



Spring 2009

President's Message

Dear KNBC members;

What a great start to the season! We have had three weekends of rides and have broken records all over the place; more rides in April than ever before and also the highest attendance on rides - 46 cyclists out on April 25 on two rides which met in Manotick. We are learning all the time about what works and what doesn't, and will use this knowledge to best advantage when planning the second half of the season.

Lots of people have been busy on your behalf since last season, especially people on the executive who have taken on new roles and responsibilities. After leading a well attended Tour Leaders' Course, our new Tour Director, Tom Seniuk, ran the Tour Leaders' Planning meeting and then published the list of tours within a few weeks. Mary Aaftink is our new Membership Director and she has handled about 100 membership applications since February with the same level of efficiency that we have become used to from previous Membership Directors. You may have noticed a few changes in the web-site, primarily the new look of the tour Calendar; that is thanks to Peter Nabein who is our new Webmaster.

Thanks to these executive Members and those returning to continue their responsibilities from last year - Odette as Treasurer, Debbie Wright as Newsletter Director, Christine Walton as OCA Liaison, and Caroline Delisle as secretary and Barb Gibson as Publicity Director. Barrie Kirk and Doug Gilchrist are members-at-large, which means they take on a variety of responsibilities as the need arises. The KNBC is almost like a clean, well oiled bike - running smoothly!

The NCC has also been busy with a new path opened late last fall running east-west from

Woodroffe Avenue to Merivale Road, between the train tracks and Fallowfield Road. It is very nice with a section along the edge of the farmer's fields and then over a little bridge and through some trees and marshy areas. There's a bench where you can sit and watch the birds and a little river. It is well built and raised so it will keep dry and the surface is crushed stone. I have cycled it twice on my road bike and not had any problem with my tires being too narrow. Enjoy.

You are all surprised by now that I have not mentioned "safe". Well, here it is. Cycle safely, everyone, and keep cycling!

Stella Val

Viva la Cuba

Cuba seems to be very popular with cyclists! We have two submissions describing cycling trips to Cuba and both members had a great time ...

Cycling in Cuba

This April we (my wife and I) spent two weeks in an all inclusive resort in Cuba, North of Holguin, at Playa Pesquero. We had been there before with our bikes and had done day trips with friends, so I knew the area. This time I took again my bike with me and cycled everyday until about noon to 1:00 pm when it became hot. It's a wonderful way to get ready for the biking season after the (long) winter. It was 25 to 30+ degrees, often with wind, only a few showers at the end of our stay.

The main road is paved although the pavement can be rough in places. Traffic is very light and consists of horse riders, bicycle riders, horse carts, ox carts, pedestrians, a few motor cycles, a few cars



KNBC NEWS

www.knbc.ca

from the 50's, some new cars (rentals for the tourists), some Cuba buses (trucks with people packed on the rear platform) and real buses (old city buses from Holland) or modern buses for transporting the tourists. The drivers were always courteous and gave me room. There is not much selection of routes as there is basically only one major paved road from Holguin to Banes and Playa Pesquero is located halfway. But the scenery is great and hilly and the roads are generally clean, not like in Mexico where they are littered with debris including broken glass. As they don't have plastic bags in Cuba, the sight of plastic bags caught in the cacti was rare. The side roads are gravel and peter out into single track mountain bike trails after a few km, if you are into that sort of thing. I tried several

(with my comfort hybrid) but had to give up.

The last time I cycled there was 5 years ago and not much has changed. The Cubans are very literate (literacy rate is comparable with Western countries and much above the rest of the other countries in the area), but very poor thanks to the planned economy. It's pathetic to see the empty shelves in their shops. I took a suitcase full of basic medical supply for donation through "notjusttourists" <http://njt-pqt.org/english/view.asp?x=1> to a medico clinico in Rafael Freyre (on my bike rack). If current latest trends continue, Cuba will change and American "civilisation" will take over. So plan your Cuba cycling trip soon. We returned tanned and fit and want to go back.

