



KNBC NEWS

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Fall 2008

Annual General Meeting

Monday, November 10
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

realize that the KNBC is pretty special; it's not just about cycling but also about belonging.

We enable members to cycle in a group and those members turn this group into a caring community. On rides this year, as in the past, our members have consistently:

- shared - things, friendship, laughter, conversation,
- helped - in falls, with mechanical difficulties, organising
- waited - at intersections to indicate a turn,
- supported - by being sweep, a friend, a driver.

Slate for new Executive

The proposed slate of KNBC Board of Directors is:

President	Stella Val
Secretary	Caroline Deslisle
Treasurer	Odette Regimbal
Tours	Tom Seniuk
Membership	Mary Aaftink
Web Site	Peter Nabein
Newsletter	Debbie Wright
Publicity	Barb Gibson
OCA Liaison	Christine Walton
Member at Large	Doug Gilchrist
	Barrie Kirk

It sounds like we think we're perfect, but we're not. We try to cater to different speed preferences and that is the hardest. We try to welcome everyone but sometimes don't find time to talk to new members. We try to maintain a safe cycling environment but there are still mistakes. The list could go on.

If you wish to volunteer or nominate someone for a position, please call Stella Val at 613-225-8879, so long as the person knows and is willing to let his or her name stand for that position! As further nominations are received the slate will be updated the membership will be informed in Bike Shorts.

My conclusion is that it is the members who make the club what it is. We are doing some things right and are working on improving others. This year I have cycled with a great group of cyclists with a lot of spirit; lots of laughing, sharing, belonging. Thank you.

I hope to see you all at the AGM on November 10th.

Stella Val

President's Message

The other Sunday I cycled to Centrepoinde, in the rain, expecting to cancel the advertised "4 Beaches" ride; it did not seem much like a beach day. I have rarely had anyone show up for a ride in steady rain. To my surprise, 5 cyclists showed up keen to cycle! So we set off, and, as the rain soon stopped, we had a good ride. It made me

Niagara

15 KNBC members spent a week in August exploring the Niagara Peninsular. After weeks of daily rain showers in Ottawa, we were lucky to have mostly sunny skies and no rain all week. Those who arrived on Saturday afternoon cycled for a couple of hours before meeting the rest of the group



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for dinner on Saturday. The weather was beautiful.

Sunday was still sunny and we headed south to Long Beach Park on the Erie Canal for a picnic lunch and then to the restaurant at the marina in Port Colbourne for a snack on the upstairs deck. Here one can watch the ships entering the Welland Canal on their journey from Lake Erie to Lake Ontario. The return route was along the southern portion of the Welland Canal complete with more ships and lift bridges. Some of the group had an entertaining evening in Niagara on the Lake for a play, while the others ate Italian fare at Vinny's in Niagara Falls, followed by a colourful firework display.

Monday we took a small pedestrian and bike ferry across the Welland Canal and cycled into Niagara Falls, and, by keeping on the paths and Parkway, we were able to go right around the town and just see the pretty parts avoiding the tourist attractions on Clifton Hill! We split up for over an hour in Niagara Falls to do our own thing and Debbie and I went down to the Niagara Gorge where it was considerably cooler than up at street level! This was one of the hotter days, and while we were collecting after lunch, a loud bang showed us what happens when fully inflated tires sit in the hot sun! Steve's tire had exploded, but he had it replaced in no time flat and we were soon on our way. In the evening some of us enjoyed a barbecue at the residence organized by Monna and Caroline among others.

On Tuesday we cycled in a loop along the southern end of the Niagara Parkway and through Fort Erie. Again the weather was beautiful and most of us enjoyed exploring Niagara on the Lake in the evening. Wednesday's ride was through wine country and we visited wineries and had a bit of time for shopping before eating lunch at the artistically decorated Strewn Winery. We fitted in several wineries and had to race back to the residence in order to shower and change for dinner and theatre in Port

Dalhousie. The 2 person play "The Owl and the Pussycat" was funny and at the restaurant "The Spice of Life" my nut encrusted chicken was delicious.

