub-committee also works closely with Citizen's for Safe Cycling and supports them in their work with the police in running Bicycle Blitzes. (During a Blitz, the police ticket cyclists when necessary for cycling infractions and the cyclists then have the opportunity to go to a cycling safety course instead of paying the fine.)

Did you know that there are bicycle lockers at some of the transit stations for those who leave their bicycles and then take the bus into work? There are bicycle racks on more buses this year

and it is very easy to put your bike on the rack and only takes a few seconds. If you find anywhere in the City where there is insufficient bicycle parking facilities, please let me know so I can pass it on to the relevant person.

Meetings are open to the public and during the summer months we have meetings in the west, east and south ends of the City. This year we will be meeting on May 12 in the Ottawa Public Library, Manotick Branch at 7 p.m. and on July 21 in the Ottawa Public Library, Carp Branch at 7 p.m. These meetings will be advertised in the local papers and people are encouraged to bring their concerns to the committee. Anyone interested in working on the committee or on a sub-committee should contact me at 225-8879.

Stella

Go For Green Commuter Challenge

The Commuter Challenge is a week-long, friendly competition between Canadian cities to see which one can cut its air pollution the most by using active and/or sustainable modes of transportation. All you have to do is make a commitment to walk, jog, cycle or in-line skate (active transportation) and/or bus, carpool or telework (sustainable transportation) during **Environment Week (June 1-7, 2003)**, then let the Commuter Challenge team

know the mode you used and the distance you traveled.

With this information, the team determines the amount of air pollution you personally diverted using an Environment Canada pollution model that calculates the number of kilograms of pollution you would have produced had you been the sole occupant in a car, based on average car size and driving speed. For more information, visit <http://www.commuterchallenge.net>.

Discounts

People often forget that as a member of KNBC, you may well be able to obtain a discount (typically 10%) from bike shops. Just mention that you are a member of the club and ask if a discount is available. No promises of success but nothing ventured nothing gained!

Illness, etc.

In a way our club is like a family and when one of our members is ill or bereaved, we would like to know, so we can send a card or condolences. If you hear of anyone, please contact Doug Gilchrist at 692-0453.

Tour Reports and Articles

We are always looking for articles of interest, including tour reports. If you have anything to report or simply items of interest, please let me know. I am aiming for another Newsletter in a couple of months so keep that news coming - remember. It's **your club and your newsletter!**

Brooke