

urbane cyclist

THE VANCOUVER AREA CYCLING COALITION QUARTERLY

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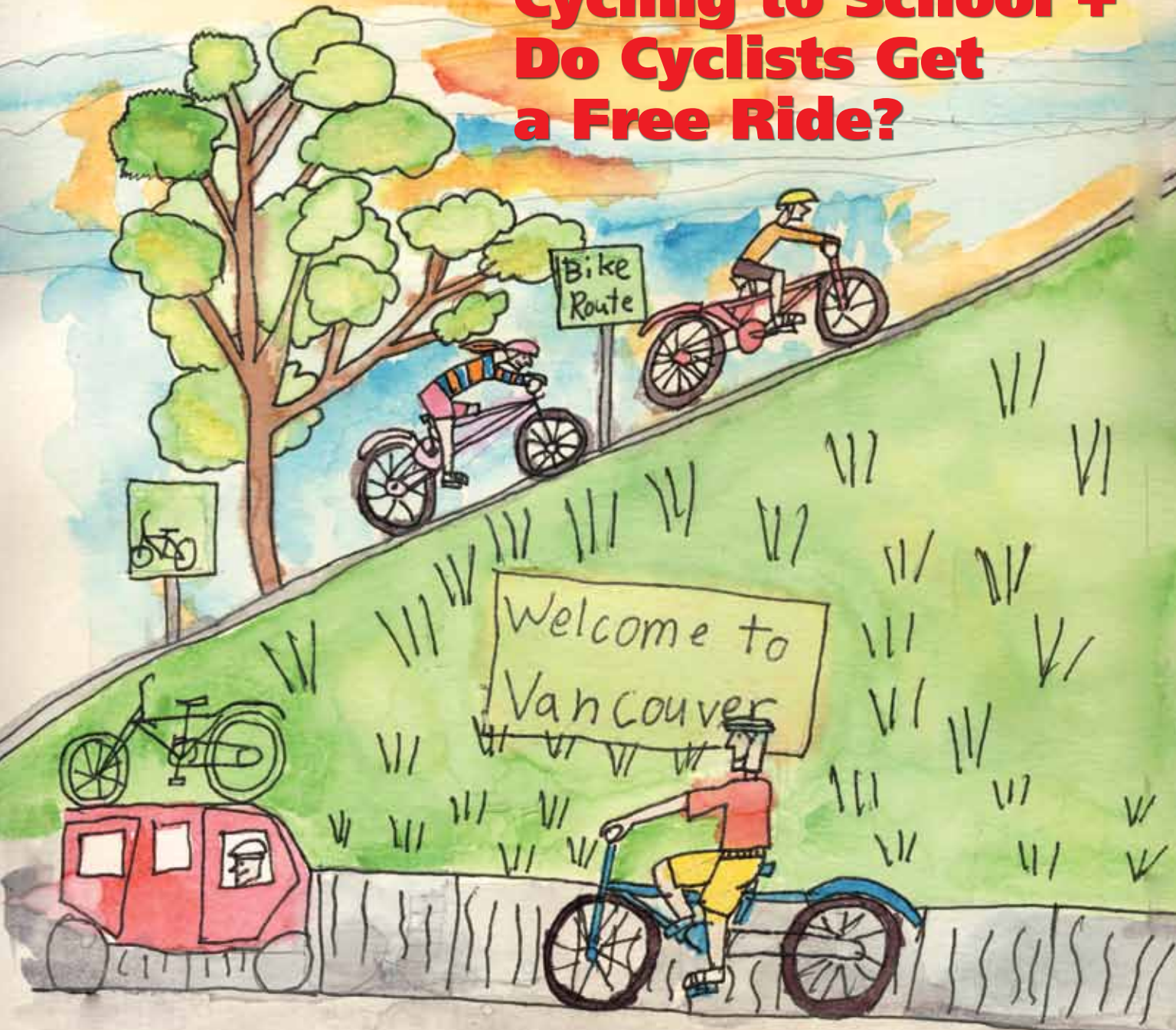


Making cycling an integral part of Metro Vancouver's transportation culture

FALL 2010 #46

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Cycling to School + Do Cyclists Get a Free Ride?





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MEET US

The VACC Board meetings are open to all interested in bicycling in Greater Vancouver. We generally meet on the second Wednesday of the month at 6:30pm

Phone 604 878 8222 for details.

info@vacc.bc.ca

INTERNET

Keep up on the latest cycling issues and events. Join one of our e-mail lists at www.vacc.bc.ca/lists

GOT SOMETHING TO SAY?