Thursday's and Friday's rides were hilly in sections as we climbed up the Niagara Escarpment but therefore also enjoyed coasting down the escarpment later in the day! Again we visited wineries, but also saw waterfalls, the Morningstar Mill, the Comfort Maple - the oldest and finest sugar maple tree in Canada - the northern section of the Welland Canal and views of Toronto across Lake Ontario. The orchards were full of peaches, pears and apples, and of course the vineyards full of grapes.

We returned home with peaches, wine and a variety of other shopping, and many memories.

Stella Val

More Tours Anyone?

I have an interest in bicycle tours, planned cycling events where you travel a predetermined route for a day or several days on low-traffic roads, often in urban areas, socializing with other cyclists and seeing new landscapes. I apparently have a lot of time on my hands, because by a variety of methods I have gathered the following list of cycle tours across North America, in chronological order.

I have included the 2008 date, and the apparent timing of each event in the year, plus its duration if more than one day and the geographic area it covers. Each has a website, which you can easily find with a proper Google search. I would welcome information about ones I have missed (yonny@alumni.uwaterloo.ca).

Among the highlights: The first one, the NYC Five Boro, is one of the granddaddies, a tour where you visit all five NY boroughs



and cross the Verrazano-Narrows Bridge to Staten Island. RAGBRAI in Iowa is the famous week cycle across Iowa organized by the Des Moines Register newspaper. Katy Trail follows the 250-mile Katy Trail in Missouri, the longest rail trail in the U.S.

The first Waterfront Trail tour along Lake Ontario from Niagara on the Lake to the Quebec border occurred this year. And the Boulevard Lakefront Tour in Chicago is a beautiful ride along the Lake Michigan shoreline.

My wife, Lois Simmons, and I have ridden the Montreal Cycling Weekend, the Tour du Nuit and the Tour de l'Ile, and highly recommend it. We also rode the L.A.T.E. ride in Chicago this year (Long After Twilight Ends) because we had planned to be in the city that weekend anyway, and it was less pleasurable. It is an overnight ride through Chicago neighbourhoods and you and 9,000 others leave from downtown about 2 a.m. and arrive back around 5 a.m. The dawn across Lake Michigan is beautiful, but traffic is heavy all night in Chicago so there were numerous stops to allow traffic and bikes to co-exist, the neighbourhoods we toured were, not surprisingly, quite dead at 3 and 4 a.m., and it took three hours to ride the 25 miles at the going rate, so it was pretty slow going and you were always in a crowd as the groups had no chance to disperse. We were glad we did it once, but were also glad we did not make a special trip to Chicago to do it.

Doug Yonson

Bicycle Tours 2008

- NYC Five Boro - Sunday May 4 (first Sunday in May) (65 miles)
- Montreal area Defi - **Quebec** - Sun May 25 (Sunday before Montreal Cycling Weekend - see below) - 100 +/- km
- Manny's OK Tour spring - Ottawa/Kennebunkport - **Ontario/New**

York/Vermont/New Hampshire/Maine - Thurs-Mon May 29-June 2 (weekend near end of May)

