



President's Message

Dear KNBC Members,

With 162 members the KNBC is larger than it has ever been. Rides have had more participants, but with multiple tour leaders we are able to keep the groups small and cyclists are able to choose the speed they want to go. On the whole we have had a good spring, with only a few rides washed out by rain. Unfortunately Mary Anne broke her femur on the Wakefield ride in May, and we wish her a speedy recovery. Do be careful, when crossing railroad tracks, that you cross at right angles to the track.

We try to accommodate all of our riders and are interested in how we are doing. Anyone with any negative or positive comments are encouraged to send them to me by e-mail so that we can make any necessary adjustments to our rides. We do know already that some people would like a short course in cycling safety and procedures - watch out for more information on this in an upcoming Bike Shorts. Tom and the tour leaders are busy preparing the information for the rides for the second half of the season. We are lucky to have so many dedicated volunteers. Thanks to everyone.

Cycling is for fun, so let's not forget to enjoy the ride - the exercise, camaraderie, the fresh air and the scenery. Keep looking out for each other, and cycle safely.

Stella Val

KNBC Stats

We continue to grow! As of today ...

- Total Number of Members: 162
- Last year's Total: 141
- Number of Females: 89
- Number of Males: 73
- Number of Renewals: 98
- Number of New Members: 64

Just Waiting for You!

Red and white one year old eclipse road bike with carbon forks and campagnolo components. Would fit a man or woman approximately 5'4" - 5'7". Lots of pep in this bike. Asking \$1,000. Let's talk.

Call Nancy at 613-592-3167.

Those Dreaded Hills

Over the years, I have mused over folks' reactions when they see an uphill in the distance. I have seen the look of fear, apprehension, awe, dismay, and down right defeat. Quite often, if there is a dip between you and the hill, it seems longer, higher and steeper - this is partly an optical illusion. Here are some tips from a fellow cyclist who, like some of you experienced all of the above emotions!

The Don'ts

- Don't be frightened, a hill is only a time commitment;
- Don't rush to the hill or try to get a "head of steam" on; as when you get to the hill or part way up, you will run out of "gas". (No need to rush, as I have yet to see a hill move - it will still be there when you arrive!);
- Don't attack the hill, as it will attack back and win! While we all want exercise, don't beat yourself up as when energy is expended, it takes time to regain and during this time you will pay;
- Don't "push the big gears" to get 'er over with - this will suck the energy out of you in jig time;
- Don't wait until you are part way up to gear down to a lower gear - this could either throw the chain off, or put pressure your power chain (you will hear the grinding).



The Do's

- Learn to maintain the same pedal rotation speed (cadence), and just adjust the gearing for flat, uphill or downhill cycling;
- Gear down to a lower gear, by a series of shifts as you approach the hill, that way you will be in the right gear, already “spinning”, and able to gear lower, if needed, without losing your Mo;
- Think of the hill as only a time commitment and part of the overall ride experience;
- Turn your brain off (screen-saver?) and go to your “happy place”. Think pleasant thoughts and about how lucky you are being out on your bike and how tens of thousands would love to be in your place!
- Stay within your comfort zone - if you have difficulty in talking (breathing) you are pushing - gear further down and go slower!
- Pedaling at 65 to 75% of your maximum heart rate is in the “fat burning zone” - that’s where you are - think about the cookies / muffins / ice cream & treats that you are “earning”!
- Be smart - don’t over do it. I have often stated “I have never seen a hill I couldn’t walk!!”
- Remember, when one goes up - one usually goes down - Joy!!

(For pedaling into the wind, treat it like a hill, gear down, don’t push it, reduce speed, tuck in behind the biggest cyclist, go to your happy place and “do the time”!)

submitted by: Jim Cale
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Bob White, Pres. NS Ramblers

NCC Bike Share Program

Ottawa-Gatineau is conducting a feasibility

study on establishing a bike share system in the Heart of the Capital Region. This trial run is concentrated in the downtown core, with two stations in Ottawa and two in Gatineau, all located near bike paths connecting major attractions and popular destinations.

Quick facts

50 bikes

4 stations: near the Château Laurier, in the ByWard Market, at the Canadian Museum of Civilization (across from the Maison du Citoyen) and in Vieux Hull. The stations will also be available at special events throughout the summer.

Available 7 am to 10 pm, seven days a week, from June until mid-September

For short trips

The bike share system was created for short trips: usage fees encourage frequent use for periods of 30 minutes or less. To get rolling, you first have to acquire a 24-hour access to use the service. For every trip, the first 30 minutes are always free!

