

Spokelore

The Greater Nanaimo Cycling Coalition
A member of The B.C. Cycling Coalition

*Happy New
Year!
(and Let's do Some
Winter Riding)*



Next Meeting

Wednesday, February 16th at 7:00 pm, Activity Room One, Bowen Park

We will be discussing the direction of the GNCC in the New Year and we need our members' input! It will also be a good time to renew your membership, plan some Chain Gang Rides and catch up with everyone's holiday stories. New Members most Welcome! Speaker TBA

Time to Renew Your Membership for 2005!

2004 AGM Annual Report

John C Van Beek, Co-Chair

After last year's AGM the Board of Directors consisted of Jim Jirby, Signy Parkin, Graham Shuttleworth, John Van Beek, Bob Goerzen, James Young and Jennifer Wong.

Bob Goerzen held the position of Secretary and Graham treasurer. Bob, James and Jennifer left the Board early in 2004.

During the summer Russ Thompson and Jeremy Stewart agreed to join the Board.

Also at the last AGM, due to our difficult financial situation, it was decided that the membership dues be raised to \$12 – student/senior/low income, \$24 – individual, \$36 – household and \$80 per corporate member.

In November and December the Board attempted to streamline our way of going about our business, through some workshops of the Business Plan Working Group organized by former president Jim Alix and Lyse Godbout. In the end we all learned from the exercise but for our small group it is just not feasible to follow the plan. It would

be an ideal plan for a large group like the Greater Victoria Cycling Coalition who have 800 members as opposed to the GNCC with its 70 members.

Also it was not fully endorsed by some of those involved.

Data Base Manager Don Oliver resigned his post in March 04.

Keith Brown took on that task besides being our Web Master. Keith redesigned our

Website just beautifully and I am sure most of you are familiar with it.

Debby Keith is now running the Chaingang Program, since Bob left.

Gay Cunningham, our Spokelore Publisher wants very much for somebody else to take on that task as she is just too busy with her business. The GVCC has 6 issues per year for its newsletter, maybe that might be the way to go for us in the future.

Early in the year Tom Hocking offered "spinning classes". There were 9 participants and what also helped our membership drive was that anyone could participate provided he or she became a member. It culminated in everyone participating in either the Randonneurs or the Populaire Ride which took place in March. Following this Sunday ride the GNCC hosted the BCCC AGM in the "Clubhouse" at Bowen Park with many local members

attending as well as delegates from Victoria and Vancouver.

Also early on in the year, we were fortunate to attain the services of Tony MacGregor who became our Bike Week Coordinator and a Bike Week Committee was struck soon afterwards. Bike Week ran from Monday, May 31 to Sunday June 6 and was fully reported on in Tony's Report. It was through Tony's background in PR work and Journalism that a lot of publicity was generated, his ability to collar and engage municipal and regional governing bodies as well numerous elected officials all contributed to the success that it turned out to be. City Councillor Ron Cantelon agreed to act as the Honorary Bike Week Chairman during this period.

Nanaimo took first place in the Canada-wide Commuter Challenge by a wide margin amongst cities of similar size. Forty-three schools took part in it.

At the General Meeting of May 19, the Coalition chose to honor 12 members of the Nanaimo Cycling Community for their varying contributions to the cause. They were:

Tom Hocking, Yvonne Macpherson, Jim Alix, Taryn Langford, Barbara Hourston, David Grey, Dorothy and Bob Simpson, Bill Monaghan, Nanaimo Mountain Biking Club, Keith Brown, Gay Cunningham and Don Oliver.

Another boost for cycling in this community was Taryn Langford passing her Can Bike 2 Instructor course and subsequently putting on her first class through the CB 2 Course two weeks before the start of Bike Week.

