

Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition



Bike Week Roundup



Wonderful Bill from The Realm helps get a bike back on the road at Bike Tuneups in the Bandshell night.



Lyse Godebout and the Wellington Jazz Band entertain the crowd at the Bike FilmFest in front of Berry Bobbles Cafe.



Keith Brown provides sustenance to hungry non-motorized commuters on the E&N Trail at our Commuter Breakfast.

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Meeting Schedule

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

Our next Board Meeting is September 18

Everyone is welcome.

Our Annual General Meeting is October 16

Everyone is Welcome! This is the big one - elections and GREAT speakers!

Publishers Musings

Well Done, GNCC!

Well, another Bike Week is over and done with, and another summer season is upon us. I think the GNCC can be proud of their accomplishments so far this year. From free bike tuneups to advising the city on bike routes to encouraging students to ride to school and employees to cycle to work, I think we have had an impact on making Nanaimo a better place to ride!

Many thanks to Shelley Milstein, our Bike Week Coordinator this year. She did a fantastic job. She organized, fund-raised, encouraged volunteers, made about a million phone calls to donors, schools, businesses & sponsors; stoked the publicity machine, and put in many hours of work on our behalf - and I think I only heard her sort of complain once. Well, more of a tiny little whinge. (And

she's a great cook too) She was unfailingly enthusiastic and cheerful. So two panniers up to Shelley and her merry band of friends and roommates that got roped in to help out! I hope it's smooth shifting for them all in their future endeavours and I also hope that they will continue their association with the GNCC.

In her final report to the board, Shelley does raise some interesting questions of the GNCC regarding the focus of Bike Week, commitment of the members, our relationship with the community and cycle shops and ultimately, what the GNCC is all about. These are things I think all of us will have to think long and hard about.

And many thanks to everyone who helped out with Bike Week. It's a big

undertaking and couldn't have happened without you!

On another note, we would like to say Happy (Bike) Trails to Gayle and Dick Mallett, the proprietors of The Bicycle Warehouse who are retiring the store this month. The GNCC thanks them for their support over the years and wish them good luck in their future endeavours.

So now it's time to relax and enjoy the summer - make sure to check out the ride schedules on the web and get out there and have some fun with fellow cyclists, either on the trail or on the pavement. And...Let Spokelore know what you did this summer! We want to know - and send along those pictures to make us all jealous.

The British Columbia Mountain Bike Guide

Dax Kent

After months of hard work I am pleased to announce that the British Columbia Mountain Bike Website is up and functioning - www.bcmbg.com

The British Columbia Mountain Bike Guide was founded to promote proper Trail Etiquette and proper Trail Building and Maintenance Techniques, in order to help preserve BC Biking Trails. Our website offers a multitude of features for the BC Mountain Biking Community, and it's all free to use.

- BC Events Calendar
- Trail Maintenance Days Calendar
- Group Rides Calendar
- Non-Profit Biking Club Directory
- Classifieds

- BC Bike Shop, Tour Guides, Bike Rental Directory
- Forums and Message Boards
- Library of Resources and Articles

If you have an event you would like to promote, or if you are part of a non-profit cycling club, please contact us to see how we can help you increase your group's exposure.

Please visit us online at www.bcmbg.com or contact me directly.

Thanks and we look forward to hearing from you.
Dax Kent
British Columbia Mountain Bike Guide
dax@bcmbg.com

Bike Polo, anyone?

If there are any people interested we play Bike Polo Tuesday nights in Parksville at the community park behind the picnic shelter at 7:00pm.

As well, I can do a night for members of the Cycling Coalition if there is any interest.

Fred Pakkala

fred@pragua.com

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1635 Harold Road
Nanaimo, B.C. V9X 1T4
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fax (250) 714- 0171

Bike Week Thanks

Shelley Milstein

Bike Week 2002

Thanks to everyone who helped make this years Bike Week a success. Together we tuned up over 50 bikes, encouraged more than 2000 kids to walk and bike to school, and saw 463 people watch their commuting habits. Most importantly we got more people out there riding their bikes!

