



April, 2004

From the President

The weather is getting warmer, the birds are returning and devouring the seed in our bird feeder, my bike has just had its Spring tune-up at Kunstadt Sports, and I'm looking forward to the club's first ride on April 18!

Over the winter, there have been a number of things that kept us busy. We had a successful and well-attended AGM in November. (I'm sure we would have had just as good a turnout even if the pizza was not free!) Many thanks to Dennis Langevin for organizing the location and food.

Fourty club members enjoyed the Winter Social at the Kanata Lakes Golf and Country Club. The dinner was wonderful and was followed by a presentation of great bike rides in Southern Ontario and France by Brooke and Rosie Keneford and Gerry Thompson and Susan Philips. Many thanks to all of them and also to Christine Walton and Maureen Edwards for their help with the social.

Stella has been her usual busy and efficient self and has planned the tours for the first part of the season. There are a lot of great rides there to suit a wide range of tastes; check the web site for details.

Don McIntosh has formed a Promotion Committee and they have all been hard at work developing strategies to attract new members. And Penny Estabrooks has been equally busy updating the web site.

Finally, there are some important changes in the club this year - please see the separate article *Insurance, Fees and Waivers*.

Have a wonderful and safe biking season.

Barrie Kirk

Touring with the Kanata-Nepean Bicycle Club

The sun was already bright on a Sunday morning in July as I loaded my bike into the car and drove to my first tour with the Kanata-Nepean Bicycle club. As a new member I was nervous when I saw a dozen people with their bikes ready as I pulled into the parking lot in Ashton. Although I'd cycled to work for years, I had never cycled regularly with a group or been a member of a bicycle club. After introductions to the tour leader, Odette, we were off.

A pleasant leisurely drive on pastoral back roads afforded plenty of time to chat with the other riders along the way. I learned that some rarely rode a bike before joining while others have toured across Canada. The members tended to be over 40 but some were in their 30's. There was a considerate, caring attitude in the club, the tour leader and other members kept an eye out for each other and were willing to help if you had problem or waited if you had to stop for a nature break.

The route seemed to have been carefully chosen to avoid roads with a lot of car traffic. The quiet drive was almost therapeutic, with only the sounds of pedalling and our own conversation. At one point we saw a fawn trying to run on the road. Its hooves on the pavement made it skate more than run. It saw us and, not knowing what to make of a dozen people on bicycles, jumped into a cornfield disappearing quickly.

Soon we arrived at the Balderson Cheese factory for an ice cream cone and washroom break. Afterwards we headed to Perth and lunch in the park. Some of us ran to nearby restaurants for takeout; others had packed a lunch. The unhurried lunch break provided plenty of time to socialize. Members were an even mix of men and



women, with varying occupations. A friendly policeman on a bicycle stopped by the park to chat. He seemed out-of-place doing his patrol on bicycle in Perth and seemed eager to talk to other cyclists. Afterwards we headed back to our cars in Ashton by a different route making the tour an 85 kilometre loop. The enjoyable riding and pleasant company had made the day go by quickly. I knew I would want to ride with the club again.

David Audette

What's New on the Web Site?

Check out the 2004 Tour Schedule; tours begin on April 18th with a ride to Carp.

Also see highlights of our overnight tours to Bay of Quinte in June, Prescott in July and two tours in September to Calabogie and Allumette Island.

Once you join, you will receive our Brouchure and an Ontario Cycling Association Club Membership Card for the 2004 season.

A couple of new web site items include:

- Commercial bike tours (under links), and
- Want ads - free advertising for club members who wish to buy or sell items.

Visit the web site at www.knbc.ca

News from your City of Ottawa Roads and Cycling Advisory Committee Rep.

NCC Forum on Safety

Last fall the National Capital Commission (NCC) held a Forum on Safety attended by

community groups, volunteer patrols, police services, the City of Ottawa and the City of Gatineau among others. Concerns that were voiced during the Forum include:

- the need for better signage and mileage markers on the NCC pathways;
- the need for a Pathway Patrol System in the Eastern sectors of the NCC paths as well as in the west;
- the need for the establishment of a formal system of communication between the NCC and the Ottawa Police to ensure that the paths are monitored more securely when needed;
- the need for placement of information booths in all parking lots along the pathways where people can obtain information on bike routes, safety tips, access to cell phones, and to connect with emergency services.

A Second Forum on Safety will be held on October 7 at 5:30. A press conference is being held earlier that day to announce an action plan for Capital Pathway Safety Improvements, in conjunction with the cities of Ottawa and Gatineau.

