



Spring 2006

President's Message

The first ride of the season went well with twenty riders cycling in two groups of ten. The sun was shining, the birds were singing and the roads bare and dry. I loved being out with the club again and hope for many more enjoyable rides. I think KNBC's main aim is to offer a variety of tours on interesting routes where our members can enjoy the cycling, the scenery and the company.

Barrie, our Tour Director, has planned a full schedule with a variety of rides to look forward to. Ric and Morie, our web-masters, have already posted the rides at www.knbc.ca and John, our Publicity Director has made sure the brochures are available in bike shops and the libraries. One thing you will notice in the tour list is that we have now categorized our rides by speed as well as by level, so you have a better idea of what to expect on each ride.

Tom is our Membership Director and has been busy handling the membership applications and sending members their 2006 membership card. Check the web-site for the ever-growing list of bike shops where you can get a discount by showing your card. For those who have not yet renewed, don't forget to send in your membership applications to Tom as soon as possible. The fees are the same as last year, and for members of other OCA affiliated groups, the fees have even decreased!

So enjoy the cycling and ride safely. I look forward to seeing you on rides this season.

Stella Val

Club Jerseys Are Here!

Caroline has received the KNBC jerseys. Members can pick up the jerseys they

ordered at Caroline's, 1287 Field Street at any of the following times:

- Tuesday 25 April 2006 from 16:30 to 18:30;
- Sunday 30 April 2006 from 09:00 to 10:15, before the ride from Centrepointe; or
- Monday 1 May from 18:00 to 20:00.

Caroline Delisle

KNBC Photo Contest

Like to take pictures while on KNBC tours? You are invited to enter this year's KNBC photo contest. Details follow:

- Categories: Best Scenery, Best Social and Funniest. Competitors should indicate which category each photo is meant to compete for (judges reserve the right to consider a photo for another category);
- A maximum of 10 photos to be submitted by any one competitor;
- Photos to be taken while attending a KNBC event;
- Photos to be submitted digitally whether taken with a digital camera or scanned from a print;
- Winning photos will be displayed on the KNBC web site;
- Judging to be completed in time to award prizes at the Annual General Meeting.

To enter, submit photos to Don McIntosh at dmcntsh@aol.com.

Good luck!

Don McIntosh



Quinte Weekend Tour

Macleans calls it "One of Canada's 8 great escapes" and the Toronto Sun calls it "As close to paradise as Ontario gets". "It" is the Isle of Quinte, otherwise known as Prince Edward County - a great cycling destination 260 kms from Ottawa.

Every 2-3 years, KNBC has a weekend tour around this island and this is the location for our first weekend tour of 2006. The tour will be on June 23 - 25, and I will vary the routes from the last time we were there in 2004.

The schedule is:

Friday June 23: Late Friday afternoon / early evening, drive to Picton on the Isle of Quinte (it's near Belleville). Meet for drinks and/or pub food in Picton. (There is a bridge to the mainland, so there is no need to take a ferry!)

Saturday June 24: Meet at the War Memorial in the centre of Picton to start a full day of cycling around Quinte. We will stay together as one group for the morning and lunch. In the afternoon, there are route options so that you can do 60 km, 75 km. or 100 km. for the day. Dinner at a restaurant in Picton.

Sunday June 25: A shorter ride on Sunday - about 60 km. -- so that we can leave for home around mid-afternoon.

If you are interested in coming on this weekend tour, you need to do two things:

1. Let Barrie Kirk know that you will be coming, either by phone or e-mail (see below). Additional details will be distributed closer to the weekend to those who have told me that they are coming;
2. Make a reservation for your accommodation. Most people stay at

one of the many excellent B&Bs in Picton. For a list of these, go to www.pec.on.ca/pec_yellowpages/accom.php and then click on "Bed & Breakfast".

Suggestion #1: Picton will be the focal point for the weekend, so you may want to get a B&B in Picton itself. Note that some of the B&B's are in the rural area outside Picton but have a Picton address; you may want to ensure that your B&B is inside the town itself.

Suggestion #2: Book your accommodation early; Quinte is a very popular destination!

If you have any questions, please phone me or send me an e-mail.

Barrie Kirk
613-592-6672
bkirk@globisdata.ca

Canada-Day Weekend Tour to Montreal

Back for it's second year on the KNBC schedule, this weekend tour features scenic rides to and from the West Island of Montreal on Saturday and Monday, as well as a day tour along the lakeshore on the Sunday.

