

Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition

Don't get left behind! - check our ride schedules this issue



Photo: Gay Cunningham

"Don't look down....!"

(or the fine art of navigating trestles on the KVR trail)

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Meeting Schedule

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

Our next General Meeting is May 15

Guest Speakers: Janice and Tom Hocking, Yvonne McPherson, Jim Kirby, Janice McAllen, and Debby Keith will speak about touring in Hawaii.

Find out about **Bike Week!**

Our Next Board Meeting is June 20

Everyone is Welcome!

Publishers Musings

Gay Cunningham

Bike Week is almost upon us! Another week of fun, promoting the joys of cycling, spreading the gospel of human powered transportation. It's too good a time to miss out on **so make sure you call Shelley** to volunteer - all members are encouraged to participate. Look for the Bike Week Volunteer work PARTYS in the "Happenings" section.

A very interesting presentation by Jim Kipp at the last meeting. Jim feels that the Cycling Coalition can be one component of an effective emergency plan, for example, as part of a communication link if roads are impassable and telephone lines are down. The role of the cyclist aside, how many of us are prepared for a major event such as an earthquake? Certainly makes you think. He stressed the need for people to be prepared on a personal level, also on a neighbourhood level since help might not be available for some time after a disaster. He is available to come and speak to groups (such as you and your neighbours) on how to create an emergency plan. You can contact him at: 755-3112 or email: jkippp@island.net

Spring is in the air - time to enjoy the season and stretch those cycling muscles! See the array of cycling opportunities on the next pages - no need to cycle alone! Welcome to the Nanaimo Mountain Bike Club who will be sending us their schedule (regularly, I hope) for you mud puppies out there.

Lot's of things happening this year for Bike Week, here's a taste of what's to come.....

Tune-up at the Bandstand, Thursday May 30th 7-9pm

Don't know how to tune-up your bike for all that summer riding? No problem, bring us your squeaky brakes and flat tires. Free tune-ups at the waterfront - yay!

Bike to Market Day, Farmers Market Friday May 31st 11am-2pm

Plan ahead to phone in sick for this one. The Farmers Market is sure to be geared up for another great summer.

Bike Fair, Beban Park, Sunday June 2nd 11am-4pm

Kicking off Bike Week with a blast. nce again, the Bike Fair will feature lots of great stuff for the whole family. Watch for details in the next issue of Spokelore.

Commuter Breakfasts, Monday June 3rd 6:30-9am

Yum yum, come and get some, you know how this one works. 2 Locations

E&N Trail & Bowen

Fitzwilliam and Wallace (Nanaimo Youth Services)

Commuter Challenge, June 2-8th

Walk, bike, skate, bus, or carpool to work! The commuter challenge is a great way for all of us to reevaluate our commuter habits, improve health, and reduce air pollution. Most of you are already 'green' commuters so grab a friend, your boss, and your coworkers and hit the road. Last year Nanaimo placed fourth in all of Canada, this year let's place first!

Is your workplace registered yet? Register as a workplace, or as an individual at www.commuterchallenge.net.


Bike/Walk to School Day, Thursday June 6

This year we're going for the record! We've got lots of new schools signed up, so make sure the kids are ready to go on June 6th.

We're wheeling right along with this one folks, stay with us at www.thegncc.org

Any questions, comments or ideas please contact Shelley Milstein, Bike Week Coordinator at 716-1983 or at nanaimocycles@yahoo.ca

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www.island.net/~bikewhae/
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Bike Week 2002

Shelley Milstein

Hello Folks! Its that time again, time to gear up for bike week! We've got some exciting things planned again for this year, most of the old favorites will be returning and we're open to any ideas or comments from you. As things fall into place there are lots of opportunities to be had by all. Even though my phone has been ringing off the hook with people wanting to get involved, I wanted to give you the first shot at some of these inviting positions. There is room for everyone to get involved at all levels so here is a short list.....

Creative Committee: Please don't let me hog all the fun and plan all the events myself or there's bound to be a GNCC member dunk tank at the bike fair.....Posters etc must be out very soon so all events must be set in the next two or three weeks.