Thanks to all of our sponsors that helped make this event complete:

- Canada Trust Friends of the Environment Foundation
- BC Hydro
- Coastal Community Credit Union
- Better Environmentally Sound Transportation
- Go Green
- Nanaimo RCMP Bicycle Drill Team
- Mountain Equipment Coop
- Cora Bike Racks
- Thrifty Foods
- Old Victoria Water Company
- The Regional District of Nanaimo
- Bike Cartage
- Aloyd Fitness
- Mid-Island Coop
- Overwaitea Terminal
- Overwaitea Country Club
- Perkins Coffee
- Café Vinifera (Bocca)
- Island Natural
- Creekmore Coffee
- Java Expressions
- Tim Horton's Rock City
- Tim Horton's Bowen Road
- Blackball Records
- The Realm
- Moxie's
- A&W
- Boston Pizza
- Mambo's Pizza
- Little George's Pizza
- Panago Pizza
- Northridge Fitness
- Costco
- Baxter Air
- Harbour Air
- Amigo's Mobile Dog Grooming
- Kool and Child
- Quality Foods
- Nanaimo Farmer's Market
- Nanaimo News Bulletin
- The Nanaimo Daily News
- Bernard Callebaut
- Georgia Strait Alliance
- Nanaimo Recycling Exchange
- Green Communities Nanaimo
- Sole to Soul Bodyworks

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

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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

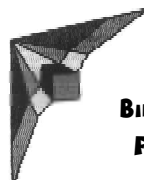
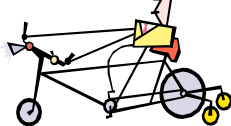
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4 YES! I WANNABEE

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:

Bike and Walk to School Day/Bike to School Challenge!

Shelley Milstein

Bike and Walk to School Day and the Bike to School Challenge was a giant success again this year. Over 2000 kids were out there walking and riding their bikes thanks to the GNCC. There were sooo many bikes at Ladysmith Primary the bikes were double parked— and the bike rack looked like a used bike shop! A very honorable mention goes to Principal Peter Skipper who rode all the way to Ladysmith from Departure Bay. Our schools recorded excellent results including Forest Park Elementary at 84% participation and Ladysmith's Davis Road Elementary in at 82%.

Two Secondary Schools battled it out for the Bike to School Championship title this year. Woodlands Secondary came out on top boasting a cool 85% participation. Woodlands student Philip Pawlik contributed a stunning 1078 points—that's a couple of HUNDRED kilometers walked or biked! Wellington Secondary came in at a respectable 42%.

Thanks to the GNCC and SD 68's dedicated teachers we had 14 schools walking and riding their bikes! The students did a fabulous job and put many of us car addicted adults to shame. Here are their results:

Forest Park - 84%

Davis Road - 82%

Coal Tyee - 80%

Ladysmith Primary - 76%

Pleasant Valley - 76%

South Wellington - 68%

Rutherford Elementary - 61%

Bayview Elementary - 60%

Aurora Learning Centre - 54%

Brechin Elementary - 53%

Dufferin Crescent - 33%

Results were not available from Cilaire Elementary.

Woodlands Secondary - 84%

Wellington Secondary - 42%



Chain Gang Ride Schedule

There's nothing set up at press time so for the latest summer rides please visit our ride calendar at: www.calsnet.net/GNCC or call Bob at 753-5464.

Everybody is Welcome, from beginners to hardcore randonneurs.



Tel: 390-2077
Fax: 390-2915

"The Simpsons"

6404 Metral Dr.
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Reminder.

GNCC members receive a 10% discount at the bike stores that advertize in *SpokeLore*



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Nanaimo Mountain Bike Club Schedule

July

23 Tuesday AMC trails meet @ 6:30 at Rathtrevor

24 Wednesday AMC trails meet @ 6:30 Rathtrevor

25 Thursday Freeway meet @ 6:30 Three Creeks

28 Sunday Mt. Prevost meet @ 11:30 South Gate Mall

30 Tuesday Dodd's Narrows meet @ 6:30 White Road

31 Wednesday Three Sisters meet @ 6:30 Top of Doumont

Just a sampling of the fun. See the full schedule at pacificrimbicycle.com or to get on the email list, email 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 ½ 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

Bike for Life

Saturday, August 10, 2002
Parksville Community Park

Ride for the joy of it! A measly \$5.00 entry fee gets you a pancake breakie, refreshments and a medal. More Info Call:

Ocean Cycle (250) 248-0200 or RDN Rec. Dept. (250) 248-3252 email: bikelife@island.net

Info and registration form can be found at: www.island.net/~bikelife/

Bicycle Trek for Life

September 7 & 8, 2002
Fraser Valley/Washington State

BC Lung Association is taking registrations for the 18th annual Bicycle Trek for Life and Breath. Each cyclist is required to raise a minimum of \$375 in donations. The 200k tour offers cyclists a supported ride through the Fraser Valley and Washington State. It's a chance to have fun and raise money for BCLA at the same time.

