



Spring 2011

President's Message

Welcome to a new season with the KNBC. I'm excited to be assuming the role of president this year, after being membership director and tour director over the past five years as the club has grown and evolved so much. We have so much going on now that it's a challenge to keep up, but it's rewarding and satisfying, too.

We're off to a good start this season. There are the usual spring weather concerns and we've had to cancel a few tours on account of wet and even windy weather, but when it's been dry and mild, we've had large turnouts. Probably the most members ever for a day tour showed up for our traditional season-opener to the Swan at Carp on Saturday, April 9th when nearly 40 of us came out. It was a good thing the Swan was empty with no reservations when we got there.

Fun, successful days on the bike like that require more than just a warm, sunny day. There are a lot of moving parts that keep the club running, so as I run down the list of club activities below, I'm also going to point out some of the people—all volunteers—who make them happen.

There is a full and varied schedule of day tours on weekends as well as on many Wednesdays, which we started last year and proved to be popular, so we're offering them again this year. Thanks to the tour leaders for volunteering to prepare and guide these tours, and also to our tour directors Tim & Jim for coordinating it all. Keep an eye on our weekly e-mail bulletin, Bike Shorts, for changes and additions.

We also have several multi-day tours, some tried-and-true like one more edition of Barrie's popular self-supported international (Ontario, Quebec, and New York state) tour on the August long weekend, and some new like Jack & Jim's Pembroke-to-Ottawa tour which was in mid-May. Although I've

never done it myself, researching and then leading a group for a few days instead of just for a few hours is a significant commitment. Consult the brochure or the calendar and schedule on the website, knbc.ca, for more information on weekend tours being offered this year, and remember to thank the leaders profusely for their time and effort!

Check the web-site for the recently-updated list of bike shops where you can get a discount by showing your KNBC membership card. Thanks Allan for doing the legwork on that, and Peter for keeping that section and all the others on the website up-to-date.

We tried something different this year with our spring bike maintenance clinic, and it was very well received. Dave Audette, Ronald Simard and I led a two-evening course with over a dozen club members in attendance where we covered what seemed like every conceivable detail of fixing a flat to shifting and brake adjustment and thorough cleaning. Nino and Shirley were amazing hosts. The feedback afterwards was overwhelmingly positive. For those of you who couldn't make it in March, there is a possibility that we'll offer to run this course with the same format again in mid-summer. Contact Dave and let him know if you're interested.

The bike maintenance clinic was only one in our new series this year of off-season monthly socials. Dave Audette is filling our new social director position and we've had a series of successful events, starting in January, which was a bit too successful—what a crowd that was at Whisper's. We followed that up with another large turnout at our annual winter social in February and the maintenance clinic in March. The Wednesday night mystery tours have started, so get ready for more socializing, now weekly.



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We have another new executive position for safety and education, which Monna is fulfilling. The club is continuing to encourage tour leaders to take the CAN-BIKE 2 course, which is being offered a few more times this season by the City of Ottawa, by covering half the fee for the course. Monna is intending to become certified to actually teach CAN-BIKE 2 when the course for that will next be offered by the city so that the club will have a trainer for that course in-house.

Whew! Like I said, there are a lot of balls in the air, so there is no excuse for members not to get full value for their investment in KNBC in 2011, and have a boatload of fun at the same time.

See you on the bike!

Tom Seniuk

Wine Racks On Bicycles Are Great Ideas



Of all the things that seem a little absurd on paper, a bicycle wine rack would, for me,

be up there with beard beanies. But when they look good and get the job done, I might reconsider.

I don't necessarily like the idea of a wine rack hanging precariously between my legs while I'm blazing a trail through the city. My situational awareness is problematic enough as it is. But this particular wine rack I could take on. Handmade leather straps with brass fittings ready for your 1" bike frame. Simple, chic and effective. And at about \$22, pretty cheap.

Check it: You're late for a date with that girl you met at a bar the other night. She tells you she's into biking and enjoys a nice bottle of Amarone. Who knew? So you're racing through the park on your bike only to think, "I forgot the wine!" Don't panic! It's right there.

