

Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition



The GNCC

Wants You!



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Meeting Schedule

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

IT'S AGM TIME!

Wednesday, October 16

Don't miss our Guest

Speaker, Bruce Mol

SEE Page 3 for details!

**Our next Board Meeting is
November 20**

Everyone is welcome.

Publishers Musings - Bikeology, Edmonton Style

Gay Cunningham

Hey Everyone! I hope you had a wonderful summer, with lots of great cycling experiences to share with us! Spokelore wants to see pictures of all your excursions, big and small - that you did this year. So far the weather has been fantastic and I'm still seeing lots of bikes tooling around town.

I had a busy summer - definitely not enough cycling! While in Edmonton visiting the folks, my mom and I took in the Edmonton Bike Commuters Bikeology Bicycle Fair which started last year as an event at the Bike Courier Championships at the University of Alberta. Held in a downtown park, there were booths of all sorts, such as Mountain Equipment Co-op, Earth's General Store (a wee bit like Green Communities), Trans-Canada Trail, Solar Power Energy, and of course, the Bike Decorating stand. (Aha!



*"THE REVOLUTION STARTS HERE"
Molly Turnbull with some subversive undies for sale.*

finally a use for those old CD's and cast-off sticky vinyl from the sign store!) I got some awesome stickers there too.



Jan Przysieznik + Bike + magnetic trainer + treadmill motor + blender = pedal powered fruit smoothies

They also had a pedal powered fruit smoothie maker (yum yum) with a slightly different bent than the pedal powered one at our fair, in that his actually generated electricity to power the blender.

It was very interesting to talk to the organizers and hear what they had to say about cycling in Edmonton. Claire Stock, the "bike lady" at Transportation Planning for the City of Edmonton tells me that she and Richard Harding at Nanaimo Parks and Recreation are in contact occasionally to help each other further the cause! She and Molly Turnbull, the president of Edmonton Bike Commuters were very envious of our "bike detectors" at all city intersections- something they are apparently not able to do because of the weather - and the fact that all our buses have bike racks. They only have one east-west bus route that has a rack and they're working the north-south route - or is it the

other way around?!(of course, in their defence, Edmonton is over 11 times the size of Nanaimo, and has a lot more buses!)

It was hard to resist the long warm evenings and FLAT roads whilst there, so I managed to get my Dad's old bike more or less roadworthy, and get out for a couple of rides. I was going to rent a bike to do the river valley trails that go on for miles and miles, but it just didn't pan out. Next year for sure.

Got a bike trailer off Greg Stevenson for the hound! After a small retrofit, we had the inaugural run from Cedar to Swy-a-lana for the Canada Day festivities. It took me



John Collier mans the "Squeaky Chain Patrol" booth

about twice as long as usual - which is pretty long at the best of times- and by the time I got home my legs were cooked! The dog did pretty well though I made her get out and walk the last hill to my house. She seemed to have gained a lot of weight by the end of the afternoon.

Now, tell us what did YOU did this summer!

All Photos by Gay Cunningham

AGM Time

Gay Cunningham

All Right, cyclefolk - now we need you more than ever. The AGM is just around the corner and that means not only a great speaker - Bruce Mol - and munchies, but also ELECTIONS!

We need to get some of our awesome GNCC members on the board so we can carry on the work that has made us the envy of Alberta! Many of our hardworking and key board members are stepping down after after many years having served the GNCC with dedication and commitment and we're looking for some great new board members. We also need people to be on committees - routes and technical, SpokeLore (you might notice that this issue is light on advertising - I could use some help with contacting advertisers to renew! If you want to advertise, please call), and so on. If you have an idea of how you think this organization can continue be a force for cyclists in this community, as well as have a good time, then call the GNCC Hotline at 722-4665 or talk to any of our board members.

The GNCC presents: CYCLISTS HELPING CYCLISTS

Join Cyclist-Educator Bruce Mol of New Westminster at and learn about encouraging novices to ride, tour and commute on bicycle. Bruce has led cycling skills courses for 10 years from Vancouver BC to Vancouver Washington. An avid long distance commuter and bicycle tourist, Bruce has toured extensively in BC and across Canada. Bruce also organised four popular and educational cycling events in the Vancouver area. 'Bicycle Campout' took 17 novice cycle campers on a weekend camping trip, the hugely successful 'Bicycle Touring Seminar' and the 'Ride Through Winter Seminar' featured guest speakers and experts. This year the 'Ride Leader Workshop' brought experienced cyclists together from across the Lower Mainland and Vancouver Island to share and discover ways to help novices keep riding and help experienced cyclists become better ride leaders.



