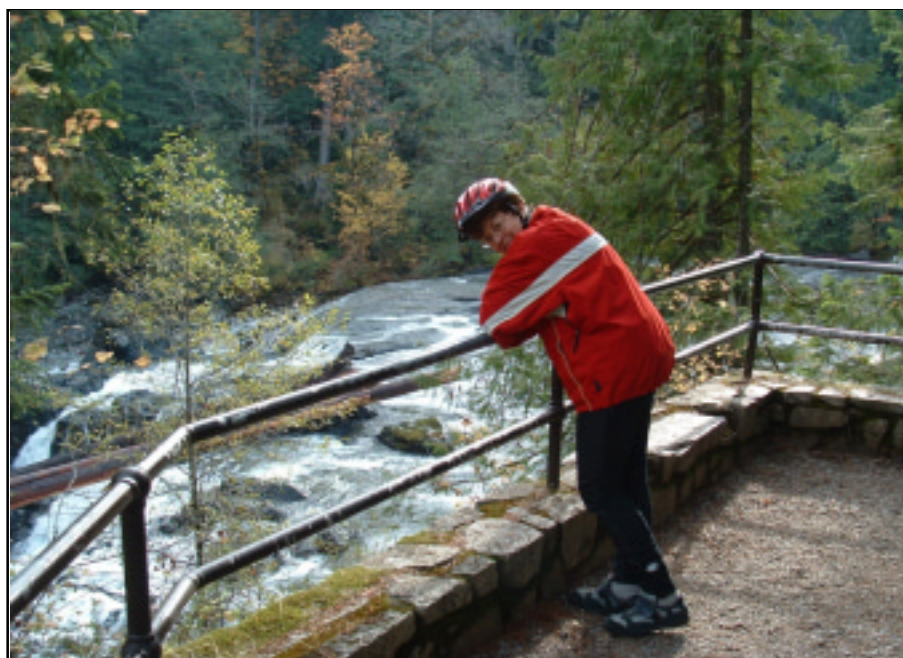


Spokelore

The Greater Nanaimo Cycling Coalition
A member of The B.C. Cycling Coalition



Marg Goerzen enjoys the view of Englishman river falls. Is there a better place to be on a beautiful fall day? Join the Chain Gang on their fall rambles and find out! The trip report is on page three.

Meeting Schedule

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

The next General Meeting is November 19, 2003

The good folks at The Realm will be on hand to assist us with Christmas gift ideas for the cyclist. **You don't want to miss this....**there's not many more sleeps to Christmas! Everyone is welcome.

2003 AGM "State of the Coalition" Report

Johnvan Beek & Gay Cunningham

It has been a busy year for the Coalition both on the advocacy side and the recreational riding side.

In March four members took part in a rally and bike ride in support of a threat of encroachment by a Timber Company on the Alberni Log Train Trail.

In April we engaged Shelley Milstein again as our Bike Week Co-ordinator.

In May 7 members took part in the Empire Day Parade on our bicycles. This was a fun event and helps to keep our organization in the public eye. Empire Days is a particularly important one to participate in as it provides a ready made audience of hundreds to promote the GNCC and upcoming Bike Week.

In April, May and June our co-ordinator was very busy preparing for the GNCC sponsored events : Bike to Work Week, Bike to School Week and the Commuter Challenge taking place every first week of June. Shelley did a great job contacting the Media, applying for grants, organizing for a multitude of events and so on to once again create a successful Bike Week.

Through the year the "Chaingang" put on rides on Sundays and also on Thursday evenings during the summer. Members of the Chain Gang were an invaluable resource to a few

tourist enquiries from the mainland regarding what are the best routes to take around the islands (especially Keith Brown) and Bob Goerzen helped the MS Society of Canada plan their fundraising ride in September.

A huge leap forward for the GNCC is that we were able to rent our office from the City as of April. This has served us well, we have used it for our Board meetings, to store our tools, files and our other stuff. There is a telephone and a computer was donated to us by the A.R.C. which was installed by our webmaster. One or two storage cabinets are still badly needed.

The first phase of a bicycle rack survey was held, duly plotted on the map by Keith Brown.

Several meetings of the Routes and Technical committee were held with Richard Harding, Director of Parks regarding trail construction and creation of a new Bicycle Route Map.

