



Kingston Velo Club

Velo Notes- April 2017

Presidents Message - Bob Lamothe



Hi all you cyclists,

Well, it is hard to believe that another summer has passing us by! Where did it all go? It started out wet but finished in a blaze of heat and now colour. We've had some great rides including a very successful "Limestone Century" and the KGH Lifecycle Charity Ride that many KVC members rode in or supported. Bravo to all who rode or helped with these worthy events. Both events were to raise money to support Kingston Charities.

Even with the approach of autumn there are still a few rides available between now and when the "S" word falls. Get out and ride on all of them as it will be awhile before spring trips recommence. We are fortunate to have had such terrific warm weather for September and hopefully it will continue on well through October.

October is also one of the most important times for the KVC, it is time for our Annual General Meeting (AGM). The AGM for this year is scheduled for the 22nd of October at the Glen Lawrence Golf and Country Club located on Highway 2 east of Kingston. Watch the website and your email for more details.

The AGM is the chance for you to decide what you want your club to do for you and where you may like to see new adventures. Participating in the elections will allow you to choose the best people to fill vacancies on the board. And we do have vacancies should you be interested in putting your name toward.

The club is only as good as the members who volunteer to help it get better. It is therefore very important that you are involved in the volunteering and or the selection of good board members.

Other than the love of cycling there are no real qualifications to become a Board Director, so please get involved.

The AGM is not all just boring stuff, it's mostly about having:

- 3 levels of short rides,
- Socializing with old and new friends,
- Eating and quaffing beverages, and generally socializing

On behalf of all your Board of Directors and myself, we want to thank you for riding with us this season. We are hoping to see you at the 1hour long AGM voting to keep your club strong.

[For the Love of Cycling,](#)

Bob Lamothe, President

RD Lamothe

President, Kingston Velo Club

Have a say in your Club

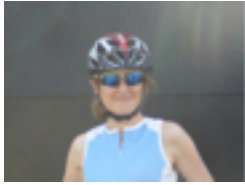
Elect Officers

Make it Better.

**10 AM - NOON - Short Rides for all
Levels**

Noon - Meeting & Social Event

**Attend the Annual General Meeting, October 22, Glen
Lawrence Golf and Country Club. 10 am-2pm**



Ride Director Notes - Rosemary Lysaght

KVC Picnic

The KVC Picnic was held this year for the first time at Rotary Park near Lemoine Point. Three different rides brought together 19 members, who later enjoyed the grilling expertise of chefs Bob (Prez) Lamothe and Hal (Tex)

Cain. Many thanks to all who participated in the rides, contributed salads and other treats, and joined in the lively games and conversation"



Weeklong Tour 2017 - Cottage Country on Wheels

Sun. Shining Lakes. Humidity. Thunderstorms. TORNADOS. Bugs. That pretty much describes Ontario's cottage country in late July / early August. Now superimpose a cycle tour 11 cyclists strong. That was the KVC Weeklong Tour 2017. Oh, and breweries. Lots of breweries.

This being the year for a remote start, the tour started in Bowmanville on Saturday, July 29th. Our itinerary took us through Peterborough, Fenelon Falls, Orillia, Barrie, Alliston, and Uxbridge. If that sounds like something out of Cottage Life, it very well could have been. Lots of beautiful vistas, plenty of cottagers everywhere, visits to some Trent-Severn locks along the way, Kawartha Ice Cream at every turn, and some nice campsites.



If last year we had rider attrition along the way (Montréal, to be exact), this year was kind of the opposite. Everyone stayed with the tour until the final day, when all but two abandoned the tour. You may have heard about tornados passing through cottage country about that time? That was the day, and as fate would have it, that the distances back to the start (Bowmanville) and to the planned destination for that Friday night (Pickering) were about the same. Most riders decided it was best to cut out that final day - especially since we could not confirm our camping site. Robert & Margaret, the only two who stayed in motels at each stop, were the valiant two who collected all possible kilometers for Weeklong 2017. Bravo!