More info call: 1-800-665-LUNG or www.bc.lung.ca/trek

Yellowpoint Pant & Paddle

September 28, 2002

Get your teams together to support the Georgia Strait Alliance in a multi-sport relay event beginning and ending at the Crow & Gate. 8 k run, 5k canoe, 26k road ride, 5k ocean kayak, 11k mtn. bike and 9k run to the finish. Great prizes.

More info call: 753-3459 (GSA)

www.pantandpaddle.net

Cuban Pedal Power

Paraphrased from "The World This Weekend" on April 6, CBC Radio One by reporter Sandra Bartlett with a little help from the website

One of the first things tourists notice about Havana is its aging fleet of American cars.

Some of these cars are more than sixty years old, and are shining reminders of an earlier age. But all of them show their age, spewing blue or black smoke from outdated exhaust systems.

As tourism increases officials worry the car could make Havana (Old Havana is a UN Heritage site) a logistical and environmental nightmare. So there is now a move towards the bicycle - for residents and tourists alike.

And the movement is being led by a small group of Canadians:

Linda Knowland shows us rooms filled with bicycles and bicycle parts on a sidestreet in Havana. There are bikes and parts of all ages, sizes, types and conditions. that are waiting their turn to go to the shop down the hall to be cleaned, tuned and given new parts. The bikes started their journey in a warehouse near downtown Toronto. Nani Reddy is the mastermind behind Bicycles Crossing Borders. He was teaching graphic design in Cuba 10 years ago just after the fall of the Soviet Union and Cuba was set adrift economically. No one could afford to drive and buses were always breaking down so you spent most of the day trying to get to work. Sustainable transportation is of vital importance in Cuba. Transportation in Cuba

has suffered some impediments both due to financial and political reasons - the US embargo against Cuba is the prime reason. The bicycle has resulted as being the main means of transportation for the folk both in urban and rural areas. However the lack of resources and the

There is now a move towards the bicycle - for residents and tourists alike and the movement is being led by a small group of Canadians:

smaller number of bicycles of good quality available to them makes an entire family of three or four people depend on one bicycle to commute. And many of the youth and students lack any access to bicycles. He started to think about all the bikes gathering dust in garages and basements in Toronto. He got involved with The Community Bicycle Network, an organization that cleans and repairs bikes and gives them to people who can't afford them when he returned to Canada.

He thought he could do the same in Cuba on a grander scale. It's been an

overwhelming success. There are 1500 bikes in the shop waiting to be fixed. The first thing you might notice about the shop is that is staffed by women. Linda Knowland works for the CBN and has been in Cuba for the last year is in charge of getting it off the ground. One goal of the project besides the environmental benefits is to train women in non-traditional work that pays better than waitressing or casheiring. They started with 12 women and are left with 4. At first the women and their families were sceptical, but now they love it - and they're in big demand in their neighbourhoods.

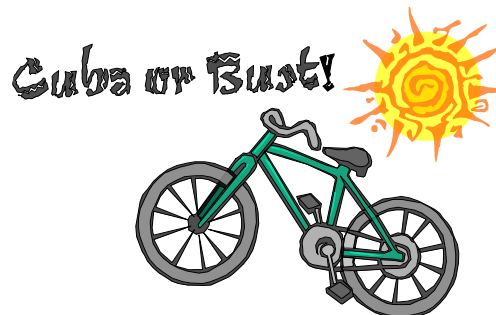
So far in the shop there are 350 re-conditioned bikes that will sell for about \$30.00 Cdn. There are also 20 bikes that will be rented to tourists to create income. Getting the final approvals to open the shop has taken longer than expected in the post-soviet heavily bureaucratic country and the women are getting impatient!

Bicycles Crossing Borders wants to have 3 or 4 shops open in the country eventually. But Nani also want to get the Cuban Posties on old European postal bikes - he could revolutionize the Cuban Postal Service!

Check out the website - just punch in Community Bicycle Network or Bicycles Crossing Borders in your search engine.

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Bike Week 2002 Wrapup

Shelley Milstein

Overview of Bike Week/Commuter Challenge

Bike Week and the Commuter Challenge were well received by the general public and the media. Several people thanked the GNCC for organizing the event, even those who did not or could not participate.

Overall, over 5000 people were directly informed about Bike Week and/or the Commuter Challenge. Over 2000 children participated in the Bike and Walk to School Day and the Bike to School Challenges. 463 people registered for the Commuter Challenge. Outreach to workplace employees through organizational participation in the Commuter Challenge was 3,640. Twelve elemen-

tary school children attended a lunch-time presentation at Pleasant Valley Elementary.

