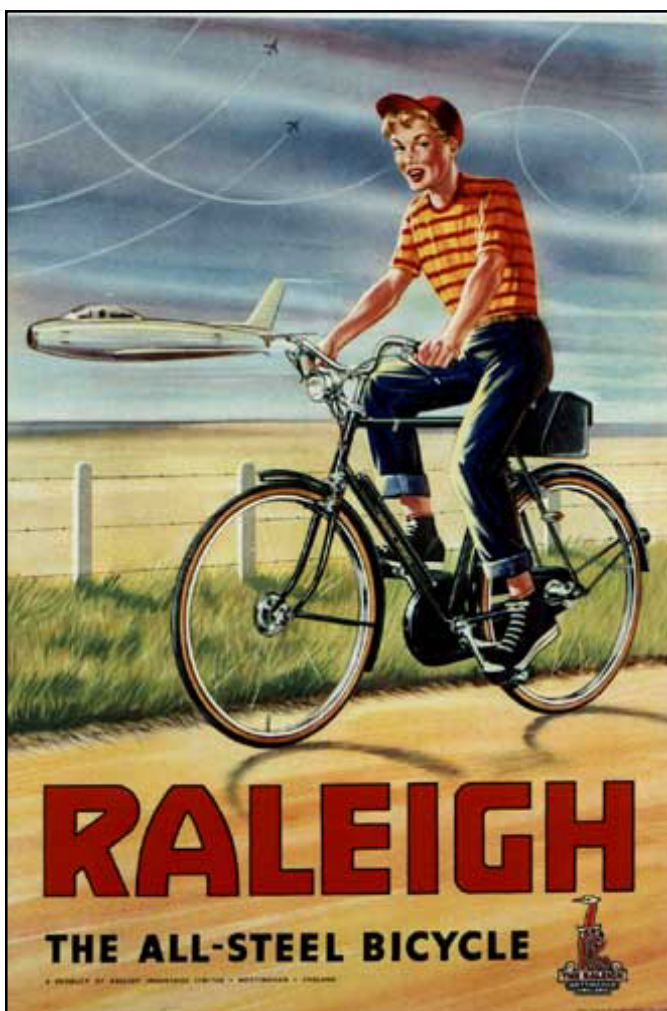


# Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition



*Who Cares if it's Steel?  
It's still the "Wheel Deal!"*

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## **Meeting Schedule**

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

**Our next Board Meeting is February 19**

Everyone is welcome.

**The next General Meeting is March 19, 2003**

Bob Goerzen will be showing slides from his trip to the Kootenays, plus more!

## Publishers Musings

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*Gay Cunningham*

Well, the new year is well upon us now, and we are planning our activities for the upcoming season. How do we encourage people to get out and ride? What do our members see as worthy of our advocacy? How do we accomplish these goals? One of the things we need to start planning now is Bike Week. Do any of you have any ideas on what you would like to see included? We will be looking for a coordinator for this fun annual event, so if any of you are interested, let us know.

Another idea brought up at the board meeting was the possibility of a one or

two hour course on the joy of bikeriding and the safe way to do it, aimed at elementary school kids. This was something we helped sponsor the "E-Team" to do a few years ago (in those heady days before massive funding cuts!) and we feel is important enough to continue to do directly.

I would like to thank Thomas Marek and Gary Casperson who came up from Duncan to let us know how things were going with the newly formed Cowichan Valley Cycling Coalition at our last general meeting. They are really committed and want to make a change for the

better in the Valley for cyclists! See Lyse Godbout's article about the critical mass ride and fundraiser they held. From all accounts, it was a blast and also a real eye-opener for the folks in Duncan. ("Yes, there are cyclists out there!")

And while you're surfing the web, check out Tom Hocking's letter about the warning signs of heart disease that you can't ignore! Find it at [www.roadbikerider.com](http://www.roadbikerider.com). Tom's "adventures" have also inspired another member to submit his very interesting thoughts on the effects an accident can have on you - read on, fellow cyclists!

## Recovery from the Dreaded Accident

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*Ian Gartshore*

Having read the amazing story of being hit by a highway speed motor vehicle and surviving, I would like to submit the following brief article, to follow up on my much earlier "accident article."

When the healing begins from a road accident that involves a motor vehicle, what about the other forms of healing - emotional and financial?

While a number of us have had brushes with the OTHER vehicles that (mostly) share the road with us cycling enthusiasts, and most of us are around to talk about them, the more hidden aspects of recovering are not always as public.

While everyone's story is different, I offer some insights into my recovery from the post-17-months-place that I now occupy.

I want to begin by saying that my ICBC insurance representative, Mary Christianson, was a gem. From the very

beginning she presented as a caring professional. That I co-operated with her likely helped to bring about the results I can be glad for today.

My accident happened on June 16, 2001 when a car suddenly turned left, cutting across my path. Despite the wet surface, I was nearly able to stop before reaching her vehicle. Miraculously our vehicles never met, but I did use my left elbow (and helmet) as landing pads. One was meant for this visit with the unforgiving asphalt, the other not...

