

February 2004 v8i4

# Spokelore

The Greater Nanaimo Cycling Coalition

A member of The B.C. Cycling Coalition

Chicks dig me  
'cause I go  
cycling!

## Meeting Schedule

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

The next General Meeting  
is February 18, 2004

Pacific Rim Cycle will be there  
to show you all the great gear  
to make your cycling valentine  
love you forever (sorry, they're  
all out of pigs)



## This and That from the Publisher

Gay Cunningham

First of all, I want to send a thank you to our board and particularly our co-chair John Van Beek for all the hard work they put in to this coalition - we can't do it without you guys!

We do have an opening on the board and we need you to help decide the direction of your organization, so if you have a bit of time to spare, think about signing up for the board. (And they're really nice people too!)

We are still looking for a new publisher for SpokeLore! I'm sure there are lots and lots of you out there who are mumbling, "I could do better than this woman with one arm tied behind my back..." Yes! You could! Try it! Although, thanks to all of you who submit such great articles and ideas, I must be getting better - there hasn't been a picture of my dog in since summer and I have not ever had to resort to putting in cute pictures of my cats.

A big welcome to **Tony MacGregor**, who has signed on as Bike Week 2004

Coordinator. I hope all of our members will support his efforts and volunteer generously of their time for Bike Week. This is our highest profile event of the year and we need to pitch in to make it the success it has been in past years. There's lots to do - Commuter "Appy Hour" (instead of the usual breakfasts), family bike rides, bike maintenance workshops, the bike fair and so much more.

Tom Hocking convinced me to sign up for his spinning class - the first one was on Monday - and I'm feeling it on Tuesday! It was a great workout, I got to set my own pace up to a certain point, and it was a lot of fun. When I signed up I was pretty certain that I wasn't going to try any 100 km ride (the ultimate goal of the spinners) but who knows.... if you see me limp on the side of the road, in a crumpled greasy heap from trying to keep up with Kathy Alix, please pick me up and drive me to the nearest pub to recover. I'll be forever grateful. How's that for dedication?

## 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.

### Bike Week 2004

May 29 - June 6

It's nearing that time again! Think about what needs to be done and volunteer for it! Got any great ideas for it, call Tony MacGregor, coordinator Bike Week 2004 at 756-9143

### Seedy Sunday 2004

Sunday, March 7, 2004 10 am - 4 pm  
Bowen Park Auditorium

For all you cycling gardeners out there, grab your bike and some seeds to trade and head out to Seedy Sunday.

### Workshops

#### 11 am

*Nanaimo Region Agriculture: the Healthy Community Choice*  
Barbara Ebell, Nanoose Edibles

#### 12 pm

*Plant Guilds/Companion Planting*  
Geoff Johnson, Greater Victoria Compost Education Centre

#### 1 pm

*Build a Pocket Insectary: Banish the Pests*  
Jessica Dawes, the Bug Lady

#### 2 pm

*How to Wisely Water your Watermelons and other tales of micro-irrigation in the veggie garden*

Michael Cowan, Edibella Organic Landscapes

For more information contact Michael Carpenter at 741-1928

[www.seedsavers.bc.ca](http://www.seedsavers.bc.ca)



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## A Ride Down Legal Lane

by David Hay

It can probably be said without too much fear of contradiction that the readers of Spokelore feel a degree of systemic bias in society against them. One cannot ride a bike in an urban setting on a regular basis without being involved in some traffic incident in which they are told "get off the road" or marginalized in some other way.

Many cyclists feel that driving is another form of aggression. Add to this the general frustration of facing what they perceive to be a systemic bias in the police investigations of accidents involving motors and cyclists, and a further bias in the treatment of cyclists by insurers, and you end up with a very distrustful cycling community.