The Spokelore people (Gay and Keith) have once again put out a great set of newsletters, which of course was aided by contributions of a number of our members.

A new committee (Trail Committee) was formed to explore the possibilities how to connect Nanaimo with Victoria (E&N Right of Way and or an extension of the Galloping Goose).

The coalition was represented on the BCCC Board by John Van Beek, who is also their rep on the PACC (Provincial Advisory Cycling Committee) which represents the BC Cycling community and the M.O.T. in Victoria.

Because of fewer grants, sharply decreased advertising and office rental costs the coalition finds itself in a financial squeeze but plans are afoot and a new resolve is present at the board level (hopefully continued by the new board) to turn this around. One of the first items at the AGM was an increase in membership fees.

There are many new and innovative ideas afoot for the new year, and with the membership's help, this could be one of the best years yet for the GNCC!

Welcome to our New Board of Directors!

We would like to extend a hearty "Welcome" to the new members of the board - Bob Goerzen, Jim Kirby, James Young and Jennifer Wong. John van Beek, Signy Parkin and Graham Shuttleworth will continue to serve the rest of their two year term.

Jennifer Wong has generously consented to be a co-chair along side John van Beek, Graham Shuttleworth will continue as treasurer, and Bob Goerzen is secretary.

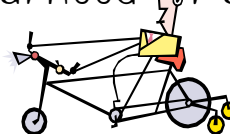
Many thanks to outgoing board members David Grey, Keith Brown, Don Oliver and Gay Cunningham.

Don Oliver will continue as Database Membership Manager and Keith Brown is carrying on as our Webmaster.

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Englishman River Falls

Report and photos by Bob Goerzen

26 October 2003

Although the Chain Gang calendar has been updated, it is fall and the cooler, shorter days can deter cyclists from spending a fall day on the bike. What the ride lacked in numbers was made up for by the wonderful fall scenery and lack of crowds at the Englishman River Falls Provincial Park.

Beginning from the GNCC office on Prideaux Street, it was a solo ride to Chapters near the Woodgrove Mall. As I arrived early, there was time to enjoy a coffee and a brief conversation with a small group of serious road cyclists who were also out enjoying the wonderful fall weather. They were not sure of where the day would take them and I encountered them later in the morning, in Parksville. As I was about to depart on another solo ride to the next pickup point, Parksville Tourist Centre, Lyse appeared. Although she had commitments for part of the afternoon, she would ride to Parksville and back.

The fall scenes along Nanoose Bay were spectacular and made it necessary to stop for a few photos. The traffic was

relatively light making the journey along the highway not totally uncomfortable. As we approached the Parksville Tourist Centre Lyse's rear tire suffered from a serious lack of air. As Lyse began repairs, I rode to the Tourist Centre to meet any riders waiting there. Marg was the only additional rider and we rode back to where Lyse was working on the flat.

We continued on to Englishman River Falls, saying goodbye to Lyse as we passed the Island Highway connector. From here on it was quiet country roads and little traffic all the way. We enjoyed lunch, lent a pump to a family cycling the park and walked to the upper falls area to snap a few photos. The change back to standard time is very noticeable and too soon we had to head for home.

As we approached Parksville we again rode into the fog that covered most of the inside passage the entire day. Marg put her bike on the car and headed for Starbucks with me in pursuit.



SpokeLore

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

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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

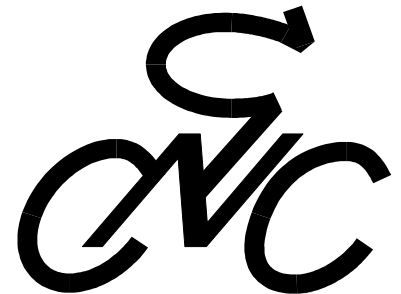
GNCC Board of Directors

Bob Goerzen, Jim Kirby, Signy Parkin, Graham Shuttleworth, John van Beek, James Young, Jennifer Wong

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.

\$24 per member, \$12 for students, seniors, & the unemployed. \$36 for Family (two or more members in the same household). \$80 for Corporate membership. Employees of a Corporate Member receives 10% off membership.

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 for updated information.

Everybody is Welcome, from beginners to hardcore randonneurs.