- Montreal Cycling Weekend - **Quebec** -- Fri/Sun May 30/June 1 (first Sunday in June) (23 km Fri evening / 48 km Sun morning)
- Circuit Cycliste du Lac Champlain - **Quebec** - Sat Jun 7 (Saturday after Mtl Cycling Weekend) (25/60/100 km)
- Rideau Lakes Cycle Tour - **Ontario** - Sat Sun Jun 7-8 (first full weekend in June)
- Tour of the Red River Gorge - **Stanton, Kentucky** - Sat Sun June 14-15 (Father's Day weekend) (35/52/62/84/100 miles - latter two distances over two days if desired)
- Katy Trail - **Missouri** - Mon-Fri Jun 16-20 (third week of June)
- Velo Quebec Petite Aventure - **Quebec** - Sat-Mon Jun 28-30 (last full weekend of June) (51-62 km daily)
- Long Island - **New York** -- Sun. June 29 (last Sunday of June)
- Waterfront Trail - **Ontario** - Fri-Fri July 4-11 (second week of July)
- Erie Canal - **New York** - Sun-Sun July 6-13 (second week of July)
- Friends of the Park L.A.T.E. Ride, Chicago - **Illinois** - Sat-Sun overnight July 12-13 (second week of July) (25 miles, max 10,000 riders)
- Group Health Seattle to Portland Bicycle Classic - **Washington/Oregon** - Sat-Sun July 12-13 (second weekend of July) (9,000 riders, 202 miles)
- Bon Ton Roulet, Finger Lakes - **New York** - Sun-Sat July 20-26 (last full week of July)
- Ragbrai - **Iowa** - Sun-Sat July 20-26 (last full week of July)
- Harlem Valley - **New York** - Sun July 27 (last Sunday of July)
- Velo Quebec Grand Tour - **Quebec** - Sat-Fri Aug 2-8 (82-113 km daily) (Civic Holiday weekend)
- Hudson Valley - **New York** - Tues-Sun Aug 12-17 (second full week of August)
- Boulevard Lakefront Tour, Chicago -



- Illinois - Sun Sept 7 (first Sunday after Labour Day) (15/35/62 miles)
- Harmon Hundred - **Wilmot, Wisconsin** (just inside WI north of Chicago) - Sun Sept 7 (first Sunday after Labour Day) (25/50/75/100 miles)
- Great Rivers Ride - **Hartford, Illinois** (suburb of St. Louis) - Sun-Sat Sept 7-13 (first Sunday after Labour Day) (350 miles; \$600; max 300 riders)
- Manny's OK Tour fall - Ottawa/Kennebunkport - **Ontario/New York/Vermont/New Hampshire/Maine** - Thurs-Mon Sept 11-15 (second weekend after Labour Day)
- Twin Lights - **Monmouth, New Jersey** - Sun Sept 28 (last Sunday of September)
- Apple Cider Century - **Three Oaks, Michigan**, Sun Sept. 28 (last Sunday of September) (25/50/62/75/100 miles, approx. 5,000 riders)

- Last year's total: 133
- Women: 72 (52.5%)
- Men: 65 (47.5%)
- Average age: 54.7
- 16 took advantage of the new policy regarding lower membership fees for belonging to other OCA affiliated clubs; all were OBC members except one from a Kingston club.

Thomas Seniuk

First Annual KNBC Picnic

Despite threatening weather, the first annual KNBC Picnic took place on Sat. Sept. 6th and was a great success with 42 people attending. Thanks to Caroline, Stella, Odette and Maureen for organizing the event, to Paul and Steve for doing all the barbequing, and to Ronald and Odette for all the wonderful door prizes. Prizes included: 5 gift certificates from Award Cycle, 4 gift certificates from Bushtaka, one each from Pecco's, Kunststadt, Fresh Air, G. M. Bertrand and Marshey's. Algonquin College donated two gift certificates, one MP3 player plus one Sudoko player.

Who Rides with KNBC?

Some interesting stats regarding KNBC membership:

- Total 2008 membership: 137



Biker Chick

Odette came up with a great idea for a keepsake - or perhaps a Christmas gift? For the modest sum of \$40, the photo shop at Loblaws took photos of Odette and her bike in two different poses. She writes "lots more fun than a conventional photograph and a great souvenir for when I'm 90 years young and no longer a "biker chick"! (see photo above)

Odette Regimbal



MS Tour - Team KNBC



John Reilly has been recruiting KNBC members for the Ottawa-to-Kemptville MS cycle tour for at least a few years now. I hadn't given it much thought up until now, but about a year or two ago, one of my cousins was diagnosed so I thought I'd get involved. She is doing well for now; it is early and her brother is a pharmacist so I'm sure she's getting good care but she is only 32 and the mother of two little girls, and her husband is in the military (based in Edmonton) and is away a lot. For me, charity begins at home. Also, it looks like there is some real reason for optimism right now. This 11-minute story appeared on The National this January.

http://www.cbc.ca/national/blog/video/healtheducation/ms_therapies.html

The last part of this story is about a radical bone-marrow transplant procedure being pioneered by a physician right here in Ottawa. It is fascinating.

