

# Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition

## It's Here!!!



## The **BIG** Bike Week Issue

Look inside for why this is going to be  
**the most fun time to ride a bike!**

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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**

Richard Harding from the City will update us on the E&N Trail situation.

Guest Presentation: Touring in Hawaii.

Find out about **Bike Week!**

**Our Next Board Meeting is June 20**

Everyone is Welcome!

## The GNCC is proud to present an evening of discussion with Guy Dauncey.

### Global Warming - A Warning to Our Planet



Every week, new alarm-bells are sounding about the impacts of global warming, while industry is saying it really doesn't matter. The paradox is that the solutions for an efficient, solar-hydrogen, sustainable world already exist. What will it take to resolve the dilemma, and avoid the chaos that will otherwise come? (PS: The solutions include bikes.)

Guy Dauncey is an author and sustainable communities consultant who specializes in developing a positive vision of a post-industrial, environmentally sustainable future, and translating that vision into action. He is the publisher of EcoNews, a monthly newsletter that serves the vision of a sustainable Vancouver Island, and is the author of several books, including "Stormy Weather : 101 Solutions to Global Climate Change."

Join the GNCC and some of Nanaimo's most active non-profit organizations for this enlightening and lively discussion on Monday, June 3, 7:00 pm at Bowen Park Activity Room 1.

Light refreshments will be provided. Admission by donation.

### Wheels in Motion

Rick Hansen is celebrating the 15th anniversary of the completion of

His Man in Motion World Tour with a Canada-wide "Wheels in Motion" day.

During May and June of this year, Rick hopes people will wheel in any way they can to raise money for spinal cord research. Nanaimo is planning its "Wheels in Motion" day Sunday, June 2nd in cooperation with the Greater Nanaimo Cycling Coalition's Bike Week.

Riders, wheelers, and rollers will be collecting pledges for the distances they will travel. The route will finish at the GNCC's Bike Fair at Beban Park. So mark this day on your calendar (June 2) and help support Rick and his dream of finding a cure for spinal cord injuries. To sign up to ride for this important event or to pledge your support please contact Jim Hackett at [murphyhackett@shaw.ca](mailto:murphyhackett@shaw.ca)

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## Stress Free Commute?

Shelley Milstein

That's right, you read it right. Imagine a world where the sun shines down, the birds sing, and a cool breeze blows by you as you make your way through forested trails, follow a freshly paved path, and gently wheel into your morning destination. Sound like some far away garden of Eden? Nope it's Nanaimo, and it's commuting to work!

We all know regular exercise reduces stress, lowers blood pressure, and increases general health. Workers who commute by bicycle are happier, more alert and more productive, especially when compared to sitting in traffic in your SOV, inhaling fumes, and receiving nasty gestures from aggravated road raging drivers! If you aren't already a commuter cyclist, here's your chance to make your debut.

It's time to take the Commuter Challenge!

## Rail America Cancels City Trail Licenses

City of Nanaimo Press Release

Rail America has given 120-days notice to the City of Nanaimo that they will be terminating trail licenses for the E&N Trailway adjacent to the rail corridor. The cancellation includes an agreement completed in September 1999, which lead to the trail construction from Bowen Road to St. George St. and the more recently completed agreement in September 2001 for extension of the trail from Bowen Road to Mostar Road. The E&N Trail is an immensely popular and well-utilized public recreation and transportation corridor, which currently stretches from the downtown civic arena to Bowen Road. This trail section featuring gentle railway grades has been especially popular

### What is it?

The Commuter Challenge is a week-long, transportation competition between Canadian cities to see which one can cut its air pollution the most by using active and/or sustainable modes of transportation.

In Nanaimo, it is a popular citywide competition amongst workplaces, and a great way to start a new habit. All Nanaimo area residents are invited to take part by commuting via cycling, walking, other human-powered means, car-pooling or public transit. The goal is to see which group can pull together to be the best at using alternatives to single-occupant vehicles (SOVs). Last year *Nanaimo came in fourth place for percent participation in all of Canada!* Let's show them how it's done!

with persons using electric carts for transportation. It has also greatly reduced the number of people walking on the rail tracks

Based on the agreement with Rail America, Council at its meeting of April 22nd awarded the tender for the construction of the next section of the trail from Bowen Road to Mostar Road. Upon today's notification from Rail America, the City has cancelled its trail construction contract based on what it believes to be the uncertainty of the situation and perceived threat to the interest of the taxpayers.