The coalition rented office space from the City at the Community Services Building downtown for over a year but had to give it up because it was just too costly and underused. We owe a debt of



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Unit 130, #34-1150 N. Terminal Ave. Nanaimo, BC V9S 5L6

phone: (250) 722-7320

emails: info@thegncc.org

membership@thegncc.org

spokelore@thegncc.org

web: www.thegncc.org

The purpose of the GNCC is to promote and improve conditions for cycling in the Nanaimo area, by:

- providing a unified voice for all cycling interests in the area
- operating as a citizens' advocacy group in cycling-related matters
- promoting more cycle-friendly roads and recreational riding opportunities

GNCC Board of Directors

Dave Beer, Barbara Henoch, Jim Kirby, Tony MacGregor, Graham Shuttleworth, Russ Thomson

Questions regarding content or advertising may be directed to the publisher, Gay Cunningham, at the above address.

If you would like to contribute to *SpokeLore*, please call Gay Cunningham at 722-7320, or email "guardian@myexcel.ca".

Views expressed in SpokeLore are not necessarily those of the GNCC.



**GREATER NANAIMO
CYCLING
COALITION**
Hub City's Cycling Advocates!

2004 AGM Annual Report

gratitude to Jim Kirby for his willingness to house all our stuff, which includes 3 bike trailers available for rent. The board meetings were held at the office, but are now being held at the Volunteer Bureau's Boardroom.

We are fortunate in Nanaimo that we have such a good relationship with the City Parks and Recreation Department. Our trailsystem continues to be extended, just the other day a new branch to the E&N trail was opened. How to get cyclists from the E & N Trail into the town centre in a better way continues to be an area of concern.

New ownership of the E&N is imminent, will they now be willing to carry our bikes on a more logical schedule remains a big question and an area where we will have to make our wishes known when the time comes. How far into the future is the connection with the Galloping Goose Trail is also a very valid question., now that the Central Valley Greenway from Vancouver eastward is being constructed. What about reconstruction of the Kinsol Trestle south of Duncan. The Board recently wrote Premier Campbell about that very question. There are many challenges ahead for us.

Cycling in Canada is coming of age.

Sipping a Mojito under a palm tree would feel great just about now...

For those of you that were fortunate enough to catch Tom Robertson's fabulous slideshow showcasing his cycling tours to Cuba, he would like to let you know that he will be running a tour to April 4th to 18th. He's been to Cuba about 52 times in the last decade and knows that country well. The tours look first class - support vehicles, great hotels, lots of fun. Contact him at:

Advantage Associated Travel, Courtenay, B.C. V9N 8V7

Tel: 250-334-8529 Toll Free: 800-856-4777 Fax: 250-334-8539

Email: tom@cuba1tours.com Web: www.cuba1tours.com



Thanks to our Board Members, old and new!

Many Thanks to our previous Board members, in particular John Van Beek who did an awesome job of essentially chairing the GNCC the last two years. We certainly could not have done it without you, John. A big thanks to Graham Shuttleworth for keeping our books in order and Jim Kirby for everything he's done....

Your 2005 Board of Directors

Now a big round of applause and welcome goes to our new members of the board: Tony MacGregor, Dave Beer, and Barbara Henoch. Russ Thomson, Graham Shuttleworth, and Jim Kirby return for another year.

Let's all try to help out the new board this year in their quest to make the GNCC the best it can be.

Y E S! I WANNABEE part of the GNCC!

Your contribution will help us (and you) take a pro-active approach to creating a more hospitable cycling environment in Nanaimo.

As a member, you will get:

SpokeLore newsletter five times a year.

Find out what's going on and who's involved.

Better cycling facilities.

Get involved or support those who are working to make our region more cyclist-friendly.

Rates, per Calendar Year

\$24 Individual

\$12 Student/Senior/Low Income

\$36 Household (all members must have the same address)

\$80 Corporate Member (please name corporation & designated voting member on this form)

Employee of a Corporate Member receives a 10% discount from the normal rate.

Make cheque or money order payable to the Greater Nanaimo Cycling Coalition and mail to:

GNCC Membership
Unit 130, #34-1150 N. Terminal Ave.
Nanaimo, BC V9S 5L6

Name(s) _____

Address _____

City _____ Postal _____

Phone _____

email: _____

Please check one:

New _____ Renewal _____

Amount Enclosed \$ _____

Interested in Volunteering?

Please check your interests below.

