

Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition

What Happens when Art, Function and Old Bike Frames Meet?



Bike Rack at the John Janzen Nature Center, Edmonton

You get a great bike rack!

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Meeting Schedule

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

Our next Board Meeting is November 20

Meet the new Board and help us determine the direction of the GNCC. Everyone is welcome.

The next General Meeting is January 15, 2003

Publishers Musings - Meet your new GNCC Executive

Gay Cunningham

A hearty welcome to our new board! There are two new members who have thrown in their lot with us and will bring experience, enthusiasm, knowledge and their cycling vision to the executive and I want to thank them for accepting the position. Signy Parkin and John van Beek are sure to be valuable members of the board and I look forward to working with them. David Grey also was elected to a 2 year term and Odette Moreau (provisionally), Don Oliver, Keith Brown, and me, Gay Cunningham are serving the second year of their 2 year term.

I want to take a moment to thank outgoing board members Debbie Keith, Aaron McKean and especially co-chair Chris Hofstrand for their time, energy and commitment to the GNCC while serving on the executive. You did an awesome job and we will miss you all.

Now, there is still room for a few more members on the executive, so if you feel you can contribute to the GNCC, please join us. Not only that, there are a number of committees that desperately need our members help such as Routes and Technical, Events, Bike Week and SpokeLore. Run, don't walk,

to the phone to call the GNCC hotline 722-4665 or email info@thegncc.org to put your name on the list.

At the AGM in October, Bruce Mol, a cycling educator gave a wonderful talk on motivating people to cycle. His enthusiasm was infectious and he was very entertaining and full of good ideas. So let's get out and cycle - check the ride schedules, call your friends (or not) and enjoy the exercise and companionship that riding brings!

This is the last issue until January so I want to wish everyone a Merry Christmas, Happy Hannukah, and a great New Year.



Thumbs up!

To City of Nanaimo Public Works: For tuning the bike stencil at Comox and Prideaux, and adding new stencils to traffic lights at the Hammond Bay/Departure Bay and Fitzwilliam/Milton intersections - all very promptly when phoned.

Thumbs down!

To pedestrians and other cyclists who wear headphones so they can't hear "On your left!" or bicycle bells. Double thumbs down when they are accompanied by dogs on the loose.



Thanks to Barbara Hourston for her "rave and rant". You can share your very own raves and rants right here in SpokeLore!



Tel: 390-2077
Fax: 390-2915

"The Simpsons"

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

Official commuter challenge results are online!

Nanaimo came in ninth this year in all of Canada and the Central Okanagan can lay claim to #1. In Nanaimo *Mo Magazine* and *Lanarc Consultants* had a 100% participation rate! Way to go guys! (Even though Mo Mag only has 2 employees...)

Get the full breakdown at www.commuterchallenge.ca

Bike Boxes and Advances Stop Lines

Barbara Hourston & Gay Cunningham

Here's a reason to go to Union & Main Street next time you're in Vancouver - check out the first new "Bike Box" at that intersection. A bike box is an area on the road marked by red pavement with white bicycle symbols. It extends across one or more traffic lanes at the approach of an intersection. When the traffic signal is red, only cyclists may enter the bike box. Motor vehicles must stop at an advanced stop line (ASL) to leave the bike box clear for bicycles. Generally, cyclists can pass queuing vehicles and enter a bike box through an exclusive bike lane.

CYCLISTS:

When the light is red or turning red, enter the bike box along the access lane. Once you are in the bike box, position yourself according to the direction you are intending to go. Bike boxes and ASLs have no effect when the signal is green. At a green light, cyclists should approach and move through an intersection in a normal manner. Use of the box is not

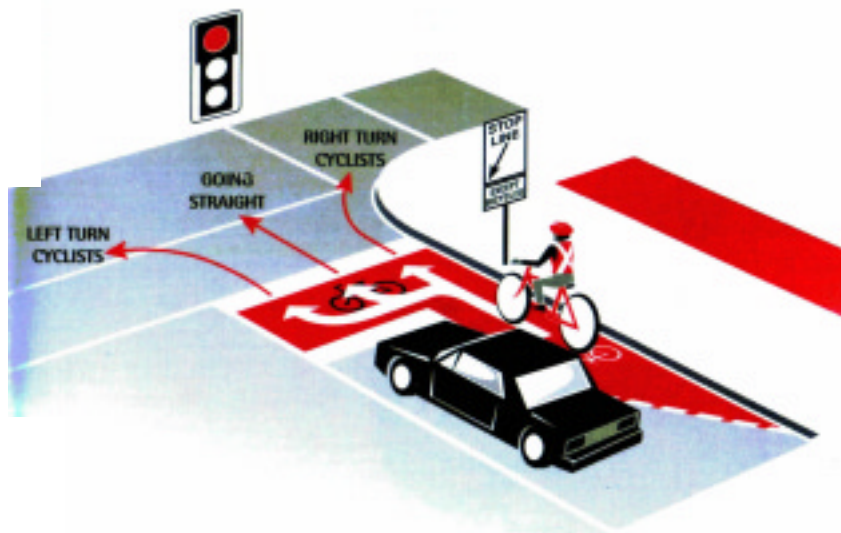
mandatory. They're provided for added safety and convenience. Cyclists are strongly encouraged to use the box whenever appropriate.

