



Kingston Velo Club

Velo Notes- June 2017

Presidents Message - Bob Lamothe

Hi all,



I hope that you are in good health and getting some fun rides in. The weather has not been the greatest, but in Canada you take what you get and pedal on. Bravo to the faithful Road Riders.

It is already the 1st of June and that means it is “Cycle Kingston Week” so let’s get out and show our Jerseys, wave the flag. On the 7th of June KVC is hosting the Roll In Breakfast on the corner of Princess and Barrie St at the Metro parking lot. We need lots of volunteers so let us get out and help with this fun event. Check the timings on the KVC calendar and help

support your club.

On the 10th of June, the City of Kingston will celebrate the Grand Opening of the newest and arguably the greatest bike path in Kingston - the K&P Urban Extension. We need all available KVC members to come out to act as KVC ambassadors for this event. It is going to be an awesome event so check the KVC Calendar out for the 10th of June for details and then join us there.

We understand the weather hasn’t been the greatest but it is what it is and our ride numbers are down but lets turnover a new leaf for June and get out and get riding. The June Calendar is full of great events. It is your Club so use it to its fullest.

For the Love of Cycling,

Bob Lamothe

President

Easy ride.... Wednesday AM Fresh Air Ride
see the website

Celebrate Cycling Week in Kingston

Rosemary Lysaught & Hal Cain

Hal Cain (Kingston Cycling Week Coordinator) & Rosemary Lysaught (KVC Tour Director)



Cycling Week in Kingston is a celebration of bicycles and all things cycling! Organized by Cycle Kingston, this year's Cycling Week in Kingston runs from June 4th - 10th. All are invited to participate in one or more of the many activities. A few of the events and activities happening during Cycling Week:

- Cycling Week & Commuter Challenge Kick-Off on Monday the 5th (11:30 a.m. to 1:30 p.m.) with greetings from the Mayor at 12:15, live music, and other activities
- Commuter Challenge (Sunday though Saturday) - go online to register for the Commuter Challenge, www.kflaph.ca/en/healthy-living/Commuter-Challenge.aspx
- Roll-in-Breakfast (RIB) Monday-Friday, 7:30 a.m.-9:30 a.m.
 - Mon: Portsmouth Olympic Harbour Park (King Street West at Yonge Street)
 - Tues: Queen's Campus - Union St & University Ave
 - **Wed: Princess St & Barrie St. - organized and staffed by KVC!!**
 - Thurs: Johnson Street at Sydenham Street
 - Fri: Market Square
- Commuter Challenge - Ride the K&P Trail with MP Mark Gerretsen on Friday (progressive start times beginning at Unity Road 7 a.m., Sydenham Road, 7:35 a.m., Binnington Court, 7:45 a.m., Belle Park, 8:10 a.m) ending at Market Square
- Celebrate the completion of the K&P Trail on Saturday (11 a.m. to 4 p.m.) - Ribbon Cutting at 11 a.m. Douglas Fluhrer Park, K&P Ballad sung by Roger James, and other activities. **Ride with KVC from 2 - 4 PM on the trail as part of this event!**

Throughout the week there will be a full slate of Kingston Velo Club rides. The week will kick off with our popular *Brunch in Bath* ride (Easy & Moderate options), followed by our regular array of weekday rides. On June 10 (the final Saturday of Cycling Week) we will host the annual *Bring Your Buddy* ride to Howe Island. This is a great opportunity to introduce friends to cycling and the Velo Club. We are particularly hopeful that we can attract new riders to the Wednesday morning K&P trail ride. If you are available to come out and mentor new riders, that would be great. KVC will also be hosting a ride on the K&P on Saturday afternoon as part of the grand opening event (see above). Details of all rides are posted on our website calendar.

KVC is also hosting two off-bike events during Cycling Week. The first is a travelogue of New Zealand cycling presented by KVC members Maggie Cowtan and Jeremy McLaverty on Monday evening (6:30 - 9) at the RCHA Club at 193 Ontario Street. The 2nd event is the roll in breakfast KVC will host on Wednesday morning. We are in need of members to greet riders and serve up light breakfast fare. If you can help - contact Jeremy McLaverty (jmac3608@gmail.com). Even if you can't be there that morning, but could help with soliciting donations or transporting goods, Jeremy would love to hear from you.

Let's help promote cycling and KVC during this special week! More Cycling Week events and updates can be found at www.cyclekingston.ca/cycling-week-2017. You can also help promote

Cycling Week in Kingston with social media, email, etc. The hash-tag for Kingston's Cycling Week is #CyclingWeek2017YGK. Time to celebrate one of the greatest of all inventions, the bicycle!!!