- ___ Deliver SpokeLore by bike (9 times/year)
- ___ Contribute to SpokeLore (articles, photos, artwork, editing/layout)
- ___ Help with a GNCC special event
- ___ Provide a talk, demo, or display at a GNCC meeting
- ___ Lead road or trail rides with Chain Gang
- ___ Join a specific committee

Chain Gang Ride Schedule

Rides are always happening! Visit our ride calendar at: www.calsnet.net/GNCC for updated information. We are always on the lookout for new rides and people to lead them.

Everybody is Welcome, from beginners to hardcore randonneurs.

Here's an article a little overdue but better late than never!

CAN-BIKE Level Two course May 14-16 2004

Taryn Langford

On a warm lightly overcast weekend six GNCC members became the newest Can-Bike 2 Graduates. Congratulations to (pictured with certificates):

Gay Cunningham
Bruce Markstrom
Susan Moynihan

Allan Kreller
Michael Moynihan
Tanya Vandermolen

The course began Friday evening in the generously donated classroom at the Nanaimo Youth Services Building at the foot of the Bastion bridge downtown. It was a good location for a course focused on defensive cycling skills in traffic. Participants learned about traffic principles, and correct lane positioning. Everyone had an opportunity to mock up some of Nanaimo's craziest intersections (5 way stops, double turn lanes, blind corners) using toy models. Also, helmet laws and correct fit were discussed.

Saturday morning began in the classroom again reviewing the information from Friday night and introducing accident statistics, and group riding etiquette. In the parking lot participants had an opportunity to work through a pre-trip safety inspection. In groups of three, the participants took turns fitting each other's bikes for the optimal ergonomic set ups. Many saddles were raised and handlebar angles changed. The group then learned about quick response handling maneuvers using an empty parking lot. The day ended with a short ride around the narrow downtown streets to practice group riding and traffic skills.

Sunday was a full day tour. We began with a brief talk on gearing, efficiency on the bike, nutrition, and clothing. Riders then took to the streets for the day tour

Continued on page 5



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Can Bike II con't.

to Ladysmith, which also doubled as the practical exam. Thank you to Keith Brown, and Bob Goerzen for assisting with this ride.

Participants were able to put into practice their skills both in town, on highways, and country roads. Once arriving at Transfer Beach in was time to practice flat tire repair. Allan's slow leak hung on until then to provide a great teachable moment. There was a review session, followed by the 40 question

written exam. A minimum of 70% is required to pass the course, and a minimum of 80% is required to move onto the instructors level. All 6 participants passed the course with flying colours. Well done! As a new instructor (March 2004) it was wonderful to have such a keen group of cyclists to work with.

Some of the feedback included:

"just what I needed"

"I'd recommend it to anyone wanting to ride safely & confidently around town"

"lots of time to practice skills on the road"

"I will now be able to make better decisions about cycling"

Future Nanaimo CAN BIKE course will be run through City of Nanaimo Parks, Recreation and Culture.



Program Description

The nationally standardized CAN BIKE courses are designed to equip participants with the skills and knowledge to handle themselves safely, defensively, and enjoyably on the road. The courses were developed by the Canadian Cycling Association specifically targeted at recreational and/or utilitarian, adult cyclists. Courses are offered in partnership with the Greater Nanaimo Cycling Coalition under certified CAN BIKE instructors. Participants in both courses must arrive with their bicycle in good working order. Under BC law, helmets are mandatory.

CAN-BIKE I (Basic)

This is a 12 hour introductory course for cyclists who usually ride on residential streets or bike paths. You will learn street survival skills and build confidence in low traffic roadways. You must be able to ride a bike. The course includes practical tips and strategies that will help keep you and your bike going safely and enjoyably on the road. It's perfect for cyclists who need a cycling refresher, or a confidence boost. Emphasis is placed on avoiding common and serious hazards for cyclists, proper lane positioning, and negotiating with other traffic. You will also learn the quickest way to fix a flat, how to make your bike more comfortable to ride, nutrition basics, proper cycling equipment, handling skills, collision avoidance techniques, and riding on residential streets and minor arterial roads.