The highlights and low lights:

- Our first day's ride to Peterborough was a challenging one, full of steep climbs and an afternoon headwind. We were happy to be greeted at our downtown campground by former KVC member Marilyn Freeman, who escorted us along local downtown trails to a patio dinner at The Only Cafe.
- In comparison, Day2 was a breeze - mostly on a trail, and ending at the beautiful lock-side park in Fenelon Falls. The campers enjoyed a beautiful evening, dining at the campsite el fresco.

- We had two days in Orillia - and for those familiar with the *Sunshine Sketches of a Little Town* by Stephen Leacock - the little town is little no more! Orillia seems much bigger than its 31,000 population would suggest, and the downtown is fed by a network of bike trails. Lying between Lake Simcoe and Lake Couchiching, there is water all around, and several beaches. An unexpected highlight of the visit was the ½ price appetizer night at Studebakers, where many appies and drinks went down. Our group enjoyed a number of activities over the two days, including beaching, kayaking, looking at historic sites, shopping and - of course - cycling (day ride option up to Coldwater). The 6 km trail ride from the campground to town assured that we did not get lazy during our stay.
- Thunderstorms started to pop up by Day 5. We had a wonderful ride to Barrie, and a great patio lunch and tour at The Flying Monkey Brew Pub. Our stay was extended by a heavy downpour that (conveniently) came through while we were in the pub. Several of us sought shelter in barns and porches as we rode to Alliston later that day, and on our ride to Uxbridge the next.
- Uxbridge highs - visit to the Second Wedge Brewery; campsite in lovely Elgin Park; dinner at the Wixan's Bridge Pub and Restaurant. Uxbridge lows - massive thunderstorms just as most of us were getting to town; nighttime visits to said campground by local kids, including golf ball attacks on one tent (don't ask).
- Final rides back to the start (whether over two days or one) from Uxbridge were beautiful - but again punctuated with severe weather. Margaret & Robert were almost part of a tornado as they proceeded to Pickering that Friday evening. It was wonderful on the return to Bowmanville to celebrate with lunch at a local eatery and to reflect on the excellent routes we had covered.

Don't miss the weeklong fun next year - destined to be a Kingston start. Check in with ride organization Hal Cain for details: veloist360@gmail.com.

Limestone Century



The 11th annual Limestone Century went off without a hitch on Sunday, September 10 under sunny skies and low winds. With a record 37 registrants, including 6 from outside of the Kingston region, the ride continues to grow. Riders were ably supported by 13 great volunteers, many of them KVC members. This year's ride featured three new and improved routes -



incorporating suggestions from previous years' participants. New chipping seal on some roads aside, the route changes were well received and all enjoyed a great day. Nice riders took on the 100 mile distance, some for the first time. Congratulations to all riders!



SOCIAL MEDIA UPDATE #Cloud - Erica Frank

Although the temps are starting to decrease-the club's social media posts won't! Follow us on Facebook (Kingston Velo Club) and Twitter @KingstonVelo (Instagram coming this winter) for the latest announcements & updates. Think of Facebook as our club's central virtual meeting place or 'agora' if you will. Don't be shy to post anything you feel your fellow club members may find interesting. The net is wide-essentially anything relevant to cycling.

Facebook is also a great place to find people to pedal with you. If you have an urge to take advantage of a nice day in October or November for example (yes-those could happen) on any given day and don't want to ride alone-feel free to put a "shout-out" to anyone who may be interested in joining you. Remember it's a space for all members to engage!

Also-If you enjoy passing on cycling articles, useful information/stuff, events etc.. via Facebook and they happen to be relevant to popular-themed hashtags, feel free to have fun and use the themes. They are great for joining in on conversations and increasing engagement. Hashtags are to social media what keywords are to searches. Some of the most common (and my favorite): #Motivation Monday, #TravelTuesday, #WisdomWednesday, #ThrowBackThursday, #FridayFeeling. See you in the cloud! 😊 Cheers, Erica

1000 Islands Gran Fondo -



Four club members and our guest attended the Thousand Islands Gran Fondo. Unofficial registration was 140-150 riders. Proud Velo Club members led from the Start Line...but were overtaken by the 40'somethings within 10 feet!!! only to be seen again at the BBQ following the event!!! Surprising number of out of town folks, one guy had driven all the way from

Sarnia because of the appeal of the 1000 Islands area. Also notable was the presence of good numbers of hybrid bikes who did the 70 and 90 km rides. One group of approx 15 was from Coburg. A BBQ and coincidentally, the Canada 150 airshow, followed the ride.

