



President's Message

SPRING 2008

We are well underway with our spring schedule and I'm pleased to be meeting many new members and to be cycling with returning members again. Rides have been well attended so far, and even in less favourable weather. Maybe we are all much hardier after our long and snowy winter!

You may have noticed in your KNBC brochure, that Barrie had to adopt a new layout to accommodate the increased number of rides we are offering. I hope you like the new tabulated look and find it easier to read; I think it is great. We are offering more rides so that we can have rides of different speeds on the same day. Now you can decide what speed you feel like riding, and go to the appropriate ride. Of course this is only possible because we have had tour leaders offer to lead the rides. New tour leaders this year are Peter Nabein, Paul and Nancy Hough, Roly Mailloux and John Ramcharan. They, together with returning tour leaders from last year, make up the team of 19 Tour Leaders who will be leading tours this spring and early summer. Thanks tour leaders for all your hard work. I believe that the club can only be as good as its volunteers. Judging by our volunteers, I think we are pretty good!

"Bike Polite" is a slogan used by a Scottish bicycle campaign group to encourage cyclists to "behave properly." I think, interpreted to Canadian English this could read "Give way to pedestrians." The KNBC does ride on paths on some of its rides, and I encourage our members to warn other path users that you are approaching by using your bell, or calling "Passing on your left". When I do this people frequently thank me for warning them that I am approaching. In the same newspaper article, cyclists were also encouraged to stop at red lights (please see Barrie's article below!)

Looking back on all the rides I have done with the club over the past 15 years, I could not start to choose my favourite. How can you beat cycling along the Ottawa River, past the old style wooden fences that border fields in Lanark, sighting Wakefield's covered bridge as you enter the village along the Gatineau River, or the ups and downs of the White Lake Tour? I have only mentioned a few, but ahead of us is that vast possibility that is spring and summer. Enjoy!

Stella Val
President

Bike Riding with KNBC

KNBC has had many new members in the last year or two, and it is timely to recap on the various ways members should prepare for a bike ride and on the club's culture during the ride itself.

Before the ride

- This is basic and obvious...but you have to join the club to go on any ride. This is a requirement imposed on us by our liability insurance policy that we get via the Ontario Cycling Association. There are no exceptions.
- Your bike has to be in good working order (brakes, steering, etc.) The tour leader can refuse to accept someone whose bike is not safe - but I have never seen this in all my years with KNBC.
- You must wear a bike helmet -- this is a basic safety issue. (And I have had to turn somebody away from a ride for not wearing a helmet.)
- Water bottles are also essential....and for long rides on hot summer days you will need two.
- And don't forget food, especially for long rides. KNBC'ers bring snacks such



as power bars, trail mix, fruit, etc. On some rides, everybody has a picnic lunch; on others, some people bring their lunch and others go to a restaurant.

- We strongly recommend that everyone has the following: bike gloves, a mirror, a spare inner tube for your wheel size, flat tire repair kit, tire levers, pump, and a small first aid kit,
- Optional - but very useful - is a bike bag on a rack over the rear wheel for personal items such as the equipment listed above, a cell-phone, bike lock, lunch, etc. (We recommend against using backpacks because they are hard on the back for a long trip, and they raise your centre of gravity making the bike less stable.)
- Finally, and very important, we now offer rides with a wide range of distances and speeds. Pick rides that match you speed and endurance. If you are new to biking, choose shorter S1 rides until you know your capabilities....and watch your endurance increase over the course of the months!

Meeting point

- We like to start each ride on time, so plan to be at the meeting point 10-15 minutes before the scheduled departure. You will need time to get your bike ready if you arrive by car; a last-minute trip to the washroom is often needed; and you will need to sign in.

During the ride

- KNBC'ers like to cycle at their own speed, we spread out, and we enjoy the scenery and chatting with other riders.
- Feel free to ride ahead of the tour leader, but beware! It is all too common for riders who do this to take the wrong route. If you do ride ahead, make sure you know the route and the next re-grouping point.

- If you leave the ride for any reason, make sure that you tell the tour leader or sweep, or ask someone to tell the tour leader. If you suddenly go missing, somebody will notice and we will spend time looking for you. Also, if you leave the ride, you are no longer covered by KNBC's liability insurance.
- Drive safely. Signal your intentions, be predictable, and stop at stop signs and red traffic signals. Remember that a bike is a vehicle under the Highway Traffic Act with all the associated rights and responsibilities.
- Finally.....enjoy yourself....this is why we bike!

Barrie Kirk

Putting Ontario on Two Wheels

I had the good fortune to attend a cycling conference, "Putting Ontario on Two Wheels", in Kitchener on November 1st & 2nd, 2007 at very little cost since the conference's sponsors were able to provide this event at no cost to attendees, plus Diane and Robin, one of her co-workers at the city of Ottawa, were each provided with one night's accommodation because they were presenting. Elyse McCann from Envirocentre and I basically horned in on the free rooms. Our only costs were food and travel. I drove down with Diane on Thursday afternoon.

