

# Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition

*Wish you (and your bike) were here....*

(See page 5)



Photo: Debby Keith

## Meeting Schedule

*All meetings are held at Bowen Park, Activity Room One at 7:00 pm*

### Our next General Meeting is March 20

Guest Speaker: Jim Kipp, Coordinator for the City of Nanaimo Emergency Program will speak on the role of the bike in Emergency Preparedness.

### Next Board Meeting is April 20

Everyone is Welcome!

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## Publishers Musings

Gay Cunningham

Spring is upon us (although it's snowing as I write this...) and our thoughts are turning towards the warm weather cycling season. And, like every spring, there is Bike Week to look forward to in June. I'd therefore like to first welcome Shelley Milstein, our Bike Week Coordinator for 2002. She has taken on a challenging position and I know she will do a fantastic job, especially with the support of the *hundreds* of willing volunteers out there to help out.

The thought of warmer weather giving you the cycling bug? There's a couple of tours in the works, one to the Kootenays in June and then off to the Sunshine Coast in the fall, both organized by Bob Goerzen. Time to book off those holidays and enjoy some terrific touring with good friends. And of course, there's all those wonderful weekend jaunts to savour. So much cycling, so little time. Make sure you check out the Chain Gang's web site for the updated ride schedule.

Have you renewed your membership yet? Better yet, have you renewed and got a friend to join?

Debby Keith, Jim Kirby, Yvonne McPherson and I went down to Victoria last weekend to check out the Royal BC Museum's "Pedal Power" exhibit. A small but interesting display of a wide



*What you might see on the Annual San Juan Islands May Long Weekend Beach Tour. This is the Lighthouse at Lime Kiln State Park on San Juan Island.*

*Photo: Gay Cunningham*

range of antique and wacky bikes (the side by side tandem was very cool), modified bikes for the physically challenged, the world's fastest human powered vehicle, and booths set up by various cycling groups such as Victoria Cycling Coalition, RCMP "Tour de Rock", BMX, Sooke Hills Mountain Bike Park and so on. After the exhibit, we took in the wonderful IMAX film on Ernest Shackleton's ill-fated Antarctica expedition. My God, I'll never complain about having to walk or ride in a little cold rain or snow again!

Well, so much for New Year's resolutions. Another missed deadline, another harried distribution manager and couriers. Many thanks to Greg Stevenson and his unfailing understanding and patience with me. My only excuse is the joys of starting a new business. Wait until the tax deadline looms, then we'll see some really creative excuses! Hey, I'd rather be cycling!



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## Chain Gang News

All Chain Gang rides will begin at Tim Horton's on Bowen Road. Unless otherwise noted on the ride calendar the rides will begin at 10 am. If you would like more information, or would like to be put on (or taken off) the Chain Gang's email list, call Bob at 753-5464.

Visit our ride calendar at: [www.calsnet.net/GNCC](http://www.calsnet.net/GNCC)

**Sunday, April 7 Randonneur Tour - Cowichan Valley**  
50/100/150/200 km options. Great training rides.

**Sunday, April 14 Pacific Populaire - Vancouver**  
Go over on Saturday night and ride Sunday. See "Happenings" for details. Debby Keith is organizing the group from Nanaimo. Call Debby at 753-3773 or email [dkeith@nisa.net](mailto:dkeith@nisa.net).

**Sunday, April 21 Tour Time Trials & Training**  
Spend an enjoyable day measuring your fitness level and prepare training program for the summer touring season.

**Victoria Day Weekend May 18 - 20 Comox Valley Camping Tour**  
Ride to Courtenay along the old Island Highway. Camping/Motel options available.

**Victoria Day Weekend May 18 - 20 San Juan Islands Camping Tour**  
Annual relaxing "get-away" (no crowds here on the long weekend). Some biking mixed in with much relaxing. Lopez Island looks like a stop this year. Nice beach. Call Gay at 722-4665 or Debby at 753-3773

## Tour News

*Robert Goerzen*

The introductory meeting for those interested in cycle touring was held at the Windward Pub in February. A second meeting is planned for Wednesday, 27 March 2002...again at the Windward Pub. Those that are interested in dinner should meet at 6:00PM and those that are only interested in discussing the Kootenay tour should be there by 7:30PM. The following items, and more, will be discussed:

Supported or Unsupported	Camping or Hotels/Motels
Length of Day (traveling time)	Overnight Stops
Rest Days	Costs \$\$\$\$\$

The dates for this tour will be from June 8 - 22, 2002. The trip begins and ends in Kamloops, covering a total of 960km. This is a fairly rugged area with sufficient vertical challenges for most riders. Needless to say, starting a training program early would be a good thing and I have put together a number of local rides to help get you in shape.