LifeCycle -

A new event on the Kingston Cycling scene, the LifeCycle was held on Wolfe Island. Organized by University Hospitals Kingston Foundation. Four members from KVC rode the event and raised whopping \$4500 for Kingston area hospitals. Barbara Pusch was registered and fundraising for



the event, but was unfortunately injured in a collision with a truck. While in Emergency at KGH the doctor working on her asked why she was out cycling, and after hearing her story, volunteered as her "surrogate" rider on LifeCycle! A big thank you to Dr Damon Dagnone....who proudly wore a KVC Jersey!!

Our Club raised almost 1/4 of all funds on the event, and Barbara was #2 fundraiser, an excellent result, recovering from accident for the two weeks prior to the ride! Aside from the riders, four members volunteered at the KVC operated SAG station.

Boat and Barge - Holland July 2017 - Marilyn & Gordon Smith

Left Kingston on a June afternoon by VIA rail into Toronto. Took another train from that station to the airport. Perfect connections. Flight was about 7 hours but actually arrived about a half hour earlier. Not too soon for me - flying is inconvenient and very boring from my perspective!!

Took a shuttle to our hotel - the driver was a hoot! He drove in mega/pouring rain & in mega/normal traffic. As well, he informed us each time he decided to do something totally illegal - like turning down a streetcar lane to save some time - fortunately, for all of us, we had no unfortunate encounters with a double tram!!!!



People were everywhere, as were, more bikes than all of us together have even imagined.

There were bikes leaning against almost anything - all had huge locks on them to prevent what we were told was the city's biggest theft market.

Cannot forget to mention the streetcars, busses, vans and transfer trucks. Did I mention the tour buses, bike cabs/pedicabs, the occasional horse teams pulling a Hanson cab that looked as though it could have been featured in a Sherlock Holmes film - yes, I know - wrong country - it just reminded me of that!!

It will suffice to say that, although, there are bike lanes - a lot of dedicated bike lanes - separate from vehicle traffic and from pedestrian traffic - one does take one's life into the proverbial 'hands' to mistakenly wander over into the dedicated bike lanes which are also used by scooters. They give no quarter to pedestrians - we quickly learned to avoid that lane!!

Our hotel - the Lloyd's - was almost on the waterfront and was originally a major part of the early shipping business. Now a listed monument, it was built in 1921 by architect, Evert Breman. It features works of international artists along with a restored hotel and an eclectic dining experience.

Taking a tour via boat on Amsterdam's many canals provided a good look at this busy city which has such a captivating and continuing story. The history and architecture of this fascinating, active metropolis seems unending from the story of Rembrandt, the Anne Frank story to modern day. We followed that tour with one on a double decker bus which we always do in a new city. Again, a different look at the evolving story of this bustling biker mecca.

We boarded our boat - which was home for the next week - to find a five star dining experience and nice cabin. There is no regulation in Holland regarding bike helmets. No one seems to use them!!! Upon enquiring about helmets being available for the rides - 'we may have some spares!' Opppps!

So began our look at biking here in the Netherlands.

Typical Day on the Bike. Breakfast and picking up bikes. Well, that was a surprise! A front brake only - you had to pedal backwards for back brake - you do recall how to do that, of course!! The gears were minimal - not as many as



you may be accustomed to having. The seats were not the narrow slim ones but were surprisingly comfortable. Handlebars were much like the horns on a Texas steer. I think you get the picture! Once again - helmets are not 'obligatory' - but we had the 'spare' ones. There was this tiny addition on the head strap that cushioned it - beautiful idea!

Holland is flat and has incredible bike paths. All encountered were paved or top sealed in some manner. We biked alongside cattle, horses, sheep and goats. The moats had ducks, herons, geese - a number of water birds. The little feathered families were picturesque. We were serenaded by wonderful bird songs. One could look up and see windmills - some still operating. We were told that, at one time, there were 10,000 but, alas, only about 100 still operating. They were used to grind grain into flour, grind raw elements to create paints and colourants, etc.

