



## Fall 2005

### Annual General Meeting

Tuesday, November 8  
 Biagio's  
 1394 Richmond Road  
 (just west of Lincoln Fields Shopping  
 Centre; side entrance, downstairs)  
 Drinks at 6:30  
 Pizza at 7:00  
 Meeting at 7:30

Country Club. The price of \$29.95 per person, including taxes and service charge, remains the same as last year. This year the buffet dinner will be followed by presentations of Iris' trip to Alaska-Yukon & Stella will present the Kitchener-Waterloo trip. Stay tuned for further details.

### Slate for new Executive

The proposed slate of KNBC Board of Directors is:

President	Stella Val
Secretary	Patricia McGovern
Treasurer	Iris Krajcarski
Newsletter	Debbie Wright
Publicity	John Reilly
Web Site	Morie Malowany*
Membership	Tom Seniuk
Tours & Brochures	Barrie Kirk
OCA Liaison	Christine Walton
Member at Large	Doug Gilchrist

\* Morie will be assisted by Richard Latulipe

If you wish to make a nomination for next year's executive or volunteer for a position, please call Barrie Kirk, President, Kanata-Nepean Bicycle Club, 592-6672. Please confirm that the individual you have nominated is willing to let his or her name stand for that position. As further nominations are received the slate will be updated and posted on the website.

See you at the AGM!

### KNBC Winter Social

Mark your calendars! The KNBC Winter Social will take place on Saturday February 18th, 2006 at the Kanata Lakes Golf &

### President's Message

During the summer, I did an interview with the Nepean Weekender and one very good question was why I (and other KNBC'ers) enjoy cycling. I came up with four reasons that I think we all share:

- Ottawa and the surrounding area is beautiful and we can see and appreciate the scenery far better on a bike than in a car.
- It's a very sociable sport and I/we enjoy the companionship.
- It's an excellent and fun way to keep fit.
- It's environmentally friendly

And that makes me wonder why more people haven't taken up cycling.

As the saying goes, time flies when you're having fun, and it's hard to believe, but we are almost at the end of the season. There are a number of highlights to mention. First, the membership is now at 91 -- which is great. There are many new KNBC'ers and a big welcome to you all.

We have had many great rides...including more overnight rides than we normally do in a season: Opinicon Lake, Kingston, Montreal, Calabogie, Brockville, and Kitchener-Waterloo.

And, as usual, the weather has been memorable. This year it's been the



heat....but I've checked one of my articles from last year and people were grumbling about the cooler weather. So if we average things out for the last two seasons, the weather has been perfect!

Elsewhere in this newsletter you will see information about the AGM and the Winter Social. I hope to see you at both those events.

Running the club takes time and effort from everybody on the Executive, and I have been lucky to have a dedicated and hard-working Executive. Many thanks to Maureen, Iris, Debbie, Penny, Ronald, Don, Stella, Christine and Doug for all their hard work that made this season so successful. Finally, on a personal note, I am stepping down as President at the end of this season and (subject to the vote at the AGM) Stella Val will take over as President. It's been a great three years, I've really enjoyed it, and many thanks to all of you for your support.

Barrie

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## **Reminder: KNBC Photo Contest**

There is still time to submit photos for the KNBC photo contest, but the deadline is fast approaching ... please submit your entries by **Oct. 31st**. The contest details are as follows:

- Categories of Best Scenery, Best Social, Funniest, and Best Overall while on a KNBC day or overnight tour;
- Photos to be submitted digitally whether taken with a digital camera or scanned from a print;
- Please indicate which category photos are being submitted

under & submit a **maximum of two photos per category**;

- Judging to be by the promotion committee and winners to be announced at the AGM, Nov. 8th;
- Winning photos to be displayed on the KNBC website and prizes of **\$25.00 MEC gift certificates** will be awarded for the winning photos in each category.

To enter, submit photos to Don McIntosh at: [damcntsh@aol.com](mailto:damcntsh@aol.com)

Good luck!

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## **Club T-shirts and Badges**

I know I'll get into trouble for mentioning the C-word this early, but are you looking for a stocking stuffer for Christmas for that special KNBC'er? We have club badges and cotton T-shirts.

The T-shirts are \$9.95 each. The only size left is XL and they are available from Stella Val at 225-8879.

The badges are \$3 each and you can glue-gun them onto a bike bag. You can buy them from Barrie Kirk at 592-6672 or from Stella Val at 225-8879.

Barrie

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From the Editor: In case you missed it, Margaret Sambol of the Nepean Weekender has kindly permitted us to reprint the article Barrie mentions in his President's Message. This article follows.

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## **Bicycle Club Offers Environmentally Friendly Way to See the City**

For approximately 20 years, the Kanata Nepean Bicycle Club has offered cycling enthusiasts of all ages and abilities the chance to see Ottawa, while exercising and socializing with their summer touring schedule. Barrie Kirk, president of KNBC, explains that the club culture is to promote recreational and relaxed cycling, rather than competition.