Bruce maintains a website dedicated to Cycling Safety & Education, Commuting & Touring. Check out gonecycling.com

Wednesday, October 16
Bowen Park, Activity Room, 7:00 pm

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

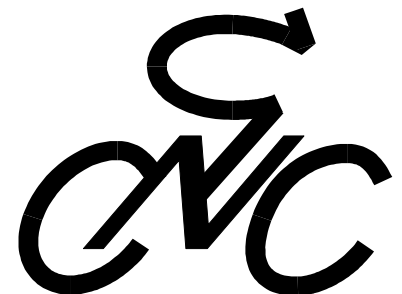
GNCC Board of Directors

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.



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 Ride Schedule

Visit our ride calendar at: www.calsnet.net/GNCC

Everybody is Welcome, from beginners to hardcore randonneurs.

Sunday, October 13, 2002

Thanksgiving Weekend so a RIDER'S CHOICE. Please call Kees and Anna if you have a ride idea at 753-2215.

Please call Kees and Anna asap

Sunday, October 20, 2002

09:30-17:00

Ride to CHEMAINUS and lunch. Terrain, rolling, pace moderate Meet Southgate Mall 09:30. Other start locations could be staggered, please call leader, Odette for details at 753-7497

A long but pleasant ride along Saltair Road (only two hours each way at a moderate pace). Bring money for lunch (or your sandwiches if you prefer).

Sunday, October 27, 2002

09:45-15:30

Final scheduled Sunday ride. LANTZVILLE AND NORTHWEST BAY ROADS to PARKSVILLE (MacLure House Restaurant) for brunch. Sign in at Woodgrove Macdonalds, 0945, leave 1000. Terrain rolling with short hills, pace moderate. A season ending favourite of the leader, John at 758-7232. Last chance for clearing out the lungs before winter. MacLure House is a charming lodge, named for its architect and is at Beach Acres Resort, just before Rathrevor Beach Road. The route will be Dickinson, Lantzville, Highway to Nanoose, Northwest Bay Road to Parksville. Riders may opt to return home via Hwy 19, but we will ride out together. Please register early so I can book a table. John S.

Chain Gang Logo Contest

START BRAINSTORMING!



The Chain Gang needs a logo that will be suitable for adaptation to a variety of formats, such as Chain Gang's printed materials, Web site, T-shirts, poster, letterhead, etc. The competitions rules and conditions Criteria for Selection of Winning Entries will be soon posted on the web site of the GNCC!

Lyse

Chain Gang News

In July, a meeting of the Chain Gang was convened. The purpose of the meeting was to allow all ride participants to discuss the past, present and future of the Chain Gang. Among the things discussed was how to become more organized as a group, the type and duration of rides, ride scheduling, organizational function, the possibility of holding clinics for leaders and new riders and so on. Some decisions:

Rides: Rides would begin from one central location, the Tim Horton's on Bowen Road. The ride leader or his/her designate will be at this location to begin the ride. Participants may pickup the ride along the route, but should notify the ride leader they will be attending. Rides should be posted on the web.

Records: Sign-in sheets will be available for each ride and participants must be registered.

Ride Times: Out of town rides 09:00, Local rides 10:00, Evening rides 18:30

Ratings: Rides will be rated, Bob Goerzen will e-mail information to all ride leaders.

As well, the question of the relationship between the Chain Gang and the GNCC was discussed at length. Out of that meeting it was decided by a majority of Chain Gang riders to maintain the connection between the Chain Gang and the GNCC. It was decided that individuals that wish to ride with the Chain Gang on a regular basis will be required to become members of the GNCC. Individuals are entitled to participate in three(3) rides prior to being required to pay their membership. If membership currency is in doubt, ride participants may be required to display their membership cards upon request by a ride leader or a member of the Board of Directors of the GNCC.

The Chain Gang will be recognized as the ride committee of the GNCC and have a member attend board meetings.

The Chain Gang wishes to form a Sovereignty Association with the GNCC. We recognize that there is a requirement for

all cycling activities to be unified under a common banner to ensure strength in numbers. At the same time we wish to ensure that the Chain Gang retains control over rides with a minimum of rules and regulations. If indeed the GNCC were a coalition of cycling groups, we would want to be identified as one of those groups. We would join the GNCC for the common good, but wish to retain decision and voting rights on riding activities within our individual group.

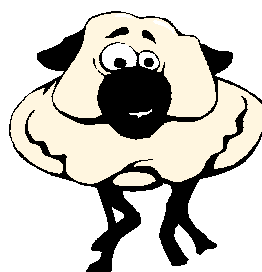
Publisher's note: I have paraphrased this article from the minutes taken at the July Chain Gang meeting. The issue regarding the link between the Chain Gang and GNCC was discussed at the last board meeting and it seems all parties are generally in agreement with the above. If you feel there are any errors in the above article or if there is any late-breaking news, please let me know!

A Fond Farewell

It is with sadness but with fond memories that we say *hasta la vista* to Taryn Langford who is off to the beautiful island(s) of New Zealand. Many of our readers will know Taryn as the author of the "Body Mechanics" series of articles in SpokeLore.