The immediate needs of mine -health-care, food, bathing, house-cleaning, etc. were quickly taken care of. My salary for the first month was replaced. And I sought (and received) professional assessment and assistance.

Not only was my left elbow broken (in both bones) so also was my confidence in the world and especially on the roads.

This was not helped by the fact I was nearly mowed down by a bus the day before (also on Terminal Ave.), and a cab two weeks later when walking along a side-walk on Bowen Road (bad road for cyclists and pedestrians, eh? Interesting to note that both roads are four lane roads. Personally I think that Terminal is a well-named road, given the injuries and deaths that happen on it. But I digress).

The biggest shock in the whole saga was an emotional one: How could I ever get back on to my bike? It is my principal mode of transportation! I wept when I realised my confidence was gone.

Talk therapy helped. Setting goals also helped. Finally my anger surfaced: "How dare the drivers of other vehicles invade my space and threaten my life!" This, as it turned out, was my key. Once I began to channel my anger against cars I began

*Continued on page 3*

## Accident Recovery....

*continued from page 2*

to climb out of my hole. Dreaming of blowing up a car was a positive sign! Going to a wrecking yard and (with their permission and assistance) putting some good sized holes into the body of a car also did a lot of good for my soul! (Just a note: don't try to dent the bumper of a Renault -the reverberations from that went through my whole body.)

My anger helped me to get back onto my (new) bike and face down those well-meaning but myopic drivers. I was free again!

ICBC continued to cooperate to the best of their ability. After consulting with two lawyers about what kind of settlement I could receive, and getting more legal advice from my surgeon than was helpful (who appears to have been interested in covering his own butt), I settled out of court. That was wonderful! I finally had closure.

I did try writing to the woman who had cut me off one year after the accident. I wanted to let her know how my life had changed, what I had learned, and again point out that she didn't have to worry about being sued -that's why she pays ICBC. The letter came back ("address unknown"). That's okay, just writing and sending the letter is what I needed.

My arm isn't totally healed. I can use it. Thanks to that now deceased helmet I can still use my head about as well as before (which deserves another article). My sense of the value of life has deepened. And I am grateful to be alive, not to mention my gratefulness for still being able to get around by bike.

What have I learned besides? I watch out for vehicles making left-hand turns, avoid the busiest (four lane) roads, use a front strobe light, and use my voice more than I ever did!

I also keep in mind that just about everybody will be in a serious accident involving motor vehicles some time in their life, even those who never ride. Being on the roads is far more dangerous than hiking in bear country, being killed by a "terrorist", or almost anything else for that matter.

To others who think cycling is too dangerous I tell that it is actually more dangerous to be a passenger in a motor-vehicle than it is being a cyclist. And they aren't getting the free exercise that I am!

Best of all, cyclists have the best bums in town.

## Important Notice

It was determined at the last general meeting that many of you in the GNCC would like a membership list made available **only** to paid members of the GNCC.

**If you do not wish to have your phone number or email address listed, please contact Gay Cunningham at 722-4665 or email me at: [guardian@myexcel.ca](mailto:guardian@myexcel.ca) before March 30.**

# SpokeLore

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

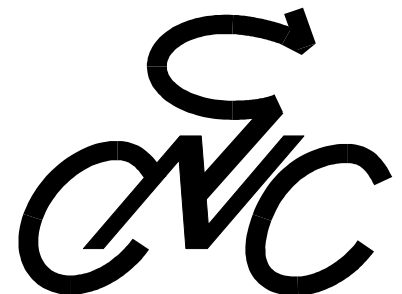
### GNCC Board of Directors

Keith Brown, Gay Cunningham, David Grey, Don Oliver, Signy Parkin, Graham Shuttleworth, 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](mailto: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

Rides are always happening! Visit our ride calendar at: [www.calsnet.net/GNCC](http://www.calsnet.net/GNCC)  
Everybody is Welcome, from beginners to hardcore randonneurs.

## Chain Gang News

The Chain Gang is in need of a person to look after the rides calendar and make sure rides are posted on the web. For more information, email [dwgrey@hotmail.com](mailto:dwgrey@hotmail.com)

## Nanaimo Mountain Bike Club - Ride Schedule - February 2003

Date	Ride	Time	Meet At
16 Sunday	Terry Painter Trail Mtce	11:30	Doumont/Moto Cross
18 Tuesday	Siwash Ridge	6:30	Pacific Rim Bike Shop
19 Wednesday	AMC Trails	6:30	Greig Road
20 Thursday	Westridges	6:30	Westwood Lake
23 Sunday	Zhouhalem	10:30	South Gate Mall
25 Tuesday	AMC Trails	6:30	Greig Road
26 Wednesday	Old Stumpy	6:30	Westwood Lake
27 Thursday	Hammerfest	6:30	Englishmen River Falls

\* 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](mailto:janet_oxler@hotmail.com) Please also contact Janet regarding any phone number or address changes from last year. Thanks.

The rides can also be found on the website:  
[www.nanaimomountainbikeclub.com/rides.htm](http://www.nanaimomountainbikeclub.com/rides.htm)

For Wheely Good Food  
wheel into the Windward  
Neighbourhood Pub

14-1588  
Boundary  
Crescent



## Birth of A New Cycling Coalition

By Lyse Godbout

The Cowichan Valley Cycling Coalition (CVCC) is borned ! Terry and I participated in a critical mass ride and fund raising event in downtown Duncan. It was a colourful and “noisy” group of cyclists. Among us were 2-penny farthing bicyclists, as well as other cyclists with trailers hauling various items (kayak, storage container etc.). This was a really fun ride and allowed me to discover the neat spots in Duncan. Congratulations to the fund raising committee for collecting more than \$1000.00 in one day! I was impressed by the spontaneity, free spirit and sense of organisation of the group (hey they already have an office downtown!!).



All photos by Lyse Godbout



***Hello!***

I am a customer of yours, and am also an avid cyclist. As much as I want to visit your business, the facilities provided for bicycles are insufficient. This affects my ability to be your customer. Perhaps we could work together to improve the situation, so that I and other customers who ride bikes can do business with you. Here are the improvements that I believe would bring more customers to your business, more often:

- \_\_\_ **Increase the number of bike stalls**
- \_\_\_ **Move existing bike parking closer to the entrance**
- \_\_\_ **Install bike racks which won't damage bikes**
- \_\_\_ **Post signs to mark bike parking**
- \_\_\_ **Provide cover for bike parking**
- \_\_\_ **Make the parking area better for personal security**

- \_\_\_ **Make it easier to lock up bikes**
- \_\_\_ **Improve the lighting**
- \_\_\_ **Provide easier access for bikes and riders**
- \_\_\_ **Increase maintenance of the bike parking facilities**

*For more information, please see the other side if this feedback form. Thank you very much!*

## Deal Close to Saving E&N Railway

*From articles in the Star and Bulletin, edited by Gay Cunningham*

A company called Vancouver Island Railway Development Initiative has been formed to operate the E&N railway. They're a collection of Vancouver Island interests that are close to a negotiated agreement with Rail America and CP Rail to purchase the two corporation's assets and the majority of railway right-of-ways. The plan is that VIRDI will take over freight and passenger service. This could also mean the beginning of a commuter train service between the Cowichan Valley and Victoria at some point in the future.

Public backers for the project include:

A&B Rail, Superior Propane, Victoria developer Peter Daniel, Cowichan Tribes' Khowutzun Development Corporation, and another unnamed company.

The City of Nanaimo won't participate in VIRDI until the threat of litigation over the zoning of the rail line as a transportation corridor is lifted.

*Editor's note: Once things are finalized with VIRDI, this would be a great time for the GNCC and other interested groups to really sell VIRDI on the benefits of allowing bikes on trains, especially for commuters and tourists! Another point, and some of our members have already done so, is to contact the new fast foot ferry owners and ask them to provide space to take your bike along on the ferry. I believe this service starts in May. You can contact them through their website at [www.harbourlynx.com](http://www.harbourlynx.com) or 1-866-206-5969.*

**Tom Hocking has sent along some of his favourite websites that cyclists will find useful and entertaining!**

Here's the Park Tool maintenance link - a great resource when you need to repair your bike :

[www.parktool.com/repair\\_help/FAQindex.shtml](http://www.parktool.com/repair_help/FAQindex.shtml)

and here's The Bicycle Paper:

[www.bicyclepaper.com/](http://www.bicyclepaper.com/)

This one's great, especially if you've had troubles finding the right saddle!

[www.sheldonbrown.com/real-man.html](http://www.sheldonbrown.com/real-man.html)

and Oregon's good, too

[www.efn.org/~ocycling/](http://www.efn.org/~ocycling/)



## Happenings

### Poker Ride Fundraiser Rathrevor Beach

Sunday, March 30, 2003

Annual fundraiser Poker Ride for a bridge by our mountain bike park. You can walk ride or run the 10km. Riders should be used to moderate off road level. Cost is \$10 / \$5 kids and we are working a group rate too. Registration starts at 11am for walkers noon for bikes and prizes at 2pm.

Contact: Linda Krofta  
[lindak@bcsupernet.com](mailto:lindak@bcsupernet.com)

## THE BENEFITS OF PROVIDING BICYCLE PARKING

Provision of secure short-term parking will encourage clients, employees and visitors to use bicycles to reach your business or facility. Bicycles today are sophisticated and expensive machines, and more people are using bicycles to travel to work, shops and for recreation. Having safe and accessible parking is an important key to serving the bicycle-riding public.

Promoting cycling helps reduce the demand for car-dependent living and the need for expensive automobile facilities—about six bicycles can be parked in the space provided for a single car.

Providing secure bicycle parking will reduce informal parking on fences and trees, which may clutter sidewalks, damage vegetation, or be a hazard to pedestrians. So, perhaps now is the time to give some thought to making your facility cyclist friendly.

Attract more cyclists to your business through better bike facilities – contact the Greater Nanaimo Cycling Coalition for a brochure, and for answers to your questions.

Phone: (250) 722-4665

Email: [info@thegncc.org](mailto:info@thegncc.org)