“We smell the roses and admire the scenery,” Kirk says.

That is not to say that the club doesn’t offer physical challenges. The hardest routes are more than 100 kilometres long and quite hilly.

The club has rated their routes from level 1, which is suitable to all cyclists, up to level 3, which are longer rides with more hills and may require a faster cycling speed. Kirk says the L1 tours are well suited to new cyclists who aren’t as fit yet. The L1 routes tend to be between 40 and 50 kilometres of mostly flat land. The intermediate L2 routes are between 50 and 100 kilometres and the only a small group of members participate in the harder L3 routes that are more than 100 kilometres.

For an intermediate route, the general schedule is to leave around 9:30 or 10 a.m., cycle to the destination, stop for lunch and return around 4 p.m.

“Ottawa’s a really beautiful city and you can see far more on a bicycle, than in a car or on the bus,” Kirk says, explaining what he loves about touring. “It’s nice to see the countryside.”

He adds that the social aspect, the exercise and the environmentally friendly mode of transportation are also benefits.

Tours start either at Kanata Town Centre or the parking lot in front of CentrepoinTE Theatre. The club also organizes tours with remote starts such as Kemptville, Wakefield, Que. and Lanark County. The club’s tour director sets out the schedule of tours for the season, which runs from April to October.

“The first thing we look for is diversity: some local starts, some remote starts, a variety of lengths and L1, L2 and L3 routes,” Kirk explains.

With KNBC tours the cyclists don’t have to ride in a tight pack in order to accommodate a variety of abilities. Kirk explains that the members can get spread out as the faster cyclists pull ahead and the slower cyclists fall back, but every five to 10 kilometres, the members re-group for a water break.

“You don’t have to keep up with the leader. That’s very important to our club,” Kirk says.

An accomplished cyclist always acts as a sweep behind everybody in case somebody pops a tire or needs other assistance before the next water break. Although the breaks and meals are usually social, nothing is ever forced. Members can chose to picnic or go to a restaurant during the lunch stop.

“A lot of people chat while they’re cycling,” Kirk says, adding that the club is quite friendly.

### **BICYCLES**

Kirk recommends a road bicycle or a touring bike hybrid for the kind of routes the club plans. He explains that mountain bikes are heavier with more rolling resistance which will make the route much harder for the member. Road bicycles have a light frame and a slim tire, which make them very fast, however the hybrids’ thicker tires can be more forgiving on dusty side roads.



# KNBC NEWS

[www.knbc.ca](http://www.knbc.ca)

“Buying a bike is like a car. It’s a question of personal taste. You have to decide for yourself what you want,” Kirk explains. Some club members also use tandem or recumbent bicycles. Although bike choice is up to the rider, helmets are mandatory on all KNBC tours.

## MEMBERSHIP

Cyclists must become a member to join a KNBC tour because of insurance reasons. Membership is \$35 per person and additional memberships in the same family are \$30. Out of 85 members, the average age is 57 or 58 and most members are between 45 and 60. The oldest member is 78.

The club elects its executive each November. It is a volunteer-based, non-profit organization.

For information about joining the club visit [www.knbc.ca](http://www.knbc.ca) or call 692-0453.

Margaret Sambol  
Runge Newspapers  
Nepean Weekender  
July 21, 2005

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From the Editor: The following information was received from the Bike Registry Canada organization and is provided for your information. Please check the website for further information.

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## National Bicycle Registry

The U.S. has had a National Bicycle Registry since 1984 and now Canada has one too! Visit Canada's first and only National Bike Registry at [www.BikeRegistryCanada.com](http://www.BikeRegistryCanada.com).

The cost of registering your bike is just \$10 for 10 years (plus GST). We also offer a family discount for up to 5 bikes at just \$25 for 10 years (plus GST). Record your bike's

make, model and serial number then go ONLINE to register.

We have some serious catching up to do - Bike Theft has been a growing problem in every Province for decades! You can be a part of the solution by registering your bike today.

We are committed to increasing the return of lost and stolen bikes to their rightful owners. Arm us with the information we need to help get bikes back!

Although we can't guarantee your bike's return, maintaining theft and recovery statistics are critical to our campaign against Bike Theft, please tell us your stories and help us track this community problem.

We offer discounts to Bicycle Associations, Clubs, Retail Stores and Repair Shops. Contact us today for more details.

Ride safe,  
The BRC Team

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## From the Editor

Thank you to all our contributors for this edition.

If you have any cycling news, views, tips or trips you'd like to share with us, we'd like to hear from you!

Please submit to:  
[Deborah.Wright@ottawa.ca](mailto:Deborah.Wright@ottawa.ca)

Debbie Wright