Stella Val

Bicycle Parking

At the Folk Festival last August secure bicycle parking was offered to those attending the festival. Cyclists were able to have their bicycle in the secure parking area, in exchange for a claim ticket and voluntary donation. When returning with the claim ticket, the bicycle was located and returned to the owner by an attendant. Volunteers from Citizens for Safe Cycling and Pathway Patrol manned the bicycle parking area throughout the festival. Cyclists could leave their belongings on their bikes to avoid carrying them around, or take the bicycle in and out if leaving the area for supper, etc. Many users commented on the great service and we



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hope to see more bicycle parking at festivals this year.

Stella Val

Insurance, Fees and Waivers

There have been some important changes in KNBC for the 2004 season.

First, KNBC has decided that we should have liability insurance. To do this, we are re-joining the Ontario Cycling Association (OCA). (We also investigated the option of buying insurance directly from an insurance company, but could not find an insurance company that would give us a quote). The insurance costs about \$18 per person per year (it varies depending on the number of members).

Because of the cost of the insurance, the club's fees have gone up. They are now \$35 per person and \$30 for each additional family member. The increase is unfortunate, but as someone mentioned at the AGM, the cost of the liability insurance for the season is little more than the cost of a lunch.

The insurance policy requires that everybody on a KNBC ride **must** be a club member. Please ensure that you complete the application package and give everything to Ronald Simard or the Tour Leader before your first ride of the season.

Unfortunately, because every rider must be a member of the club, we have had to cancel the "first ride free" policy for new members.

Another change is that we now have to use the OCA insurance waivers instead of our own. There are two separate waivers and they are more comprehensive than the one waiver that KNBC used to use. These

waivers are important, so I am asking that every existing and new member please complete and sign both of them when you fill out the club's application form.

You can download the entire membership application package from www.knbc.ca and then click on "Membership Form". (You will need one copy of each waiver per person.)

If you have any questions on these changes, please send an e-mail to bkirk@globisdata.ca or phone me at 271-1657 (office) or 592-6672 (home).

Barrie Kirk

Where do you Ride?

KNBC now has 5 graduates from the CAN-BIKE II advanced biking course: Dennis Langevin, Susan Monaghan, Stella Val, Christine Walton, and myself. We have decided to share some of the knowledge we have gained by taking turns writing an article for the club newsletter. This first article is on "Where do you ride?"

The Highway Traffic Act (HTA) in Ontario states that cyclists should ride as far to the right *as practical* (not as far *as possible* - an important distinction). Generally, this means leaving 1 metre between yourself and the curb or a parked car. The HTA also allows you to occupy any part of a lane when your safety warrants it. Each cyclist has to decide where to ride in the lane, based on the traffic, road conditions and lane width.

Statistics show that most car/bike collisions happen at intersections where a vehicle is turning or crossing. A key danger for cyclists is being cut off on corners. For safety's sake, a cyclist should stay behind a vehicle turning at an intersection. Never position yourself on the right of a vehicle



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that is turning right, or on the left of a vehicle that is turning left.

Never be shy about “taking the lane”, i.e. occupying the centre of a lane at an intersection to prevent a motorist from coming alongside and possibly cutting you off. This strategy is non-intuitive and many cyclists may feel this is aggressive. But always remember: your main responsibility is to yourself - behave in a way that ensures your safety. By acting clearly and decisively, you alleviate much of the uncertainty a motorist feels on encountering a cyclist, and this is being courteous to the motorist.

For the same reason, when you approach an intersection, always move into the appropriate lane for where you want to be when you clear the intersection, exactly as any other vehicle would. This is called *Destination positioning*.

Safe cycling!

Barrie Kirk

Wanted: Drafting Marshals!

From the OCA:

Triathlon Ontario has once again approached us to supply them with drafting marshals for the larger triathlons they sanction around the province. The drafting marshals will be instructed by OAT and the organizer regarding the exact duties. As far as I understand it, you basically get paid to ride your bike and ensure the triathlete competitors follow the rules of the race.

Each person who works the event will get paid an honorarium TBD. I know it's tough to make any money riding your bike - but here is a way for your club members to earn a little extra money doing something they will be doing anyway.

If you are interested, please forward all names and contact information to me and I will forward on to the appropriate authorities at OAT.

Hope you're enjoying the spring like weather!

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Cycling Trivia

Did you know that cyclists in Ontario cannot be charged with speeding? The Highway Traffic Act of Ontario classifies a bike as a vehicle and most sections of the Act apply. But the section of the Act on speeding specifically refers to *motor vehicles*, and it has been proven in court that while a bike is a vehicle, it is not a motor vehicle.

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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