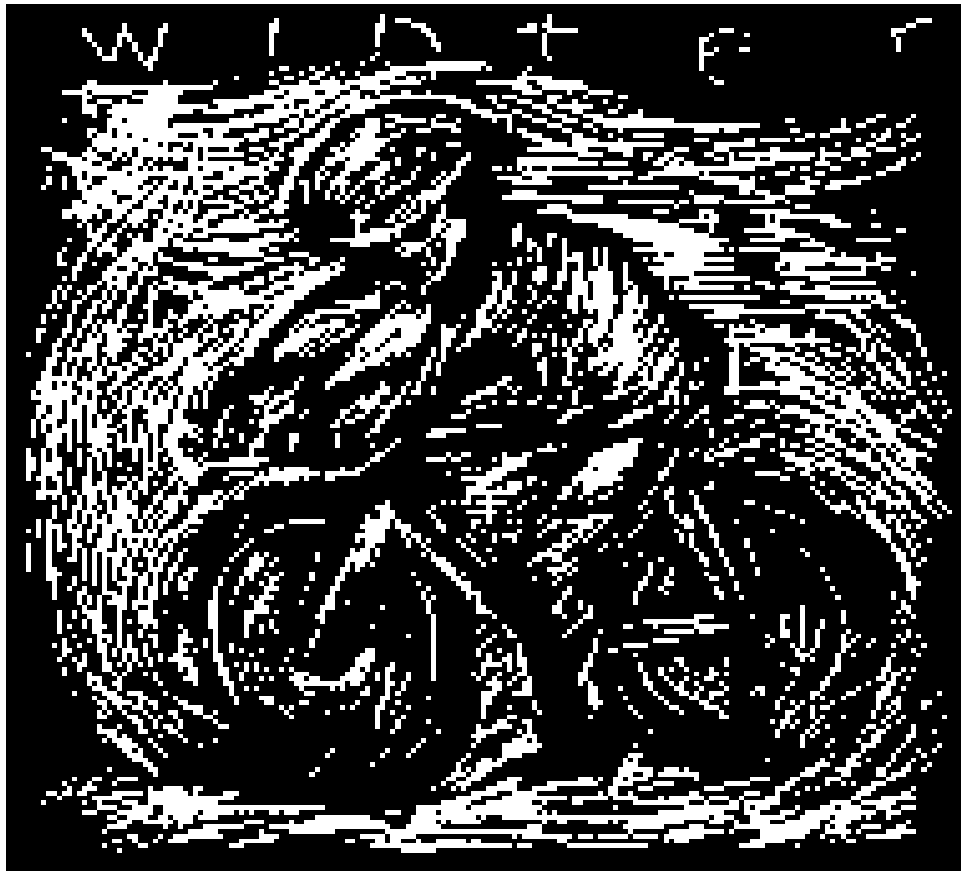


January 2004 v8i3

# Spokelore

*The Greater Nanaimo Cycling Coalition*

*A member of The B.C. Cycling Coalition*



# Happy New Year!

## **Meeting Schedule**

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

**The next General Meeting is February 18, 2003**

If you didn't get that bike accessory (or bike!) under the Christmas tree, now's your chance. The gang at the Realm will be showing us all the great gear you know you want....

## Happy New Year from the GNCC

Gay Cunningham

Another year is upon us, and every year I observe how the years seem to come faster and faster as I get older and older. The good news is that we all know that cycling can keep you young! And that's not all cycling and keeping active can do - studies show that people who volunteer are healthier and have more fun. I have certainly found this to be true. So if you volunteer for the GNCC you get twice the healthy benefits! Many thanks to all our dedicated volunteers - past, present and future, and to all our members who support the cause. I hope that everyone had a good holiday season and we're looking forward to an exciting new year. I hope that we can accomplish some things such as getting a Can Bike II course off the ground, Tom "Grampa" Hocking's long distance cycling course (Is a kiddie carrier installed

on that tandem yet for the grandchild?") and of course continue our advocacy work.