We welcome articles of 400 words or less about cycling in Greater Vancouver.

Submissions may be sent to **Urbane Cyclist: newsletter@vacc.bc.ca**

We reserve the right to edit submissions for clarity and length.

NEXT ISSUE OF URBANE CYCLIST:

November 2010



LETTER TO THE EDITOR

Riding to School for the Love of it!

by Nadav Sadlak

The Urbane Cyclist is pleased to introduce you to Nadav Sadlak, an eight year old cyclist and aspiring writer!

Riding is my favorite way to get to school. I ride to school every day except Saturday and Sunday, even when it is raining. I've been riding for a long time and this is how it started.

When I was seven months old my parents took me on a cycling trip to Nova Scotia. When I was four years old I got off my training wheels and started riding to school ALMOST every day. When I was seven years old I started riding a bike with gears. Just before my eighth birthday I started riding a unicycle.

For me, the unicycle is the most fun way to ride because it is like being on a bike with one wheel and always in the hardest gear.

Riding is better than driving a car. When you ride you use your heart and thigh muscles, getting lots of exercise. Riding doesn't just help you, it also helps the environment by not polluting the atmosphere. That helps make the air fresh. I like getting fresh air every morning when I ride.

When you ride you learn about the houses in your neighbourhood and that helps you know your way around.

You also get to meet the people who live in the houses in your neighbourhood. You can make friends. I ride because it is something that my whole family does including my grandma and grandpa. These are all the reasons that I ride. Everyone should ride to stay healthy and help the atmosphere.

IN RECOGNITION:

The VACC would like to thank Bill Hamilton for his hard work and unparalleled commitment as the Program Manager of the Bike to School Program. All the best Bill!



Bike to School Helping More Kids Pedal Safely

by Lisa Slakov

The whole of L'Ecole Bilingue Elementary School turned out for one of the 12 VACC Bike Friendly School Award ceremonies held in Metro Vancouver last May. The school was being honoured for its amazing cycling culture and seven keen student cyclists received the award for their school. The Courier newspaper then interviewed a couple of the students and learned a few helpful bike maintenance tips from one of them! You can check out the work of L'Ecole bilingue and the 11 other schools profiles at www.biketoschoolmetrovan.ca/awardprofiles.

For these cycling students and over 2000 other students and teachers who took part in the award assemblies in late May, the awards provided an incentive to consider making cycling one of their commuting options. The VACC Bike to School (BTS) program has been working in schools for the last 2 ½ years to help school communities build cycling into their transportation culture.

Starting small, the program initially offered cycling training to teachers and

has since expanded to provide a range of services and events including:

- Bike to School Week
- A Secondary School Bicycle Curriculum
- Biker's Celebrations
- Cycling Training for Groups within the School Community
- Bike Maintenance Sessions

A recent improvement to our Bike to School program is the development of a brand new website (www.biketoschoolmetrovan.ca) which includes capacity for Bike to School Week registration. The new site allows elementary school teachers and other leaders to sign up whole classes and keep track of their results. The bike to School Week pages came "live" later than expected and we apologize for any confusion the late start brought, but we had amazing results:

Secondary school participants logged over 2500 trips with the VACC and over 600 elementary school children reported cycling to school that week, making 2238 trips to school!

And this is just the start. We've heard of hundreds more who cycled to school during the week's celebration but didn't register.

In addition, this spring saw the roll-out of the Ride the Road Secondary School Curriculum, offered to over 300 students at three high schools. Our next project is to develop further cycling training opportunities, particularly for starting cyclists. Similar to the adult VACC "Learn to Ride" classes, BTS will teach children how to bike as well as increase cycling skills for individuals and groups. Check the website for these offerings!

The BTS program will continue to get school community members out cycling but is constantly looking for financial support to help cash-strapped schools pay for much needed cycling programming. The BTS program gratefully acknowledges its sponsors for the amazing support they provide to ensure the success of our events and programs. If you would like to add your company to our growing list of supporters please check our sponsor page (www.biketoschoolmetrovan.ca/how-it-works/our-sponsors).

