



President's Message

Dear fellow KNBC members:

I am on holiday in BC and Alberta for the month of July so have missed seeing all of you on rides. From what I hear, they have been going well and are well attended. Thanks to all our tour leaders, under Barrie's leadership, who have taken time to plan varied rides to suit the needs of such a diverse group of cyclists as the KNBC members are. As some of you know, I joined the club 15 years ago when there was just a handful of rides led by very few tour leaders and the tour brochure stated that more tours would only be available when more people volunteer to lead them. How different KNBC is now - mind you, we do always need new tour leaders!

Mike and I are travelling from place to place in a rented car, but have our bikes with us and have enjoyed cycling almost every day. Our longest ride, so far, was 55 km so we are not overdoing it! Everywhere we go, we ask for maps and brochures showing cycling routes and everywhere we go people have been very helpful. Victoria is the mecca for road cycling but we were also very pleasantly surprised by 35 km of paved trails in Whistler, and their handy map for cyclists. More details on our adventures later.

What I have come to realize is that cycling is "catching on" everywhere, and that cycling is the way to go! Congratulations to the city of Ottawa for accepting the Ottawa Cycling Plan and thanks to all our members, with Tom's encouragement, who did anything to promote the plan in the five or so years of its development.

Keep cycling everyone, and, I can't stress it too strongly, cycle safely.

Stella Val
President

A Cycling Story

On Tuesday July 8th, I lead a ride of 14 people aged 40 to 82 years of age. It was a gorgeous day and a really great ride. Everything went well for my first time leading and 5 of us were on our way home by bike after the ride.

Conversation was casual and the riding was at a slow pace as we cycled along the bike path at Andrew Hayden Park. I was cycling and chatting about the next ride on Saturday and I was planning on turning left at Holly Acres. That's when it happened. My front wheel touched the back wheel of another rider and I went down. I cannot really tell you what happened from that point on because I was unconscious for about 3 to 4 minutes. When I started to move again, I couldn't really speak and wasn't making any sense at all they tell me. Right there and then I knew I was in trouble, because when I can't talk you know there is a big problem!!!

I actually only know what happened during the next 20 minutes or so, based on Tim's very in-depth explanations to me since. I kept asking where I am? and what happened? over and over again. He patiently explained it to me about 5 times and I still had no idea what he was talking about. They called an ambulance which came really quickly and put me in a neck brace. I didn't seem to really like this and wanted it off. The paramedic made me look into his eyes to check me out. As I looked into his eyes I told him "Your Cute"!!! He didn't flinch at the time but later in the ambulance he told me, with a chuckle, that he knew I was going to be o.k. because I had told him he was cute. I couldn't believe that I said that and most of all that I couldn't remember saying it!!!

I actually couldn't and still don't remember anything from the point of impact to throwing up in a bag before being put into



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the ambulance. I received fantastic care and Tim, Tom, Barb G., Les and Ed, some of the riders that day, were there to greet me when I was released. I went home and soaked in a very hot bath. I was told that I might have a bad headache the next day and be very sore.

I had no pain or residual effects the next day or since. All I have are some very colorful and large bruises and a very sore right ring finger, but I am alive, happy and healthy for one reason and one reason only. I WAS WEARING MY HELMET!!!! There is no doubt in my mind that it saved my life. The helmet took the brunt of the blow for me and is cracked, but my head is not.

This was Monna's comment to me in an e-mail: "OK - so your helmet doesn't match the new bike - surely you could have found a better way to justify getting a new helmet than cracking it open (with your head inside)!!!", and that basically sums it up, right??? I now have a new matching helmet to go with my new bike and all is well.

There are many things to take away from this accident. Firstly to always wear a helmet no matter what. Never say "I'm just going to the store or I'll just be riding on the Bike Paths". Secondly, we need to remember to signal all the time, whether verbally or with hand signals.

This accident could have easily been avoided if we had remembered to signal. And lastly, I feel so incredibly lucky to have come out of this relatively unharmed. I do not take this lightly nor do I think the people I was riding with that day do either. I couldn't imagine how I would have felt if it had been the reverse.

It's true accidents happen, that's why they are called accidents, but many can be avoided by always remembering that when we are cycling we are a moving vehicle. Cycling is always supposed to be fun, but safety needs to be our primary concern at all times!!!

I want to thank my fellow cyclists that were there for me that day and the paramedics, staff and Dr's at the Queensway Carleton Hospital. As it turns out it was Ron Graves son Peter that took such good care of me. What a small world.

I am a very lucky girl and this is an experience that although it has seriously shaken me up, has not stopped me from getting on my bike and continuing to enjoy the sport I love.

So, let's all remember how lucky we are and continue to cycle safely,

Eileen Sculnick

SEAWAY CIRCULAR - JULY 2008

On June 28-30, 19 KNBC'ers biked the "Seaway Circular", a 3-day, 2-night circular route with panniers around the lower St. Lawrence Seaway. In summary, the route was:

Day 1: We drove to Prescott ON and then biked to Ogdensburg NY and along the New York Seaway Trail to Alexandria Bay NY and then Clayton NY for the first night.

