

Did you know...?

The more letters written and the more phone calls made, the more likely cycling conditions will improve.

Who to write about issues in The Urbane Cyclist:

Hon. Gordon Campbell
Premier
 PO Box 9041
 STN PROV GOVT
 Victoria BC V8W 9E1
 premier@gov.bc.ca
 Phone: 250 387-1715
 Fax: 250 387-0087

Honourable Kevin Falcon
Minister of Transportation
 PO Box 9055
 STN PROV GOVT
 Victoria BC V8W 9E2
 Phone: 250 387-1978
 Fax: 250 356-2290
 Minister.Transportation@gems5.gov.bc.ca

Coquitlam City Hall
 Mayor Jon Kingsbury and Council
 3000 Guildford Way
 Coquitlam, BC
 V3B 7N2
 604-927-3000
feedback@coquitlam.ca

City of Port Moody
 Mayor Joe Trasolini and Council
 100 Newport Drive
 Box 36
 Port Moody, BC V3H 3E1
 Tel: (604) 469-4500
 Fax: (604) 469-4550
info@cityofportmoody.com

City of Port Coquitlam
 Mayor Scott Young, and Council
 2580 Shaughnessy Street
 Port Coquitlam, BC V3C 2A8
 604.927.5411 or info@portcoquitlam.ca
 Fax 604.927.5360

TransLink
 Chair Doug McCallum and Board of Directors
 TransLink
 1600-4720 Kingsway
 Burnaby, BC V5H 4N2
 Phone: 604 453-4500
 Fax: 604 453-4626
www.translink.bc.ca/

Bike Shorts: A Night of International Cycling Cinema

June 21, 2005, Pacific Cinematheque - 1131 Howe Street

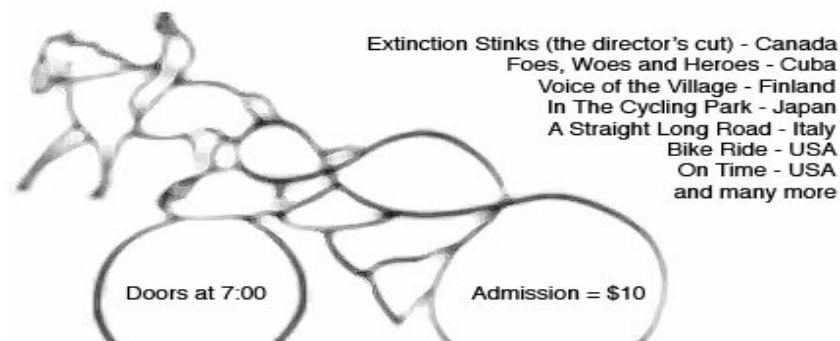


Photo: Marion Orser

JOIN THE VACC!

Yes, I want to cycle for a better community

1st person _____
 2nd person _____
 Address _____
 City/Postal Code _____
 Phone _____
 E-mail: _____

The VACC does not sell or give out address information. The VACC reserves the right to contact individual members through the above information.

- | | |
|---|--|
| <input type="checkbox"/> Please e-mail The Urbane Cyclist to me | <input type="checkbox"/> \$20.00 Individual |
| <input type="checkbox"/> through the media | <input type="checkbox"/> \$10.00 Fixed/Student/Low Income |
| <input type="checkbox"/> from this newsletter | <input type="checkbox"/> \$ 5.00 Each additional |
| <input type="checkbox"/> from a friend | <input type="checkbox"/> \$80.00 Corporate/Organization |
| <input type="checkbox"/> via the website | <input type="checkbox"/> \$ 5.00 additional per person to also join the BC Cycling Coalition |
| <input type="checkbox"/> from another cyclist | |
| <input type="checkbox"/> at a community event | |
| <input type="checkbox"/> other: _____ | |

Please make cheques payable to:
Vancouver Area Cycling Coalition
 And mail, along with this application to:
 VACC Memberships
 Box 0074 674 Columbia Street
 New Westminster, BC V3M 1A8

May 2005

Issue 25

Summer 2005



JUNE IS BIKE MONTH!