Sunday, November 16 10:00 - 14:00 Nanaimo Hill Climb

Beginning from our facilities on Prideaux we will search out some of the more difficult hills in Nanaimo and conquer them one by one. The last hill climb was a lot of fun and no one complained about being cold. For additional information contact James at 756-4171

Sunday, November 23 10:00-14:00 Rocking Horse Pub Trail Rides

Beginning from our facilities on Prideaux, car pooling is encouraged. Most of the trails in this area are excellent for the beginner. Enjoy a respite from the traffic associated with road rides. Road riders can ride to the Rocking Horse Pub for a joint lunch with the off road riders at 1:00pm. For additional information contact Bob at 753-5464

Sunday, November 30 10:00-15:00 Cedar Craft Tour

An opportunity to pickup that special Christmas gift. A couple of riders will bring their trailers and others are encouraged to use the GNCC trailers. Call Gay at 722-7320 for more information.

Sunday, December 7 09:00 Duncan Area Ride

We are trying to setup a ride with the Cowichan Valley Cycling Coalition. Additional information to follow

Sunday, December 14 09:00-18:00 MEC via Harbour Lynx and rapid transit

An opportunity to experience the new fast ferry service between Nanaimo and downtown Vancouver. Group rates are available for 15 or more travelling as a group. If you are interested in this shopping/sightseeing trip please contact Bob at 753-5464 and be prepared to pay ferry costs up front.

Saturday, December 20 10:00 Local Ride and Pot Luck

Beginning at our facilities on Prideaux this local ride will be followed by a pot luck Christmas Social at Taryn's. Thanks Taryn for this wonderful offer! For additional information contact Taryn at 758-1644.

Thursday, January 1, 2004 10:00-14:00 Start the New Year off Ride

Beginning from our facilities on Prideaux, this ride will be to a local pub. The location will not be disclosed until the ride is ready to depart. Local easy ride so show up even if you have a hangover. For additional information contact Marilyn at 756-4171

Sunday, January 4, 2004 10:00-14:00 Sunflower Cafe or Bakery in Ladysmith

Beginning from our Prideaux St. office we will travel south via Cedar Road. Return will be along the highway. For additional information contact Bob at 753-5464

Sunday, January 11, 2004 10:00-14:00 Lantzville Ride

Additional information to follow. Ride leader will be James.

Sunday, January 18, 2004 10:00-15:00 Tour de Rack

Ride will begin at the Prideaux St. office. This project is generating a lot of interest and we should work to ensure that we have catalogued as many bike rack locations as possible. This ride will concentrate on the area from Country Club to Woodgrove. Sounds easy, but there is a lot of area to cover. Ride leader to be announced.

Sunday, January 25, 2004 10:00-14:00 Westwood Lake / Morrell Sanctuary Trails

Ride will begin from the Prideaux St. office. Easy trails, very scenic so bring your camera. Weather permitting bring lunch and warm drink, otherwise coffee shop after ride. For additional information contact Bob at 753-5464

Mail Delivery, Kiwi Style

Taryn Langford



I made a few interesting observations of Kiwi life while working overseas in New Zealand last year. One of them was the delivery of the mail almost entirely by bicycle.

New Zealand has a population of 4 million people spread over two main islands (creatively named North Island and South Island) each not much larger in size than Vancouver Island. The New Zealand Post delivers mail quite efficiently. You could expect same day service within town, next day service within the same island, and two-day service between islands. I even had letters arrive in Canada 3 days after I sent them. Better than them Aussies or Yanks. Most hospital appointments were made by cards sent by post, rather than made over the telephone as many people didn't have answer phones.

When mailing a letter in New Zealand there are no postal codes. The person's surname and nearest town is the minimum information required to address a letter. I had five different flats in five months and the posties never had a problem locating me.

Posties are some of New Zealand's fittest people. They typically dress in a wooley jumper with a lightweight jacket, and shorts with knee socks year round. Whether they cover an urban or a rural route they typically log many miles a day on their bikes. These aren't just any pushbikes. These specially made bikes are painted red with the New Zealand Post logo, and equipped with panniers and a single gear. Yes, that's right they ride on many unsealed roads, over single lane bridges, and up and down some of the steepest hills in the world to get the mail to your letter box at the end of your paddock or section. Now matter how knackered they are at the end of the day, they always seem to have a smile and a cheerful greeting like "good on yer mate". Could you imagine the savings in petrol if we all gave it a go like the bloke in the pickie.