From: Gizmodo, the Gadget Guide
<http://gizmodo.com>

Roly Mailloux

Vietnam Adventure - November 2010

Last November, Paul and I spend just under a month cycling in Vietnam, in both the north and the south. Sixteen of us traveled on a trip sponsored by CCCTS (Cross Canada Cycle Tour Society) and run by Pedaltours from New Zealand. We had an overwhelmingly positive experience in a most interesting country.

Here are a few enduring impressions of Vietnam, a country and a trip to remember!



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Motorbikes, motorbikes, motorbikes: To cross the streets of Ho Chi Minh city we were immediately initiated into the delicate ballet performed by motorbike, car and pedestrian.



The key here is not to stop or speed up or slow down, rather just keep walking steadily, making minor adjustments while eyes dart continually left and right. With luck and a little prayer, the thousands of motorbikes gracefully moved around us. Welcome to Vietnam!

Floods and potholes and “road works”: In the central area on our way to Hoi An my journal for Nov. 14th reads, “At first our ride was uneventful and then the fun began. We ran into a terrible road filled with potholes that in some cases filled the entire road. You

had to really focus to negotiate around them and often you had to cycle right through and hope that the pothole would not swallow you up. It was raining gently too. After lunch we piled into the van and it took an age to drive only about 10 km. Then we cycled another 42 km. This ride included 2 tough 10% climbs.



They were really tough. Just before the second one the entire road was washed out and our helpers carried our bikes for us over the washed out area. We are all a mess of red mud - bikes included. After both the climbs we had steep downs and the road (concrete) was wet so we had to be very cautious. The last part of the ride was undulating hills and this was lovely.” On Nov. 15th, I wrote, “Flood Day Noah’s Ark comes to mind!! We cycled north

from here until we came to the first of several spots where the road was washed out. We walked across one washout up to our knees and cycled through the next. We felt like kids - it was fun! Finally, at 29 km we came to a washout that was 2 - 3 metres deep! No way to continue. The truck picked us up and we drove to our lunch spot. After lunch we drove in the vans again. On either side of the road the flooding was severe. Apparently this happens every year in typhoon season. Then it started to rain so severely that we drove into Hoi An

and did not cycle again today.”



The children: In Vietnam we were celebrities. The children in both the north and south raced at full tilt out of laneways, homes and schools to yell at top volume, “Hello”





“Hello”, all the while grinning from ear to ear. After a wave and a few words, they would then burst into gales of laughter.

The adults: The Vietnamese are an enterprising and hard working people. What you cannot carry on a motorbike is not worth carrying! Everyone works from dawn to after dusk whether in the gazillion small stores or the fields.



What amazed us most was the forward thinking and lack of animosity towards westerners. Chau, our trip guide, and our two young guides on tours in Ho Chi Minh City, all reinforced the idea of a people looking to the future to create prosperity for all its citizens. For the Vietnamese the ‘American War’ is over, and while its atrocities are graphically detailed in its museums and memorials, there is no rancour towards the west. Perhaps part of this can be attributed to the fact that something like 60% of the people are under 30 years of age!

Booming economy: rice, corn, tea, sugar cane, peanuts, shrimp farms, salt farms, terraced gardens, markets, mom & pop stores, construction of resorts, tourism...and the list goes on... Whether on motorbike, car, bike or foot, this is a people moving about their daily tasks with a purpose.

The minorities: With their wonderfully coloured clothes and distinctive stilt houses, the ‘minorities’ are a colourful, vibrant, yet distinct group of people who live a tough more traditional life in the mountainous terrain of northern Vietnam.

The flavour of the trip can be summed up in my journal entry for Tuesday, November 23rd - 100 km - Dien Bien Phu -Sin Ho

“This has been one of the most memorable days of my life. Before lunch we cycled 57 km. Ten of it was mostly up and then we had the most amazing down. By lunchtime it was very hot but while climbing, the sun kept going into the clouds. We saw many of the Hmong people, the women dressed in beautifully embroidered skirts, headdresses, long black stockings and aprons. During the day, many of these women were sitting at the side of the road doing their embroidery while waiting for people to stop by and purchase their vegetables. Lunch was the usual variety of dishes and then we headed off on our bikes. We had some serious climbing, but enjoyed the most terrific down hills that I can ever remember doing. The valleys were deep and again there were terraced gardens on some of the steep mountain sides.