Taiwan Round-Island Cycle Trip

Robert Tolley

For decades, a cycle manufacturing country, in the last few years Taiwan has set itself up also as a cycling destination. In 2012, it laid out the round-island cycle route no.1, about 1000 km long, clearly signposted, mostly using hard shoulders, some dedicated cycle routes and some dedicated cycle lanes. A network of alternative and side routes has since been developed. Taiwan is also a very safe and friendly country, although bicycle theft is common. On the cycle routes, the frequent police stations double as bicycle rest stops, with tools, pumps and safe water refill stations available. (Tap water has to be boiled). Ubiquitous convenience stores such as 7/11 are also invaluable for coffee, food, ATMs and toilets.



International flights land in Taipei, a good place to get oriented. It has over 100km of scenic cycle paths along its 3 major rivers and is a cosmopolitan city where you can get by with English.

Originally, I planned to join one of Giant Cycle Company's organized tours, but they were fully booked at the time that I was going. (the 10-day tour is on their international website under travel). So with the aid of a smartphone and detailed maps from a tourist office, I planned my own trip. The maps were in Chinese, but using a small scale English map to determine the city names and road numbers, they could be followed. I also had the advantage of 6 years of working in Taiwan and having picked up some basic Mandarin. Giant rents touring bicycles, conveniently near many train stations. (Bicycles may be taken on commuter trains by advance booking).

The trip went very well with beautiful vistas, temples, fishing ports, small towns, rice fields etc. Also had many challenges on some sections, dense traffic, typhoon-like winds, some

narrow shoulders with heavy trucks, heavy rain and

mountains. Accommodation was quite easy and cheap to find in small hotels and BnB's, mostly by using sites like hotels.com and google maps to locate them. The following is my personal itinerary, partly on the more scenic coastal routes and partly on cycle route no. 1.



I travelled counter-clockwise with a following wind down the west coast for the first 3 days, generally on the coastal route of hwy 61, but detouring to cycle paths along the coast as I found them.

Day 1 was from Taipei thru Bali to Hsinchu with lunch at Yongan fishing port, total 108km.

Day 2 was on to Shalu, near the port of Taichong, 108km, stopping at Tongxiao fishing port for lunch.

Day 3 an exploration of Gaomei conservation area, then cycled on to the historic town of Lugang, 63km.

Day 4 I went inland from Lugang and followed #1 hwy to Chiayi, crossing the Tropic of Capricorn, then on past Tainan,



the historic old capital to Kaohsiung the next day. The paved shoulders are good, it being part of cycle route no 1. However,

around Tainan, the traffic is very congested and cycling was not pleasant. It may have been better to follow the coast to the southern port city of Kaohsiung.

Day 6, I followed cycle route no 1 on highways 17, 1 & 26 to Chechung. Good shoulders and a very enjoyable scenic route.

Day 7 was mostly coastal route round southern tip through the beach resort town of Kending and on to the hot spring town of Xuhai. Good roads, but horrendous east wind from Pacific. Had to walk

several km along the SE coast where the wind would have pushed cyclists into the traffic. Shoulders were narrower, but traffic was light and very scenic.



Day 8 was a climb inland on #199 to Shouka, the high point at 500m, then down back to coast and on to Junlin hot springs area on #9 hwy. The shoulders were wider after getting to coast on #9 hwy.

Day 9 I reached Taidong and took a rest day. Taidong is the main city in the SE and an interesting tourist destination with a 20km cycle path around it and ferries to the popular Green and Orchid Islands.

Day 11, I followed #9 hwy on the quiet and scenic East rift valley route, due to the stronger winds on the West coast route (#11 hwy). There were good shoulders all the way to Hualien, which is at approximately the mid-point on the East coast. Hualien is famous for the nearby Taroko marble gorge and I took a day off from cycling to hike one of the trails along it.

After Hualien, it is necessary to take the train further up the coast to Suao, since heavy trucks and a narrow winding road between the mountains and the sea make cycling too dangerous. I then cycled 30km on to Fulong on good hard shoulders.

From Fulong, cycle route no 1 goes inland to the NE port city of Keelung. However, I took the scenic NE coast route, but it does have narrow shoulders and heavy truck traffic in many sections.