Martin Podehl





Santa Clara to Havana

I booked my first bike tour in Cuba with McQueen's cycles and got hooked on bike touring. To prepare for my first bike tour I did one hour spin classes each day. As a result I was the tour leader. I spent 12 glorious days in March biking across fields, hills, small towns and splendid countryside.

Cuba is a wonderful country for biking as there are no cars and one need only contend with horses or other bikes. Riding through the little towns enables you to see the life of the average Cuban. The scenery was spectacular and our tour took care of luggage and accommodations, leaving us free to ride the open roads.

While many people complain about the food in Cuba, it is important to remember it is all organic and thus healthier than our own fare here in Canada.

I toured from Santa Clara to Havana, seeing sugar cane fields, rice fields, small villages, and spending a day in Old Havana.

The tour group was only 5 people and as a first time tourer, I was very impressed and would highly recommend it.

If you wish to see the photos of the trip check it out at <http://karine.smugmug.com>

Karine Langley

Susan's Energy Muffins

Sue Monaghan is sharing her great muffin recipe (she found it at Bicyclesource.com, but it is no longer on their website). Here's the recipe...

In a large bowl, add and combine well:

- 1 banana
- 1/4 cup honey
- 1/4 cup light molasses
- 1 cup all-bran cereal
- 1 1/2 cup chopped apple, lightly packed
- 1/4 cup raisins

In a smaller bowl, combine well:

- 1 cup all-purpose flour, unsifted
- 2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup chopped walnuts

Combine wet and dry mixtures and fold together gently until just mixed. Spoon into prepared pan. Bake at 200 C (400 F) for 20 minutes. Remove from pan and cool on rack. Makes 8 large or 12 medium-sized muffins.

P.S. Awesome hot out of the oven with some yogurt. Muffins freeze well too.

Susan Monaghan

Women on Wheels

A colleague of mine, an amazing cyclist and runner, (she just completed the Boston Marathon in 3 hours, 43 minutes and 13 seconds), sent me the following information for women cyclists - some competition for our Wed. night mystery tours!



KNBC NEWS

www.knbc.ca

Women on Wheels (WOW) is an informal group of female cyclists that get together to share their passion for cycling. On Wednesday evenings from May until October, we cycle the 42 km loop in the Gatineau Park. We meet at 6pm (May-August) or earlier (Sept-Oct) in the Gamelin parking lot - located at the entrance to the Gatineau Park. Sign up to be on the email list server at:

<http://sports.groups.yahoo.com/group/Women-on-Wheels/>

WOW is about encouraging women to sweat now and age later! Last year we had a core group of 30 women who regularly came out to ride on Wednesday nights. To keep the groups manageable we will divide into 3-4 groups or packs of women of similar speeds. Those of you who are more experienced riders should help out the newer or less experienced women cyclists in proper group riding technique and etiquette - safety is the most important thing here! After the ride there is the opportunity to rehydrate and refuel at "Le Twist" in Hull. So bring a change of clothes if you plan on hanging out after - otherwise you will get a chill.

The recommendations for riding with this informal group are as follows:

- you need to know how to change a flat;
- you need to ride with a spare tire, pump, full water bottle and a small snack (if needed); and
- you do NOT ride in the pack on tri-bars.

Other than that, you will need a pair of willing legs and lungs that can manage an average pace of 25 km/hour on the flats, a heart and soul that love being taken out for a ride in the beautiful Gats, and a bike with a helmet covered brain :-) NO EXCEPTIONS!

For those of you who have male friends/partners that want to ride, the buddies of women on wheels (BOWOW) group will leave Gamelin a few minutes in front of the fastest women's group.

Elizabeth (Beth) Mansfield
<<http://www.trirudy.com/region/OE/profile.cfm?member=2422>>

beth@peakperformance.ca
<<mailto:beth@peakperformance.ca>>

PowerFuel Sport Nutrition
www.peakperformance.ca

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