Saturday July 1: An early start from East Ottawa (S3, 185km) or leave later from Plantagenet (S2, 120km). Follow scenic, quiet, and mostly-flat roads on the southern (Ontario) side of the Ottawa river, with lunch at Tim Horton's in Hawkesbury, then on via Rigaud to Hudson for refreshments on the patio at The Willow Inn. It is a short hop by bicycle from there through Vaudreuil to our destination for the day on the West Island of Montreal.

We stay 2 nights at a B&B in Ste Anne de Bellevue (7-9 people, main group) or at last



year's venue, the Chalets Beaconsfield Motel (overflow, capacity of 6 people.) Total overnight accommodations are reserved for a max of 15 people. Both venues are air-conditioned, and the B&B has a swimming pool as well. Other venues (motels) can be investigated on your own, if the tour fills up quickly. I can provide contact info for these, but you will need to make your own arrangements for reservations.

Sunday July 2: Day ride along the Lakeshore bikepath with lunch at a restaurant in Old Montreal, returning via a different route (85km.) Dinner at a restaurant on the West Island in the evening.

Monday July 3: Return via Saturday's route on Monday to cars left at Plantagenet (120km) or in East Ottawa (185km.)

Can interested parties please email me, the primary tour leader, Morie Malowany, at morie@malowany.ca, or call me at 613-599-5916. Let me know as soon as possible if you are interested, and I will keep you posted with more details as things develop. I need a firm commitment with cheque by May 24. Cost is \$45 per person per night, assuming shared accommodation, plus \$5 for map of Montreal (so \$95 per person for the trip, and includes breakfasts at the main B&B venue, but not at the overflow motel.) Dave Audette will be co-tour-leading, and in charge of the longer-tour riders, who will likely go ahead at a faster pace on the Saturday and Monday rides. At present, we have plans for transporting one overnight bag each per person by car, courtesy of two riders who have agreed to split the trip as a car-bike shuttle.

Red Rock & Blue Diamond - A Day of Cycling, Monday 20 June 2005

I got up at 5:00am, and I was out the front

door of the Stardust and rolling just before 6:00 a.m. I rode up Las Vegas Boulevard and turned left onto W. Sahara, where things immediately slowed down. The altimeter display on my heart rate monitor was increasing at a substantial rate as I was grinding my way west ... I thought Las Vegas was flat! Near the edge of the city, I stopped at a McDonalds for a McMuffin and an orange juice. It was going to be a long day on the bike, and I only had eaten a Clif bar so far. I had already climbed well over 200m.

As I passed through Summerlin, I met up with a local and his brother from out of town who were also heading up to Red Rock, so I rode with them until we reached the canyon, and the first stop on the 13-mile, one-way road through the actual Red Rock Canyon conservation area. Holy smokes, now we were climbing even more! By the time I reached the turn-out at the highest elevation (4771 ft), I had climbed 760m from the strip. That's approximately three times the altitude gain of the toughest climb I do back home, from my house to the Champlain lookout in Gatineau Park. The view was spectacular. The Las Vegas valley is ringed with amazing red mountains, and now I was right in the middle of them. Also, despite starting about as early as I could (sunrise was about 5:30am), it was very warm, but no surprise there. This was the high desert in late June.

After reaching the peak elevation, I started to really move as I made my way down and back to the highway, and even after that my speed was way up. It was also a treat to be riding on silky smooth roads; there are no frost heaves and busted up pavement in southern Nevada. I continued down Blue Diamond road (route 159) and stopped at a small, old-fashioned convenience store in the tiny town of Blue Diamond, about 8 miles out of Red Rock, where I finished off the (now hot) water I brought with me, and



re-loaded. I ran into two other riders taking a break here. At first they seemed a little unusual; they both were riding new (2005 model year) OCLV (full-carbon) Trek bicycles—one was a Madone 5.9 SL, the same model that does day-to-day duty for the Discovery Channel team—and they also appeared to be wearing new shoes (high-end Sidi) and even their cleats (Time end pedals) looked hardly used. Yet one seemed a little doughy (yeah, I know, I should talk...), and the other was tall and thin, including his legs. So not the kind of strength or fitness you'd expect from guys with expensive equipment. Once I started chatting with them, just before they turned to go back towards Red Rock and I continued on my planned route in the opposite direction, it became clear. They asked me what I do for a living, and after I asked them if they worked for a casino (and said no), I told them. Then they said that they were physicians—radiologists, and fairly overworked at that. Las Vegas is the fastest growing large city in America, so many services are stretched.