Taryn has landed a job, a paediatric position, home visit based, out of a hospital in a small city on the north part of the South Island called Blenheim. It has a sunny, warm climate for growing wine grapes, simi-

lar to the Okanagan. Her contract is for one year initially, but after that, who can say! We will really miss you, Taryn and good luck in your future endeavours down under. (and watch out for those sheep while you cycle on the wrong side of the road!)



Picture taken in Portland by Taryn Langford after the Seattle to Portland ride in July. Maybe they should just fix their roads?!

Nanaimo Mountain Bike Club Schedule - October 2002

It's time to bring out the lights!

Date	Ride	Time	Meet
13 Sunday	Doumont / Manzanita Bluff	11:30	Top of Pavement
15 Tuesday	AMC Trails	6:30	Bottom of Greig Road
16 Wednesday	Hammerfest	6:30	Englishman River Park
17 Thursday	Doumont	6:30	Moto X
20 Sunday	Tzuhalem	10:30	Southgate Mall
22 Tuesday	Mike's Trail	6:30	Windward
23 Wednesday	Abyss	6:30	Colliery Damn
24 Thursday	Hammerfest	6:30	Englishmen River Park
27 Sunday	Rider's Decide	11:30	Co-op
29 Tuesday	Abyss	6:30	Dog Pound
30 Wednesday	Doumont	6:30	Moto X
31 Thursday	Costume Ride	6:30	Windward

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

Tuesday Night Rides are 1 ½ to 2 hours long and various lengths. 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 (Ladies only) - 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.

Saturday Morning Beginner Rides - phone John to confirm (390-9223).

Rides vary in difficulty. Please call Janice (729-7021) or Robbie/Phil (758-4598) prior to an "out-of-town" ride so that they know you will be attending.

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.

SPOT Cards are now online

Have issues with the state of Nanaimo's roads? See something that needs to be cleaned up or fixed to be safe for cyclists? Then all you have to do is go to www.thegncc.org and fill out our online SPOT card. Through the magic of cyberspace your concerns will

be passed on to the folks at the city who can do something about it. Remember to be as accurate as you can when describing the location of the problem, including which direction you were travelling in. It's that easy!

Probike/Pro Walk Comes to Victoria!

The Greater Victoria Cycling Coalition (GVCC) is proud to announce that Victoria has won the competition to host Pro Bike/Pro Walk in 2004.

Pro Bike/Pro Walk, North America's largest conference on cycling and walking, will be held from September 7th to 11th, 2004. The conference, held every two years, is expected to attract as many as 700 delegates.

Many exciting and innovative events are in the planning stages. Here is a sneak preview list....

- The Greenways and Heritage Walking Tour
- Pacific Rim Circle Cycle Tour (Victoria - Comox - Powell River - Sunshine Coast - Vancouver)
- Royal BC Museum Bicycle Display
- Cowichan Valley Wine and Cider Cycle Tour
- Bike Lanes and Traffic Calming: Touring Victoria's Growing Network
- Garden City: A walking tour of local parks and gardens

More details will be posted as plans are finalized!

Contact Info:

Pro Bike/Pro Walk is organized by the National Center for Bicycling and Walking (Bicycle Federation of America). Visit www.bikefed.org

For information concerning Pro Bike/Pro Walk 2004 in Victoria contact:

- John Luton, Chair, Host Committee
- Home Phone: (250) 592-4753
- Email: • 2004@gvcc.bc.ca

For general information on cycling and walking in Victoria contact the GVCC:

- Phone: (250) 480-5155
- Email: • gvcc@gvcc.bc.ca

GNCC Rides Into New Transportation Project

Shelley Milstein

This fall the Greater Nanaimo Cycling Coalition is launching an exciting new program: "Go Green Choices - Nanaimo". Go Green Choices—Nanaimo will help workplaces, community groups and individuals save money and reduce stress. How? By increasing opportunities for people to carpool, transit, walk, or cycle to where they need to go!

The GNCC will be offering a free Go Green training course for local businesses this fall. The course will train a workplace "Go Green" coordinator on strategies to increase the number of employees using "clean air" modes of travel. Participants will address traditional modes of clean commuting: carpooling, cycling, walking, and newer strategies like parking

management, and teleworking. "Go Green" coordinators will take away solutions and incentives for their own workplace transportation initiatives. The program also includes a site visit and consultation to each business. Recommendations will help businesses identify improvements for facilities, parking, and transit programs.

The GNCC is committed to delivering programming that provides concrete steps people can take to reduce our impact on climate change. According to the BC Climate Change Business Report, "our greenhouse gases are among the fastest growing in Canada [and]. Transportation is the single biggest source of Green House Gas emissions in [BC]".