I would also like to take this opportunity to extend a "Get Well Soon" to Bob Goerzen who had back surgery some weeks ago. I hope he is back in the saddle again soon. Unfortunately, he has had to resign from the board. This means we have an opening for anyone who wishes to contribute to the vision of the GNCC and put it into action.

I would like to also extend a big thank you to our advertisers for supporting our coalition - special mention to Pacific Rim as our FIRST corporate sponsor. Please remember to support their businesses in turn when you think about spending your hard earned dollars.

### WANTED

Aspiring Authors! This is your big break! We are looking for interesting bicycle related stories or articles that the Bulletin will run on a once a month basis initially. Should be 500 - 1000 words.

Call John Van Beek  
at 751-1451

### Really Really WANTED

**Memberships are due** - \$12 seniors or students, \$24 adults and \$35 family and corporate sponsorship (or membership) \$80 per year. **YOUR SUPPORT IS VITAL** to our mission to make Nanaimo a great (and safe) place to ride .

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## Happenings

### Seattle Bike Expo

March 5 - 7, 2004

A Cascade Bicycle Club Event  
at Seahawks Exhibition Center

#### Bicycle Everything!

Expo is a complete celebration of cycling.

#### Exhibits

More than 125 exhibits of bikes, gear, travel, health and fitness. Expo is one of the largest collections of bike businesses and organizations in the country under one roof.

#### Presentations

Feature presentations will include adventure, tours, how-to, cycling stars, and interactive events.

- Comics, Musings, and Rock n' Roll, a panel with cycling heroes Jef Mallett, Andy Hampsten, Maynard Hershon, Dave Dederer
- Willie Weir, with tales of adventure in Turkey
- Brett Wolfe, racing across the Rockies
- Erden Eruc, Climbing Denali after pedaling there from Seattle
- Nutrition and Training seminars by Group Health Cooperative
- STP Preparation Workshops
- Seattle cycling opportunities presented by Cascade Bicycle Club
- BMX flatland rider Mickey Gaidos

#### Win a trip to Tuscany

##### Indoor Time Trial

Test your early season fitness riding a 10k time trial indoors on Computrainer.

##### Test Ride Area

Ever wonder what it's like to ride full suspension, a recumbent, or a trike? Here's your chance to try the bike you've been dreaming about.

##### Photo Exhibition and Contest

Expo brings back the popular Photo Exhibition and Contest, the Northwest's largest display of cycling photography.

Get an entry form at:

[www.cascade.org/EandR/img/Expolmg/EntryForm04.pdf](http://www.cascade.org/EandR/img/Expolmg/EntryForm04.pdf)

## RPB Syndrome Uncovered

by Tom Hocking

Last month I shaved off the beard that I'd sported for most of my adult life. I'd been noticing the salt and pepper that I liked to think of as "the Sean Connery look" was becoming way more salt than pepper, so I decided to see how much chin remained hidden under that hoary foliage.

Maybe I'll grow it back some day if it becomes all snowy white....

Now that my daily routine involves shaving, I've been looking at my face in the mirror a lot more, and I've begun to notice something startling. The thinning hair on the top of my head is developing what appears to be two parallel furrows exactly where my Giro helmet's padding strips sit. I knew I'd ridden a lot of randonnuering miles over the past several years, but this was weird. At first I thought it must be just an extreme case of the dreaded Helmet Hair, but there was no mistaking the remarkable pattern. My hair remains distinctly thicker where the air vents run in long straight front-to-back lines between the rows of barren skin in a demented sort of reverse Mohawk hairstyle.

I panicked. Just when we not-quite-over-the-hill males have learned to quit worrying about "biking induced erectile dysfunction" and love our old saddles again, we may have a new worry:

RANDO PATTERN BALDNESS!

Ye gods, what was I supposed to do about this? Let my hair grow longer and go for one of those ridiculous comb-overs? Shave my head? I wouldn't want to be mistaken for some old guy trying for the young, hip look, and besides, it's really about all I can manage just to shave the lower half of my head. No, forget about the boot camp look.