Continued on page 8

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  
 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

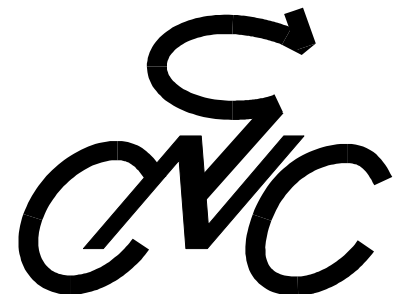
### GNCC Board of Directors

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.*



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



# 4 YES! 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 nine 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.

**\$15 per member**, \$10 for students & seniors and \$5 for the unemployed.  
25% off the total price for two or more members in the same household.

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:  
\_\_\_\_\_

## Chain Gang News

Lyse Godbout

I am writing this note to update you on some exciting new developments for the **Nanaimo Chain Gang**. An informal meeting was held last week to decide on some new initiatives and to clarify some organizational points. As many of you know, last month's SpokeLore contained an article by Bob Goerzen regarding the proposed formation of another club. This raised some concerns regarding possible confusion between groups and duplication of efforts. After fully discussing the matter, Bob and the other members of the steering committee agreed to **unite our efforts into the one group - the Nanaimo Chain Gang**.

We also discussed the need for good ride organization and ride leadership in order to ensure safe and effective cycling. Don't worry, it does not mean that we will get boring!! Key factors include:

- Maintaining a contact list of cyclists: name, e-mail- phone number, privacy level

- Utilising a participants sign-in sheet on each ride: identify who may not come back to start point

- Appointing a ride leader and sweep on each ride

- Providing riders with a summary of the trip: road map, direction, major stops

- Obtaining ride leadership materials from other cycling organizations

Other items addressed ways to promote cycling **and increase our number of riders by developing a plan to improve our liaison with the cycling community (Poster at the cycling stores, Nanaimo Chain Gang card etc..)**

If you have any question or suggestions, please e-mail to:  
[GODLYSE@YAHOO.CA](mailto:GODLYSE@YAHOO.CA)

**Our rides are posted at the usual site: <http://www.calsnet.net/GNCC>**



Submitted by Lyse Godbout

## Chain Gang Ride Schedule

**Thursday, May 23, 2002**

**6:30p-8:00p**

"Wind sprint"

Meet at Tim Horton at 6:30. Sprint on Labieux from Credit Union to Shaw Cable building and build your lung capacity!!

**Sunday, May 26, 2002**

**10:00a-4:00p**

Cameron Lake

Meet at Tim Horton at 10:00. For information call James or Marilyn at 756-4151

**Thursday, May 30, 2002**

**7:00p-8:00p**

A "getting ready ride" for "Clean Air Commuter Challenge" Commuter" Meet near Swa-a-lana Lagoon. Ride Leader Bob (753-5464)

**Saturday, June 1, 2002**

**10:00a-12:00p**

Jingle Pot Loop

Meet at the Balck Bear Pub. Ride Leader to be posted.

**Sunday, June 23, 2002**

Denman Island Home and Garden tour by bike

Contact Debby 753-3773 for details

**Monday, July 1, 2002**

Canada Day Fort Langley 135 km Populaire ride

A group from the Chain Gang could go over to participate in this Randonnuer ride that is the same length that Canada is old, 135. Starts in Fort Langley, and is fairly flat. Call Debby in June in if you're interested in getting a group together.

## Nanaimo Mountain Bike Club Schedule

**Sunday, May 19, 2002**

**11:30 am**

Rider's Decide

Meet at Co-op

**Tuesday, May 21, 2002**

**6:30 pm**

Jail Trail - Doumont. Meet at Lower Doumont

**Wednesday, May 22, 2002**

**6:30 pm**

DND - Apocalypse. Meet at Three Creeks - Old Stumpy

**Sunday, May 26, 2002**

**11:30 am**

Port Alberni. Meet at Coombs Candy

**Tuesday, May 28, 2002**

**6:30 pm**

Coal Pile/Trans Canada South. Meet at the Coal Pile - Extension

Just a sampling of the fun. See the full schedule at [pacificrimbicycle.com](http://pacificrimbicycle.com) or to get on the email list, email [janet\\_oxler@hotmail.com](mailto:janet_oxler@hotmail.com)

\*\* Please phone John Thornhill (390-9223) or Janice McAllan (729-7021) (390-2077) or Mike Taugher(754-2294) for any clarifications.

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

Wednesday Night Rides are approximately 2 hours long . 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 same location as Wednesday night - not as difficult. A good fitness level is required.

Sunday Rides vary in difficulty.



## Happenings

### Volunteer Meeting!!!!

6:30 pm Wednesday May 22

505 Kennedy St (Kennedy & Albert)  
Board members and all bike week volunteers, we need you to come out one last time before Bike Week. We'll be chatting about tasks and doing some final prep for the following weeks. I'll provide some tasty snacks so bring your appetite. And I promise I won't burn the cookies!