After arriving at the Delta Kitchener and checking in, we headed to the hospitality suite set up by John Sigurjonsson, from Cycling Chatham-Kent and the conference organizer, for some meet and greet. When we got there, though, there was nobody around and just a note on the door saying they'd be back soon, which they were. We helped ourselves to some refreshments, and had a good chat with John and Gene Wasik from Burlington until Robin and Elyse



arrived. Then the four of us had a late dinner in the hotel's restaurant.

Up early the next morning, I went for a quick swim in the hotel's pool to start my day before getting ready and meeting the others for breakfast at a café (Frederick's on Frederick's) on the few blocks between the hotel and the regional headquarters where the conference was being held—right in the main meeting chamber. We were one of the first ones to arrive, at about 8:30am, so we helped set up the literature table.

At 9:00am, we—in total, there were about 50 to 60 attendees, mostly from southern and south-west Ontario, but also a few like us who'd traveled a fair distance to be there—were welcomed by the Waterloo regional chair. He mentioned the recent opening of the first and so far only pedestrian and cycling bridge over highway 401 near by.

Then John delivered his opening keynote address starting at about 9:30am. He started with his general mission of “more bicycling by more people”, and talked about how most cycle use planning is done at the municipal level. Other interesting points were the concept of equal entitlement (streets and roads ought to be constructed with all modes of transportation in mind, not just motor vehicle traffic) and, according to StatsCan, the average Canadian takes about 2000 trips per year of less than 3 km so that there is lots of potential for the increase of bicycle use.

Before the conference, participants were asked to respond to a survey. At this time, the results of the survey were presented. Gene Wasik was the moderator, and Robin also participated. It turns out that most municipalities in Ontario represented by attendees at this conference had cycling advisory committees (82%) and cycling plans (87%), but I didn't get the impression there were many with implementation plans and

funding commitments. Just like the city of Ottawa's cycling plan. About a dozen top issues were identified in the survey that, if addressed, would promote more cycling by more people. They included bikeway network development, sufficient & secure parking and cycle commuter facilities at major employers, and skills courses.

Some breakout sessions were planned for late morning. John asked me to moderate one on promotion and facilitation. A group of about 18 of us split off and had some good discussion. It was interesting to hear what cycling advocates in other municipalities were doing to promote cycling. I learned about S.A.R.T.S. (Safe and Active Routes To School). In Peterborough, the commuter challenge there is a month long. Wellington-Dufferin-Guelph as a substantial program called “in motion” (www.wdginmotion.ca) to promote active lifestyles and Mississauga has “Smart Commute” (www.smartcommute.ca) to encourage cycling (and public transit and carpooling) to work.

We were to report our session results before lunch, but the schedule had started slipping so we ate first. After a substantial meal of food that “smecks” (apparently this is a Kitchener-Waterloo thing), we had an address from a representative from the Bicycle Trade Association of Canada. I did not record his name, but he was an excellent and engaging speaker. One interesting thing he mentioned was that in the late 1800's, it was a strong bicycling lobby, and not the auto industry, that was responsible for the construction of paved roads in the U.S.

After that, all the breakout session facilitators presented their information to the entire group.

Next up was a presentation on the role of cycling in traffic demand management (TDM). Diane was one of three presenters on this, along with representatives from the city of London and the region of Waterloo.



They did a solid job of communicating what TDM is (“a wide range of policies, programs, services and products that influence how, why, when and where people travel, to make travel behaviours more sustainable”) and how cycling fits in with TDM’s goals. Diane presented slides on the city of Ottawa’s cycling initiatives, such as the new cycling map, the cycling plan, Envirocentre’s administration of CAN BIKE education programs plus a few others like TravelWise and OttawaRideMatch.com.

It was at about this point when the planned afternoon activities got pushed aside for a discussion on future networking. Everyone in attendance thought this meeting was valuable, and much discussion followed about how to go forward with more cycling advocacy activities. A province-wide organization, made up of a coalition of groups in attendance, was proposed. About half a dozen people, including Diane, agreed to get it started.

Even though the afternoon sessions were essentially hijacked, they were planned to be less formal and structured than the morning sessions so dropping them was no great loss. Besides, it was energizing just to be around so many other cycling advocates from around the province so meeting with these people and sharing our stories was useful as well as motivating. I’m glad I took the time to go.

The sponsors of this event were the Bicycle Trade Association of Canada, Cycle Chatham-Kent, the Region of Waterloo, Stantec, and MMM Group (a consulting engineer and project management company in construction and surveying).

Tom Senuik

From the Editor

It is great to see so many new members as well as a lot of old friends this spring. A couple of new members, Helen and Les Faber, even volunteered to sweep on their second ride with the club. You might want to check out their website: www.cyclemania.ca - turns out they are strong advocates of cycling.

Membership update: our membership continues to grow - at the time of writing, we are already up to 124 members quickly catching up to last year’s record of 131.

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:

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20 members regrouped at Hog’s Back on the Rockcliffe tour.