

Spoke Lore

Winter 2008/2009



GREATER NANAIMO

CYCLING

COALITION

<http://thegncc.org>

SpokeLore is back, after a multi-year hiatus! Through SpokeLore, the Greater Nanaimo Cycling Coalition is hoping to bring useful cycling information, helpful hints and interesting short cycling articles to the greater Nanaimo area. As a GNCC member you can have a personal issue delivered or e-delivered and spare issues will be distributed around town. We plan to publish quarterly, and invite anyone to submit content to SpokeLore09@thegncc.org

Good to see you all again!

Commuting Tips

Tobi Ming

Even with the winter rains closing in around us, we can still get out there and ride comfortably through the wonder of modern fabrics! Here are some tips on what pieces of clothing are must haves for your winter commute.

The most useful piece of clothing you can wear, in my opinion, is a good waterproof/breathable jacket, preferably with pit zips. The pit zips help keep you from getting soaked from the inside while the gore-tex equivalent keeps you from getting soaked from the outside.

Number two on the list is the combination of a pair of waterproof or waterproof breathable pants and some cloth or neoprene booties that fit over your shoes. This combo will keep your socks and pants dry. Booties are necessary to keep the water from your legs running right

down into your shoes. They can be purchased most easily in one of our local bikeshops or through Mountain Equipment Co-op. On the other hand, if you don't need waterproofing, booties can act as good insulation for your feet.

Gloves are nice. If you wear a pair of waterproof shell gloves you can fit short or long fingered gloves underneath, depending on the temperature.

Some people swear by helmet covers. A close-fitting toque or earband under your helmet also works pretty well, and if a cold head isn't your problem a thin earband works too, although your hair will get wet.

If you're commuting in the rain it's nice to have a shower available at your workplace. Unfortunately we don't all have this luxury. In that

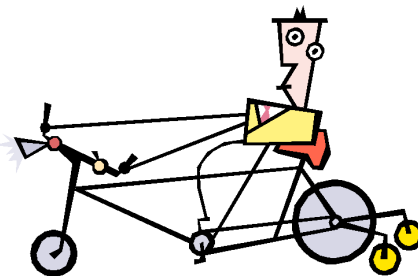
case bring a hand towel to dry your hair and generally dry off, or keep one at work in case you forget. You might also pack some warm tea so that when you arrive, you have something to hydrate and warm you up. If you bring a change of clothes in a grocery bag they will stay dry even if your panniers aren't waterproof, and then you are good to go!

Don't get discouraged by one wet day. Trust us, it's almost never as bad out as it looks from the warmth of your kitchen window. If you get wet or cold, this isn't an excuse to stop, it's an excuse to go shopping!

Good luck with year-round commuting! If you need support, encouragement, or more tips contact your GNCC at info@theGNCC.org or come out to a meeting where we'd love to talk to you about it



Rain isn't an excuse to stop riding, it's an excuse to go shopping!



Mechanic's Corner

Tobi Ming

We should all know how to patch a flat roadside, but nobody wants to (and it always seems to be raining when tires go flat). An easy way to decrease their frequency is by using a tire liner.

Commercial liners exist, such as Mr. Tuffy, and they are a good product. Although some controversy

exists about whether they can actually cause friction flats on their own, I have been running tires with Mr. Tuffys for a couple years now and haven't had one.

The cheap and dirty alternative to prevent flats is to wrap your tube with an older worn out tube. If you've been riding much you may

have a few worn out tubes kicking around. Simply cut out the valve stem and slice the tube longitudinally entirely around the circumference. Now wrap your new tube in the old tube and Voila! The extra layer of rubber prevents most of the little bits of glass and wire from working their way through to your precious air-holding tube.

Out and About

Dave Beer

Have you ever wished that you could find a better commute or new and interesting cycling routes in your community? Have you discovered a neat route yourself and wish you could share it with others? If either situation applies to you, here is a great internet site. It is at <http://www.bikely.com>

The Bikely site as a world wide information exchange of cycling routes and has thousands of con-

tributors. The really good news is that it is available to anyone with web access, doesn't require you to register and is free. Can you believe it, there are 39 entries for Nanaimo alone! Don't believe me, log in and type Nanaimo into Bikely's search engine. You will have to register if you want to create your own routes, but the process is painless, fast and free!

Bikely contributors create routes on

a Google map (shows up in hot pink), that is very easy to see, understand and follow. It calculates the total distance, shows start and end points and even creates cue sheets and elevation profiles for the route.