Lots of great events — see pages 6 and 7 for details

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The Urbane Cyclist

The Vancouver Area Cycling Coalition Quarterly

www.vacc.bc.ca

Make cycling an integral part of the transportation culture of the Lower Mainland

Look Out for Bus # 9273 by Jack Becker

When you are planning to take your bike on a bus, look out for Bus #9273. TransLink has outfitted this bus with a 3-bike rack for a demonstration period of about a month. Try it and give us feedback on your experience either through the VACC's list serves (which can be joined on <http://www.vacc.bc.ca/lists/index.htm>) or by e-mailing your comments to treasurer@vacc.bc.ca.

The Trilogy bike rack is the same height when up, and extension when down as the standard 2-bike rack. It is 241 cm wide, much wider than the standard rack. The bikes are offset to the outside to allow 3 bikes. It is not too difficult to remove the inner bike when the rack has 3 bikes.

In the September 2004 VACC survey

on the cycling-transit interface, many of the cyclists responding called for more bike capacity on buses. Based on the survey results, the VACC, with one of its members taking the lead, has been advocating for the 3-bike rack now in use in Whatcom County, Washington. TransLink has responded by undertaking a demonstration before committing to the higher capacity racks. So, if we want these types of racks on buses, then we need to let TransLink know (custrel@translink.bc.ca).

Now, can we get TransLink to consider other bike related initiatives that Whatcom County has introduced such as bikes on select buses and at select times?



Trilogy Bike Rack

Photo: TransLink

The Urbane Cyclist

Published quarterly by the Vancouver Area
Cycling Coalition (VACC)

The views in this publication are not neces-
sarily those of the VACC

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FOUNDING MEMBER

British Columbia
Cycling Coalition



Member of the
(Canadian) Coalition for
Active Living
[http://
www.activeliving.ca/](http://www.activeliving.ca/)

MEET US

The VACC Board meetings are open to all
interested in bicycling in Greater Vancou-
ver. We generally meet on the second
Wednesday of the month at 6:30 p.m.
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 (300 words or less)
about cycling in Greater Vancouver.

Submissions may be sent to:

The Urbane Cyclist
Vancouver Area Cycling Coalition
Box 0074
674 Columbia Street
New Westminster, BC V3M 1A8
Or e-mail: newsletter@vacc.bc.ca

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

Next deadline: Friday, July 22, 2005

President's Message by Colin Brander

VACC AGM

Please welcome to the VACC Board of Directors, the new direc-
tors, Sharee Gable, Rick Millikan and David Pritchard. Also, at
this year's AGM, Sharee Gable was selected as the VACC Volun-
teer of the Year for her work in developing the VACC's first Mar-
keting Plan. As well, Andrew Feltham, Mike Peel and Mary Eick-
hoff were recognized for their significant contributions to the
VACC.

Defeat is Not a VACC Value

One of the things the VACC has recognized is the value of per-
sistence. Recently, the VACC again proved to ourselves why per-
sistence and not giving up is an important advocacy principle.
With the proposed RAV line, keeping costs low was an important
consideration by TransLink. That is likely one of the reasons why
the staff report to the TransLink Board recommended not pro-
viding \$11 million for pedestrian and cyclist access on the RAV
bridge over the Fraser River. Instead of accepting this decision,
the VACC sprung into action. The VACC put together a letter to
the Board, asked members to write letters in support of the fa-
cility and made a passionate presentation on why access should
be provided. As a result of our work and the efforts of those who
wrote letters and of our good friends at BEST, the board agreed
to fund this facility. It is because of results such as this that
many of us have become involved in cycling advocacy.