MOTORISTS:

When the signal is red, you should stop at the ASL marked on the road. The ASL may be accompanied by a sign. You may only cross a bike box and make a right turn during a red light if you are absolutely sure that there is no cyclist in or approaching the bike box. Turning right on a red light may be prohibited at some locations. Motor vehicles should never encroach on the bike box during a red light.

If you have questions, comments or feedback about bike boxes and advanced stop lines, contact the City of Vancouver's Bicycle Hotline at 604-871-6070, or email them at:

cycling@city.vancouver.bc.ca
or visit the website at:
www.city.vancouver.bc.ca/cycling
for the latest information.



A typical bike box /ASL arrangement

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

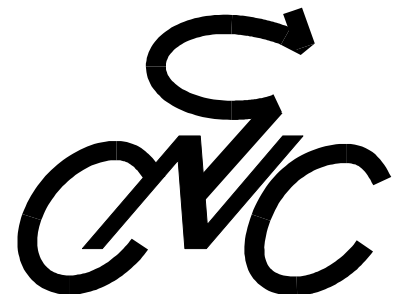
GNCC Board of Directors

Keith Brown, Gay Cunningham, David Grey, Odette Moreau, Don Oliver, Signy Parkin, John van Beek

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, November 17, 2002

Tentatively scheduled - Cameron Lake. Check the calendar.

Sunday, December 1, 2002

10:00 - 3:00?

CEDAR/YELLOWPOINT COUNTRY CHRISTMAS TOUR

Check out the local artisans on this ride. Bring money and panniers to get a start on your Christmas shopping. There will be a potluck early dinner/late lunch at Jim and Gay Cunningham's after the ride. Bring some dry clothes to change into!

Meet at Southgate Tim Horton's at 10:00 or the Cunninghams, 1813 Meadowlark Crescent (off Hemer Road) at 10:30 722-7320

Sunday, December 15, 2002

10:00 - 3:30

Tentatively scheduled - Gabriola Island. Check the calendar.

Chain Gang News

We are looking for members to form a Rides Committee to keep the Chain Gang organized and maintain the rides calendar. A chairperson is also required for this committee. Anyone interested in participating in the Rides Committee should contact David Grey at dwgrey@hotmail.com

Nanaimo Mountain Bike Club - Ride Schedule - November 2002

Date	Ride	Time	Meet At
19 Tuesday	Abyss	6:30	Dog Pound
20 Wednesday	Doumont	6:30	Moto Cross
21 Thursday	Westridge	6:30	Westwood Lake
24 Sunday	Trail Maint.	Noon	Doumont-Moto Cross
26 Tuesday	Doumont	6:30	End of Pavement
27 Wednesday	Abyss	6:30	Colliery Dam
28 Thursday	AMC Trails	6:30	Greig Road

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

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

George Georgiev Does It Again!

Gay Cunningham, with help from Catherine Litt of the Bulletin and the Vancouver Province

George Georgiev, the Gabriola Island bicycle builder has once again set world records at the 2002 World Human Powered Speed Challenge in Nevada. He and his pilots, Andrea Blaseckie and Sam Whittingham of Victoria, came away with two world records. Whittingham pedaled Georgiev's Diablo II bicycle to a top

speed of 130 km per hour, while Blaseckie pumped out an equally incredible 104 km per hour in her Georgiev-designed Mephisto. This is Whittingham's third time in the winners circle. Some of us had the pleasure of meeting the two speediest cyclists at the Royal BC Museum last year at their cycling exhibit. It was very interesting to talk to them and see the world record breaking machines.

The Diablo took 10 years to create and costs about \$10,000. Last year it outperformed a \$600,000 British machine.

Georgiev has also created many speciality bikes for physically challenged clients, like Rick Hansen.

Congratulations, George, Andrea and Sam!

Healers on Wheels

Reuters

LONDON - A fleet of six bicycle ambulances, complete with flashing blue lights, sirens and heart-starting defibrillators, hit the streets of London this summer.

The brainchild of ambulance attendant and former British BMX champion, Tom Lynch, the two-wheeled ambulances will be sent to emergency calls in central London at the same time as their four-wheel counterparts, the ambulance service said.