More Info: Call Shelley @ 716-1983

### Bike to the Beach

Sunday June 2nd

Parksville Community Park

11:30 am-2 pm

Group rides depart at 11:30am from the following locations:

Wembley Mall

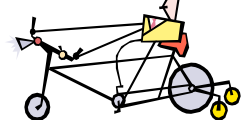
Springwood School

Parksville Tourist Bureau

Join them for Family Fun Bike Races, Bike Polo and more

For Wheely Good Food  
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## The GNCC gears up for.....



This year we're so excited we had to start early. Here's your schedule of events.

### Thursday, May 30th

#### Tune-up at the Bandstand 7pm-9pm

Waterfront Bandstand, Maffeo Sutton Park

Free Bike Maintenance Clinic. Get ready for Bike Week! Bring your bike down to the waterfront bandstand at Maffeo Sutton Park.

How easy it is to maintain your own bike? Just ask Bill! From 7:00-7:15 PM Bill Monaghan will give us a brief introduction to bike maintenance. Courtesy of the Realm. Then its time to get busy with our team of bike mechanics. They'll be there to help out with those squeaky brakes, flat tires, and grinding gears.

Does your bike fit properly? How high should your seat be? Taryn Langford, a Physiotherapist and avid cyclist, will be on hand to assist you with setting up your bike for better comfort and to reduce the chances of injury. A detailed handout will also be available for those who wish to do their own fitting at home.

Wow! What a great evening, *wheel* have you geared up and ready to go in no time.

### Friday, May 31st

#### Bike to Market Day 10am-2pm

Pioneer Waterfront Plaza

Join us at one of Nanaimo's favorite summer spots -the Farmer's Market. Check out Nanaimo's amazing artisans, sample some tasty treats, and take home some fresh goodies straight from the farm. And don't forget to stop by our booth for great cycling tips.

### Sunday, June 2nd

#### Commuter Challenge

Sunday June 2- Saturday June 8

Location: Wherever you are!

The Commuter Challenge is a week-long, transportation competition between Canadian cities to see which one can cut its air pollution the most by using active and/or sustainable modes of transportation. In Nanaimo, it is a popular citywide competition amongst workplaces, and a great way to start a new habit. All Nanaimo area residents are invited to take part by commuting via cycling, walking, other human-powered means, car-pooling or public transit. The goal is to see which group can pull together to be the best at using alternatives to single-occupant vehicles (SOVs). Last year *Nanaimo came in fourth place for percent participation in all of Canada!* Let's show them how it's done!

Contact us to register for this exciting event @:

[www.commuterchallenge.net](http://www.commuterchallenge.net)

#### Bike Fair

Sunday, June 2nd 11am-4pm

Beban Park Centennial Building

Join us for a fun-filled day of activity for the whole family. Here is a taste of what you'll see at the GNCC's Bike Fair. All events are free or by donation to the GNCC.

## Bike Week 2002 Events

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### Bike Fair Con't.

#### Free Bike Smarts Safety Training

This one's for the kids! Brought to you by Nanaimo RCMP Bicycle Drill Team. Free bike safety training to get them ready for the roads. Call 713-0290 to register.

#### Minor Bike Tune-ups

Our bike doctors will get you back up and riding in no time! Bring your bike down for a free tune-up. Mechanics will be on hand with all the tools necessary to get you back on the road in fine form. Minor parts such as tubes, brake pads, and cables will be available for purchase.

#### Bike Swap

Wheels, seats, gears or even an old basket ya wanna trade in? Entry is free - call us to book a table for \$5, or consign your items with us. Bikes, parts, and related gear for all types of bikes. If you have these items to sell bring them in. Cash sales only.

#### BC Transit Bike and Ride Display

Haven't taken your bike on the bus yet? The Regional District of Nanaimo will be there to show you how! Try out the bus-mounted bike rack, stop by for transit information, and bring the kids by to meet McGruff.

#### BMX Races 11am-1pm

Better come early so you don't miss this one! Nanaimo's finest BMX riders on display for you.

#### Wheels is Motion

Join the celebration of the 15th anniversary of the completion of the Rick Hansen's Man in Motion World Tour. During "Wheels in Motion" day, Rick hopes people will wheel in any way they can to raise money for spinal cord research. Riders, wheelers, and rollers will be collecting pledges for the distances they will travel. The festivities will continue at the GNCC's Bike Fair. What a great way to get to the Fair! To sign up to ride for this important event or to pledge your support please contact Jim Hackett at 756-3264, or e-mail at: [murphyhackett@shaw.ca](mailto:murphyhackett@shaw.ca).