Finally, Bike to School is pleased to announce that Stephanie Gray, who has been working closely with the Bike to School program as a Ride the Road Instructor and as the PEDAL After School Bikes! Program Coordinator, has just taken over the Program Manager position from Bill Hamilton. Bill will be enjoying more time on Hornby Island but will also continue to support the BTS program.



Erin O'Melinn speaks at opening of Dunsmuir St. bike lane while Mayor Robertson looks on. Photo by Karen Larsen

everyone pays for that through increased prices of goods and services. When there is a car crash resulting in injury, car insurance only pays for a portion of the medical costs. We all pay for the rest through our universal health care system.

People who bike reduce the amount of pollution in the air, thereby reducing the adverse health effects of pollution which includes respiratory and cardiovascular diseases. In the Lower Mainland, over 30% of greenhouse gas emissions are caused by our transportation systems. Global warming will lead to huge economic costs which can be reduced if we act quickly to reduce greenhouse gas emissions. If you make your next trip by bike, you will be part of the solution.

In the City of Vancouver, close to four percent of trips are made by bicycle. Imagine if all these trips were suddenly made by car. Congestion would be worse than it already is which would cause lost productivity and increased pollution as people sit in traffic jams. **If you ride a bike, you help to reduce traffic congestion.**

In the city of Copenhagen, 40% of trips are already made by bicycle. They want to increase this to 50% because they realize that for every dollar invested in cycling, they save five dollars in other government services. A British study (by Sustrans) shows that while investments in car or rail infrastructure have a 3:1 payback, investments in cycling infrastructure have a 20:1 payback.

The bottom line is that we all win if more money is invested in cycling.

Do Cyclists get a Free Ride?

The VACC President offers reasons why cyclists indeed pay their own way. And let's not forget that in British Columbia we are now paying HST on new bicycles – an additional 7%!

by Arno Schortinghuis

When articles about cycling are published in the media I often see comments from motorists that go something like this:

“As a motorist, I pay for the roads I use through gas taxes, but cyclists get a free ride. It is not fair that cyclists pay nothing for the roads they use, especially when my gas taxes go toward paying for separate bike lanes and paths. Cyclists should have to have a license and pay for registration and insurance so that they help to pay for the roads as well.”

If you look at the evidence, it's clear that cyclists do not get a free ride. In fact, people who ride bikes actually provide a large subsidy to motorists.

Todd Litman of the Victoria Transport Policy Institute published research in 2004 which shows that for the roads they use (mostly municipal roads), cyclists overpay for local road construction and maintenance while motorists underpay. This is because municipal roadways are primarily paid for by property taxes which we all contribute to whether we own property or rent.

Requiring cyclists to pay license, registration or insurance fees would not pay for roads and would create barriers to cycling at a time when most progressive cities are trying to get more people riding bikes.

Cyclists and pedestrians also overpay for the indirect costs associated with driving. Where there is free or subsidized car parking,

Meet Keith Ippel

The VACC's New Executive Director

by Rob Brownie

Last spring the VACC Board voted to create an executive director position to manage VACC programs and seek new funding opportunities for the organization. We are pleased to introduce you to Keith Ippel. He brings a wealth of management experience and creative energy to help take the VACC to the next level!

What brought you to the VACC?

The VACC helps Metro Vancouver by striving to make cycling a part of mainstream culture through advocacy, education and events. What attracted me to the VACC is what the organization stands for and the support and commitment of the people who make it work.

Where did you work previously?

I have over 15 years of leadership experience, most recently in technology start-up companies. The parallels between the VACC and the startup world are incredible. There is rapid growth, great opportunities for development and a committed staff. On the downside, resources can be scarce.

Can you share some strengths you bring to the organization?

My strengths include strategic thinking, operational excellence, team building and a common sense approach to problem solving.

First impressions?

The people here are amazing. They are

fun, dedicated, and have a tremendous capacity to support the community and deliver great programs.

Goals for the coming year?

- Launching our first ever membership drive! Remember that with more members we have a stronger voice in each community we are a part of.
- Listening to the citizens, municipalities, and our partners to get a greater sense of our key opportunities in the coming months.
- Improving linkages between all of our local committees.
- Strengthening our program offerings.
- Launching a new website.

Greatest challenges lying ahead?

Helping the VACC to grow to a scale that meets the increased demand for improved bike education and events. We also need to ensure we maintain a strong and respected voice for advocacy.

Describe your bike commute?