Fortunately, a silver lining can be found in the common law. Unlike the "laws" themselves, for example, those contained in the Motor Vehicle Act, the common law contains principles, not rules. It is the common law which considers and ATTEMPTS to make sense of the rules pronounced by the legislature. Our Courts have repeatedly recognized concepts of reasonableness, foreseeability, and a general duty of care owed to cyclists by motorists, particularly in cases involving injuries to cyclists. There are many examples of these notions taking PRECEDENCE over rules. A cyclist who is not wearing a helmet and suffers a broken leg as a result of the negligence of a motorist is still entitled to recover full compensation for his/her leg, despite the helmet violation. A cyclist whose bike is not equipped with a proper light is not disentitled to compensation for an



accident which occurs during daylight hours. A cyclist who is riding her bike on a sidewalk at a speed no greater than the walking speed of a pedestrian is not found liable for her injuries when she leaves the sidewalk and is struck by a car, despite having breached a "rule". These are a few examples of the application of our common law in the face of a clear violation of legislation.

Unfortunately, many people think that if they shot the sheriff, they will inevitably be found guilty of shooting the deputy. By providing specific examples of cases which have gone to Trial, it is my hope that I can both assist and educate the readership of Spokelore in the pursuit of cycling, and all the glory it brings.

*David W. Hay is a litigation lawyer and partner at RBS Lawyers. RBS Lawyers is a full service downtown Vancouver law firm delivering legal advice and solutions in all areas of practice. The information above is not legal advice. Anyone seeking legal advice should call David directly at 604 - 661-9250, or send an e-mail to [dwhay@rbs.com](mailto:dwhay@rbs.com).*

# 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

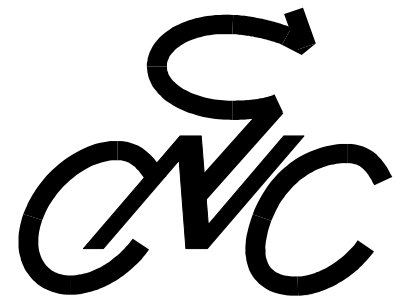
### GNCC Board of Directors

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](mailto: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.

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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.

Check out the Capital Bike and Walk Society's website [www.capitalbikeandwalk.org](http://www.capitalbikeandwalk.org) to find out about the year's most exciting cycling event in Victoria!

## PRO WALK/ PRO BIKE 2004

*North America's largest cycling and walking conference*

**Victoria, British Columbia, Canada  
September 7-10, 2004**

**This year's theme is "Creating Active Communities"  
to highlight links between health and community design.**

Learn best practices in engineering and planning for cyclists and pedestrians. Network with professionals from across the U.S., Canada, Europe and Australia.

Share your expertise in your field and learn how communities can be reshaped to promote physical activity through cycling and walking. Community leaders will link with like-minded activists to share strategies.

Our site links you to the National Center for Bicycling and Walking, for information on conference programs, registration and logistics.

Make a date to be in Victoria this September for **PRO WALK/PRO BIKE 2004**. This is a conference you won't want to miss and a destination you won't want to leave!

## See you in Victoria!

Get involved in the conference as a volunteer. We need home stays for bicycle advocates, leaders for mobile events, and "Information Ambassadors" to staff registration tables and info booths.

You can also learn more about programs and designs we are employing to create our livable community.

There's also information on upcoming events in Victoria and on-line resources to help you grow participation in your community.

### **Here's some of what's happening already.**

- Vancouver Island Cycle Tourism Alliance - Information for visitors to Victoria and Vancouver Island.
- Bike to Work Victoria - North America's most successful event celebrates its 10th anniversary in 2004.
- Bikeway Workshop - Velo Quebec brings their Technical Manual of Bikeway Design to Victoria and Vancouver for engineers, planners and advocates.
- Thunderhead Alliance retreat for Bicycling Advocacy Organizations will be held near Shawnigan Lake, not far from Victoria from September 4th - 7th, 2004.
- Walkable community Workshops - view the presentation on our site. Walk workshops will return to B.C. in spring 2004.

## BCCC Activities and Projects — 2003

Allan Dunlop

The British Columbia Cycling Coalition (the GNCC is a member of this “umbrella” cycling coalition) has been hard at work throughout 2003 at a number of important projects. Here is just a partial list. Details on some of these issues, and others, are available at [www.bccc.bc.ca](http://www.bccc.bc.ca)

(Note: The British Columbia Ministry of Transportation is referred to here as ‘MoT’)

### Advocacy

As well as being involved in regular consultation with BCCC member organizations, the following initiatives are just a few of those in which we have been involved:

#### *Provincial Advisory Cycling Committee (PACC)*

The BCCC meets approximately bi-monthly with representatives from MoT and other stakeholders regarding cycling issues in the province.

