



## President's Message

Spring 2012

Well, we now have yet another KNBC cycling season truly launched with our annual opening day trek to The Swan in Carp, and several subsequent successful rides including the largest S3 ride I have ever seen with 15 going to Pakenham. I would like to take this opportunity to thank all the volunteer tour leaders, especially those who have stepped up to lead S1 rides. Dave Audette's regular social evenings have continued to be popular with another full house in April.

We have had a couple of queries concerning the length of our rides. The way our system works is that if a tour leader volunteers to lead a tour of x km, that is the tour which will go in the calendar. If you would prefer to see more rides at your level at shorter or longer distances, please volunteer to lead one. Even though we have published our first half schedule, we can add new rides through the medium of Bike Shorts at any time.

At our most recent Executive meeting we reviewed the proposed set of by laws for the Club, and a revised version will be tabled at our meeting in June. The plan is to have a recommended set of by-laws to present to you at the AGM in November. Thanks to Jim Cale, Mary Aaftink and Dave Audette for their work.

We also reviewed a proposal for revised rates of compensation for tour leaders making a scouting trip for a multi-day ride as well as new day rides. While this will have to eventually be approved by the AGM in November, we intend to adopt these new rates once approved by the Executive in June. Thanks here go to Jack Fallis, Jim Cale and Odette Regimbal.

The Club was admirably represented by Stella Val, Nancy Hough, Christine Walton and Susan Monaghan at Bushtukah's annual S.W.E.E.T. ladies'-only event in April. We

will be using the excellent posters etc. which they prepared in upcoming events such as the MEC BikeFest on Mother's Day. As you can see the Club has lots going on. I hope to see many of you on one of our rides this summer. If you have any comments about any of our activities, please do not hesitate to let me know. Also if you have some cycling information which you think might be of interest to the membership at large, please send it to me for inclusion in Bike Shorts. I usually produce it around mid-day on Tues. and send it out that afternoon ([sparling@sympatico.ca](mailto:sparling@sympatico.ca)).

Please cycle safely.

Tim Sparling

---

## May is Bike to Work Month

*For fun, fitness and financial freedom*

**Win great prizes** simply by pledging to bike during the month of May! New this year, participants will be able to log their trips every day! Winners are invited to the Bruce Timmermans Cycling Awards on June 2, 2012 (Marion Dewar Plaza, City Hall).

**Develop skills & confidence at lunch time** with 60-minute hands-on, cycling safety workshops for beginners or intermediates OR great presentations on commuter cycling or bike maintenance and repairs.

**Join 65 other workplaces (representing over 50,000 employees) in promoting safe cycling.** Spread the word with posters, slideshows, videos and emails encouraging people to share the road in a safe and predictable manner. For a free toolkit, email [transport@envirocentre.ca](mailto:transport@envirocentre.ca)

**Learn essential habits through Ottawa specific videos** produced by EnviroCentre at

[biketoworkottawa.com/en/learn/intersections](http://biketoworkottawa.com/en/learn/intersections) . In addition, check out new symbols coming to Ottawa at <http://biketoworkottawa.com/en/learn/symbols>

Live outside the Greenbelt? Join us in Kanata, Barrhaven, or Orleans, at a free presentation open to the public. Small steps can have a significant impact to reduce transportation-related greenhouse gas emissions, road congestion, plus noise and air pollution. Let's get you back on your bike this spring.

To participate in Bike to Work Month and for event details, visit [www.biketoworkottawa.com](http://www.biketoworkottawa.com) and find us on Facebook and Twitter @envirocentre

Brought to you by:



Organized and coordinated by:



Photo by Julia Kilpatrick, The Pembina Institute.



Bike to Work Month participant Kathleen Wilker commuting with her son Jasper. Photo and copyright by EnviroCentre.

Dan Fleming, EnviroCentre



# KNBC NEWS

www.knbc.ca

**the Ride to Turn the Tide**



## **Grassroot Grannies** **3-day bike ride** in support of the **Stephen Lewis Foundation**

**September 5-7, 2012**

Start and finish at Bushtukah ,  
Hazeldean Road, Kanata.

To sponsor a rider  
and/or the team visit  
[www.grassrootgrannies.com](http://www.grassrootgrannies.com)



### From the Editor

Due to a computer virus, this newsletter was later than planned (I had aimed for the first of May - Bike to Work Month). All problems have been resolved and there should be no delays in future. However, we do need material!

If you have any cycling news, views, tips or trips you'd like to share, please submit to: [wrightdeb@bell.net](mailto:wrightdeb@bell.net)

Thank you to all contributors for this edition.