I could start wearing a hat whenever I was not on the bike. I've got this great, faded old Campagnolo velo cap, but wearing it to family dinners would be viewed as inappropriate by most, eccentric by some, and cool by just a few.

Or I could choose to never be seen without my helmet. This would both hide my deformity and further strengthen my image in the community as a truly serious cyclist. The drawback here is that I'd also need to wear lycra shorts and jerseys exclusive to all else (again, not appreciated at family functions). Wearing of the helmet without the accompanying outfit would just get me sympathetic looks from the rest of society who might assume I was afflicted with some sort of falling down syndrome.

I wonder if any of you other readers have noticed similar patterns on your heads. Study your visage in the mirror. No, don't look away—

*con't on page 5*

## SpokeLore

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

**Unit 130, #34-1150 N. Terminal Ave. Nanaimo, BC V9S 5L6**

**phone:** (250) 722-7320

**emails:** info@thegncc.org  
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

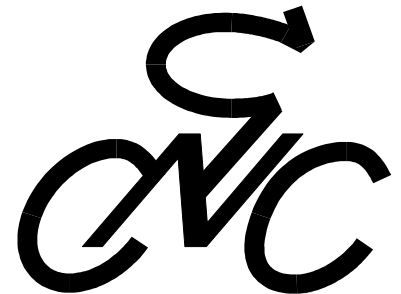
### GNCC Board of Directors

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 722-7320, or email "guardian@myexcel.ca".

*Views expressed in SpokeLore are not necessarily those of the GNCC.*



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## Y E S! 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.

### **Rates, per Calendar Year**

**\$24 Individual**

**\$12 Student/Senior/Low Income**

**\$36 Household** (all members must have the same address)

**\$80 Corporate Member** (please name corporation & designated voting member on this form)

Employee of a Corporate Member receives a 10% discount from the normal rate.

Make cheque or money order payable to the Greater Nanaimo Cycling Coalition and mail to:

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Unit 130, #34-1150 N. Terminal Ave.  
Nanaimo, BC V9S 5L6

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### **Please check one:**

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### **Interested in Volunteering?**

Please check your interests below.

- Deliver SpokeLore by bike (9 times/year)
- Contribute to SpokeLore (articles, photos, artwork, editing/layout)
- Help with a GNCC special event
- Provide a talk, demo, or display at a GNCC meeting
- Lead road or trail rides with Chain Gang
- Join a specific committee
- Help with GNCC office & resource center

## Chain Gang Ride Schedule

Rides are always happening! Visit our ride calendar at: [www.calsnet.net/GNCC](http://www.calsnet.net/GNCC) for updated information.

Everybody is Welcome, from beginners to hardcore randonneurs.

**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. Ride leader to be announced

## Winter Training for Long Distance Cycling

The GNCC is offering a winter training programme for members interested in learning to ride longer distances this year, or to do last years' rides in a shorter time or at a faster pace. Our hope is that we can build an enthusiastic core group of endurance cyclists in the Mid-Island area. The programme we envision will focus on challenging yourself by setting and attaining individual goals. Your personal goal could be to complete your first 100 km ride, to knock half an hour off the 100 you rode last year, or even to finish the complete Randonneur series of 200-600 km. Our programme will culminate in the March 28 Vancouver Island "Populaire", a 100 km ride organized by the B.C. Randonneurs. (see <http://www.randonneurs.bc.ca/>)

Depending on interest, our programme will continue throughout the spring and summer. There are many officially sanctioned rides ("brevets") this year, and we will also be doing our own less formal rides as part of our training. We will show participants how to work together on the road while encouraging riders' confidence and self-reliance. All of our training rides may not be done as a group, but we will provide guidelines for training so you can complete them on your own time.

We will get together about once a week, more or less, for rides and/or discussions. There is the possibility that we can arrange for some "spinning" classes (facilitated indoor training on stationary bikes) that we will do as a group. You must be willing to commit to riding or indoor aerobic training for about an hour, 3-4 times per week. To benefit, you must have a level of competence equivalent to Canbike Level I and feel confident riding on public roads.