A Visit to Zaanse Schans- the 'open air museum' - allowed us to see typical green wooden Zaanse houses -all had tile roofs. The windmills in operation

allowed the visitor to have an understanding of the enormous role played by these wind-driven machines.

Back to the end of the ride into Zanadam where there are several chocolate factories - think about the fragrant odours you would encounter! As well there are processing plants which press peanuts into peanut oil here. Another turn bring us to find our home- the Angela Esmee - at our new dock!

Showers were needed, followed by another fine meal and briefings for tomorrow! Did I mention that there was beer and wine????

A typical day on boat. After breakfast, the bikers headed out to explore more of the countryside. I remained on board and enjoyed our sea voyage through locks, under raised bridges and by wonderful houses and flowers. We passed under 25 such bridges in our journey. We were told that when one is late for work , the usual excuse is - 'the bridge was up'!

At each raised bridge, there were many bikers as well as vehicles. The city of Amsterdam has 1.2 million people and 1.3 million bicycles. We were told that they begin training the children by taking them on the adult bikes very early. The little ones sit on a small seat in front of the parent and appear totally comfortable with hands on the handlebars. The adults ride with their umbrellas open in the rain, carry groceries, flowers, large packs in what looks like a milk crate. All the bikes have chain guards as they are used all year round and it prevents splashing from the roads.

In the afternoon, we had a short city tour. Explanations of the cheese exchange/market where farmers would arrive with cheese for sale to the highest bidder, the fish market, the ornate city hall and a cathedral which was once Roman Catholic but became Protestant when Philip 11 of Spain was defeated. All the statues were removed when the conversions were done.

The seven days passed quickly with explorations of different areas of northern Holland each day. The villages were filled with flowers and the countryside was lush with plants and animals. One could not sense the boat moving to a new spot at night so it was very restful. Great trip...would repeat anytime!

.....and something new and different

Recipes for Bikers - simple sports drinks and snacks

Carrot Peanut Butter Wrap....easy to make, easy to transport, healthy, filling, colourful, conversation piece. Prep time 60 seconds! great for bike lunch.

Spread thick layer peanut butter on the centre of a 6 inch wrap. Quarter a carrot lengthwise, place pieces of carrot along in the centre of the wrap with the round sections against each other to create space so the peanut butter can squeeze between the sections of carrot. This is important, otherwise the peanut butter will ooze out of your wrap! Fold as with any wrap, cover in Saran and enjoy!

This recipe courtesy of Dawn DeCoursey, my biking friend in Fredericton NB.

Bite sized bike snacks....great for carrying in bar bag, can leave in bar bag between bike rides, all natural, great energy, convenient to use, caution... your friends will like these too so make a double batch! Prep time 1/2 hour, makes enough for a month of riding if you don't share with others!

Chop up a whole bunch of dates (no pits) into 1/4 inch pieces or smaller. I use a butcher knife and rock it on the cutting board to protect fingers. chop up other dried fruits to add colour and variety, suggestions dried apricot, dried mango, almonds, walnut, peanuts, whatever...chop it all together until a dry sticky gob, then add peanut butter to soften, until it becomes the consistency of a chocolate macaroon fresh from the oven, then flatten out on waxed paper to about 3/4 inch. Place in fridge overnight, cut to bite size pieces the next day and package in waxed paper to fit in your bar bag.

Classifieds:

Nearly new pair of white ladies cycling shoes with SPD clips, size 9 for cheap resale. They were given to me by a non club member. For information they could email me: rlysaght@sympatico.ca.

The Editors Opinion...



...at Thanksgiving....I am very thankful for the many influences that have shaped my life. Thankful for a supportive wife, good health, resources to do simple things in life....and thankful for the experiences that have taught me so many things about life. In my younger years, my bicycle took me to places that were beyond my reach by foot, fishing holes, visits to friend's farms, swimming pools, and the homes of friends. After a hiatus of 45 years, I find myself on a bike again...creating wonderful experiences, beautiful memories, toning the body, and enjoying wonderful friends. The bike is my friend too! Thank you Kingston Velo Club, for the great rides, the friends, the fun and for the opportunity serve as your Velo Notes Editor for 2017. Sincerely Gordon.

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