Trials conducted in 2000 by Lynch himself revealed the bicycles are likely to arrive first in 88% of cases.

In a third of calls, the bicycle ambulance attendant was also able to treat the patient at the scene and cancel the full ambulance response, freeing up much-needed capacity for more serious cases.

"Bicycles are the ideal way to cut through slow-moving or stationary traffic so that medical treatment can be given quickly before other help arrives," Lynch said.

The bicycle ambulances will be targeted primarily at those patients whose conditions are classed as neither serious nor immediately life-threatening. However, they will also attend nearby where patients are believed to require urgent medical assistance.

Editor's note: At a recent first aid course I attended, the instructor mentioned that the Vancouver airport also had bike first aid attendants. Didn't say anything about flashing lights and sirens, though!



AGM Board Report- October 16, 2002

Chris Hofstrand

The GNCC has again been successful in its mission to promote and improve the conditions for cycling in the Nanaimo region by providing a unified voice for all cyclists, advocating in cycling related matters and promoting more cycle-friendly roads and facilities. Some of past year's highlights include:

- 1 The GNCC made its presence known in the community, with our members appearing on the WAVE radio, Malaspina University radio, and VI TV to promote cycling. We also participated in the Rotary Parkway challenge, the South End Resident's picnic, Earth Day, the Malaspina Health Fair, and the City of Nanaimo Environmental committee function.
- 2 Spokelore, our monthly newsletter, produced by Gay Cunningham, continued to act as a voice for cyclists in the community. Spokelore provides good coverage of cycling related issues and features high interest columns. The GNCC and Chaingang websites continues to be a good source of promotion for the GNCC and a valuable organizing tool.
- 3 The Chain Gang continued to offer well organized and interesting rides geared to all levels of cyclists, and has been most successful in attracting new members to the GNCC and in raising the profile of cycling in the community. Thanks especially to Bob Goerzen, Keith Brown, Lyse Godbout and John Shelbourne.
- 4 The past year has seen the South section of the E & N trailway completed and the Routes and Technical Committee under Keith Brown continues to work with the City. This past season, many of the routes on the Official Bike Routes Network were ridden and feedback provided back to the City.
- 5 The membership committee, especially Don Oliver and Keith Brown have worked hard in improving our computer databases and developing a sign up package for use at events. A membership renewal letter and email aimed at lapsed members was sent out in the summer and has resulted in a number of renewals.
- 6 During 2002, our successful Bike Week remained the centerpiece of the GNCC's promotional activities. Shelley Milstein, the Bike Week coordinator deserves special mention for her high standard of work in organizing and carrying out this event. Held between May 30 and June 8, the programme included 8 individual events as well as the Clean Air Commuter Challenge and the Bike to School Day and School Challenge. Key events included the Commuter Breakfasts, the Bike Fair at Beban Park, the bike tuneup at the the Bandstand, and the always popular Film Festival organized by Lyse Godbout. Twenty four companies and organizations took part in the Commuter Challenge.

BECOMING INVOLVED WITH THE GNCC:

There are plenty of opportunities for members to become involved in and to help out. The GNCC has a number of committees that need active new members to carry out their tasks. For example, we should have an Editorial Committee that sets the content and proof reads Spokelore. In addition, the Chain Gang is looking for committee members to help plan its upcoming activities. While some committees of the GNCC are "standing" committees of an enduring nature other committees are "ad hoc" task force type committees that meet to achieve a certain task and then disband, as their mission is accomplished. I'd like to see as many members involved in our activities as is possible.

Thank you.



Happenings

Banff Festival of Mountain Films

Wednesday, November 20

The best of festival comes to the Port Theatre.

For more information call 754-8550.

Global Village Store Opens

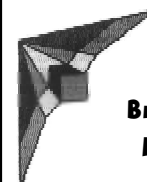
November until December 24th

Shop here for a wide range of fair trade products. Unique gifts from you help global craftspeople. Located in the Old City Quarter at #5 Heritage Mews, 321 Wesley St, Nanaimo. Mon-Sat 10-5

Green products for sale at Green Communities - soon to be the new Vancouver Island's Green Store

Unique items you truly won't find anywhere else. From natural aromatherapy candles and fair trade herb teas, to a wide selection natural Vancouver Island-made soaps and body care lotions. Of course they still carry a full selection of solar gizmos, birdhouses, and the popular Magic Cloth (the best cloth you'll ever buy!). Plus posters, shirts, cards and more, from organizations such as the Western Canada Wilderness Committee and Land Conservancy of BC.

Harbour Park Mall, Mon. - Fri. 10:30 - 5:30



PACIFIC WINDS

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