Your name goes here—

Early Birds (Commuter Breakfasts): 2 locations To be held Monday June 3rd, 6:30 -9ish

Your name goes here-

Meet and Greet Squad: Warm bodies at the Bike Fair on June 8th

Your name goes here-

Paper Trail: There will be lots of tasty envelopes to lick from now until the end of June

Your Name goes here-

Spoke Speakers: Help us spread the gospel to schools and businesses
Your Name goes here-

Film Fest: How many cycling films could there possibly be out there????
Your Name goes here-

Tune-up at the Bandstand: Thursday May 30 7-9 pm

Your Name goes here-

Bike to Market Day: Friday May 31st 10-2

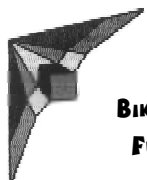
Your name goes here-

OK you get the idea, please e-mail me at nanaimocycles@yahoo.ca with your name in the spots where you want to volunteer. Please also include a phone number so I am assured to have the correct number. Pass this on to friends and loved ones who wouldn't want to miss out on a great opportunity like this. My phone number is 716-1983, please call me.

THANKS EVERYONE! Shelley

I'd rather have Jacob for premier, instead of Gordon Campbell!

In 1994, comedian Jacob Naugaard became an independent member of parliament in Denmark. His campaign promises included better weather, shorter queues, tailwinds for cyclists and the right of men to be impotent. He got 23,211 votes, Reuters reports.



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Congratulations!

A Victoria mountain biker, Roland Green, took the Canadian Top Male Athlete of the Year award. The female winner was Catriona Lemay Doan, so he is in good company.

SpokeLore

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

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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

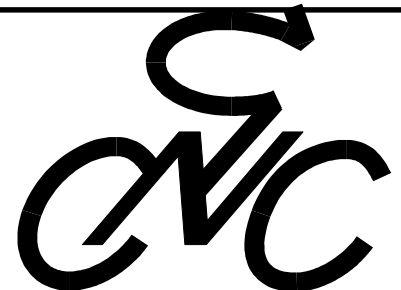
GNCC Board of Directors

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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SpokeLore newsletter nine times a year.
Find out what's going on and who's involved.

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\$15 per member, \$10 for students & seniors and \$5 for the unemployed.
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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 _____

Address _____

City _____ Postal Code _____

Phone (h) _____

(w) _____

email: _____

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:

Nanaimo Road Toads Cycle Touring Club

Bob Goerzen

After an excellent meeting last Wednesday evening, there are some things that will need to be resolved.

The name Nanaimo Road Toads Cycle Touring Club was put into effect to identify the rides. The name Chain Gang is registered by Cannondale and anyone that wants to retain that name should begin the process by contacting Cannondale and determining the requirements. NRTCTC is not a hard and fast name, but better reflects the location of the group and the type of rides that it supports.

The NRTCTC has no dues, is associated with no other organization, carries no insurance, meets informally on the 4th Wednesday of each month (Windward Pub), and is only as strong as the support of the participants. The only current requirement to participate is being of legal age and compliance with the BC Motor Vehicle Act with regard to dress and rules of the road. Whether a formalized structure and board will develop remains to be seen. For now the objective is to standardize ride ratings, identify routes, plan tours and have some fun. This is not a cycle advocacy group.

Notice of NRTCTC events will be listed on a calendar at the following address:

<http://www.calsnet.net/nrtctc>

Rides will normally begin and end at Tim Horton's on Bowen Road, with a start time of 10:00AM. Exceptions to this rule will be noted on the calendar and it is an individual responsibility to ensure that you are up-to-date.

The new rating system will identify future rides and you may find that some of the events are geared for the more advanced rider...hopefully we will all eventually reach that stage. If you want to organize an event for those that are not interested in these more difficult rides, just jump right in.