We need 8-12 riders to run the programme. If you think you might be interested, email me, Tom Hocking at [randoman@shaw.ca](mailto:randoman@shaw.ca) before January 30 so we can start in early February.

You must be a GNCC member to participate. If you are not yet a member, check the GNCC website at [www.thegncc.org](http://www.thegncc.org), for the application information and form.

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*"One of the attractions of bike racing I liked was that it would smite the impatient and the impertinent. Think before you act. It helps to be strong and talented but more in how you use it."*

**-Thomas Morris**

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## RPB Uncovered con't from page 3

scrutinise your hairline. Then look at the design of the vents in the helmet you've been wearing for all those breathers and compare it to the design left on your head after a ride.

Notice any similarities? Depending on the model of helmet, you could have the beginnings of the same reverse Mohawk that I've got, or perhaps some variation on the mysterious crop circles found in farmers' fields by space alien hunters. Owners of more than one helmet might find they've got a pretty good start on a maze or a medieval labyrinth. That could be fun for the whole family. "Wah, there's nothing good on T.V. tonight." "Hey, I know—let's follow dad's labyrinth with our fingers!" "Yeah, cool!"

I wonder if it's just us guys that are finding these bizarre patterns on our scalps. How about you women? Come on, fess up!

Jeez, think of the research articles in medical journals that this discovery could spawn. "The Incidence of RPB amongst a Population of Ultra-marathon Cyclists". Maybe I could sue the manufacturer for the hideous appearance caused by their helmets. Come to think of it, if we could find enough RPB victims we could have a class action suit. As the movement gains momentum, nation-wide support groups would be formed for "Cyclists Living with RPB". Disease rides could be promoted. "Hey Fred, are you going on the RPB ride on

the weekend?" "Sure. It's for a good cause, you know."

Holy smokes, what if I'm the only one? But no, I fear I am not alone. If you've noticed something that could be the early stages of RPB, contact me via the editor. If you have not yet succumbed, you could be next. Be ever vigilant. Keep watching for a pattern to emerge.

I've decided what I'm going to do. I'll be appearing in public showing off my new "RPB look" to the world. I'm determined to, as Crosby, Stills, and Nash advised, "let my freak flag fly", and walk proudly with my hair as a mark of my total commitment to the sport of randonneuring. Kind of like those roadies with their shaved legs.

So come on, all you randos, join with me! Out of the closets and off with your helmets!

Shout it out together!

"WE'RE R-P-B RANDONNEURS  
AND WE'RE PROUD!"

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*"Cycling is a great equalizer because  
the strongest are not always the best."*

*Connie Carpenter Phinney*

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## Many Happy Returns!

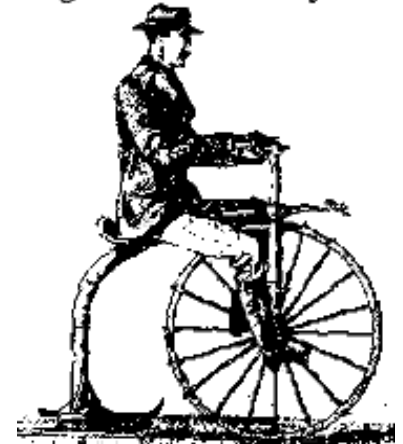
### Cycling Resource Centre Turns 2

The Greater Victoria Cycling Coalition Cycling Resource Centre is looking forward to celebrating its second anniversary! We hope you'll join us for the festivities on Saturday, February 21 from 10:00 am - 4:00 pm. Located at 1056-A North Park St. (at Cook) Phone: 480-5155

### 2004 Cycle Re-Cycle Calendar

Looking for the perfect gift for cycling friends or family? IBIKE.ORG have recently published their 2004 cycle re-cycle wall calendar. It's a great looking calendar with cycling photographs from across the globe. A secure purchase can be made via PayPal (ibike@ibike.org)

### Highwheeler Ice Cycle



Ralph Petley-Jones *B.Comm. L.L.B*  
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## Who said educated people were smart?