Just before the end of cycling (Muong Lau) we hit some major ‘road works’. The road was terrible and our bikes are covered with red mucky mud. One hundred kilometres - phew - 3 cheers for the truck.





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Now the adventure began in earnest. We took over 3 hours to go 60 km to Sin Ho. There was construction and mucky red mud. On a detour, our vans almost got stuck and were fishtailing. Everyone had to get out of the other van and walk up a hill. Then we climbed and climbed and climbed. We were above the clouds and the road narrowed to one lane set as close to the mountain as possible. It was actually scary to look over the edge and see the drop-off. Our drivers were great and we all clapped when we arrived safely.”

Three weeks later our adventure ended in Hanoi, the political hub of Vietnam. From there we relaxed with ten of our group on a junk in Halong Bay, a picturesque World Heritage Site off the coast of Vietnam. After a brief visit to Angkor Wat in Cambodia, we flew to Hong Kong where we spent a glorious week enjoying the opulence of this amazing city. It definitely was a trip to remember.

Nancy Hough

KNBC's Schedule on your iPhone

Over the Winter, with Peter Nabein's help, I figured out how to automatically display KNBC's on-line calendar on iPhones. I also merged the KNBC events with my own calendar and Carol's.

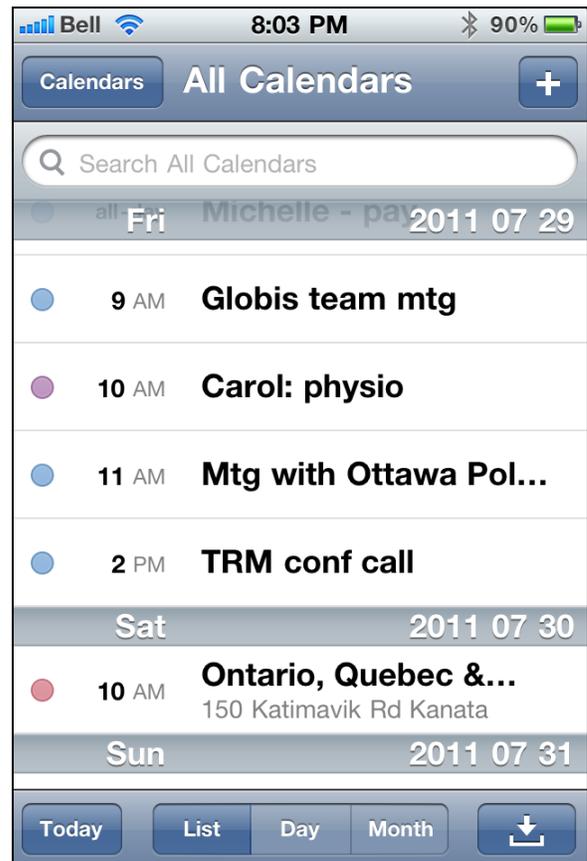
This article describes how you can do this. There are more steps in this process than I would like and I would rate it as “moderate” complexity. Hopefully Apple and Google will cooperate more in the future to make the process simpler.

A typical combined calendar is shown in the following screenshot:

The different coloured dots indicate whether the information is from my calendar, Carol's or KNBC's.