Ride classifications:

Terrain

- 1 - Flat with small bumps
- 2 - Small rollers...Errington, Coombs, Parksville, Qualicum
- 3 - Short hills...Yellow Point, Parksville - Courtenay - Campbell River
- 4 - Long hills...Lake Cowichan - new highway
- 5 - Steep hills...Extension, Maple Bay
- 6 - Very steep hills...Malahat, Pt. Alberni, Pemberton

Pace

- SL - Slow leisurely: below 10 kmph. Stops as needed.
L - Leisurely: 10 - 15 kmph. Stops as needed.
LM - Easy Moderate: 15 - 19 kmph. Regroups every 30 min.
M - Moderate: 19 - 22 kmph. Regroups every 45 min.
MB - Hard Moderate: 22 - 24 kmph. Regroups every hour. (Experienced)
B - Brisk: 24 - 27 kmph. Stops infrequently.
S - Strenuous: faster than 27 kmph. Stops infrequently.

I hope that this information resolves many of the questions I have been asked over the last few weeks. Until we meet again...safe cycling.

Nanaimo Road Toads Cycle Touring Club - cont'd

Victoria Day Weekend May 18 - 20 Comox Valley Camping Tour
Ride to Courtenay along the old Island Highway. Camping/Motel options available. Call Bob at 753-5464

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. Call Gay at 722-4665 or Debby at 753-3773 - let us know ASAP so we can make arrangement for ferries etc. We need to determine if people want a support vehicle etc. Many of us will be adding on an extra day!

Nanaimo Mountain Bike Club

Ride Schedule - April 2002

2002 Club Memberships Dues: \$20.00.

Date	Ride	Time	Meet At
21 Sunday	Tzuhalem	11:30	Properties / Duncan
23 Tuesday	Siwash Ridge	6:30	Pacific Rim Bicycle Shop
24 Wednesday	Hammerfest (in reverse)	6:30	Englishmen River Falls
25 Thursday	Hammerfest (in reverse)	6:30	Englishmen River Falls
28 Sunday	Rider's Decide	11:30	Co-op
30 Tuesday	Cedar road loop	6:30	Crow & Gate

* Please phone John Thornhill (390-9223) or Janice McAllen (729-7021) for any clarifications.

Tuesday Night Rides are 1 ½ to 2 hours long and of various lengths depending on road/trail ratio. A medium fitness level is required.

Wednesday Night Rides are approximately 2 hours long and are technical. A good fitness level is required.

Thursday Morning Rides - meet at Java Expressions on Bowen Road at 9:00 am - Rider's decide the route.

Thursday Night Rides are 1 ½ to 2 hours long and will not be as difficult as the Wednesday night ride. A good fitness level is required.

Sunday Rides vary in difficulty.

All rides are rain or shine. All riders should carry repair parts and equipment. Riders should stay with their group. No minors unless under constant supervision of a parent/guardian.

Please contact Janet Oxler to receive the ride schedule via e-mail: janet_oxler@shaw.ca. Please also contact Janet regarding any phone number or address changes from last year. Thanks.

Visit: www.pacificrimbicycle.com

2002 Island Cup Race Schedule

Race Fee: \$10.00

Race Start Time: 12:00 noon

Race Categories:

Beginner/Intermediate/Expert/"Geezer" à 51+

Island Cup Cross Country Series:

June 9 Dodge City (Cumberland)

July 21 Port Alberni

August 18 Nanaimo (Doumont)

August 31 Mt. Washington (Finals)

Island Cup Downhill Series:

May 19 Port Alberni

June 16 Port Alice

July 14 Dodge City (Cumberland)

August 11 Nanaimo

September 1 Mt. Washington (Finals)

Note: the Port Alice downhill race is in conjunction with a 'sanctioned' cross country race on Saturday, June 15. There will be a big salmon barbeque on Saturday night - it's a great weekend event !!

For more information on these races or other racing events planned for this year, please give Mason McGarrigle a call at 758-4598.

Novice Rides

We're starting a series of fun novice rides every Monday starting May 6 until May 27 from 6:00 to about 7:00 pm.

New Cyclists more than welcome!