Don't Super Size Me

I recently saw the movie "Super Size Me". It was interesting to
see that over a period of one month of a fast food only diet, with
virtually no exercise, resulted in a weight gain of approximately
25 pounds, as well as various health problems. It raises the
question as to whether his weight gain and health problems
were the result of his diet or the lack of exercise. I suspect that
it is a combination of both. With our hectic lives, many people
have difficulty in finding time to exercise. One of the easiest and
most effective ways to find time, is to combine exercise with
other activities, such as commuting to work or running errands.
With gas prices at record levels and Bike Month fast approach-
ing, now is a great time to start cycling more often. If each of us
would convert one trip per week from another mode to cycling,
our fitness levels would increase and we would have a healthier
community. Increased levels of cycling also will make it easier to
secure more bicycle facilities in the future. I intend to ride more
this bike month and I hope to see you out there too!

(continued from page 9)

increasing the bike rack capacity.

- SkyTrain - No limitations for bike access on SkyTrain with more space on each train for bicycles and also cycling friendly bicycle routes leading to SkyTrain stations.
- SeaBus - Designated bike area on SeaBus with fold-up seats and more convenient access to the SeaBus terminal
- Stations, Exchanges, and Major Stops - Improved, secure bike parking facilities for trip, day, weekly, and longer periods.
- Station Access - More and direct bike paths, bike lanes, bike routes to SkyTrain stations with better direction and destination signage.
- Operations - Cyclists more positively welcomed and integrated in the transit system.
- Fare Structure - Discounts to encourage transit – cycling trips, as oppose to using cars, and one zone fare for cyclists crossing natural barriers such water bodies.

One of the survey respondents commented that "knowing that, if need be, I can put my bike on transit is reassuring from both a safety and fitness perspective, and encourages me to ride more often and for longer distances. I even leave transit tickets (for various zones) in my pannier -- just in case!".

If you have an opinion on what you would like to see in the Area Transit Plan, then go to the open houses or let TransLink staff know of the cycling improvements that are important to you.

between cyclists and governments or others;

5. to improve facilities for bicycle use in the Lower Mainland of British Columbia;
6. to improve the legal climate for bicycling;
7. to encourage more people to ride bicycles more often; and
8. to develop a bicycling information base.

We hope you'll consider supporting us by purchasing an annual membership and/or becoming actively involved.

Work with the VACC

To become involved, please contact:

- | | |
|---|-------------------------|
| <input type="checkbox"/> Burnaby | Mike 604 444-4068 |
| <input type="checkbox"/> Central Valley Greenway and Skytrain | Jack 604 681-5744 |
| <input type="checkbox"/> Tri Cities | Brennan 604 937-5155 |
| <input type="checkbox"/> Delta | Rick Millikan@axion.net |
| <input type="checkbox"/> Fundraising | Fulton 604 526-3585 |
| <input type="checkbox"/> Greater Vancouver | John 604 986-9220 |
| <input type="checkbox"/> New Westminster | Andrew 604 521-2742 |
| <input type="checkbox"/> North Shore | Dave 604 988-5454 |
| <input type="checkbox"/> Richmond | Jason 604 267-9762 |
| <input type="checkbox"/> Surrey | Ian 604 881-4425 |
| <input type="checkbox"/> Vancouver | Jack 604 681-5744 |

- I want to contribute to the VACC by doing the following:

Thank you!

Ode to a Bicycle Helmet by Elizabeth Payne

There it sits,
all plastic, and foam-pads
that add comfort to the pressure spots
at the temples and forehead,
and special material
designed by the bicycle helmet engi-
neers
to protect each and every one
of the precious neurons
inside the delicate skull
of human beings,
who are more often human doings,
climbing, roller-blading, skiing,
and scrambling on rooftops
to install Christmas lights,
or fix a hole where the rain got in,
or just scrape off the moss and leaves
from a wet blustery winter.

Alarmingly
protection may be needed when just
sitting or sleeping;
what if you fell
from a stool backwards
onto a tiled floor?
Crack, splat,
just like an egg.
Darn it,
there go my brains again,
sweep them up with a broom,
then off to the mall to buy
more brains.