#### *Cycling Policy Review and Implementation Plan*

The three-year review of the Provincial Cycling Policy (developed between the BCCC and MoT) was carried out in the spring of 2003. Several important changes were made to the Policy to improve representation of cyclists in MoT activities.

Due to instances of non-adherence to the Policy by MoT, the BCCC requested

that a Policy Implementation Plan be developed. The BCCC is currently working with the Provincial Cycling Coordinator to develop the plan.

#### *Shoulder Rumble Strip (SRS) negotiations*

In March 2003, MoT proposed SRS guidelines that would jeopardise the safety and mobility of cyclists. Due to quick action and continued pressure from the BCCC, the MoT’s Engineering Branch withdrew its proposed changes to the SRS guidelines. We continue to push for accountability by MoT for the safety of cyclists on provincial roadways.

#### *Queensborough Bridge Upgrade*

BCCC has worked closely with the Vancouver Area Cycling Coalition (VACnto) to carry out a Recreational Impact Assessment for proposed Highway 99 upgrades, and continues to attend meetings. We are working to ensure that the project’s impacts on cyclists are positive.

#### *Pat Bay Highway (Hwy 17)*

BCCC has met with the Provincial Cycling Coordinator and the Operations Manager, MoT Saanich Area Office, regarding several issues pertaining to cyclists on Highway 17—the Patricia Bay Highway. These include clearing of crack-sealing powder after repairs, escorting of cyclists through construction zones, and ensuring that construction signs are kept out of cyclists’ lines of travel.

### Education

Can-Bike and Bike Smarts The BCCC continues to work with administrators of the national Can-Bike education program, as well as with Can-Bike instructors across Canada, to expand course coverage in British Colum-

bia. BCCC members have been involved in expanding and carrying out the Bike Smarts program for children in Grades 4 through 7—a course developed by groups including ICBC and the BCCC.

The British Columbia Cycling Coalition continues to press for full recognition of the rights—and accommodation on the roads—of cyclists throughout the province. If you have any questions about what we do or how you can be involved, please contact us: 250.721.2800 / [info@bccc.bc.ca](mailto:info@bccc.bc.ca) / [www.bccc.bc.ca](http://www.bccc.bc.ca)

Allan Dunlop

President, British Columbia Cycling Coalition

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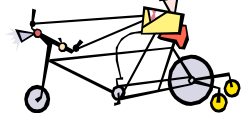
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# The Cycling Chicks Page

*"Fancy a lady riding a thing like that. With a leg on each side disturbing the traffic."*

*-John Galsworthy, The Forsythe Saga*



*"Any body type can be fit to a bicycle and any person, regardless of age or sex, can excel on one. In fact, a smart women can be competitive against a stronger man simply by using common sense and intuition."*  
*-Connie Carpenter Phinney*

*The wheels go round and round without  
a sound—  
The maidens hold high revel  
In sinful mood, insanely gay,  
True spinsters adown the way  
From duty to the devil!*

*-from a poem by John William Yope*

*"There's something about getting grimy and sweaty with the gals. You feel like you're breaking the rules. You're not made of sugar and spice and everything nice. You're not someone's girlfriend and you're not someone's mother. For that moment, at least, all you have to be is a cyclist."*

*-Kimberly Grob*

*"Don't be afraid of ignoring people's expectations of you. Don't be afraid of going fast and getting hurt. You can always wear black stockings to cover up the scars! You just have to forget what your parents taught you—stuff like being careful, looking good, and catching the best man available."*

*-Marla Streb*

*"The bicycle was the first machine to redefine successfully the notion of what is feminine. The bicycle came to symbolize something very precious to women—their independence."*

*-Sally Fox*

*"I went on a training ride with the men and I changed their attitude about women's cycling. Now they realize there are women who can race with men and even beat them, make them hurt."*

*-Marion Clignet*

*"I've seen women who've gotten into mountain biking who really come alive after just a few months. They're radiant, they've lost weight, their shoulders are back, and they're no longer taking crap from their husbands."*

*-Carol Waters*

*"Women cyclists cannot protect their chastity."*

*-District governor of Ramsar, Iran, banning females from bicycling*



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