May 6 - E&N Trail

Meet at the Ministry of Forests building on Labieux Road across from Beban Park as this is direct & easy access to trail. For more information call Janice Hocking at 741-5427

off ramp: Highschool students moving for change

For the past 2 years, a strange yet wonderful phenomenon has been occurring in two Victoria high schools. It is called **off ramp**.

What is **off ramp**? **off ramp** is a high school vehicle trip reduction program that is developed by BEST (Better Environmentally Sound Transportation) – a Vancouver based sustainable transportation advocacy group. **off ramp** groups started out in a pilot project phase in the lower mainland and in Victoria. There are now **off ramp** groups in Kelowna, Whistler and Richmond as well.

The past two years have seen the Victoria **off ramp** groups at Mt. Douglas Senior Secondary and Central Junior Secondary become a recognizable part of the school. The students have conducted formal and informal surveys to gather data on their peer's travel habits to and from school. From this information they can assess the numbers of students walking, bussing, carpooling, driving, biking etc and can also ascertain some of the barriers to using sustainable modes of transportation. All this information helps the students to plan appropriate activities for the student body.

off ramp activities focus on the following four goals:

- 1) RAISE AWARENESS of sustainable transportation issues
- 2) GENERATE OPPORTUNITIES for students to participate in sustainable transportation

3) DISABLE BARRIERS that keep students from participating in sustainable transportation (e.g. lack of bike racks, poor transit routes near school)

4) REWARD 'GOOD' BEHAVIOUR to celebrate and acknowledge those that are already participating in sustainable transportation methods to and from school.

At Central, many students already take the bus or walk, so the students have focused on celebrating the high public transit ridership by offering freebies to students getting off the bus. They have also engaged their peers in kooky activities like the slow bike race, an event where the slowest rider wins!

Mt. Doug has organized a sustainable transportation slurpee run (where human powered vehicles and accompanying humans roll down to the local gas bar to fuel themselves with slurpees instead of petrol gas!), a mass bike ride where a group of 30 students ride on secondary/small streets and celebrate riding with donated treats. The latest event at Mt. Doug was a fortune cookie campaign in celebration of Chinese New Year. At their lunch break, students were greeted with offrampers passing out cookies filled with sustainable transportation related messages.

These activities are having an impact: on an average day at Mt. Doug there may be 7 bikes on the school grounds. On the day of the mass bike ride and slurpee run, there were 23 bikes ridden to the school. The success of **off ramp** are not going by unnoticed. **off ramp** has been

Farheen HaQ, Victoria **off ramp** coordinator

recognized with an international award through the OECD (Organization for Economic Cooperation and Development). A change is occurring in the schools: students are learning leadership skills and empowering their fellow peers to make sustainable choices. **off ramp** is about moving for change!

For more information on **off ramp** in Victoria, contact Farheen HaQ, the Victoria **off ramp** coordinator at farheen@best.bc.ca or 250.853.3363. For more info on B.E.S.T. check out the website: www.best.bc.ca.



2002 BCCC Board of Directors

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Jim Alix, John Luton, Ian Stephen

Who's missing from this list? Why the GNCC! We need a rep. You don't have to be a board member to do it! Help us out and call the GNCC at 722-4665 to volunteer your time. You'll love it!

John & Linda Wicks
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British Columbia Cycling Coalition - President's Report- 2002

Francis Van Loon, BCCC President

(Editor's note: I have edited this report for length - believe it or not).

Maintaining our Persistence in Changing Times

Things haven't looked so rosy of late, and it is would not be right to attest the opposite. Government cuts are happening all over the place and committees have been stagnant at almost all levels. The BC Cycling Coalition (BCCC) over the years has built valuable relationships with senior staff in various levels of government and crown corporations. Due to the rapid changes currently in process, we have lost some valuable connections and good working relationships. The BCCC however, is known to maintain our persistence regardless of the fact that, the times they are changing.

The biggest loss we, cyclists and the communities in BC, suffered only last week, is that the Ministry of Transportation's (MoT) - Cycling Network Program is empty. That's right, the grant program is still in place, however, not a dime in it.