Can't be done,
not yet, anyway.
Besides, I've become attached
to my memories
my thoughts
my idiosyncrasies.
What about all those years of schooling
and exams, travel,
learning foreign languages.
I couldn't do that again,
no time.

But maybe the new brain
would be better
brighter, faster, wiser,
less prone to temptations,
less angst,
perhaps even

no angst at all.
It might be in perfect running order,
A prime specimen
top of the line,
the latest in brain technology.
I could be up at 6 .a.m. every morn-
ing,
to a breakfast of
grapefruit
yogurt
and wheatgerm,
no coffee, just
herbal tea.
Then off for a morning run
before I arrive at work,
glowing,
full of vigour and vitality
and bright ideas,
ahead of all the other old tired
brains and bodies.

But wait,
if I could sweep away
my old dusty brains
they could too.
It would be
a constant race
to keep up with the newest
fastest, brightest
most efficient
configuration of nerve cells
neurotransmitters
and fatty acids.

We wouldn't even remember
where we started from,
why we married this person,
how we got this job, this house
these scars.
That's why a bicycle helmet
is a necessity of life.
It holds my memories, history
personal culture
together, safe
under a semi-circle of plastic and
styrofoam,
the nylon strap
designed to fit snugly
under my sagging chin.

The purpose of the VACC
is:

1. to create, maintain and promote an association of cyclists and to improve conditions for cyclists and cycling in the Vancouver area;
2. to integrate cycling into the transportation network and secure public investments in on-road and off-road infrastructure proportionate to its potential;
3. to improve cycling education and make it global for cyclists, for motorists and for others dealing with cycling;
4. to facilitate communication

A Clean Sweep for Surrey Cyclists by Bonnie Fenton

Pitch-In Canada Week, an annual nation-wide spring clean-up event, involves local organisations in projects which clean up, re-store and preserve the environment. The VACC takes Pitch-In Canada Week as an opportunity to raise awareness of cycling issues in the various Lower Mainland municipalities and to make cycling routes a bit safer and more pleasant for local cyclists.

15 VACC members and friends put on their gloves, brought their brooms, shovels and bike trailers, and braved the noise and traffic of Surrey's King George Highway to clean up the Surrey Parkway between the Scott Road and Gateway SkyTrain Stations. The 150 kilos of garbage collected included three car tires, 1 ½ shopping carts, a Santa hat, an office chair, and a copper etching of two ducks.

Many, many thanks go to:

Alfie, Andrew, Bonnie, Fulton, Gavin, Gertjan, Ian, Jenni, Luis, Marion, Mary, Mike, Robert, Ron, and Sasha.

If you're interested in getting involved in other VACC campaigns or activities (most of them don't involve garbage), contact Bonnie at volunteer@vacc.bc.ca.

(See photo back page.)

A Movie Review by Ian Stephen

Those who were present at the AGM may remember that guest speaker Rick Millikan mentioned a movie, "I Heart Huckabees" I had never heard of this movie before, but Rick made it sound interesting. I made a mental note to look for it at the rental store sometime.

There were friends from out of town staying at my place that weekend. When I got home from the AGM the guests had rented a movie - I Heart Huckabees!

Any existential detectives out there want to help me explore the meaning of that coincidence?

I didn't have time to watch that day, but as fate would have it they forgot to return the movie, so a couple of days later I found it in my living room. I dropped it in the DVD player and discovered that the movie is, at the beginning anyway, about coincidences!

Very weird.

The movie has bikes and activists. Stars include Lily Tomlin, Dustin Hoffman, Mark Wahlberg and Shania Twain. I almost turned it off in the first ten seconds or so, but if you let it get past that it's fun and odd. You probably don't want to watch it with your kids. Or your parents. Watch it with someone who likes to laugh.

Volunteers Needed

Do you live, work, play, pass
through Richmond, Maple
Ridge, Pitt Meadows, Langley
and Fort Langley?