I also want to let you know that I am attempting to start a cycle touring club (NRT-CTC) *Nanaimo Road Toads Cycle Touring Club*. The aim of this club will be to encourage both on and off road cycle touring activities. To this end I will be distributing posters, web calendar info and other information to any bike shops or businesses that will display them. This may result in a number of new people attending the March planning session...who knows? If any of you are interested in becoming involved in this organization at the planning stages, you can contact me via e-mail or call me at 753-5464.

## SpokeLore

is published nine times a year by the **Greater Nanaimo Cycling Coalition**

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

**phone:** (250) 722-4665

**emails:** [info@thegncc.org](mailto:info@thegncc.org)

[membership@thegncc.org](mailto:membership@thegncc.org)

[spokelore@thegncc.org](mailto:spokelore@thegncc.org)

**web:** [www.thegncc.org](http://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

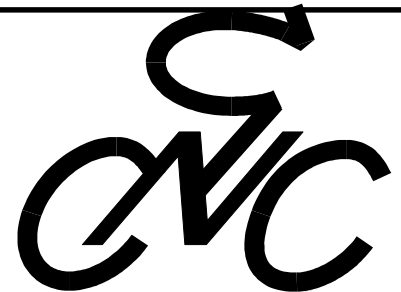
### GNCC Board of Directors

Keith Brown, Gay Cunningham, David Grey, Chris Hofstrand, Debby Keith, Aaron McKean, Odette Moreau, Don Oliver.

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 722-4665, or email "guardian@myexcel.ca".

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



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**COALITION**

*Hub City's Cycling Advocates!*

# 4 YES! I WANNABEE

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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:

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

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

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

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Phone (h) \_\_\_\_\_

(w) \_\_\_\_\_

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### Waiver

During GNCC activities, I will be responsible for my own safety and, if cycling, will obey all the rules of the road.

I will participate only in those activities for which I am physically fit enough and for which I have suitable equipment.

I release the GNCC from all claims made by me or my successors regarding death, injury, or loss or damage to my property during any event or activity for which I was a participant or a volunteer.

Signed: \_\_\_\_\_

Signature of parent or guardian if 18 or under:  
\_\_\_\_\_

Contact name/phone in case of emergency:  
\_\_\_\_\_

## Bike Week 2002

Shelley Milstein

*Feels like that time of the year again. The crocus' are up, the winter sweaters put away, and the trails are drying. Like a snake on a rock in the sunshine, people all over Nanaimo are waking up, warming up, getting ready. They know it's time, but they're not sure for what.*

We know you're out there, and we know you've been waiting for our call so here it is...

### WE'RE LOOKING FOR VOLUNTEERS!

That's right folks, it's time for:

### Bike Week and the Commuter Challenge 2002 (Applause)

We know you've got ideas, we know you can help. Here's a sample of the ways you can get involved:

### CREATIVE COMMITTEE

Lets get those creative juices flowing! Help to create fun and exciting Bike Week and Commuter Challenge events for 2002.

### MEET AND GREET SQUAD

Help out at great events like the Bike Swap, Commuter Breakfasts, and trail rides.

### PAPER TRAIL

**TAKE A RIDE ON THE PAPER TRAIL-**lick and stick envelopes, write letters, or thank you notes.

### SPOKE SPEAKERS

**FILL THE STREETS WITH FEET-**reach out to schools, businesses, and individuals to get them out on the street during bike week.

There are lots of ways to get involved, for more information please contact Shelley Milstein at 716-1983 or e-mail at [nanaimocycles@yahoo.ca](mailto:nanaimocycles@yahoo.ca)

Watch for our posters and flyers and don't forget to read the coming issues of SpokeLore!