The empty Cycling Network Program is a devastating blow for municipalities and smaller communities in BC. These communities rely heavily on the 50/50 cost-share grant program with the Ministry. The larger municipalities are facing problems as well, because they will not be able to stretch their cycling budget as far anymore.

At the board level we are working together to see how we will approach this problem of the empty grant.

Like I mentioned last year, the most important accomplishment and benefit of the BCCC is that all the cycling advocacy groups are now functioning on the provincial level under the same BCCC umbrella. We share information and we network together, we maintain tight connections and in some cases have built strong friendships.

It has been a pretty erratic year. On the surface it appears nothing much is happening. Nevertheless the groundwork we have done is in effect and rolling. A few days ago, an engineer within the Ministry, mentioned to me that we have come a long way, we are professional, well connected, we have the knowledge and expertise

and we have institutionalized the BC Cycling Coalition and with that the cycling community in BC.

"And this may surprise you, Francis", a regional planner said to me a few months ago: "The cycling community is powerful, vocal, acutely aware of what is happening when and where and VERY well organized". I suggest we take these comments for what they are, compliments!

Here is what has been happening:

- The ICBC-Cycling Advisory Committee is still in place, but has not met since before the provincial elections. The wait is for the core-review to come through and then all, within ICBC, will be re-assessed. ICBC is still in touch with some of the committee members for specific issues, but that is about it.

- The MoT-Provincial Advisory Cycling Committee, continues to meet at regular intervals and continues to work with staff to resolve issues and make recommendations, as they occur or are on-going.

- The BCCC office maintains the cycling hotline for the province. They phone with questions and requests and we try and locate an answer. They bring: engineers, planners, ICBC, MoT, individual cyclists and cycling organizations. There is really no one else to turn to who has the contacts, knows the network and has the most recent information OR can provide the assistance so desperately needed.

We have our on-going committees, who mostly only meet by e-mail.

- Motor Vehicle Act Committee, Intermodal Committee, Bicycle Education Committee and our brand new Design and Standards Technical Advise Committee. The BCCC also provides an e-mail discussion list for cyclists in BC.

- We continue to make beneficial connections. We suggested to the Capital Regional District in Victoria that the CRD con-



Bike Week Planning Party

There's nothing like a party! Oops, I mean a meeting, and yes Chris there will be food. Come out and help make Bike Week a success!

Monday April 22nd 6:30pm
505 Kennedy St (Kennedy and Albert)
Shed: 716-1983

Volunteer Meeting

We'll be taking prizes, sponsors, tasks and may even be doing some work. Please RSVP.

And yes, there'll be food here too.
Monday April 29th 6:30pm
505 Kennedy St (Kennedy and Albert)
Shed: 716-1983

Hammerfest 9

May 4-5, 2002
Parksville, B.C. @ Cross-country Downhill. For more information call Brian Lum 250-248-4020

Reminder.

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BCCC 2002 President's Report - con't

nect the ICBC's Safer Bicycle Planning (SBP) software to the planning of their Regional Cycling Network. This suggestion was successfully implemented. The same is under way with an introduction to MoT on the same SBP-software package.

- For the BCCC, I developed together with ICBC a Bicycle Safety Tips PowerPoint presentation. The 50-slide presentation is available for downloading or viewing on our website: <http://bccc.bc.ca/bikesafety/sld001.htm> Under the same umbrella for the BCCC, I provided editing advice on other cycling information printed and distributed by ICBC.

- The BCCC is an active member of the Victoria Tourism Cycling Advisory Committee. The Victoria Tourism Cycling Advisory Committee has generated two web-sites focused on cycle tourism. One for the tourism industry: <http://www.cycletourism.com/> and one for the tourists visiting the area: <http://www.cyclingvictoria.com/>

- The BCCC also holds a position on the CRD Regional Cycling Advisory Committee.

John Luton, President GVCC and myself have both been selected to the Stakeholders Committee of the CRD Regional Transportation Strategy.