All prices indicated include taxes:

24 hour access	\$3.00
1 st 30 minutes	Free
2 nd 30 minutes	+ \$1.50
3 rd 30 minutes	+ \$3.00
4 th and any subsequent 30-minute periods	+ \$6.00

The NCC encourages everyone to try this out: “Whether you need to get somewhere downtown or just want to satisfy your curiosity, give it a try!”

Watch the NCC website for further details:
<http://www.canadascapital.gc.ca>



The Ottawa Citizen, May 9, 2009

Of Bumblebees, Hail, Rain and Gale Force Winds

Sunday, May 31st, Peter Nabein, Dave Audette, Tim Sparling, Mesfin Mirotschie and Nancy Hough headed out from the Town Centre full of optimism for a great day - destination: Merrickville. Oh, sure, it was a tad windy and the weather man promised maybe 1-3 mm of rain, but what the heck, we're tough, right?

The wind pummelled us from the moment we turned onto Katimavik Road and all the way down Fernbank, but along parts of Dwyer Hill Road, we were flying! Can't say it warmed up though; that would be a lie. Thirty km into the ride none of us could detect any feeling in our right foot. Then the snow pellets hit and the rain and cold persisted. We slid into Merrickville and cafe Brewed Awakenings just in time to avoid a major rain/wind/snow pellet/hail storm.

After lunch Dave dumped the snow pellets out of his helmet before we headed out onto River Road. After a few km it was obvious that Mesfin was in trouble - hasn't that guy heard of the benefits of body fat?? The two of us approached a house and the B&B owner kindly gave Mesfin a HUGE green garbage bag which fit very fetchingly over his cycling clothes - picture his slim legs, absolutely ballooning green garbage

bag around his middle, his yellow tires, yellow shirt peeping out, and his yellow gloves - you got it: we were cycling with a giant BUMBLEBEE! But Mesfin's survival was guaranteed.

On CR5 on the way into Stittsville, gale force winds and snow pellets hit with full force; we stopped cycling and struggled into a farmer's yard to seek some refuge. By now we had no feeling in hands or feet. We started up slowly in order to let the ice melt off our tires before hitting the road for the last push into Kanata.

This entire experience presented no problems to this soggy but intrepid "famous five". It was great training for the guys who were all doing Rideau Lakes the next week, and well, I did not do Rideau Lakes but I just say I'm in training "FOR LIFE". What fun! Nothing that a hot shower couldn't fix.

Nancy Hough

NCC Tips for Cycling on the Capital Pathway

Did you know that the maximum recommended speed for the pathway is: 20 kilometres/hour? These tips were taken from the NCC website.

Share the Path

Over the past decade, the number of pathway users (including pedestrians, joggers, cyclists, in-line skaters and mobility-impaired people) has increased sharply. The following rules help keep the pathways safe and fun for everyone.

All pathway users:

- Keep to the right.
- Check behind and ahead of you before moving across the pathway or turning.



- Move completely off the pathway when stopping.
- Keep domestic animals on a leash and clean up after them.

Cyclists and in-line skaters:

- Yield to pedestrians at all times.
- Travel at a safe speed (recommended maximum speed: 20 kilometres/hour). The pathways are for recreational use; to ensure the safety and enjoyment of everyone, faster cyclists are encouraged to use other more-suitable routes.
- Pass only on the left, after first making sure that the lane is clear ahead and behind.
- Sound your bell or call out a warning before passing.
- Travel in single file.
- In-line skaters: use of poles is prohibited.

Here are some tips to make the most of your outing on the Capital Pathway:

- Cyclists: wear a bicycle helmet.
- In-line skaters: use wrist guards and elbow, knee and head protection. Watch out for cracks in the asphalt.
- Familiarize yourself with the Capital Pathway and know your route.
- Stay on the designated recreational pathways and avoid isolated areas.
- Tell others where you are going.
- Carry a cell phone or whistle.
- Call 911 immediately if you suspect you or someone else is in danger.
- Report any other unsafe conditions to

- the NCC by calling 613-239-5353.

Free Bikes for Tourists

Fairmont Hotels & Resorts has teamed with German automaker BMW to provide free use of cruise bikes and some child-sized bikes at its properties across Canada. The company says the BMW bikes - which have unusually shaped frames - will offer a smooth ride on both busy urban streets and scenic trails. Several bikes will be available at each hotel on a first-come first-served basis.

The Ottawa Citizen, May 9, 2009



Photo: Burritts Rapids Lock, May 2009
Submitted by: John Reilly

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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