My commute takes me from Richmond to Ontario and 3rd. This route is 11km

long with an 800ft elevation change. I'm lucky to be able to use the new Canada Line Bridge, the new Cambie Street bike lanes, as well as the improved Ontario Street bike path to make my way!

What kind of bike do you ride?

I have an LG SteepleX. Cyclocross bikes have great geometry for commuting, and with the addition of a bombproof wheelset it's ready to take on my rides and also my daughter's Trail-a-bike.

Favorite bike route/ place to ride in Metro Vancouver?

I love doing the Richmond Dyke trail and then up to UBC and back. It's a great mix of terrain and scenery. The Central Valley Greenway may soon take over though!

Message to members?

With major increases in commitment and spending from several Metro Vancouver municipalities, now is the time to truly make cycling a part of mainstream culture. We need your continued support and participation in everything the VACC does to reach this goal!

ONE STRONG VOICE!

Help us get Metro Vancouver's Cycling Infrastructure up to speed!
Sign-up for or renew your VACC membership and for an extra \$10 get a one year subscription to Momenum Magazine!
momentumplanet.com/onestrongvoice

TO BECOME INVOLVED, PLEASE CONTACT:

Burnaby: Luis 604 431-6658

Delta: Carol 604 943-3412

Langley: Dan Millsip / Richard Edge
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Metro Vancouver: president@vacc.bc.ca

Maple Ridge-Pitt Meadows:
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New Westminister: Andrew 604 521-2742

North Shore: northshore@vacc.bc.ca

Bikes on Transit: Jack 604 681-5744

Surrey/White Rock: surreywhiterock@vacc.bc.ca

Tri-Cities: Alexi alexi@swiftpower.ca

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vacc.bc.ca for more contact information.

Pick Up a Tool Do It Yourself Bike Maintenance

by Karen Larsen

Even if you're the least mechanically inclined of riders, which I consider myself to be, it's good to invest in one multi-purpose tool for emergencies (broken chains and flat tires) and general maintenance such as tightening up loose nuts on your bike. Having the right tool handy will help you keep your bike in good working order and if you encounter a road side emergency you will be prepared.

There are many different multi-purpose tools on the market. Consider what you are capable of repairing yourself and get the tool that has what you need. Before you choose your tool, make sure you've checked out your bike and considered what kind of screwdriver you need or the size of the Allen key (also called a Hex key) you require. Don't make the mistake I did and assume that all bikes have standard nuts and bolts sizes!

Most bike shops around town carry multi-purpose tools at a variety of price ranges. The one which I thought had the most value and functions is the Filzer I-Tool Grande which costs about \$20. With this compact, lightweight tool, you have all the features you need to do the following:

- Change a flat
- Adjust your seat spoke
- Tighten up almost any loose nut on your bike
- Repair a broken chain
- Adjust the tension on your wheel spokes

The VACC organizes a number of cycling maintenance and repair workshops if you'd like to learn to fix and maintain your bike. Check the Bike Education Tab on the VACC website menu bar for dates and details on our maintenance courses:
www.vacc.bc.ca

Headwinds | Tailwinds

Tailwinds From Vancouver:

To the City of Vancouver for completing the paving of 10th Ave East between Main and Knight. With the addition of the cyclist controlled light at Fraser this stretch of bike route is a safe, smooth ride. There remains some concern however for the lack of lighting for stretches of the route. Cyclists are advised to ensure they have lights on the front and back for night riding.
Urbane Cyclist

Tailwinds From Vancouver:

Tailwinds to the City of Vancouver for the Dunsmuir bike lanes. This addition to cycling infrastructure provides a safe and effective way to get into the heart of the downtown core by bike. I will go several km out of my way to use this rather than ride on city streets.
by Ken Ohrn

Headwinds From Vancouver:

Headwinds to the Vancouver Police department for their ill-conceived "June is Bike Crackdown Month" campaign.
by J. B. Bell

Tri-Cities Committee Bridges Gaps with Local Support



by Andrew Cuthbert

The Tri-Cities Committee of the Vancouver Area Cycling Coalition encompasses Coquitlam, Port Coquitlam and Port Moody. Despite a slow start due to a lack of help from local councils in the past, the Tri-Cities Committee has accomplished a lot since its inception in 2005. The group has seen steady success in past and present projects, including the completion of the Foster Street bike route in 2006.