I got up just before 6am on Saturday 9 August 2008 and rode to the start at Carleton U, getting there between 7am and 7:30am. At check-in, the movable feast was already beginning with fruit, bagels, granola bars, and more. I stuffed a granola bar into my jersey pocket, figuring I might need it later. Hahaha! Keep reading.

I met up with the gang there as planned. There was (left to right) JR, Vince D'Agostino, Sue Potvin, Tim Sparling, and me from KNBC plus four other people John knows from work, Magda, Rich, and Peter &



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Cheryl. We ran into Bruce Kerrigan there; he had on one of the green tour leader's jerseys. I had no idea he was involved with MS, and to that extent. We got rolling at 8am, when they did the official start. I didn't even get a map of the route until check-in, and they deliberately kept the route closed until the official start. This was probably due to insurance/safety reasons.

Right after we started, still on campus, we saw JoJo pulling in. She turned up later in Kempville.

We rolled down Prince of Wales, then along Fallowfield. We started to get separated a bit. Not long after we turned onto Fallowfield, Sue and I came up to Tim, who was standing next to his bike, inspecting it, with two other stopped riders. At first I thought he had a mechanical problem or a flat tire, but he'd hit a bump and went down! He had a bunch of cuts and scratches on his right arm and leg. His shorts were ripped and there was a fair bit of blood. He seemed okay, though, and his bike, too, so we continued on together until we got to the first check point at Cedarview Middle School where they cleaned & patched him up. I joked with him that karma paid him back for knocking Eileen over a few weeks ago on a CCCTS ride, and also suggested that those new Specialized Roubaix bikes they both ride now are cursed with bad mojo. We got going again after a substantial helping of fresh fruit and a cookie or two. All the rest stops/check points were like this—plenty of water, mountains of fresh fruit, and snacks.

My plan to take off on my own to get in some extra distance was abandoned when we stuck together to be with Tim, but also because I was having such a fun time with the group. Along the way, we met up with a friend of Bruce's, Lori-Ann, who is Sonya's long-lost, separated-at-birth twin. Swear to God. Bruce teased her mercilessly, and she acted all pissed off, but they are obviously good buddies through the MS society. It turns out she's from London and works for

MS, and was in Ottawa to ride the tour. They talked about other MS tours they've done in other cities, including a big one in Philadelphia and the largest one of all in Houston.

There were two more stops in Richmond and Pierce's Corners, complete with two more piles of fruit--I ate a ton of watermelon and plums--before lunch at Rideau River Provincial Park. There, we had BBQ hamburgers, sausages, three kinds of salads, more cookies, all kinds of drinks, even Cheetos!

After lunch, the route took a round-about way into Kemptville looping around to the south, though Oxford Mills. Just a kilometre or two from the college, I saw Mesfin heading back south down the same road. When I got to the "extra loop" desk, Bruce was there, checking out the map for this additional 37 km route. "Hey, I just saw Mesfin--we gotta go catch him!" I said, so off we went, riding hard. It didn't take all that long to catch Mesfin and another guy who'd joined him. We rode together for the rest of the loop which went through Oxford Station, stopping at the last rest stop again for more fruit and cookies. Bruce even got the staff there to pull out their stash of special home-made cookies.

By the time I got back to the college campus and took my bike to the storage shed, I recorded 129 km for the day, including the 9 km I cycled from home to Carleton. I'd have liked to have gotten in a bit more, but they stick to a schedule around here. They don't let anyone out on the extra loop after 1pm, and the storage shed closes at 4pm.

After checking in, I found my room, after swirling a bit. By the luck of the draw, I was sharing it with JR. After cleaning up, I hit the corn roast and beer tent. I found Bruce and Lori at the beer tent, where I proceeded to piss her off when she saw me pounding down several cobs of corn. I guess skinny (?) guys who can do that can really get on the nerves of big gals, although she



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and Bruce had accumulated a healthy stack of empty beer cups. Maybe the straw that broke the camel's back was the big ol' chocolate ice cream cone I had. I also hung out a bit with JR and Madga, who was worse for wear. She is fair-skinned, blonde, and didn't use sunscreen. She got torched. Not only arms and legs, but she had raccoon eyes from her sunglasses and lines down the side of her face from her helmet straps.

