



VELO NOTES

Kingston Velo Club

For the love of cycling

March 2017

President's Notes

Hello KVC Cyclists,

I would like to welcome all of you, both old and new members alike, to KVC Cycle Season 2017. This year we will be celebrating [Canada's 150th](#) anniversary and the KVC's 45th season. The club is getting ready to launch a season of excellent rides for every level. The board members are excited and working to make it the best season yet.

Our stellar Tour Director, Rosemary Lysaght, is adding new rides and events almost daily to the KVC calendar. This is the first edition of our 2017 cycling season and the KVC Velo Notes (VN) our club newsletter. The VN is returning after a season of absence to bring you the latest activities and news.



Wayne Bower our master Webmaster has revised our whole website. The site now enjoys greater security, and smart phone compatibility. More importantly, we are now able to manage our website. Thanks, Wayne for the great job. KVC can now be found at: KingstonVeloClub.ca. We ask that you please update your contacts and favourites list. Keep your eyes on our website for new features that just might make your ride a better experience.

We are excited to have Gord and Marilyn Smith, who have volunteered to be the editors of the new VN. They have been active in every aspect of the KVC contributing their time, energy, and ideas to the club. We're very fortunate to have them and happy they have taken on the arduous task of looking after the KVC Velo Notes. I ask that you support Gord and Marilyn by [contributing](#) articles, photos of the club events you participated in or any interesting cycling news, ideas, or humour that you might have. It is our newsletter, it needs our support.

They say that one of the harbingers of spring is the return of the robins. For many cyclists, we believe spring has arrived in Kingston when Public Works comes out with their street sweepers to remove the winter grit from our city roads. Good news, I saw my first sweeper on Friday the 10th so spring is here, albeit a cold one. Let's get riding, and I hope to see you soon.

For the Love of Cycling,

Bob Lamothe, President
The Kingston Velo Club

Planning Meeting Yields Big Ideas for the 2017 Season

Got big ideas and goals for the upcoming cycling season? Apparently lots of KVC members do! Close to 20 members showed up for the annual KVC tour planning meeting, and others sent in ideas by phone and email. In the end, the schedule was populated with a healthy array of weekday, weekend, and multi-day tours, along with a few non-cycling clinics and social events. A few highlights include:

- A **Heritage Ride** series that will celebrate Canada 150. Riders will receive a passport that they can have stamped for each of 4 rides (one each month from May – August) that feature some aspect of Canada's vibrant history. Riders who complete the series will be eligible for our grand prize draw!
- A **new ride series on Wednesday mornings** will welcome beginning cyclists to low-demand and high fun club activities. Riders will start in Kingston at the new urban endpoint of the K&P trail in Doug Fluhrer Park, and will do out-and-back rides at their own pace and distance. The ride ends with an optional coffee stop at a downtown establishment. The K&P will also be the site of another new bi-weekly series of training rides, organized by Andy Pesz.
- An **overnight cycle and wine tour to Prince Edward County** on June 3rd will celebrate national Bike Travel Weekend
- Like orchids? The ride from Perth to Purdon Conservation Area on June 29th will blow you away! This "jewel of the Lanark highlands" supports Canada's largest native colony of showy lady slipper orchids, with over 10,000 orchids that bloom each year from mid-June to early July.
- A **2 – 3 night "hub-n-spoke"** mid-week tour of trails cycle trails criss-crossing Quebec's Eastern Townships is in the works, likely to occur sometime in August
- Finally, the **annual weeklong event will be a tour of the Muskoka Lake district** from July 29th to August 5th. Put it in your calendar and plan to sign up early – number of riders will be limited to 20.



This is just a taste of what the new season has to offer. Beyond the new rides for this we have lots of returning favourites, like Smell the Lilacs, Bring Your Buddy, Amherst Island, Thriller Hills, Lake of the Mountain, The Longest Day ride and of course, the Limestone Century on September 10th. Keep an eye on the [KVC calendar](#) – new rides are being added almost daily. And importantly – if you have a ride you want to offer, even if you will be a first time leader, there's still lots of room for more. [Email](#) or call Rosemary at 613-548-3514.