- We try and use any opportunity we have and within the allowance of good financial practices of the organization, to educate our members by partially sponsoring their presence at conferences on cycling issues. We have also been known to negotiate a reduced conference fee for them.

THE FUTURE:

What will the future bring? In changing times like this, no one knows.

- The BCCC will persist in maintaining our positions in the province.

- We will continue to look for opportunities to discuss inclusion of the cycling interests.

- We will remain the watchdog for cycling at the provincial level.

My crystal ball tells me that the coming year, we will be busy getting back on track with the BC Government and ICBC. If any changes will take place, we will again lobby for a rightful spot for cycling representation

and work towards an atmosphere of inclusion and cooperation.

We have recently become members of the Thunderhead Alliance in the USA. The BCCC is looking forward to work together with the cycling advocacy organizations in the States. Our connections overseas with professional engineers and cyclists in Britain is very good and we maintain close contact. But foremost our focus is British Columbia, and to improve the climate for transportation cycling in BC. The implementation of the Cycling Policy needs work, and the dialogue and consultation with some of the MoT Districts could certainly improve.

The BCCC works in the background, we are not a very high profile organization. It is the local organizations, coalitions and individuals that receive and deserve the attention. The BCCC supports them, encourages them, makes the network connections and advises them on what is possible.

There is no better way to illustrate on how the BCCC works, then profiling Dennis.

One particular cyclist deserves special mention. Dennis Della Siega from Fernie, BC, contacted the BCCC office one evening. He was upset about shoulder rumble strips that were badly installed around the Sparwood and Fernie area.

Well since then, Dennis and I have an on-going relationship. Many people in the cycling community, everybody in the MoT Engineering and Standards Department and the MoT Maintenance and Construction Contracts Department knows him. I believe even the Minister has heard of Dennis. He is called: "Dennis, THE cyclist from Fernie".

We discussed what to look for and debated what would be best, we strategized every move and every turn. Most of all, Dennis became the BCCC's eyes, nose and ears in Fernie. The BCCC submitted Dennis' report to the MoT-Provincial Advisory Cycling Committee (PACC), and we attached our own observations and comments. Some of our member-organizations went out on their bikes: the Cross Canada Cycle Tour Society, and the BC Randonneurs cycled through and paid attention. The BCCC pushed for a proper audit and review of the area in

question and concluded the faulty installation needed to be redone or removed.

MoT send their engineers out to see what was going on, their District Manager was called to report, the Maintenance and Construction Contracts Department went to Sparwood and Fernie and to review the area. We involved ICBC, whose engineers started to ask questions. MoT came back to the PACC with pictures and the conclusion, yes Dennis was right, the situation was terrible and something needed to be done soon. Dennis was asked to go out with the Ministry engineers and managers and point out which areas were the worst for safety for cyclists. They settled on 10 km of rumble strips that needed to come out.

MoT regarded this process as very beneficial to all involved. Their regard for Dennis is high for his hard work, persistence and willingness to find solutions. But if it was not for Dennis picking up the phone that one evening and looking for help, nothing would have happened.

He also has become an avid and active cycling lobbyist, he continues to talk to maintenance crews to make them aware of his presence on the road and to remove their debris from his path. He talks to cyclists in the interior and tells them on what is ok and what requires action, he jokes he has improved his computer skills, he remains polite, he has patience and he persists and he LOVES the BCCC.

Dennis is still with us, because we now work on a couple of other cycling related issues together. He no longer feels alone, he has found his voice, and he has almost achieved what he set out to do. And still he finds time to ride his bike. It is people like Dennis that the BCCC is made of, you are the backbone of our organization.

This organization depends solely on membership funds and runs solely on volunteer power. Our volunteers throw in a lot of their own money, time and effort to keep us independent and going. If you have not renewed your membership, please do so now, because without your assistance we could not do this, and we would not be where we are today.

Our biggest strength is that we do keep momentum and we do not give up, we are known for our persistence even in these changing times. There is a bit of Dennis in all of us.