CAN-BIKE II (Advanced)

CAN-BIKE 2 is an 18 hour advanced course in defensive cycling for commuters and experienced recreational cyclists who already ride in traffic. This course includes classroom and outdoor riding. CAN-BIKE 1 is not a pre-requisite for CAN-BIKE 2. Topics include bike fit, road side repairs, basic maintenance inspection, traffic principles, lane positioning, proper cycling equipment, group riding, efficient cycling, nutrition, collision avoidance techniques, and negotiating multi-lane roadways, intersections, and merge and diverge lanes. This course is often required for bicycle police, bike security patrol officers, ride leaders, and other employees using bicycles on the job. Participants are required to pass both an on road skills test and a written exam.



Kinsol Trestle Udate

Here is the the response we recieved in regards to the Kinsol Trestle issue in October, followed by the letter we composed and sent for the GNCC.

From: Office of the Premier PREM:EX

To: 'debby keith'

Thank you for your email regarding the Kinsol Trestle over the Koksilah River near Shawnigan Lake. We appreciate your interest in this unique trestle, as it is not only a key link in the Cowichan Valley Rail Trail, but it is the largest wooden rail bridge in the British Commonwealth.

The Honourable Stephen Owen, Minister of Western Economic Diversification and Minister of State (Sport), and I announced on August 27, 2004, that the province and community partners would invest \$4.2 million to launch the new Spirit of 2010 Trail network.

As part of this initiative, the Cowichan Valley Rail Trail from Lake Cowichan to Shawnigan Lake will be upgraded. In addition, the Cowichan Valley Regional District is actively involved in pursuing funds specifically for the reconstruction of the Kinsol Trestle. Through funding made available by Western Economic Development Canada, the Regional District is completing a two-phase study.

They have recently completed phase one, which is a detailed structural analysis of the trestle. Phase two will begin shortly, which will examine the economic benefits of reconstructing this National landmark.

I encourage you to contact Brian Farquhar, Parks Manager, Cowichan Valley Regional District at (250) 745-2530, if you have any further questions. He has indicated he would be happy to answer them for you. In addition, you may wish to access our website www.spiritof2010trail.ca which will give you more information on the Cowichan Valley Rail Trail.

Again, thank you for your interest in this trestle.

From: debby keith

To: premier@gov.bc.ca

Re:Restore the Kinsol Trestle on Vancouver Island

We have an excellent opportunity at this time to develop Vancouver Island's recreational tourism, rail trails, and historical trestles. This type of tourism is especially valuable in that it has a low impact on the environment, reduces rather than increases vehicle traffic on the roads, yet brings in tourist dollars and highlights our region for the rest of the world.

On Vancouver Island we have extensive former rail lines that are being developed into trails. We also have the Kinsol Trestle, one of the highest and longest wooden railway trestles in the world. The 83-year-old trestle is 70 meters high, 300 meters long, and spans the Koksilah River valley near Shawnigan Lake. Built as part of the rail line that served the King Solomon mine, it was decommissioned in 1979. A study in 1999 found that the trestle was still in relatively good shape, and with a bit of work could be put back into use. The old rail line leading to this historic trestle has become a vital part of the Trans Canada Trail, the recreational corridor designed to link Canada from sea to sea. With the trestle off limits as it currently is, cyclists and hikers have a difficult if not impossible crossing at this point in the trail.

While money is being spent on trail improvements between Shawnigan Lake and Lake Cowichan, no money is being spent on the Kinsol trestle itself. A \$13.5-million fund, with 90 per cent of the money coming from the federal government, has been set up to pay for the reconstruction of the famed Myra Canyon trestles near Kelowna that were destroyed by wildfires in 2003. We are pleased with the Myra Canyon work, it shows that government recognizes the tourism and historic value of old rail trestles. The Kinsol trestle on Vancouver Island is more significant than any of the Myra Canyon ones and could bring much attention and tourism dollars to the Vancouver Island region. We would like to see this important trestle, the Kinsol trestle, restored as well.

Thank you for your attention, and for your recognition of this most worthwhile project.



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