See you on the road!
Rosemary Lysaght

Barbra Pusch's Trip to Cuba



I recently spent 10 sunny days cycling in Cuba. The trip was arranged by the 'Freewheelers', a cycling club in St. Catherine's. Friends, members of that club, invited me to come along. 18 of us met at Pearson airport to take a 6AM flight. We were given the option of taking bikes provided by 'Bikes for Cuba' - used ones in good condition, delivered boxed at the airport, to be left in Cuba at the end of our stay. Only four of us opted to take our own bikes. Not wanting to drive to Toronto in the middle of winter, and in the middle of the night, I booked door-to-door transportation for me and my unwieldy bike box with Ontario Coachways, sharing a van with other people heading south. And while the driver had to contend with snow and sleet and icy roads, we were snug and carefree and mostly slept.

Checking the bikes through customs was traumatic. An anxious female, with an undecipherable accent, had us taking our tied down

bike parts out of their boxes to scan them because she mistakenly thought the boxes wouldn't fit on the conveyer belt. To repack the boxes was neither easy nor quick! Coming home, the boxes were just loaded with our other luggage, without having earned a second glance from the customs officers.

We stayed in a beach resort in Guardalavaca, on the N/E coast of the province of Holguin, for the length of our stay, going on bike trips in the mornings ,enjoying ocean and beach life in the afternoons, a perfect balance I thought.



The dirt roads we had to take to get to the medical clinics, a farm, and the historical sites we visited were character- building for me and my road bike with 23mm tires; uneven, big and small potholes, mud puddles, big and small stones embedded in the dirt - It was a challenge!

In the clinics and on the farm, even on the paved main road I felt as if I had traveled back in time 100 years or more. But the medical care is said to be excellent, includes dentistry and drugs and is free. The coffee and the snacks we were offered on the farm were delicious, even if grown and processed by archaic tools and methods.

Bariay, the site where Columbus is said to have landed in 1492, is now a national park. To celebrate the 500th anniversary of the landing, a monument was built in 1992 representing the meeting

of the two cultures, European and Cuba's Taino. The guide told us that the site is not a popular tourist attraction - the big tour buses do not stop there. We found it very interesting and went there twice.

The single paved road -only trip that we did, took us to Banes, not far from our resort, roughly 70 K return, but it was very hilly in general, plus we had to climb a 17 % grade, a short section of a 3km long hill, hard work in 35 degree heat.

I tried to pick apart the politics of 'Fidelism', but not speaking Spanish, only heard our guide's version or that of the few English - speaking guides at the tourist sites. Have spent much time online looking for answers to my questions since returning and learning about the tragic colonial history of Cuba.



Maggie Cowtan and Jeremy MacLaverty's trip to New Zealand



So what have we learned after 5 plus weeks in New Zealand? (2 and change still to come)

English vowels (as known in Canada) are totally interchangeable with each other in the mouth of a NZer.

A bike trail that would be classed Intermediate level + in Ontario is a Very easy/beginner in NZ – ie. Your average 6 year old can do it without gears....

“Rolling or flat terrain” translates as granny gears and both front and back brakes in constant use...

All bikers are friendly, helpful and know someone who can help you out with anything you need in the next town...

Unless you want to spend a lot of time in near panic mode, (narrow, winding roads, endless hills with hairpin turns and no shoulders...) leave the road bike at home and stay off the main roads. Instead, travel light and rent mountain bikes to use



on the absolutely incredible network of bike trails – NZ has spent millions on both long and shorter trails which are everywhere, and take you to places only reached by bike or Foot!

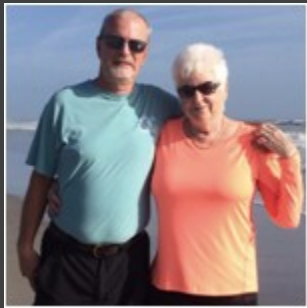
Save your pennies and dollars and put New Zealand high on your bucket list. It is not a cheap place (even when travelling down market) but it is a magnificent, biker friendly place, truly rewarding you with a new vista and experiences at every turn.

Jerseys

If you're interested in a club jersey, send an [e-mail to Robert](#) to see if one in your size is still available. Only \$65 for members (\$80 for non-members).

2017 Membership

Membership registrations are now being accepted for the 2017 cycling season. Please go to the [Membership](#) page to get details of the benefits of being a member of the Kingston Velo Club. You can either complete a [paper application form](#) or register [online](#).



Editors note

In the corporate world they say that people are promoted to one level above which they are competent. Your editor is there!!!! [Suggestions and comments welcome.](#)

Gordon and Marilyn Smith



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