## Meet Shelley

*Who is Shelley Milstein, our 2002 Bike Week Coordinator, you ask? What does **she** know about bikes? Well funny you should ask! Now, in her own words, Shelley speaks out!*

Shelley has managed to dig her way out of snowy Prince George and has flown south to the island paradise known as Nanaimo. She hopes to be able to bring leadership and skill to the position offering sage advice on such things as "how to buy a bike in June for under 200 dollars", and "what to do when your partner brings home your bike with a punctured tube".

Shelley graduated from the University of Northern BC with a Bachelor of Arts Environmental Studies, and was previously Coordinator of the Public Interest Research Group Society. She is currently working with several local groups on environmental education and stewardship initiatives.



## A Cycle in Paradise - Cycling Oahu

By the very tanned Debby Keith

The red mud of Oahu still clings to my bike as I write this. Four cyclists, Jim, Debby, and Yvonne from the Chain Gang, and Janice McAllan from Pacific Rim Cycle Club, just returned from cycling around the island of Oahu, in Hawaii. We had a glorious time. We cycled, we snorkeled, we swam, we surfed. We visited Pearl Harbor, the Polynesian Cultural Center, and Botanical Gardens. We gathered mysterious roadside fruit and ascended the famous Diamond Head. We celebrated birthdays and valentines. We lolled about on beaches, sipped Mai Tais on the Lanai, and consumed vast amounts of local fruit, huli-huli chicken, and cheap wine.

As we circumnavigated the island, we constantly saw changing views of the beautiful south Pacific, encountering unique beaches on each shore. We watched whales playing and saw numerous surfers. We camped in many picturesque and sometimes troublesome spots. We got to see and hear the local scene on the less populated sides of the island, which included blaring stereos and many noisy chickens. I will try to share with you below some of the key things I think you may want to know about Oahu before setting out on a similar adventure.

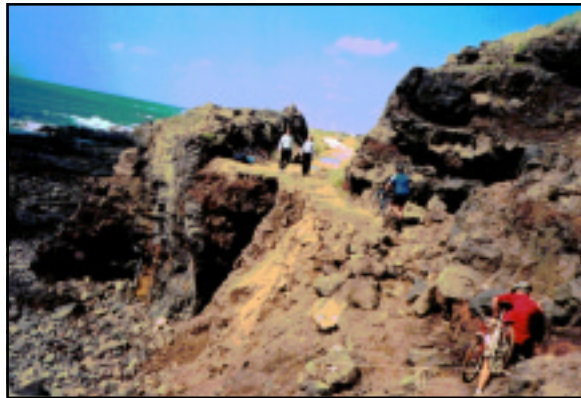


Photo: Debby Keith

### Getting Around

In the urban areas, Oahu had many bike lanes and bike paths. There were a few scary moments when we negotiated dense city traffic, but we generally felt quite safe. Travelling around the island, we cycled the perimeter road which is virtually flat, as opposed to the mountainous road which dissects the island. We found the perimeter road had wide shoulders or separate bike paths, and in any case the traffic travels relatively slowly. People seemed to be accustomed to bikes on the road. In addition, buses travel around the island frequently, cost only \$1.50 to anywhere, bus stops are ubiquitous, and all buses are equipped with bike racks. We thought of "the bus" as a back-up support vehicle in the event of an illness or bike breakdown.

### Environment

The environment on Oahu was laid back. We found people friendly, helpful, and easy-going. We had to learn to "hang loose" and found we got looser as the days progressed. No-one ever looked at our camping permits and everyone seemed quite casual and flexible about everything. Showers and toilet stalls often had no doors. We had to remind ourselves that we were in the United States as the preponderance of shacks, stray chickens, and homeless people made us feel closer



### Nanaimo Populaire

Sunday, March 24, 2002, 10:00 am  
Join Stephen Hinde of the BC Randonneurs Cycling Club for a 100km ride that starts at the Southgate Tim Hortons. Must be a BC Randonneurs Cycling Club member. Contact Stephen Hinde at 250-245-4751 for more information.