So, I completed 1150 km in my round-Island trip in 11 cycling days and ended in Keelung. Keelung is just 30km east of Taipei with a good cycle route along the Keelung river for most of the way, but torrential rain led me to chicken out and take the train back to Taipei. I did the trip in November, summers are too hot and Jan to March can be cold and wet in the North.

If have any questions, my email address is rtolley@theiet.org

Robert Tolley



Breaking News... YOU ONLY NEED TO EXERCISE 1 (yes thats right,) ONE MINUTE PER DAY!

<http://www.cbc.ca/radio/quirks/one-minute-of-exercise-fukushima-robots-fail-dna-stores-everything-but-the-kitchen-sink-1.4019376/one-minute-of-exercise-a-day-can-keep-you-healthy-1.4019412>

From the 'Dark Side' of Bicycling

John Perreault



I indicate 'dark side' in the title of this article, as many of you keen 'lifelong' cyclist who may follow the competitive side of the sport are aware the only style (configuration) of bicycle that is sanctioned for most competitions is the universally know 'diamond frame' (DF) type. The Union Cycliste Internationale banned recumbent bicycles in competition in the early 1930's due to an unfair speed advantage during track racing. The reality of close proximity riding in professional team bicycle sport makes the 'bent' bike dangerous for such activity.

As a lifelong but not particularly athletic nor competitive cyclist, I found about six years ago that I had developed some not 'particularly uncomfortable' spinal stenosis in my upper spine. I was counselled to limit my cycling to 'short' jaunts and reconsider touring or other 'lengthy' rides.

Over my half century of commuting, some touring and club riding, I'd moved between having road, mountain and hybrid commuter DF bikes.

I have a friend Dave Barton who has been riding recumbent bikes starting in the 1980's and had tried his second one about 15 years ago. I can recall how 'comfortable' and relaxing it was to be on Dave's 'bent' once I was underway. As I started to consider acquiring my own recumbent Dave kindly shared his expertise and allowed me to tryout his current bike for a moderate tour around the residential part of western Kingston.

In my last decade commuting, I noticed a long wheel base, 'chopper style' - 'lowracer' recumbent bike parked in one of the bike racks where I worked at RMC. I considered that such a bike might allow me to enjoy relaxing longer bike rides free of the pressure on my neck, shoulders, arms, wrists and hands.

It wasn't long after I began my search for a recumbent bike, I participated in a Saturday of Bike Week, KVC 'beginner' ride on Wolf Is., lead by Paul Taenzer, a dedicated 'bent' bike rider. Paul shared his enjoyment of riding a recumbent, indicating that when holidaying he would take his bike, including trips abroad. While interested, I did not pursue his offer to get me into a 'bent' bike. I later met on another KVC ride, a 'recumbent beginner' who Paul aided in finding a bike.

I had been aware recumbent bikes come in a variety of configurations. They run the gambit from 'easy' 'beginner's' near 'crank forward' bikes, long wheel base bikes and trikes, 'lowracers', to 'highracers' where the rider is fully reclined with 70cm wheels the front being driven. They are classified into different categories; bikes and trikes, by position of wheels, relative length of wheelbase, and steering location, under or over the seat. It seemed to me that when it came to two wheels, that on average the seating position of a 'bent' had become more reclined and further off the ground over the past couple of decades. There are many articles discussing the merits of the various configurations of recumbent bikes.

Over the years a few Kingston bicycle shops have offered a few recumbent bikes such as models from Questzal and Giant but soon discontinued selling them due to lack of sales. The only bicycle shop in the area that keeps any 'bent' bikes is the Bloomfield Bicycle Company (BBC) in Prince Edward County. A couple of years ago in the summer, I tried all the different styles of recumbent bikes that were available at the BBC, to try and determine what type I might like and got a sense of a configuration that I felt most comfortable on. The owner of BBC, Katy, indicated to me recently that they currently have four different models for sale on consignment and offer new trikes by 'Terratrike'.

I started my 'regular use' of a recumbent bike by getting a used Schwinn stationary exercise recumbent bicycle to keep in shape in the 'winter' season.

About three years ago while reading a magazine on the train from New York City to Syracuse, I came across an ad for a unique bicycle shop, located south of Rochester, west of Corning. The 'Bicycleman' in Alfred Station specializes in tandems, trikes and recumbent bikes. They have an open invitation to customers to come and ride any or all of the bikes they sell for an afternoon or even a few days to find the type of bike they felt most comfortable with. So on a beautiful, Indian summer afternoon in 2015, I did just that.