Tim was spending the evening with family in town. His rear shifting had also failed, some time after his crash. He took his bike in to get looked at, but when he went to show the mechanics the problem, it miraculously started working again. He also bought a new helmet, since at lunch we noticed a crack in the one he'd been wearing when he fell. His KNBC club shorts are also finished.

Sue had taken off, too, and got a lift back into the city for her son's football game, which they won. She also took her bike back home. She called me later that night, around 8:30pm, to let us know she wouldn't be back. As I was hanging around the registration desk, I saw Cheryl and Peter roll in. Although they didn't have to, they carried all their camping gear on their bikes. It was practice for a trip they are planning to do later.

Dinner was good--plenty of roast beef, chicken, vegetarian lasagne, salads & rolls, and cake. I was not shy. JR, Magda, and Rich told funny stories of life in the military all night long.

Afterwards, we went over to the gym where the evening awards and dance were. During the awards, they called up a young gal to speak. She was the one from the story on The National that had MS and was being treated by Dr. Mark Freeman (who also was on the tour) using the bone marrow transplant procedure that reversed her disease. While it was interesting to hear her talk, she really didn't say much that wasn't in the news story and I was disappointed we didn't hear from Dr.

Freeman. That would have been cool.

The other thing that was interesting about the awards ceremony was how it seemed like a big club, or group of friends, who get together once a year for a bike ride and a good time. They are also very serious about fundraising. Many people were wearing MS Tour jerseys, for raising \$1000, and even shorts, for raising \$2000. Dr. Freeman and one other cyclist were recognized for raising over \$10 000. I guess if your sales pitch is "hi, I can cure MS, will you please donate?", that probably works really well. A group of several people came forward when the MC's asked if there was anyone in attendance who'd been on all 19 Ottawa MS Tours since they started doing them. I can see why JR promotes this event to KNBC. The culture of the two groups have a lot in common, it was great fun with plenty of friendly people, and an important cause that they are serious about supporting.

It was a long day so after seeing JoJo and going over to chat with her for a bit, I went back to my dorm room. It was basic, but clean and serviceable. Quiet, too.

I got up at about 6am, got dressed, and hit breakfast. Eggs, sausages, bacon, pancakes, pastries, etc. etc. etc. You get the idea. Getting there early was a good move; the line got pretty long by the time I staggered out of there.

The return trip was fairly uneventful. It was a straight shot back to Carleton U, only 65 km total, through North Gower and then retracing Saturday's route through Richmond. I hooked up with Bruce and another guy, and we rolled fast. When I was pulling on the front, I pushed Bruce fairly hard, and this other guy who was really big--not fat, but tall and broad--had trouble keeping up, too, but he did. At one stop, he said to me, "when you're in front, it isn't good for anybody." Heehee! We kept catching up to JR at the check points, then he'd pull away, and we'd see him at the next check point. I stuffed my face with cookies, watermelon, and plums again at



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the check points the whole way back. We hooked up with Mesfin again, at Richmond. I made him suffer, too. We got in to Carleton U early, before 10:30am.

More food. Sandwiches, fruit, Doritos, chocolate milk. There were massage chairs set up. JR gave each of us a red MS Society wristband. We hung around for a while, I ran into JoJo again, and that was pretty much it. Just as I was leaving, I saw Cheryl and Peter roll in

Thank you to the KNBCers who donated to my fundraising, both at and after the Canada Day evening BBQ I hosted. Maureen Edwards, Nancy Hough, Susan Monaghan, Monna-Leigh McElveny, Eileen Sculnick, Don McIntosh, and Debbie Wright--you all combined for \$140 of the \$250 I raised. The

total money raised by the team JR put together was \$4472.

Thomas Seniuk

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