We need The Urbane Cyclist
distributed to local bike
shops, libraries, community
centres and any other
appropriate venues in these
areas.

Please contact Tammy at
tammb@telus.net or 604 733-
9265,
if you can help out.

Update on Surrey Central Transit Village Planning Process by Mary Eickhoff

The Showcase Project for the Surrey Central Transit Village is a funding partnership between the City of Surrey, TransLink, GVRD, and Transport Canada designed to encourage Canadian municipalities to adopt transportation and land use patterns and practices that promote sustainable forms of transportation (i.e. transit, walking, and cycling). The intention is to create an attractive neighbourhood centered on the Surrey Central SkyTrain Station that, by design, invites residents, workers, and shoppers to drive their cars less and use 'green' modes more.

The Project involves numerous steps which include public consultation. Several events have already been completed.

Moving Forward: MAR – SEPT: Development of Plan Options

SEPT 2005: Public Consultation - What do you think?

SEPT – DEC 2005: Refine Preferred Plan

DEC 2005: Public Consultation - What do you think?

WINTER 2006: City Council and TransLink Board Approvals

2006: Construct Initial Improvements and Monitor Progress

Following the Community Workshops in December, I participated in the Ideas Forum in January; The images and policy directions that resulted from this Forum, are fully displayed at:

<http://www.city.surrey.bc.ca/Doing+Business/Land+Development+and+Building/Plans+and+Pcies/Plans+in+Progress/Surrey+Central+Transit+Village.htm>

The following concerns were identified:

- Tame King George Highway to be more pedestrian and cycle-friendly
- Improve East-West transit connections and additional through roads
- Relocate bus loop to improve connections between Recreation Centre and Central City tower/SFU/mall
- Design for maximum visibility/safety on the street by orienting buildings to the street
- Develop a civic plaza as a high priority

The Open Houses held at the Mall following the workshops provided the large scale images, which are now on view at the website, and invited the public to fill out the comment sheets provided and/or have a local artist sketch their ideas. One result was a collection of public art bike racks.

The door of the process is open to you – enter the website, choose 'Surrey Central Transit Village'. Under 'News and Updates' go to 'Open House Display Boards / Comment Sheet'. Consider the strategies to date, and respond with your vision of this remarkable project.

VACC's newly formed Tri-Cities Group by Brennan Anstey

The newly formed VACC Tri-Cities group is off to a great start. We've had lots of interested people come together, and a tremendously big thank you to the all of those people who's efforts helped get the group started. There is lots of excitement and positive energy in the group; but much work to be done to make cycling in the Tri-Cities both safe and viable.

Currently, cycling is a little tough, with very few marked cycling routes and little continuity. Luckily, there also seems to be a lot of interest in changing this to improve cycling in the Tri-Cities, and we are excited to help create this better cycling environment.

If you are in the area we welcome and invite you to join us. Our VACC Tri-Cities website (<http://www.vacc.bc.ca/tricities/index.htm>) is being updated with our activities and events, so please check it out or contact me (contact info on website) if you would like to find out more about who we are or what we are up to.

The **Como Lake Festival**, a local community environmental festival focusing on interactive workshops that help connect the local community with the local environment will be held June 5th, from 11-3pm at Como Lake Park (North Side) in Coquitlam.

The VACC brings Bike to Work Week to the North Shore by Dave Perfitt

Monday May 30th to Sunday June 5th 2005 is **Bike to Work Week North Shore**. Those working and living on the North Shore are invited to join the FUN! Registration is FREE for participants. Workplace team captains can register at www.biketoworkbc.ca. Registered participants are eligible for cool draw prizes. Additionally, more draw prizes will be available to those cyclists that drop by one of our four Bike to Work North Shore Celebration Stations. Any size of workplace can have a team captain, and large workplaces can have team captains in each department! Snazzy Bike to Work T-shirts are available, too! Become a Bike to Work Team Captain or volunteer and get one free. Even better, get your co-workers Biking to Work and ask your employer to reward them with a purchased Bike to Work Week T-shirts.