*I saw a article on this in Cycle Therapy and persued it on the web... I hope by now they have seen the error of their ways! From the Chicago Tribune, August 8, 2003...*

While a dozen young protesters rode bikes outside, Wauconda school board members supported a bicycle ban Thursday and agreed to form a committee to study the matter. The decision came as a disappointment to the schoolchildren who had gathered with some parents at Wauconda High School, where the Wauconda Community UnitSchool District 118 board meets. "I think it's not fair to not ride bikes to school," said Kristen Kussy, 11. "I think 5th- and 6th-graders are old enough to know about safety." Board members supported the Wauconda Grade School administration's recent decision to prohibit bikes at the school when classes start Aug. 27, a move administrators say was prompted by safety concerns. But board members said they want to form a committee of school, police and village officials and parents to review the matter. "I think it's a way for us to meet the concerns of the administration and still meet the needs of the parents," board President John Armstrong said before the meeting. "If we could make the changes that could make it safe, then maybe [we'd] lift the ban." The bike ban probably will remain in effect through March while the committee studies the issue, Armstrong said. A similar ban has been in effect for about five years at the district's middle school and high school. Bike riding is allowed at two district elementary schools. Although the state doesn't track such data, Illinois school officials said they weren't aware of a similar ban anywhere else. The state's largest school districts—the Chicago Public Schools and Elgin-based Unit

School District 46—do not have policies against students riding bikes on school property. Officials decided to ban bikes at the grade school because of increased traffic in the area and of an accident last spring, said district Supt. John Barbini. A pupil was hit by a car, though not seriously injured, while riding to school. The decision sparked Thursday's protest ride, fueled complaints from some parents who characterized the ban as an overreaction and drew criticism from the Chicagoland Bicycle Federation. On Thursday, Dave Glowacz, director of education for the federation, outlined for school board members a national program called Safe Routes to Schools, which seeks to increase the number of children who walk or bike to school. The program, which Wauconda expects to use in the district, could be used as a tool to teach groups how to survey students about travel to school, Glowacz said. The program might also include an assessment of the quality of street surfaces, the behavior of drivers and traffic. "If we go through this process, they may lift the ban," Glowacz said. Matt Longjohn, executive director of the Consortium to Lower Obesity in Chicago Children, told board members about the benefits of bike riding as a way to promote a healthy lifestyle. At least one parent was pleased that school officials agreed to study the issue, but said he wished they would have done it before banning the bikes. "I think it's a very positive sign and a step in the right direction," said Jose Pineiro, 38, whose son wants to ride his bike to Wauconda Grade School this fall. "But I'm also really disappointed that we're the only school district in the Chicagoland area to have a ban on bike riding."

## AND A WORD FROM THE KIDS.... WHO SHOW MORE SENSE THAN THE SCHOOL BOARD.

### Why Bicycling is Good for You

*Joshua Bowman, age 8*

Bicycling is good for you because it makes your health go up and it makes your weight go down.

Bicycling makes your health go up because bicycling is one of the many ways to exercise your body and heart. Bicycles don't have to be expensive. Because you only need one piece of basic equipment to ride bicycles and you can ride on any kind of surface, most of the excuses for not exercising are gone. You can bicycle alone or with your friends. You can ride really fast and get tired or you can take your bike out for a stroll.

Bicycling is a form of exercise for almost everybody. Other forms of exercise can hurt joints. But if your bike fits you right, you don't hurt your ankles, knees, or hips when you ride. You move your upper body to make yourself more smooth in the air so that you can go faster. If you have hand brakes or gears, you are even using the small muscles of you hands.

Bicycling exercises your brain by making you coordinate different actions and using balance. I heard my mom reading my dad an article about how practicing balance can delay Alzheimer's. That means that riding your bicycle can keep your mind and your body active when you get old.

Bicycling also does not pollute, like motorcycles and other vehicles with motors. That is another reason that bicycling makes you feel good..

It we take everything together, riding your bike is good for all of you: muscles, joints, heart, brain and spirit

*This was Honorable Mention in the www.ibike.com 2003 student bicycle essay contest which drew 200 entries from around the world.*