The Greater Nanaimo Cycling Coalition will implement the Go Green Choices—Nanaimo program in partnership with Better Environmentally Sound Transportation (BEST). BEST is a non-profit organisation that strives to make our communities healthier places to live through the promotion of cycling, walking and transit oriented neighbourhoods. The program is funded by the Government of Canada's Climate Change Action Fund.

If you're interested in registering your business for the Go Green Training course, or would like more information please contact Shelley Milstein at 716-1983, or by e-mail:

nanaimocycles@yahoo.ca.



This picture was taken at the Quarterway bridge by Keith Brown.. This begs the question where exactly to ride AND where to drive on those "share the road" roads. Keith writes: "Note the motorist is over the line...as far as I can tell the cyclist is positioned properly (but no helmet!). That reminds me: near the end of the Ride for your Life ride (I did the 90 km route) some yahoo in a pickup yelled at me "How about sharing the road eh?". I was too slow to ask him which half he wanted. Oh well."

...It just goes to prove that cycling is good for you!

On a happy note, I am very pleased to report that Tom Hocking was again riding his bike only a month after a major heart bypass operation this summer, and Roy Williamson, who suffered a heart attack last week is here to tell us about it. Could it be that their speedy recoveries are because cycling keeps them fit? That's my theory!

Get well, guys - there are many more cycling days ahead!



Tel: 390-2077
Fax: 390-2915

"The Simpsons"

6404 Metral Dr.
Nanaimo, B.C.
Canada, V9T 2L8

Commuter Cycling Traffic Skills Courses

One day that will change the way you cycle and think about cycling FOR GOOD!

The experience of cycling among a sea of cars can range from frightening to feeling completely comfortable - the difference lies in the skill and confidence level of the cyclist.

Over 350 people have taken our one-day Cycling Traffic Skills course and have been amazed by how much they learned.

This 8-hour course combines classroom and on-road training and is taught by nationally certified cycling instructors. It is intended to build traffic cycling proficiency for recreational and commuter cyclists.

An Introductory course is also available for those that are either getting back into cycling after a long hiatus or still need to brush up on bike handling skills before heading out into full-scale traffic. We can advise you on the appropriate level for yourself, after you have filled out the survey that is part of registration

You will learn:

- How to ride comfortably and safely in heavy traffic
- Tips for night riding and rain
- How to manoeuvre around obstacles and make sudden stops
- Proper bike fit and doing your own bike safety check
- Practical advice on equipment, clothing and route planning

Dates

Sat. Oct. 12

Sat. Oct. 19

Sat. Oct. 26 (Introductory level)

Where: Victoria Police Station, 850 Caledonia @ Quadra in Victoria

Time: 9:00 am to 5:00 pm - **please

arrive at 8:45 am**

Cost: FREE (a deposit of \$50 is required in advance and will be returned to you upon your arrival at the class. - see details below)

And YES, the course still runs if it is raining (this is Victoria after all) : >)

What to bring:

- bag lunch
- full water bottle(s)
- rainjacket or other appropriate clothing for the weather (layers are good)
- helmet (of course!)

****NOTE**:** It is very important that you ensure that your bike has been recently inspected or tuned up. If in doubt, visit your neighbourhood bike shop.

At the class you will receive:

- Bike Sense: BC's Bicycle Operator's Manual
- Victoria Cycling Map
- Take-home information on route-planning, clothing, equipment, bike fit and more
- BC Transit info: Park n' Ride locations, bike lockers, and how to use racks
- Cycle Therapy: the region's cyclist newsletter
- Helmet stickers
- Bike shop coupons
- List of local area bike shops and their hours

BONUS: You will also have a chance to win MEC equipment and clothing!

Course \$ Deposit \$ Notes
The cost to put on the course is \$50 per person (instructor fees, course materials. Happily, with a generous grant from Coast Capital Savings Foundation, the courses this fall will be free!

To ensure attendance, a \$50 deposit is required in advance. This will be returned

to you upon your arrival at the class.

More on the deposit:

The \$50 deposit must be in the form of a cheque, cash or money order.

This deposit will be returned to you upon your completion of the class (cheques/money orders will not be cashed if you attend).

In order to complete your registration, payment must be received by the end of the day, on the Wednesday before your class.

Cancellation notice is required by 5 p.m. on the Wednesday before your class, or your deposit will be forfeited.

If we have to cancel a class, we will notify you before the end of the Wednesday before your class, and your deposit will be returned.

Questions? Send an email to:

courses@biketoworkvictoria.ca or call 920-5775.

Please mail your deposit to:

Greater Victoria Bike To Work Society
17A - 633 Courtney St., Victoria, BC
V8W 1B9

(Cheques or money orders should be made payable to "Greater Victoria Bike to Work Society")

You can register online at
www.biketoworkvictoria.ca/courses.htm



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