The GNCC planned 9 Bike Week events and held 8 (Bike Polo was cancelled by the facilitator) from May 30-June 8. In addition, the GNCC organized the Commuter Challenge for workplaces, Bike and Walk to School Day for elementary schools, and the Bike to School Challenge for secondary schools.

It is expected that 2003 can be an extremely successful year for the GNCC and for next years Bike Week.



Fruit smoothie, anyone? Pedal-powered blender courtesy of PEDAL was a hit at the bike fair.

A Bike Zen Koan

A Zen Teacher saw five of his students return from the market, riding their bicycles. When they had dismounted, the teacher asked the students, "Why are you riding your bicycles?"

The first student replied, "The bicycle is carrying this sack of potatoes. I am glad that I do not have to carry them on my back!" The teacher praised the student, saying, "You are a smart boy. When you grow old, you will not walk hunched over, as I do."

The second student replied, "I love to watch the trees and fields pass by as I roll down the path." The teacher commended the student, "Your eyes are open and you see the world."

The third student replied, "When I ride my bicycle, I am content to chant, nam myoho renge kyo." The teacher gave praise to the third student, "Your mind will roll with the ease of a newly trued wheel."

The fourth student answered, "Riding my bicycle, I live in harmony with all beings." The teacher was pleased and said, "You are riding on the golden path of non-harming."

The fifth student replied, "I ride my bicycle to ride my bicycle." The teacher went and sat at the feet of the fifth student, and said, "I am your disciple."

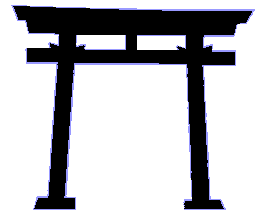
Courtesy of Piaw Na, Internet-BOB, and the proposed BikeZen email list

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San Juan Trippin'

Well, another successful mission! Our annual trip to the San Juans was once again, a wonderful way to spend a long week-end away from the hustle and bustle of the Canadian Victoria Day Long Week-end. Near empty campground, uncrowded roads, beautiful scenery, an almost total absence of Scotch Bedroom (probably not for much longer) and good company made for a lovely time.

Part of our group, Debbie, Jim Kirby, Yvonne, Lyse and Marianne went down on Friday to camp out and explore Lopez Island. Patsy and Jim and Gay Cunningham drove down on Saturday to catch the ferry from Sidney. Chris met us there after riding down from Nanaimo, keen cyclist that he is.

We arrived at Lakedale campsite first - a lovely private campground with lodge and cabins and lakes, and while waiting for the Lopez group to find us, Patsy, Jim and Gay did a quick trip to the new "Sculpture Garden" at Roche Harbour. Chris went further afield. This is a great idea - sculptors from all over and representing all different styles have their artwork displayed in a sheep pasture for all to enjoy - even the sheep. It



Jim Cunningham tries out a sculpture for size

was delightful, and the best part was...you were *encouraged* to touch the sculptures! The weather was great on Saturday, par for the course for this annual trip, but on Sunday the weather turned to rain! That's a first for this tour. The rain gave many of us an excuse to have breakfast at Roche Harbour until it stopped - about noon. Then it was a very comfortable temperature for riding.

Part of the group carried on around the whole island with a whale watching stop at Lime Kiln Park. They actually saw whales, too! Naturally, I was not part of this group. However, Jim C., Yvonne and I did see some really cute alpacas! (And some really cute lavender fuzzy alpaca pillows to die for, but so was the price - \$85.00 US!)

Back at the campsite, after dinner in Friday Harbour and a trip in the van to Cattle Point (beautiful), the rain gods once again anointed us, putting the kiboosh on the campfire plans. I don't think I've ever seen anything more pathetic that our soggy group huddled around our "campfire" consisting of 3 tealights and some woodchips under the tent shelter in the rain. However, the group, with a little help from

the local grape, maintained merry spirits until we finally admitted defeat and went to bed.

The next morning saw most of the gang head off to the ferry and home, while Jim and I stayed on until Tuesday. We made it to Lime Kiln Park, just to see if the whales might have decided to do another sailpast for our benefit (no) and we decided to actually go down a trail where we actually found to our surprise two lime kilns! We've been to this park about 5 times and never bothered to see what's down the trail. Lazy or what?! Anyhow, very cool structures - they would shovel in the limestone in the top to be heated up in the kiln from whence lime would magically appear out the bottom to be used for all sorts of stuff, like cement.

San Juan Island is a very interesting place, closely connected historically with



The Lime Kiln at Lime Kiln Park

Vancouver Island. It's always a pleasure to go there, and with a great group of cyclists to share it with, always lots of fun. See you next year!

Gay Cunningham