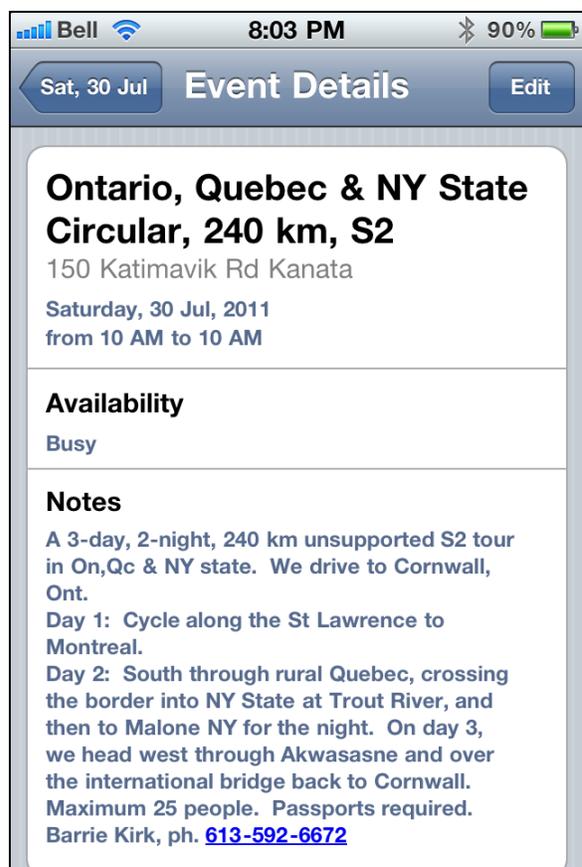
If you click on an event, such as my “Ontario, Quebec and NY tour” starting on July 30, you get all the details as shown in the next screenshot.

The calendar is dynamic and fully automatic. If anybody adds, deletes or changes any information on the club's on-line calendar, the iPhone is updated within seconds.



The following describes how you can set this up for the iPhone 4.

Note #1: I have *not* tested this on other smartphones; the directions (especially step



3) will need to be adapted for other types of phones.

Note #2: Ensure that you have a data plan on your phone as the following system will automatically “push” data to your phone and this will be included in your monthly usage figures.

There is a three-step process:

1. Set-up your Google calendar.
2. Link your Google calendar to KNBC’s
3. Configure your iPhone

1. Set-up your Google calendar

If you already have a Google calendar, go to step #2; you don’t need another one.

First, you need a free Google account. To get one, go to:

<https://www.google.com/accounts> and click on “Create an account now” and follow the instructions. (You can use any e-mail account; you don’t need a gmail account to do this.)

b) Login to your account and click on “View data stored with this account”.

c) Click on “Calendar” in the top left corner and follow the instructions to set up your own calendar.

2. Link your Google calendar to KNBC’s

a) If you are not logged into your Google account, do so at:

<https://www.google.com/accounts/Login>

b) Click on “Calendar” on the left-hand side.

c) On the left-hand side, under “Other calendars”, click on “add”.

d) From the pop-up menu, select “Add a friend’s calendar”.

e) Enter the following contact e-mail: tulaff@gmail.com and click “Add”.

f) Go to “Settings” in the LH corner and ensure that “Show in list” is checked for the KNBC entry.

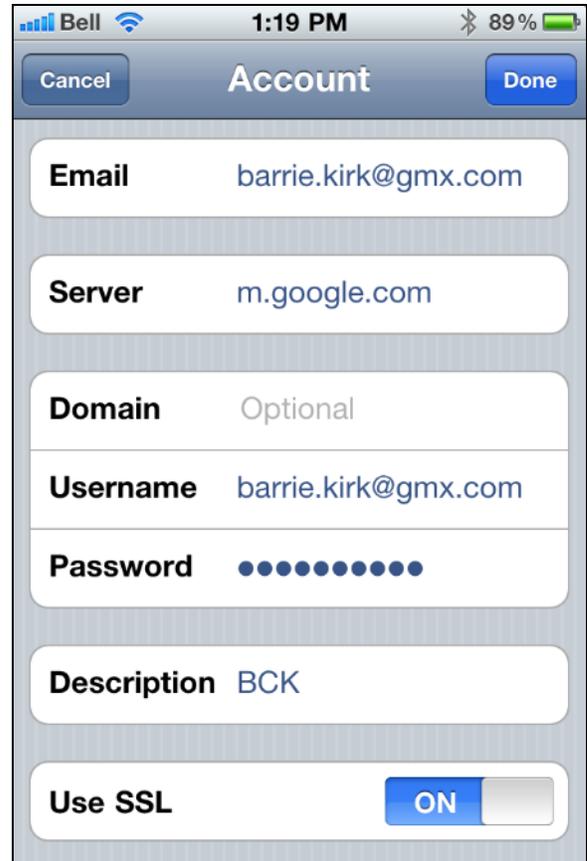
Your Google calendar should now show the KNBC events.