Translations:

Kiwi –New Zealander

Aussie –Australian

Yank –American

New Zealand Post –national postal service

Postie –mail delivery person

Woolies– warm underclothing made of wool

Jumper –sweater

Pushbike– bicycle with pedals as opposed to a motorbike

Letterbox –mailbox

Paddock –farm field

Section –small property

Knackered –tired out

Petrol –gasoline

Bloke –guy

Pickie –picture



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Review

Tom Hocking

A new bike mag hit the newsstands this week. Here is my review.

I was excited when I picked up the Inaugural Issue of "ROAD - The Journal of Road Cycling and Culture" yesterday. I made an immediate decision to purchase based solely on the title and glossy illustrations. I was hoping that I had just found a magazine worth subscribing to. When I got home I made a pot of coffee and settled in, hoping to begin a lasting relationship with a publication focusing on my favourite passtime. I began reading "cover to cover".

A few observations: In the "Standpoint" column, editor Ralf Hauser ponders why "to make another road bike magazine when there are already so many on the market." I'm not aware of ANY other magazines dedicated entirely to road cycling. Years ago there was "Road Bike Action" for a while, and the sorely missed "Bicyclist" (formerly "Bicycle Guide"). There's "Velo News", but that's strictly about racing and comprises mountain biking as well. Ditto for "Bicycling" except that it's got alot less information, looks like a hard copy of a web page, and gets breezed through in about 20 minutes.

"RBR" (Road Bike Rider) is an excellent publication and the only other one entirely addressing road cycling, and that's a webzine.

A profile of the pro racer Tina Mayolo-Pic is printed over this ghostly image of a Masi with a Tiagra triple crankset. I can't figure what that's doing in the article. I doubt that's what she rides. There is a piece called "5 with 5" which cameos each of the five time Tour winners. It could have been made more interesting by giving it a

twist. Any hard-core roadie should already know this stuff. There is also an "interview" with sprinter Mario Cipolini that appears to have been lifted directly from his own P.R. package.

Less than an hour after beginning to read I had reached the end and was left with the feeling I had just plunked down seven bucks for 76 pages of glossy advertising. It's all style and no substance. All show, no go. Even two bike "reviews" look more like manufacturers' catalogs than objective analyses. A half page article, "The Reluctant Roadie" by Jonathan Maus was good.

The editors will have to include more quality writing or they will never gain a solid readership base.

For example, I'd like to see a regular column by Maynard Hershon That alone would be worth the price.

Despite my love of road cycling, I think this publication is on thin ice by keeping its focus too narrow. Racing is not my only area of road biking interest. Although I do follow professional road racing, my road riding comprises touring, commuting, fitness, and randonneuring. I realize the danger of a magazine becoming too diverse—trying to be all things to all people—but I just can't see very many of my riding partners spending money on such an expensive booklet of advertisements with such a narrow focus. Especially when it's on the newsstand right alongside (the more frequently published) "Velo News".

Any new publication has room for improvement. I hope they can make a go of it. "At the end of the day", as they say, Any road mag is better than no road mag.

What?! They shave their legs?!

And, an excerpt from an article on the same subject of cycling magazines....

John Andersen at www.bicyclinglife.com writes:

"...The truth of the matter is that the current crop of magazines look so similar from issue to issue that it's hard to know if a new issue arrived, or your house mate simply cleaned last year's issues from under the sofa.

The format is very predictable. The cover will almost always feature a male rider, riding to the left, toward the fold (shaved legs and all), on a spiffy new bike, wearing a jersey emblazoned with the name of sponsors the rider "wishes" would pay him to ride.

Vary rarely will the rider be coming head on, or going to the right. Maybe two issues a year. Very very rarely will the rider be female. Very rarely. Maybe one issue every two years, unless she just medaled in the Olympics or something.

Close up shot of the latest shifter? Someone out in the park for a ride, or commuting to work? A troop of boy scouts on bikes? Never happen! Not on the cover...."

Read the rest of this thought-provoking article at www.bicyclinglife.com. A really good website! Thanks for passing that on, Tom.

Another good site passed on to me by Bob Goerzen is found at www.planetbike.com - great stuff and 25% of all profits are donated to bike advocacy. A good reason to buy. Website has links to various advocacy groups including the Vancouver Area Cycling Coalition. (And perhaps the GNCC in the future).