As route 159—very lightly travelled, large, clean, paved shoulders, and perfectly smooth—turned into route 160, the traffic picked up. This is the road between Pahrump and Las Vegas, plus the ridiculous urban sprawl of Las Vegas was in evidence as I re-entered the city so there were lots of trucks carrying building materials but the excellent shoulder remained except for a very small stretch just before the intersection with Las Vegas Boulevard, a few miles south of McCarran airport. Even though it was after 11:00 am by now, traffic on the strip was still fairly light so I didn't use one of the parallel streets (Industrial road or Koval lane) to get back to the Stardust.

What a great ride! The route through Red Rock and down Blue Diamond road reminded me an awful lot of the TransCanada highway between Banff and Canmore in the Alberta Rockies. I completed the 90 km route in

just over 3.5 hours of riding, and 4.5 hours overall.

Tom Seniuk

Cycling in England

In 2005 Mike and I spent three days in the Peak District where we stayed at a hostel called Hartington Hall.

Its main claim to fame is that Bonnie Prince Charlie stayed there while traveling from Scotland to defeat the English army. We booked early enough to be able to stay in Bonnie Prince Charlie's room. It has the original paneling above the fireplace and original windows set in the thick walls. It also has a sink and a shower which made it rather more attractive, despite having to use the "loo" down the hall.

We reached the peak District by train and arrived at Derby Station in the early afternoon after traveling from Salisbury via Bristol. The trains have compartments where you can hang two bikes and, with a bike reservation at no extra charge, space is guaranteed. We caught up with the Tissington Trail, which follows the old railway track, at Ashbourne and from there it was a very gentle climb for about 17 km. Once off the trail again we faced some ups and down but cycled through a beautiful English village complete with duck pond before arriving at Hartington and finding the hostel.

Our first complete day we went to Bakewell, literally over hill and dale, and bought suitable goodies, including the famous Bakewell Tart, for lunch by the river. After lunch we headed out to Chatsworth House, a very famous stately home occupied by the Duke and Duchess of Devonshire. After admiring the house we set off again and decided on a route which was pretty well directly back to Hartington,



on quiet roads. We did not realize how steep the hills were, but were rewarded at the top with an amazing view where we sat outside a corner store with a fruit drink and much needed energy bar. It was not exactly all downhill from there, but we had done the worst of the hills.

The following day we decided to go into Buxton as we needed more inner tubes and there had been none in Bakewell. Once again, up hill and down dale, but for a while we went along the top of a ridge and had spectacular views that make one realize why the poet, William Blake, wrote of "England's green and pleasant land". Buxton had some lovely gardens where Mike looked over all the antique cars in an antique car sale. We just got the inner tubes with a bit of persuasion as the shop was closing early as they had workmen in! We took a different route back - Mike warned me there may be hills, and there were, but in hindsight they were worth it!

We would have liked to have stayed for several more days in the same hostel but we had a wedding to go to. The best thing about cycling in England is that the villages are so close together and all so different. It certainly whet my appetite for more and I'll be back again in a year or two.

Stella Val

Join Team KNBC for the MS BikeTour - August 12 & 13

It's not too early to think about this fun August weekend, as the Early Bird rates for registration end on May 12th! These rates are as follows:

- One Day Tour - \$20
- Indoor accommodation - \$40
- Camping - \$25
- Off Campus - \$20 Must book your own accommodations

After May 12th the cost of registration is as follows:

- One Day Tour - \$25
- Indoor accommodation - \$50
- Camping - \$30
- Off Campus - \$25

The fee includes the MS Society moving your overnight gear up to Kemptville and back for you, all of your meals, activities, checkpoints along the route, support vehicles etc.

Each cyclist 18 years of age and over, must raise a minimum of \$200 of pledges for the MS Society. Ride distance for the one-day tour on Saturday 12 Aug is 65km. For the two-day tour, everyone takes the same route back on Sunday, but on Saturday you have the option of taking a short cut from the lunch stop, taking the regular route or taking the extra loop at Kemptville. Your total distance round trip for the weekend would be:

- With short cut - 125km;
- Regular route - 150km;
- With extra loop - 180km.

Something for everyone! To register contact the MS Society at 728-1583 and mention that you belong to Team KNBC.

John Reilly

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

Debbie Wright