Recent progress can be attributed to the election of new council members who are responding to the needs of cyclists. The Tri-Cities Committee is now involved with helping push forward major projects that require the full co-operation of all three municipalities. Central to this work is the completion of inter-community

greenways that will make it possible for cyclists to commute safely to Pitt River, Burnaby, New Westminster and Vancouver. Highlights include:

- Construction of the Coquitlam Greenway is underway along sections of the Port Mann/Highway 1 Project.
- Loughheed highway improvements are making it more accessible for cyclists.
- The Coquitlam Cross Town route (due to be completed this summer) will provide an efficient route for zipping across the city.
- In Port Coquitlam an impressive new cycling plan is being developed with the aid of Mayor Greg Moore.

With these initiatives in mind, the future is looking bright for cycling in the area. As current projects sneak towards completion bike routes will become safer. Major project completion dates are aimed at 2012 and 2013 for the Loughheed/Port

Mann Coquitlam Greenway which will link up with the Central Valley Greenway. The route will take cyclists from Coquitlam and Port Coquitlam all the way into Burnaby and beyond.

Much of the Tri-Cities Committee's success has been the result of public involvement. The local papers have been extremely supportive. The actual size of the committee has quadrupled in the past year with more and more people coming out to meetings and events. Another big part of the Tri-Cities agenda is Bike Education Programs at the local schools. Over 750 kids have gone through the Bike Education programs and Tri-Cities Committee Chair Alexi Zawadzki couldn't have said it better when he described the program.

"We get them excited to ride their bikes, and then they nag their parents to take them riding. The parents often dust off their old bikes or go and buy new ones and rediscover the joy of two wheels again. Plus, these kids will ride for another 50 or 60 years. It's a great return on our investment of time and energy. Once they all start riding, we get their support for better infrastructure. It is a bit subversive, but the results are positive."

Contact Alexi Zawadzki (tri-cities@vacc.bc.ca) if you want to help out the Tri-Cities Cycling Committee.

VACC Membership Benefits



NEW! Discount Plan at Metro Bike Stores

In partnership with bike stores throughout Metro Vancouver, when you join the VACC, you will get THREE one-time discounts or special offers per year at any of the participating stores below:

DISCOUNT 1: 5% off a new bike

DISCOUNT 2: up to 10% off a tune-up/service

DISCOUNT 3: 15% off accessories

Take your new VACC Membership card into one of the following bike stores to redeem

your discounts and get your card stamped (check our website often as participating bike stores and businesses are updated all the time: www.vacc.bc.ca/membership)

Bike Doctor (Van/Burnaby), Bikes on the Drive (Van), Dream Cycle (Van), Different Bikes (Van/N. Van/W. Van), Experience Cycling (Maple Ridge), Local Ride (Maple Ridge) Maple Ridge Cycles (Maple Ridge), Mighty Riders (Van), Obsession Cycles (N. Van), O'Hagan's Cycles (Surrey), On Top Bike

Shop (N. Van), Ride On Bikes (Van), Reckless Bike Stores (Van), Steed Cycles (N. Van)

Plus...

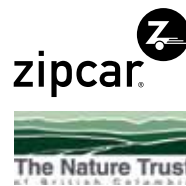
Get Discounts on Services provided by: Co-operative Auto Network, Zip Car, Green Zebra, David Hay of Richards Buell Sutton LLP

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Get a Discount on a One-Year Subscription to Momentum Magazine

We would like to thank the following corporate members for directly funding the publication of the Urbane Cyclist:

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Membership Form

vacc.bc.ca

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(or corporate/organization name)

FIRST MEMBER E-MAIL

ADDITIONAL MEMBER NAME

ADDITIONAL MEMBER E-MAIL

ADDRESS

CITY

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PHONE NUMBER

I would like to get the Urbane Cyclist Newsletter

- by e-mail (to save paper)
- I need or prefer it by mail

I would like to volunteer with the VACC

- yes

I can contribute by:
(please note your skills)

MEMBERSHIP TYPES:

- Individual \$30
- Individual + Subscription to Momentum Magazine \$10
- Fixed/Student/Low Income \$15
- Each additional member at address \$10
- Joint Membership with BC Cycling Coalition (additional per person) \$5
- Corporate/Organization \$150
- Additional Donations \$____
(Tax Receipt available if over \$100)

Total Enclosed:

\$

Please mail this form and a cheque (payable to Vancouver Area Cycling Coalition) to:

VACC Memberships
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