Please leave early on your commute and drop by one of our Celebration Stations. Hours are 6-9 am at each location. Locations are:

[Mon, May 30, Snug Cove Bowen Island]; [Tues, May 31, north-end Ironworkers Bridge]; [Wed, June 1, Lonsdale and Esplanade]; [Thurs, June 2, LG Bridge]

Bike to Work Week is a bicycle use encouragement event that is very popular in Victoria BC. The number of Victorian participants, last year, was 5100. Bike to Work BC has now been formed and there are several BC communities launching their own Bike to Work Weeks, this year. Currently, the North Shore Bike to Work Week is the only one in the Lower Mainland. To find out more about Bike to Work Week call Dave Perfitt at (604) 988-5454.

Cycling and the Vancouver / UBC Area Transit Plan by Jack Becker

TransLink, the City of Vancouver, and the UBC Endowment lands team have been spending the last few months finding out what the residents want in a new 5-Year Area Transit Plan. The plan is coming together and will be taken out to the public shortly for input.

The VACC recognizes the importance to the region of promoting trip journeys that involve cycling and transit together. Such intermodal commutes contribute directly to the GVRD in attaining its Liveable Region strategy and its commitment to the Kyoto Protocol. In addition, such trips contribute to personal health, participation in active lifestyle, and greater choice in personal lifestyle. The VACC's vision for cycling- transit intermodal commuting is

"Bicycles are seamlessly integrated and warmly welcomed in all aspects of the Lower Mainland's transit system."

In the September 2004 VACC survey on the cycling-transit interface, many of the cyclists responding called for:

- Buses - Aggressively continue with Bike Racks on Buses program,

(Continued on page 11)

Tailwinds

To the City of Surrey:

For the new bike lanes along King George Highway in Surrey. This was a red letter day for all cyclists in the Lower Mainland and touring cyclists entering or leaving the City of Surrey through the Peace Arch or Pacific border crossings.

We heartily congratulate the City's Engineering staff on the success of their application for the partnership funding from the Provincial Government and pledge our support for future cycling infrastructure.

To the City of Burnaby:

For committing funds in their 5 year plan for an ambitious improvement Urban trail and bicycle net work as well as funding for the Central Valley Greenway

The Squeeze by David Hay

As cycling becomes increasingly popular, with more cyclists using the streets, a strange phenomenon occurs- motorists become less careful, less sensitive, and paradoxically less aware of the delicate balance in a smaller space of roadway. Sadly, when it comes to cars, the smallest amount of negligence can cause grave consequences. Consider the "squeeze".

In my practice, one of the most common causes of a cycling accident is the "squeeze". This occurs when a motorist passing on the left squeezes the cyclist into an impossible situation - on the one hand the cyclist is forced to move to the right to avoid being struck by the passing motorist, and on the other hand, the cyclist's ability to move to the right is restricted by parked cars, the curb, or some other barrier.

I recently completed a 7 day trial in a squeeze case. My client, three-time B.C. Cup Champion and two-time Cyclocross Champion, was training in a pace line with three other elite cyclists on the Malahat Highway. They were riding single file within very close proximity of one another in a marked shoulder, with a cement barricade on the right, when an 18-wheeler attempted to pass them. To do so, the 18-wheeler partly entered the lane for oncoming traffic on a curve. When oncoming traffic appeared around the corner, the 18-wheeler had to come back into its lane quickly. Its trailer swung towards the cyclists by virtue of a phenomenon called high speed "off-tracking".

My client was third in the pace line. The two cyclists in front of him managed to escape unscathed. He was not so lucky. His left side was clipped by the passing trailer and he went down. The cyclist behind him landed on top of him, and the two cyclists slid along the highway for some 60 metres.

The truck driver claimed the cyclists were riding in pairs. However, we managed to completely dismantle his credibility. At one point in the trial he actually admitted that he did not know it was illegal to cross over a double solid line on a highway in order to pass.