Get going today and share your favorites with the rest of the mid-island cyclists. Hope to see you on the road and on line!

VIU connection

Janna Davies

A solution for a campus cramped with cars and concrete spaces might be the implementation of free bike sharing or rental programs. These types of initiatives are proving successful at many institutions, reducing parking shortages and transforming the car culture that results in campus claustrophobia and reduces the feeling of community that can come from more personable forms of transportation.

This endeavour has had astounding results at the University of New England (Maine), for example, where students promising to leave their cars at home have received free bicycles. With free bikes, the proportion of the student population bringing cars to school has been

reduced to from 75% last year to just 25%. Free bikes seem to increase the incentive to let go of the luxury inherent in the automobile in favour of the liberty offered by the bike.

From a practical standpoint, students might appreciate that bikes don't require parking passes, gas, or expensive repairs; rather, you are your own motor and mechanic, with little more than a few flats or minor tune-ups to attend to. Then there are other benefits such as contributing to a cleaner environment, and the possibility of greener campuses, where more trails, forests, and gardens replace fields of asphalt.

The ride itself can be invigorating,

and students can arrive to campus feeling refreshed and energized, rather than potentially uptight and late, after having scoured the lots.

Campus initiatives to encourage bicycle riding could be particularly effective at larger campuses, where many students take transit to get there, and could use a speedy and mobile form of transportation when they arrive.

With such an enjoyable journey to their destinations on campus, students might find themselves pleasantly distracted by their surroundings and fellow riders. But they'll still make it to class on time, because riders always get the best parking spaces.



Become a member of the GNCC

As a member, you will get:

- SpokeLore Newsletter: Find out what's going on and who's involved.
- Better cycling facilities, sooner
- Discounts at most local bike shops
- Use of loaner mechanic's equipment, including tools and stand

Get involved or support those who are working to make our region more cyclist-friendly

Dues: \$10/year per individual

Date: _____

Name: _____

Address: _____

Email: _____

Phone #: _____

Amount enclosed: _____

Interested in volunteering?

Help with GNCC special event

Provide a talk at a meeting

Lead group rides

Cut out this form and mail with payment to:

GNCC
Unit 130
#4—1150 N. Terminal Ave.

GNCC activities

- Our AGM was held October 28, and was a rousing success. A presentation on cycling in Czechoslovakia was given by Frank Smitka. He talked about touring this spring—it looks beautiful.
- We had great success last April at the Green Energy Fair at Beban Park. About 10 new members signed up, and we spoke to a wide variety of people about cycling in the city. Tobi gave a basic mechanic's course, and helped a few more people to prevent roadside strandings.
- Tobi and Dave went to the Trails Strategy Meeting put on by BC Parks. It was well attended, but about half the people there were from the motorized contingent. Read the draft strategy and make your opinions known by Jan. 31 at: http://www.tca.gov.bc.ca/sites_trails/
- It's election year! The past federal and municipal, and the (presumably) upcoming provincial elections mean we've all got some old and new faces representing us. The GNCC will be doing our best to bring their attention to cycling related issues. We have had meetings in the past with Ron Cantelon (an avid cyclist himself), and will be making an effort to meet with our new and returning representatives in the new year. If anyone would like to bring forward issues, or would like to represent the GNCC to our reps, please come on down to a meeting and let us know.
- We have published a bike parking brochure for distribution to local businesses. It is designed for cyclists to fill out and hand to management encouraging the placement of quality bike parking facilities. Ask your board for copies.

Upcoming Events:

- Nanaimo Mountain Bike Club runs regularly scheduled rides, see: www.nanaimomountainbikeclub.com for updated schedules
- Pacific Rim Bike s also runs regular group mountain rides. See www.pacificrimbike.com for details
- Arrowsmith bike shop runs in-store trainer rides every Monday. See arrowsmithnanaimo.com for details.
- January 1 New Year's day Resolution Ride
Meet at Chapters at Woodgrove mall at 10AM to start the new year off on the right pedal!
([rsvp info@thegncc.org](mailto:info@thegncc.org))
- January 27 GNCC meeting
Open to all members: 7PM
#3—2350 Labieux Road, Volunteer Nanaimo centre,
under the Credit Union at Bowen and Labieux
- February 23 GNCC meeting
Open to all members: same time, same place

Any tips, suggestions, or article ideas? Send them to: SpokeLore09@thegncc.org