Day 2: We continued along the Seaway Trail to Cape Vincent NY, took the ferry to Wolfe Island, biked across it, and then another ferry to Kingston. We biked along Hwy 2 to Gananoque for the second night.

Day 3: We biked along the Thousand Islands Parkway to Brockville (for lunch) and then back to our cars in Prescott.

The total distance was 239 km over the three days and there were many highlights for this trip (and a few downers).

One major highlight of the trip spanned all three days: the people who joined me on this ride. Everybody got on together wonderfully; I really enjoyed biking and hanging out with them over the three days.



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Here is my personal list of the other highlights:

Day 1

The New York Seaway Trail is highly recommended. There is a full-width, freshly-paved shoulder / bike path that is wonderful for biking. Many drivers honked and waved in friendly greetings.

When we arrived in Alexandria Bay NY, there was a biker festival in full swing (as in hundreds of Harleys, etc). Despite all the leather and tough guy image, the guys were relaxed and friendly. There was also a live band entertaining us just 50 metres or so from the ice cream booth we were at. A marvellous (and unexpected) way to spend an hour on a Saturday afternoon.

Clayton NY is a lovely village and very friendly. After dinner, many of us wandered across the street to watch the remains of the sunset over Lake Ontario. The village also has a famous boat museum, but we didn't have time to see it.

Day 2

Cape Vincent is another beautiful village and promotes itself as the place where the Seaway meets Lake Ontario. Although we were leaving the US rather than arriving, I could not help noticing that Clayton must have one of the smallest US custom buildings ever. I've seen garden sheds that are larger.

Both ferry rides (Cape Vincent to Wolfe Island and Wolfe Island to Kingston) were

great. The weather was sunny but not too hot, and the views from the upper decks of the ferries were wonderful.

Although Ronald was not with us, he had recommended a bakery in Marysville at the northern end of Wolfe Island. They make custom sandwiches using homemade bread. Many of us also had butter tarts for dessert. It was all delicious - thanks, Ronald.

When we arrived in Kingston, Paul and Nancy introduced us to "Sipps", a coffee and dessert bar on the market square in Kingston. We enjoyed coffee, specialty teas and smoothies on the patio in the afternoon sun.

One of the downers on the trip was the motel in Gananoque where half the group stayed. Most of us reported wild life of one sort or another in our rooms. By contrast, the people who stayed in B&Bs raved about the rooms, breakfast, etc.

Day 3

The Thousand Islands Parkway and Bikepath were both disappointing. I tried the Parkway first, but the shoulders were small to non-existent and some drivers came way too close to us. They honked their horns (but not in a cheery greeting the way they did in New York State). One driver yelled at me "why don't you use the bike path?". Later I tried the bike path and I can confirm the various blogs I had read: the path needs serious work. It is narrow compared to many bike paths nowadays, there is loose gravel over the asphalt, potholes, and grass



growing through it in places. A few short sections have been re-paved, but compared to the New York Seaway Trail, Ontario's Thousand Islands Bikepath is an embarrassment.

Back to the highlights: we had lunch in Brockville in a park by the waterfront that had the three key ingredients: picnic tables, washrooms, and sunshine. Lunch was either bought at the local Loeb's or purchased at Don's Fish and Chips (take-out only, no tables) The local geese (adults and teenagers) provided some entertainment - as well as poop that clung to our shoes.

Finally, with the wind at our backs, we did the final 25 km back to Prescott in record time - and we were happy that we beat the storm that moved in shortly afterwards.

If anybody is interested in doing this ride outside of KNBC, I have updated the route description and directions to reflect what we actually did; this is available on the KNBC web site in the members only section. Go to "library of route descriptions for previous tours" and then look for "Seaway Circular".

Barrie Kirk

SPRING IN PROVENCE, FRANCE

For 10 days in May, Barbara Gibson, Penny Estabrooks and I joined with 15 other cyclists for a tour of the southern part of Provence organised by Gabriola, Cycle & Kayak. Most of the group were from B.C. just 5 of us from Ottawa.

Our tour began and ended in Montpellier, a university city very close to the Mediterranean. The first 'happy hour' was

spent getting our rental bikes ready and starting to get to know our fellow riders.

The bikes were a real treat, very light carbon fibre by Eddy Merck. We had to keep the bikes in our very tiny room and Barb and I thought we may have to prop one upright in the tiny shower but we managed to avoid that with just enough room to squeeze around them.



Our 10 day tour took us on a figure eight route, covering about 600 kms using smaller quiet roads with accommodation in 5 different locations staying in mainly 2 star hotels. We had a support vehicle that carried our luggage and was available in an emergency if we needed it during the day. We had been provided with a complete set of Michelin maps, one for each day, and every morning Doug Hinchcliff, who planned the routes, marked everyone's map to show us where to cycle. We very seldom cycled all together, mainly breaking into smaller groups depending on speed.