In addition, the court weighed the evidence of the truck driver against the evidence of all four cyclists, two of whom have previously represented Canada as cyclists in the Olympic Games. The Court also heard evidence about the nature and purpose of a pace line and why such a training practice is completely inconsistent with riding in pairs.

Ultimately, the Court found the truck driver 100% liable for the accident and awarded the Plaintiff a significant judgment.

One of the interesting features of the case was that the truck driver gave evidence that as he was passing the cyclists he observed them in his side view mirror. He said that as his trailer passed the two pairs of cyclists, my client was spooked and swerved to the right into his riding partner. The Defendant maintained that this was the cause of the collision and not anything that he had done.

While many people express outrage at a witness' lack of credibility, what was perhaps more outstanding about this case is that the truck driver's insurers denied liability right through until the end. This denial of fault was maintained despite the credibility of four elite, experienced, cyclists.

My client's aspirations to compete in the Olympics were destroyed as a result of the accident. Despite some relatively impressive results after the accident, he never returned to his elite level of performance. In the final analysis, this loss was due directly to the truck driver's impatience. Prior to the accident the pace line was moving at a speed of 60 km/h. Arguably, all the truck driver had to do was simply reduce his speed and wait until all of the parties rounded the corner and he had a clear view of oncoming traffic.

I am involved in a number of other squeeze cases. I regret to say that in no case has liability been admitted. The defence is typically based on the allegation that the cyclist rode into the side of the passing vehicle. This is of course counter-intuitive and tends to assail reason, given the relative vulnerability of a cyclist. In reality what typically happens is that the motorist is in a rush to pass, and does so at a point where the cyclist's room to manoeuvre is limited. An impossible situation is thereby created by the motorist's impatience.

Certainly, in these cases, haste makes waste.

David 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 dhay@rbs.ca.

New Westminster Wednesday Night Rides by Ray Manetta

Cycling, just for the fun of it, can be done on your own, and depending on how you feel that day you will either do a leisurely run or a more rigorous one. In the final analysis you settle on a few routes you particularly enjoy and you tend to repeat these time and again but always on your own. This was my routine for years until I discovered the Vancouver Area Cycling Coalition, which meets at Century House every Wednesday evening at 6:30 pm during the summer. Fulton Tom and Marion Orser are the gurus on local bike trails and about the biking world in and around the Lower Mainland. They are great to be with and they tend to attract a great bunch of enthusiastic cyclists. A casual reading of the local community paper and I stumbled upon their ad and decided to try something different for a change. That decision made me discover the fun of cycling as a group

and with others who share the same passion for the sport. I spent the summer of 2004 discovering new trails. For instance, I would never have ventured from New Westminster Quay to Stanley Park on my own...the traffic and the congestion...never. The group showed me the Downtown Ridgeway route and what a wonderful ride it is. We even did it at night to see the fireworks. I wouldn't think of missing a Wednesday evening during the summer and can't wait for the season to start again.

For further info, contact Andrew at feltham@telus.net or 604 521 2742

From a cycling nut who recently took early retirement and who now devotes his time between volunteering at St. Barnabas, cycling, golfing, traveling and generally taking the time to smell the flowers every chance I get.

Cycling Around Greater Vancouver



Lock & Ride

Rent your own bike locker for just \$10 per month available at most Millennium SkyTrain Stations, Ladner Park & Ride, Phibbs Exchange, Sexsmith Park & Ride, King George, Scott Road, 22nd Street and Main Street Stations. For more information on how to rent a locker, call us at 604-453-4500.



Try a Combo

Bike & Bus – Take your bike part way there. Many buses are bike rack-equipped; each rack holds two bikes.
Bike & SkyTrain – Take your bike on SkyTrain, weekdays between 9:30 am - 3:00 pm and after 6:30 pm. On weekends, if there's space, you can go anytime. