

# Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition

*Get in  
Gear!*

**Bike Week is  
here!**



*Don't let the threat of  
SARS, nuclear war, bio-  
terrorism or car exhaust  
keep you off your trusty  
wheeled steed -*

**IT'S BIKE WEEK!**

**MAY 30th to  
JUNE 7th**

**The GNCC has  
a new  
office & phone  
number!**

*You can find us at #212 in  
the Community Services  
Building at 285 Prideaux  
Our new phone number is  
754-4620*

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## **Meeting Schedule**

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

**The next General Meeting is  
May 21, 2003**

*Getting in Gear for Bike Week  
and.....Our new prez of the British Co-  
lumbia Cycling Coalition, the one, the  
only, Allan Dunlop, will be here to in-  
spire us and fill us in on what the out-  
look for cycling provincially is.*

## Visit to Tony

Bob Goerzen

I won't try to hide the fact that I have been interested in using a bicycle trailer rather than carry everything I take on tour with me on the back of the bike. As yet I have had no problems, but I believe that reducing the amount of weight on the bike and putting that weight in a trailer should have some benefits. My wheels and tires should last longer, the containers on the bike are far more waterproof than the panniers, and it is a simple matter to unhook the trailer at the end of the day and the containers allow for bulkier items (not items that weigh more of course) to be brought along. I have also read that motorists give cyclists towing trailers additional space and respect - who says size doesn't count! These concepts have yet to be proven and I will keep you informed as I put the trailer to use.

Anyway, Keith, Marilyn, James, Marg and myself had discussed taking a drive to Mill Bay to visit Tony Hoar whose trailer designs I thought were the best. Keith was unable to make the trip as his sister was coming to visit so the rest of us set off early Saturday morning for a prearranged visit.

Tony's facilities are not too far off the highway at Mill Bay. Tony took the time to show us through his shop and although time was short we enjoyed his talk on various projects both old and new. I had two trailers in mind and Tony

explained the capacities of each. The one I was most interested in was the KD in the trunk of the car and we were off for home.



Tony Hoar's trailer manufacturing facilities at Mill Bay.

model which has the ability to store completely in the container that attaches to



Tony explains the manufacturing process.

it. This gives one the advantage of taking the trailer along in the trunk of the car or as baggage on flights, etc. After some discussion I decided that the KD model was indeed for me. After an assembly / disassembly demonstration, the latest cycling addition was stored easily

Our Sunday ride on April 6<sup>th</sup> provided the first opportunity for me to give the trailer a try. It is suggested that users begin with light loads and increase weight as they gain experience. As this was a picnic it was a great place to store a cooler,

thermos and additional cycling gear and equipment. The unit was quickly attached to the seat post of the mountain bike and I was off to Tim Horton's on Bowen Road. From Bowen Road we headed to Ladysmith, picking Marg up along the way. We went as far as Transfer Beach where we enjoyed a picnic before heading home. I can truly say that the first experience was an enjoyable one. For the most part I almost forgot the trailer was there. I was only when I had to pass through narrow entrances that I had to think about what I was doing. Time and increased weight will tell if I have made the right decision. Our upcoming Sunshine Coast tour will probably give me a better idea of this trailers capabilities.



## Publisher's Musings

Gay Cunningham

### Another Bike Week is upon us.

We are extremely pleased to have Shelley Milstein leading the charge again this year. We plan on a leaner, meaner Bike Week and want everyone to participate in the fun. We need to spread the word that cycling is fun, cost efficient and good for you, your kids and the environment. If you have a moment to help, call Shelley at 716-1983.

Another great step forward for the GNCC - we now have an office at 212 - 285 Prideaux St. (Community Services Building) and we need not only volunteers who can spare an hour a week to man the office, but we also need to do some major fundraising to support

this much needed space. Any fundraising ideas are welcome. (Have you renewed your membership yet?) The office gives us a place to connect with the public and be more accessible, somewhere where people can more easily get literature and information about cycling in Nanaimo and in general a place to meet and store all of our stuff. Call me if you can help at 722-7320 or the NEW GNCC hotline at 754-4620.

I for one certainly know how hard it is to find time in our busy lives to volunteer, but I hope we can spare a few hours a month or a few dollars to donate to support the great cause of *cycling* and making Nanaimo a better, healthier and fun cycle-friendly city.

Have you renewed your membership? We depend on membership numbers to continue our advocacy work.

***Don't Delay, Renew Today!***



- ♥ Open year Round
- ♥ Communal Kitchen
- ♥ Laundry Facilities
- ♥ T.V. Room
- ♥ Camping

65 Nicol St., Nanaimo BC  
Ph: (250) 753-1188  
Fax: (250) 753-1185  
Email: nanaimohostel@telus.net  
Website: www.nanaimohostel.com

### Oops!

A missed photo credit on the cover of our March issue - that lovely photo of Graham Shuley and his daughter Clare was taken by

*Marianna*

(and the photo that accompanied the story by Tom Hocking on page two is not of him. He wouldn't be caught dead in a hat like that!)

# SpokeLore

is published nine times a year by the **Greater Nanaimo Cycling Coalition**  
**Unit 130, #34-1150 N. Terminal Ave. Nanaimo, BC V9S 5L6**  
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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

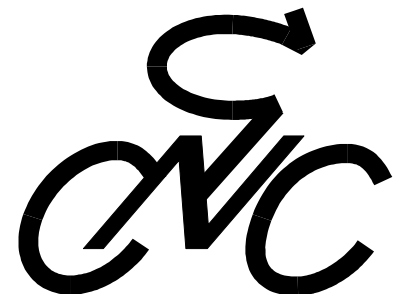
### GNCC Board of Directors

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 722-7230, 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:  
\_\_\_\_\_

## Commuting for Enlightened Citizen

Shelley Milstein

### Clean Air Commuter Challenge

June 1-7<sup>th</sup>

The Clean Air Commuter Challenge returns to Nanaimo! What do you have to do? From June 1-7th commuters all over Nanaimo can be seen walking, cycling, skating, carpooling, and taking transit to work. Join us using whatever mode suits your lifestyle best. Ride your bike, take a walk to work, get in that early morning skate. Meet your neighbors and start a carpool, or take a ride on Nanaimo's bike-friendly transit system. Whatever you can do to leave that single occupancy vehicle at home will mean more rewards for you, your community, and your environment. Active transportation is fun, easy, and keeps you fit and healthy.

### Go Green Choices: Commuting Options for your Workplace

Sometimes walking or cycling to work isn't convenient or practical. Here are some ways to encourage co-workers and friends to get to work easily and affordably.

Carpooling is an efficient way to travel- Carpooling can save 50% of fuel costs and 50% of the air pollution by just traveling with 1 other person! Carpooling is flexible and there's lots of ways to go:

The Jack Bell Foundation (JBF) operates the Vanpooling and Carpooling programs on Vancouver Island. It's a great way to save time and money, and is popular with commuters coming from Courtenay, Parksville/Qualicum, and Duncan. JBF offers a ride-matching program which makes it easy to share rides. See who's driving your way! Contact the Jack Bell Foundation at [www.ride-share.com](http://www.ride-share.com)

Many larger workplaces have created their own carpooling programs. The rising costs of driving to work, and increased costs of parking are just two of the reasons employers like Malaspina University-College choose to support workplace-based

carpooling initiatives. Workplace-based carpooling can be as informal as a bulletin board and a map, or as formal as a ride-matching website. Check out the Malaspina University-College commuter driven ride-matching program at [www.mala.ca/carpool](http://www.mala.ca/carpool).

Informal carpooling can take place with neighbours, co-workers or friends. It can be as easy as asking your neighbor for a lift once and a while, or offering a ride to that co-worker who lives nearby. Informal carpooling is flexible and easy to organize.

Why Take Transit? Transit is an affordable and reliable way to get to where you need to go. In Nanaimo, BC Transit makes it easy with regular service between downtown and north Nanaimo. Go the extra distance and take your bike. Every transit bus in Nanaimo is equipped with a bike rack for easy, stress-free commuting. Find out more about schedules, routes, and information: [www.bctransit.com](http://www.bctransit.com).

Telecommuting is working from home, either informally or out of a home-based office.

Working from home is an easy way to save time and decrease vehicle trips. Telecommuting allows for flexibility, employees often have less rigid schedules allowing them to balance their home and work lives. Employees who telecommute often have an easier time focusing on their work, and can be more productive. It's attractive to employers as it lowers overhead, and can lead to an increase in employee productivity, and a decrease in sick days and workplace stress.

For more information about commuting options for your workplace contact the Go Green Choices-Nanaimo at 716-1983.

For Wheely Good Food  
wheel into the Windward  
Neighbourhood Pub

14-1588  
Boundary  
Crescent



## Event listings for Bike Week June 1-7<sup>th</sup>

### FRIDAY, MAY 30<sup>TH</sup>

**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.

### SATURDAY, MAY 31<sup>ST</sup>

**Bike to Market Day 10am-12pm**  
Gabriola Island

Join us at the Agi-Hall on this beautiful Gulf Island. Just a short ride from the ferry and if you haven't been to the Gabriola market yet now's your chance! Lot's of places to see on this island so come ready to ride.

### SUNDAY, JUNE 1<sup>ST</sup>

**Commuter Challenge**  
**Sunday June 1 - Saturday June 7**  
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). Let's show them how it's done! Contact us to register for this exciting event @:

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

### Chain Gang Ride 9:45 am

The GNCC's own riding group meets weekly at the Tim Hortons on Bowen Road. All levels of riders welcome.

### MONDAY, JUNE 2<sup>ND</sup>

**Bike to School Challenge**  
**June Monday 2-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

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

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!

### TUESDAY, JUNE 3<sup>RD</sup>

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

Watch for us on your bus!

Taking public transit reduces the amount of harmful emissions going into our air, reduces our impact on our streams, and reduces roadway congestion. In fact, one busload of commuters replaces 40 cars on the road! To say thanks for your commitment to taking BC Transit we'll be serving early morning commuters breakfast-watch for us on your bus!

**Trails to Ales Ride**  
**6pm**

Meet at Harbourfront Plaza outside the downtown library.  
One of Bike Week's best kept secrets.  
We'll start with a casual scenic ride to

Cedar, then stop for a bite at the Crow and Gate Pub in Cedar.

### WEDNESDAY, JUNE 4<sup>TH</sup>

**Clean Air Day at the Park Maffeo**  
**Sutton Park 6-9pm**

It's Clean Air Day! What can you do to help clear the air? Watch for our Clean Air Day quiz in the Nanaimo News Bulletin and find out how. Fill out the quiz and bring to down to the park for a cool prize on Clean Air Day. For Clean Air Day events happening around the country check out: [www.ec.gc.ca/cleanair](http://www.ec.gc.ca/cleanair)

**Free Bike Tune-ups**  
**Courtesy of The Realm**

Our fine mechanics will have you riding in no time! On Clean Air Day 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.

**Looking to Buy a Bike?**  
Whether you're in the market for a mountain bike, road bike, or just something to cruise Nanaimo on -our cycling consultants will be on hand to answer all your questions about what kind of bike is right for you.

**How Does Your Bike Fit?**  
Sometimes riding can just be downright uncomfortable. Often, it's simply because your bike needs to be adjusted to fit your body. Bring your bike down to the park for a free bike fitting.

**BC Transit Bike and Ride Display**  
If the thought of putting your bike on the bus in front of a crowd of commuters makes you sweat-here's the time to try it out, stress free. Every bus in Nanaimo is equipped with a bike rack so why not bike and ride? BC Transit will have their on-bus bike racks on hand for you to try out. No pressure!

## Event listings for Bike Week - Con't.

### THURSDAY, JUNE 5TH

#### 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. Win prizes. It's easy. It's fun. Contact us to find out how: E-mail [nanaimocycles@yahoo.ca](mailto:nanaimocycles@yahoo.ca) or telephone us at: 716-1983

### SATURDAY, JUNE 7TH

#### Film Festival

5pm

Berry Bobbles Bistro #1-75 Front St

The latest and greatest in CycleCinema. Join us at 5pm for cocktail hour and entertainment, stay for dinner and movies! This years line-up is sure to be great don't miss it! Last year's tickets sold fast-get yours by calling 716-1983.

### OTHER BIKE WEEK EVENTS:

**Critical Mass -Watch for our cycling brigade around town as we take over the streets.**

The first Critical Mass ride was in September 1992 in San Francisco. By the time 1993 came about, Critical Mass had almost 500 riders and was becoming well known among cyclists in the city—although city officials still hadn't registered its existence. A couple months after that people in other cities started noticing and began other Masses. Critical Mass celebrates the idea of the bicycle as a practical and healthy mode of transportation. Critical Mass has also become a symbol of rebellion and defiance in the face of the urban planning and capitalistic models that devastate our earth by promoting fossil fuel dependence and automobile culture. Today Critical Mass is celebrated all over the world. Want to join our Critical Mass? Call 716-1983.

*The City of Nanaimo has supported the GNCC over the last several years helping us to meet our mandate of improving conditions for cyclists in Nanaimo. The City of Nanaimo has also been a strong financial supporter of the Coalition, allowing us to present Bike Week and the Commuter Challenge each year. Much of this partnership has been under the direction of Richard Harding, Manager of Parks for the City of Nanaimo.*

*During this time the City of Nanaimo has shown its dedication to providing recreational and commuter cycling opportunities through its trailway and bikeway systems, and stenciling programs. The City of Nanaimo has also shown its commitment to community involvement through its close consultation with the cycling community, and residents all over Nanaimo. In honour of Bike Week, the GNCC would like to thank the City of Nanaimo for their generous support of the Cycling Coalition over the years.*

*The GNCC would like to thank all of our Bike Week project sponsors for their commitment to cycling, active living, and community education:*

- *The City of Nanaimo*
- *BC Hydro*
- *Go Green*
- *Coastal Community Credit Union*
- *Better Environmentally Sound*
- *Transportation*
- *BC Transit-Nanaimo*
- *The Realm*
- *Nanaimo Foodshare*
- *The Nanaimo News Bulletin*

**Something to sing about!  
Blackball Records on  
Fitzwilliam is giving every-  
one who rides to the store  
from now until Labour  
Day 10% off.**



*Thanks Blackball! You Rock!*

### Why We Promote the Bike to School Challenge!

31% of Canadian children do not get the physical activity they need to develop cardiovascular fitness, muscle strength and flexibility and over 25% of Canadian children are considered overweight.

According to a recent Environics survey 68% of Canadian children have a walk to school of 30 minutes or less, but only 36% walk as a rule.

**From [www.greenestcity.org](http://www.greenestcity.org), Greenest City's Active and Safe Routes to School program, initiated in Toronto in 1996, works with schools and communities across Ontario to implement safe and active travel to and from school. To date, Greenest City and its partners have assisted over 600 Ontario schools in implementing Active and Safe Routes to School programs.**



All photos by Robert Goerzen

## CAVEAT “CYCLOR”

*Since this was first submitted to SpokeLore, I noticed that the hazard has been largely eliminated; the rim is still there, but about half of it, the worst half, has been removed. Don't know how it came to somebody's attention, but thanks to whoever did something about it! (Publisher's Note: this is where a SPOT card would really help to let the proper authorities know about the problem! You can get them online at [www.thegncc.org](http://www.thegncc.org))*

There is a road hazard lurking along the side of Hwy 19 northbound in Lantzville. One could almost imagine that it was designed to throw unwary cyclists off their bikes, on to the road, into traffic. If that is the case it is well disguised as a drainage feature. Ok, so maybe it was put there to assist drainage, but it is still potentially dangerous to any and all cyclists going up the highway. This dastardly devious drainage device is located just before the exit to McKercher Rd, which is the last exit before (the north end of) Lantzville Rd. As the photo shows it is a raised asphalt rim that, it appears, is meant to lead water to a swale which runs down the side of the hill beside the shoulder. This rim is about 8 to 10 cm high, and its angle with respect to a cyclist's path could very easily force a bike tire to the right, causing the cyclist to fall to the left. Its end is just about a foot from the fog line, so if there is any traffic it is hard to avoid. To add some credence to the (conspiracy) theory that it is placed in a location specifically to injure cyclists, note that it is placed in an area where a good cyclist ought to be doing a shoulder check since a lane change is required ahead!

Keith Brown

## Happenings



### Bicycle Trek for Life and Breath

September 6 & 7, 2003

The BC Lung Association is holding its 19th annual Bicycle Trek. This event attracts hundreds of cyclists from around British Columbia who participate in a 2 day, 200 km ride and raise money for lung health programs.

Online registration at [www.bc.lung.ca/trek](http://www.bc.lung.ca/trek)

This fun event will help the one in five British Columbians with respiratory problems such as asthma, Chronic Obstructive Pulmonary Disease (COPD), and lung cancer.

For more info contact Diane Wild by calling 1-800-665-5864.

### MS Family Bike Tour and Fun Day in Bowen Park

Sunday, September 7, 2003

Join the MS Society in a fundraiser bike tour and Musicfest. There will be different lengths of rides available.

For more information call 754-6321

### Walk 103km in 2003

GNCC is a sponsor of an event that is aimed at getting people off the couch and moving more. The goal is to have people walk 103 kilometres between now and Oct 8th. Everyone participating will receive walking kits in which the GNCC has materials promoting active transportation.

Call Shelley Milstein for more information. You know her number by now....716-1983

## Log Train Trail

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*Gay Cunningham*

On Sunday, March 30, four hardy souls braved the rain to join a lot more hardy souls on Port Alberni's Log Train Trail. The event was a rally to prevent TimberWest logging company from using 4 km of the trail as a logging road. John Van Beek, Jim Kirby, Debby Keith and I met the organiser of the rally, Frank Stini at McLean's Mill (a wonderful place) and then set out on the muddy trail in the rain. We met up with the rest of the rally near the end of the trail, plus a TV crew covering the event. I believe we even got on the evening news, proudly representing the Greater Nanaimo Cycling Coalition.

We took the pavement back, looping back on Beaver Creek Road that made for a very pleasant ride, except that I personally was so cold and wet by the time we got back to the cars I couldn't get my hands to get the keys in the car door lock! (Note to self - neoprene gloves on the birthday wish list) Our efforts to warm up with a nice hot lunch, in a nice warm restaurant were cruelly dashed. Upon entering a hotel restaurant (which shall remain nameless) it was obvious they weren't actually expecting anyone to patronize the joint. The heat was off, the soup was cold, but the burgers were OK albeit a bit slow in coming. The only warmth we got was listening to tales of Jim, Debby, and Yvonne's Hawaii trip and the anticipation of Jim and Debby's upcoming trip to Australia.

Anyhow, it was a worthwhile trip and still a great ride, even in the rain. Many thanks to John Van Beek who waited for my out of shape self on the last stretch to catch up. As to the trail, read his letter on the subject.

The Minister of Transportation, Mrs Judith Reid,

Dear Madam,

As you are probably well aware, our organization, the Greater Nanaimo Cycling Coalition, the GNCC, was formed in 1996 to promote and improve cycling conditions here as well as elsewhere on Vancouver Island.

Being the Co-Chair of this organization it had been brought to my attention that the continued integrity of the Alberni Log Train Trail is being threatened by an application by Timber West to use and convert KM 16 to KM 20 to a logging road. Not only would this section become inaccessible to the hikers and cyclists, but worse this would no doubt entail widening and the removal of a strip of beautiful trees for which this trail is so famous up and down the island.

I understand that this well established trail, in existence for decades, is registered by the Ministry of Transportation as a Recreational Trail for non-motorized use. Also the Regional District of Alberni-Clayoquot recognizes it as such and I understand is totally opposed to this happening.

Another consideration for your ministry would be that it runs counter to the intent of the recent announcement from the Office of the Premier, dated Feb 20, 2003 re 'Rails To Trails Pilot To Boost Tourism In Heartlands'.

One paragraph quotes the Minister for Sustainable Resource Management, Stan Hagen : 'By using abandoned railway corridors, we can build a network of trails with minimal environmental impact while promoting British Columbia's heritage, natural scenery and rural tourist destinations'. Apparently 2000 km of suitable abandoned rail corridors across the province have been identified. A 273 k pilot project is now under way near Penticton and Princeton. Apparently the Cowichan Valley and Grand Forks will also be considered for similar projects. The above details are all part of the above mentioned news release.

I feel there is a rising awareness also among many of our citizens, in view of our pollution problems a.o.,

that our cycling infrastructure must not only be vigorously protected but also enhanced and expanded.

Trusting that you and your ministry will take the correct action on this very important issue,

Respectfully,

John C. Van Beek, Co-Chair GNCC

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### **SPEAKING OF COLD... BIKES ON ICE UPDATE**

They **made it!!** The ice was breaking up in Nome as our three intrepid explorers Kevin Vallely, Frank Wolf and Andy Sterns arrived after cycling from Dawson City and the snow that was left was becoming slush. There weren't many days left before things became impassable. **There's no place like Nome!!**

See Bikes on Ice article at [National Geographic Online](#) posted May 9th, 2003