### Pacific Populaire

Sunday, April 14, 2002, 9:00 am  
Meet at Riley Park Community Centre (Ontario and 30th in Vancouver, across from Nat Bailey Stadium) between 7:30 & 8:55 am to register. The Lower Mainland's first major public ride of the cycling season! All levels of riders welcome. To pre-register (and save \$5.00 if you register by April 8) and see the routes, go to [www.randonneursbcc.ca](http://www.randonneursbcc.ca) or call Danale Laidlaw at 604-220-8403 / email [dpaid@atglobal.net](mailto:dpaid@atglobal.net) for more information.

### Ride Leader Workshop

Saturday, Apr. 27, 2002, 9:30 am - 2 pm. FREE. Pre-register by calling (604) 519-1442 or email: [bruce@gonecycling.com](mailto:bruce@gonecycling.com)  
Organised by the VACC and New Westminster Parks and Recreation.  
Some topics include:  
- How to plan a ride event  
- Common accident scenarios  
- Create an emergency plan  
- Responsibilities of leader  
- Where to find leader resources  
*Bring bike and helmet*  
See the VACC website for more information ([www.bcc/vacc/](http://www.bcc/vacc/))

Continued on page 6

## Cycling Hawaii - cont'd

to Mexico than we had imagined Hawaii. We slept with the sound of roosters crowing constantly and never left our bikes or gear untended as we were frequently warned not to.

When I inquired about the problem of transient homeless people, roving from campsite to campsite, local people explained things to me. The combination of outsiders buying up properties till locals can no longer afford them, and drastic cuts to welfare legislation (not quite as drastic as current cuts in British Columbia), has led to the problems of homelessness and thievery.

The weather was varied, sometimes rainy and stormy, especially on the north coast, but always warm and pleasant, and most storms passed too quickly to be any real bother. One of the surprising but pleasant environmental features was the complete lack of mosquitoes. At our final inland campsite in a botanical garden there were a few, but they were small and inconsequential.

### Accommodations

We camped half of our nights on

Oahu, and found that campsites were plentiful and free. One is expected to go to the parks office and get permits for intended camping nights and locations. There are both county and state parks around the island. All parks in either system are closed on Wednesday and Thursday, and therefore you have to find somewhere else to stay. Hostels are plentiful and can be found on the web before you leave home; some people camp illegally along roadsides and beaches, and there are some hotels. We travelled clockwise around the island starting in Waikiki, and the first hotel we encountered was on the north east side in the Mormon town of Liali, known as the Liali Inn. We negotiated hostel rates and shared a room with two double beds for the four of us, in keeping with Brigham Young's tradition.

### Group Relationships

Our group consisted of four people, three women and a man, ranging in age from 38 to 61. This was a nice size because we did not have to make fixed plans, we were small and flexible enough

to make spontaneous group decisions and meet everyone's needs. The group contained diverse personalities and seemed to be nicely balanced with a good mix of competencies. Our group dynamic was characterized by consideration and helpfulness; a sense of adventure, playfulness, and fun; and general good humour. I believe we all enjoyed ourselves immensely.

### Thank yous

I want to thank my travelling companions for making this a pleasurable and memorable journey, and a special thank you to Jim Kirby for the work he did arranging our airline tickets and sharing his van to accommodate our bikes. Another big thank you goes to Bob and Dorothy Simpson and all the gang at Pacific Rim Bicycles for their support and information sharing regarding this trip. It was Bob's enthusiasm that cemented our commitment to this trip and Bob's suggestions that helped bring the four of us together as travel companions.



*Photo: Debby Keith*

## A Wheelie Bright Idea

by Jude Isabella

By adapting the same illuminating technology used in wristwatches, engineers have developed a flashy new bike sure to get you noticed.

Visibility is a big factor in collisions between bicycles and cars. By riding a bike at night, instead of during the day, the chance of becoming a fatal statistic rises by four. Ouch! Dr. Christopher Niezrecki, a University of Florida professor, noticed that a lot of students ride bicycles in the dark, and even with head and tail lights, they're hard to see.

So the professor and two students started playing around with electroluminescent night lights.

That got the wheels turning in their heads.

All glow-in-the-dark materials contain phosphor, a substance that emits visible light after being energized. The phosphor is mixed into a plastic and then molded into different products balls, even toilet seats. For products like watches, the phosphor is mixed with radioactive elements, radium for example, that continually charge the phosphor. Hook up a power source and you've got phosphor that is constantly excited and providing an awesome glow.