*Wheel* have lots of community displays, demonstrations, great food and more!

## Monday, June 3rd

#### Free Commuter Route Breakfasts 6:30am-9am

Nanaimo Youth Services Association (Fitzwilliam and Wallace) OR E&N Trail at Bowen Rd

Wheel, walk, skate, or run to one of these two locations on your early morning commute to work or school. To celebrate healthy commuting we'll be serving you fresh fruit, muffins, coffee and more courtesy of Nanaimo's finest merchants. Bring your appetite!

#### Bike to School Challenge

June Monday 3-Friday 7th

Students and staff unite in getting to school under their own power -walking, biking, skateboarding, inline skating, or any other means. Contact us to sign up your secondary school:

E-mail us at [nanaimocycles@yahoo.ca](mailto:nanaimocycles@yahoo.ca)

Or telephone us at: 716-1983

#### Global Warming - A Warning to Our Planet 7pm

Bowen Park, Activity Room 1

Guy Dauncey is an author and sustainable communities consultant who specializes in developing a positive vision of a post-industrial, environmentally sustainable future, and translating that vision into action. He is the publisher of EcoNews, a monthly newsletter that serves the vision of a sustainable Vancouver Island, and is the author of several books, including "Stormy Weather : 101 Solutions to Global Climate Change." Join the GNCC and some of Nanaimo's most active non-profit organizations for this enlightening and lively discussion.

Light refreshments will be provided. Admission by donation.



## Bike Week 2002 Events

### Tuesday, June 4th

#### Trails to Ales Ride 5:30pm

Meet at Harbourfront Plaza.

A casual scenic ride to find the pot of gold at the end of the rainbow. We'll be wheeling from downtown to the Crow and Gate Pub in Cedar- BC's first neighborhood pub!

### Wednesday June 5th

#### Clean Air Day 7pm-9pm

What are you doing for Clean Air Day? We're playing Bike Polo.

What—never played? Well this one requires two wheels so bring your bike. Meet at Beban Pitch & Putt Parking lot.

### Thursday, June 6th

#### Bike and Walk to School Day

Kids let's take back the streets! Grab

your helmets, get on your bikes, skates, scooters, and roll or walk away. Join hundreds of kids all over BC wheeling their way to school for this special day. It's easy. It's fun. Contact us to find out how.

#### Bike Film Festival 7pm

Berry Bobbles Bistro #1-75 Front St

The latest and greatest in Cycle Cinema. Lots of exciting new films! Check out Nanaimo's newest bistro. Besides, where else in Nanaimo can you get valet parking for your bike? This year's lineup is sure to be great - don't miss it!

### Saturday, June 8th

#### Family Fun Ride 10am-1pm

Kids, we know you can ride, but can

your parents? This event is for the whole family. We'll be stopping for lunch so bring some snacks. Meet in the upper parking lot at Bowen Park at 10am. Paved and trail riding.

### *A special note to GNCC members, directors, and supporters,*

Re: the Commuter Challenge

OK folks, let's show some leadership in this community. We will get more people out of their cars and onto their bikes, we just need to show them how it's done. Sign your workplace up today! If you can't sign your workplace up, sign up yourself. Challenge another workplace, or challenge a few. Have fun! There are thousands of Nanaimoites out there just waiting for your call.....

## Rail America Cancels City Trail Licenses

*Continued from page 3*

Although the City has not been contacted, other than through written correspondence from the Rail America's solicitors, it is expected that this is directly related to Council's rezoning of the rail corridor for transportation uses.

Mayor Korpan has expressed surprise and regret at the actions of Rail America to link the community transportation corridor with the complex issues cur-

rently being discussed with respect to the future ownership and operations of rail services on Vancouver Island. "For safety's sake, we ask that Rail America reverse this cancellation and resume its good corporate relations with the citizens of Nanaimo."

For more information please contact Andy Laidlaw, General Manager Community Services at (250) 756-5346.

## *Some triketrivia:*

- \* A typical human engine can power a bicycle for three and one-half miles on the calories from a single ear of corn.
- \* Bicycles outnumber cars on our planet by two to one; each year bicycle production outpaces automobile production by three to one.
- \* Bicycles use less energy per passenger mile than any other form of transportation, including walking. A medium-sized car uses approximately 1,860 calories per passenger mile; public buses average 920, rail transport about 885, and walking roughly 100 calories per "passenger" mile. A bicycle comes in at about 35 calories per passenger mile!

*Info from eco-living.net, originally published in Affordable EcoTransportation Sourcebook*