3. Configure your iPhone

a) On the home page, go to “Settings”.



- b) Scroll down and tap “Mail, Contacts, Calendars”.
- c) Tap “Add account”.
- d) Tap “Other”
- e) Tap “Microsoft Exchange”.
- f) Enter:
 - E-mail: the e-mail address you use for Google calendar
 - Domain: leave blank
 - Username: the e-mail address you use for Google calendar
 - Password: your Google password
 - Under “Description” enter any name you like
 - Tap “Next”
- g) A new version of the same box appears with the “Server” field empty. Enter m.google.com. The page should look like the next screen shot. Then press “Next”.
- h) On the summary page, make sure “Calendars” is “On”; then tap “Save”.
- i) Tap “Next”
- j) Open Safari and go to www.google.com/sync.
- k) Tap the iPhone and iPad icon.
- l) Select “Setup Google sync.”
- m) Tap the “Sync” icon.
- n) Enter your Google username and password; press “Sign in”.
- o) Select “iPhone”.
- p) Check your own calendar and save.
- q) Press the home button on your iPhone and select “Calendar”.



- r) Tap the “Calendars” icon in the top left and press “Show all calendars”. Press “Done”.

That’s it! You should see the KNBC events on the iPhone calendar plus any events from your personal calendar(s). And as I said at the start, tapping any event brings up all the details.

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

Barrie Kirk

613-592-6672, barrie.kirk@gmx.com

Club Clothing

KNBC has been offering its members club cycling clothing for a few years now. We have had a fair bit of success with our offering of short sleeve jerseys, sleeveless women's jerseys, bike shorts and socks. You might have seen other members on the club rides with club clothing. If not, the artwork below will give you an idea of our clothing's design.

The inventory is running low at the moment and we are thinking of ordering more clothing and potentially different styles.

The table on the next page list a series of items available as custom clothing from Louis Garneau. The pricing is approximate and for information only has we have not requested formal quotations yet.

If you are seriously interested in purchasing an item, please contact me at clothing@knbc.ca to let me know what you would be interested in so that I can assess general interest. Minimum orders for one style are 12 items in any size so we need a certain level of committed interest before we put in an order.

Caroline Delisle




Style: E20112

Space allowed for logo / Marge pour logo

060 Yellow-TDF / jaune-TDF

099 Electric blue / bleu électrique

E20112



The sketch represents approximately a plus medium.
Le dessin représente approximativement la grandeur médium.

CUSTOM TEAM - PERSONNALISÉ	
Developed by:	K076 KNBC A06
Revision 1:	Layout / Montage
Revision 2:	
Revision 3:	
Client:	KNBC
Date:	10 Janvier 06 / Kate Murphy

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STYLE	AVAILABLE IN GENDER SPECIFIC	PRICE FOR MINIMUM ORDER
<i>Performance Series</i>		
Raglan jersey (what we have already)	Yes	\$70
Sleeveless raglan jersey	Yes	\$67.50
Raglan jersey full zip	Yes	\$70
Long sleeve raglan jersey	No	\$90
Jacket	No	\$118
Vest	No	\$95
All the above can be combined in one order for taking advantage of group price with a minimum order of 6 per style instead of 12.		
Shorts	Yes	\$67
Knickers	No	\$81
All the above can be combined in one order for taking advantage of group price with a minimum order of 6 per style instead of 12.		
Bib shorts are available for \$10 more than the regular shorts prices		
<i>Classic Series</i>		
Tour jersey	Yes	\$58
Tour jersey full zip	Yes	\$60
Semi-relax tour jersey	Yes	\$60
Jacket	No	\$90
Vest	No	\$80
All the above can be combined in one order for taking advantage of group price with a minimum order of 6 per style instead of 12.		
Shorts	Yes	\$63
Team short (team colour and logo on sides only, not back)	Yes	\$63
<i>Accessories</i>		
Helmet	Yes	\$155 (\$165 for your name printed on the helmet)
Lycra socks	No	\$22.45
Shoe covers	No	\$36
Gloves	No	\$27
Leg warmers	No	\$44
Arm warmers	No	\$33



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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:

wrightdeb23@yahoo.ca