I was guided by one of the store staff through a selection of configurations starting with a starter, 'exaggerated crank forward' type. After trying about four progressively more reclined models of short and long wheelbase with more conventional 'over the seat steering' (OSS), I somewhat apprehensively decided to try one with 'under the seat



steering' (USS). Once underway I felt like I had 'arrived'! It was/is so familiar in riding position to my stationary exercise bike, and so pleasant and relaxing to be on, like I am 'just taking in the sights of wherever', without any strain or pressure on my hands, arms, shoulders or neck. I knew this is what I had to get!

I tried a long (LWB - steering tube ahead of the bottom bracket) and short wheel base (SWB - front wheel under the knees) and found the SWB most to my liking.

I didn't feel any pressure to purchase 'there and then' but felt that with patience that my economizing self, might come across a previously enjoyed one over the winter. I later came to the realization that I should have bought it!

It was not until the following early spring that I came across one somewhat similar to the one I had most enjoyed. It was more reclined and with a shorter wheelbase. In my haste to 'snap it up' as the price seemed very affordable, I forgot a bicycle pump to permit a test ride prior to purchase, so I purchased it in the hope that it would work for me. Following some maintenance and fitting the bike to me, I struggled with it for a month. I embarrassed myself several times on the Wednesday evening club rides by falling off the bike when starting out from a stop! After my wife observed me riding it for the first time,



she commented that I was trading my shoulder and spinal / neck extension problem from riding a 'DF' (especially when prone using an 'aero bar'), for a neck flexion problem!

So I decided I would exchange my 'new to me' recumbent and buy the one I wanted. It's been almost a year now that I've had the bike and have enjoy rides in the rural area occasionally with the club. Early last fall I managed my 1st century on it as part of the 2016 (1st annual) Discover Lennox & Addington County bicycle ride, lead by KVC's Tour Director, Rosemary Lysaght, and our 'famous veloist', her husband, Hal Cain. I rode to Mackinnon Brother's Craft Brewery farm to join in a fabulous afternoon of bicycle touring including points of interest, cuisine and drink, with over 250 participants!

I felt guilty in my last Wednesday night club ride a few weeks ago hoping to catch up as I thought I'd left after just about everyone else, when I somehow unintentionally got ahead of the group and waited for about five minutes for fellow KVC members to arrive at the end. Honestly, I followed the route. I'm not aware of taking any short cuts..... So much for not racing and being sociable! I promise that I will be more courteous while sharing my 'bent' bike riding enjoyment my next time out!



Easy Ride..Bring your Buddy, June 10

K&P Urban Extension



Opening June 10, KVC will be there and hosing a ride at 2PM. Check KVC Ride Calendar on the website for details.

Have your say....Kingston Active Transportation Plan

.....and our City is helping cyclists through its Active Transportation Plan currently under development. Initial consultations were held last fall and members from the club attended. Its called "Walk n Roll". A second round of consultations is scheduled for Wednesday June 7. KVC will be there!!!! come and participate with us.....



<https://www.cityofkingston.ca/city-hall/strategies-studies-plans/walk-roll-kingston>

Classifieds!!!!

(this is a trial section of your newsletter, what do you think of the idea??)

Ladies Cannondale road bike 50". Gently used, less than 5,000 km, upgraded bars and saddle. Comes with odometer and two new tubes. Tires are almost new. Asking \$1000.00 or reasonable offer. Contact Sheila at 613 389 1641



The Editors Thoughts...

We have a great cycling group in the Kingston Velo Club. Our rides are second to none in terms of interests, variety, comradeship, and safety. The rides are what our club is all about, nothing else - we exist for that purpose.

As of this date, our paid membership is about 90, very respectable considering the size of our community and other biking and non biking opportunities in our wonderful area. Having said all that, I always enjoy having a goodly number (whatever that is) on a ride to chat with, share a meal, learn from, help fix flats and all that stuff! Bikers are truly awesome people, and a ride with lots of folks to share experiences are always more fun.

The Lake on the Mountain ride last weekend was an excellent example, about 10 riders but we would have welcomed many more. Some were slow, some were fast, some took the shorter route, others the longer, but we all had fun, shared experiences, enjoyed great food (not to mention other forms of hydration which seem to double the distance back!).

Now that its June, and hopefully the cool damp weather is behind us, get the bike oiled up and the body moving. See you out there on your ride soon! Fun, exercise, fresh air and friends await!



For comments, suggestions and communications contact Gordon Smith, newsletter editor at gsmith69@gmail.com

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