Dr. Niezrecki and his team engineered a proto-glow-bike. Specially-designed light-weight plastic glow strips fit on the frame and wheel rims. A nine-volt battery provides energy for 10 hours of light from almost 200 metres away. Set the panels to blink mode and you've saved money and added about 20 hours of safety.

The new bicycle is already a hit. The students hear lots of encouraging comments when they ride the glow-bike around campus, and people ask Dr. Niezrecki to steer them to the nearest glow-bike dealer.

The bad news is you can't buy one right now. Dr. Niezrecki and his team have the only one. But the good news is two companies have already approached the team to talk about production Plans are to produce strips that enable you to retrofit your own bicycle at about the same cost as the last sporting craze - Razor scooters.

Reprinted from YES Mag: Canada's Science Magazine For Kids. [www.yesmag.ca](http://www.yesmag.ca).

## Classifieds

**FOR SALE** - 3 bike car rack. Fits sedan, hatchback or van. Installation instructions available. Requires bumper with 2 inches of horizontal space. \$65. **Call Barbara, 758-5490**

Email your classifieds to [guardian@myexcel.ca](mailto:guardian@myexcel.ca) or call the GNCC hotline at 722-4665

**WANTED**-Can you believe I'm still looking for a cheap, used bike trailer for the pooch?  
**Call Gay at 722-7320**

I want to go touring too - and they won't let me on the bus!



### Morden Colliery Trail Workparty

Sunday, March 24, 2002 10:00 am - ?. The historic MCT train Cedarside at the TLC. There will be a workparty to fix up the trail at the minesite side at the end of Morden Rd. Learn lots about the history of the minesite, the trail (which one day hopefully will go all the way over the river to Boat Harbour - a great cycle), and the flora & fauna. Some cool ruins there too. For more information call Judy Bugessa 250-245-5177

### Hammerfest 9

May 4-5, 2002  
Parksville BCCup Cross-country Downhill For more information Brian Lum 250-248-4020

### Sooke Challenge

Sunday, September 29, 2002. A community fundraiser. There will be a 10k Run, 6 nautical mile kayak & 30k Bike. For more information call Barb at Sooke Cycle & Surf 250-642-3123 or email: [sookecycle@hotm.com](mailto:sookecycle@hotm.com)



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## Kinetic Sculpture Racing - art meets function!

Gay Cunningham

I first got a glimpse of this strange form of racing on the TV show "Weird Wheels" that highlighted the race in Port Townsend. I was delighted with the quirky ingenuity of the racers. A search of the internet surprised me with the popularity of this wonderful - art form? Bike race? History seems to in-



All photos by Bob and Sharon Hale  
Taken at the 2000 Ventura, CA Kinetic  
Sculpture Race

dicade that it all began in 1969 in Ferndale, California, south of Eureka on the Humboldt Coast. Local sculptor Hobart Brown noticed his son's broken



tricycle sitting around the yard of his home . So he welded a bunch of stuff on to it. Later, in the pub, Hobart entered into a sporting bet with a fellow artist who claimed that he too could build an artistic tricycle and that it would beat Hobart's in a race. The contest was to be a two-block sprint down the main street of town and *Kinetic racing was born!*

From Perth to Poland, this "sport" has taken off and attracted participants from around the world. The rules are reasonably simple - create a human powered vehicle capable of travelling on land, sea and bog - and have fun doing it! The crazier the machine, the goofier the costumes, the more outlandish the behaviour the better.

There's lots of races near here to consider: The small half-day event in Port Townsend is the closest and it takes place in fall. The original race and world championship takes place on the

Memorial Day Weekend (May) in a 3 day endurance race from Arcata to Ferndale, CA. Ventura, CA hosts a race this year on Oct. 26.

Sounds like something Tourism Nanaimo should look into! I think it might be worth a tour to Pt. Townsend in September or October (I wasn't able to ascertain when this year's race is, exactly) to take it in. Better yet, you mechanically & artistically creative GNCC members (and I know there are a lot of you out there), it might just be time to start thinking about your entry next year.

Soothe those  
tired Cycling Muscles



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