Our first 2 days were fairly long 80 kms and we were pleased we had done spinning classes in the winter! The terrain was quite gentle with just a few climbs but the gradient was very easy. The steepest were often through the narrow streets in the



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villages. The motorists were very courteous and would stay behind us very patiently until it was safe to pass. What a treat! The countryside was very colourful with wild

Irises and Poppies everywhere. The vineyards were just coming to life again and looked very neat and precise and well cared for. The roses in gardens, around doorways and climbing up walls were beautiful.

Everywhere we looked there was gently rolling vistas and an obvious slower, quiet pace of life.



Our first night was spent in the outskirts of the medieval town of Vezénobres with a welcome swimming pool and happy hour followed by a delicious group dinner cooked for us by the owners of the hotel. Later at night a few of us took a walk up to the old town perched on the hill and marvelled at its narrow cobbled streets that inhabitants managed to navigate their cars through. Next day we travelled onto the larger town of Orange once again passing through quiet sleepy villages and easy cycling. What a lovely way to spend a day. If only we can beat the threatening rain! We almost made it. However some of the others were not so lucky! Once again the hotel served a great meal for us all that evening.

Many of us took a rest day in Orange and visited the Roman theatre close to the hotel and the Arc de Triomphe (a smaller version of the real one) at the entrance of the town. There was the option to cycle Mont Ventoux from Orange but there were no takers as the weather was a bit risky. There would be an opportunity later in the tour.

Well rested, we were anxious to get on our way to Apt with an 8km climb up the Col de Mur after lunch. It was mostly shaded by trees, with a steady climb similar to the Gâtineau and we were soon all at the top for a welcome snack and break; then on to the more industrialised town of Apt for 2 nights.

The next day was a free day but nearly everyone cycled out to the many small villages in the area. We headed for Gordes with a worthwhile climb to view this very picturesque town shown in the photo. Then on to Joucas for lunch to find the restaurant closed. Never mind, the small general store had a few tables and chairs set out and a beautiful view across the valley. The owner (waitress) had to cross the road with all our food and drinks. I bet

she was tired at the end of the day! Before returning back we visited the town of Roussillon with its red ochre cliffs and buildings. 2 of the cyclists used the free day to cycle up Mont Ventoux which is the highest peak in the area and often included in the Tour de France.

Leaving Apt we cycled through the Luberon area once the haunt of highwaymen but now made famous by the books of Peter Maylie (*A year in Provence*). We climbed a steep road (the only time that I walked) to have lunch in the old town of Oppede. Once again a pool greeted us at the very restful hotel in St. Remy but not quite enough warmth for swimming.



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Exploring around St. Remy was on the agenda for the next day, Some people went hiking up to Les Baux, some of us cycled there and explored the old town perched up high looking down onto rock formations that was once the haunt of witches and goblins according to legend. Today the town is full of boutiques and gift shops. On the way back we visited Cathedrale d'images, a cave that was once a quarry. We were surrounded by light and sound as the paintings of Van Gogh were projected onto the 30 foot walls, ceiling and floor accompanied by classical music. A real treat for the senses.

Our 8th day was cycling from Saint Remy to Uzes with the highlight of the day visiting the 2,000 year old 160 ft high Pont Du Gard, the roman aquaduct that was used for 400-500 years to bring water 31 miles from springs at Uzes to Nimes. The structure is still almost all intact and a very impressive sight that we unfortunately viewed in the rain that forced us to hurry to our destination of Uzes. Later on in the early evening with the return of the sun we all had a winery tour and tasting.

Penny, Barb and I had a relaxed cycle on the free day around Uzes and enjoyed a very leisurely lunch in a courtyard under the shade of plane trees. We returned to our

hotel to take part in a table tennis tournament and demonstration of synchronised swimming organised by Camila the daughter of Ana the owner of Gabriola Cycle and Kayak. Penny accompanied Camila for one of the swimming demonstrations. A fun time was had by all.

Next day, we cycled back into Montpellier which proved to be quite a challenge with many of us having difficulty negotiating the roundabouts and the heavy traffic but we all arrived safely and returned our rental bikes before our last happy hour in the hotel.

The tour was everything we expected it to be. Mainly quiet very scenic roads, good food, good wine and hardly any rain. Gabriola runs a very relaxed tour, good maps, happy hours most days, a support vehicle if needed. We all had a great time!

Christine Walton

Come to the Party!

On Sat. August 9th, you are invited to a dinner & evening of fun to support *Operation - Help send Barb Gibson back to Ghana* as a volunteer member of the Sankor Medical Team. The cost is \$30 and it takes place at the home of Nancy & Paul Hough in Kanata. Please contact Nancy to reserve your spot at: 613-592-3167.
Nancy Hough & Christine Walton

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:

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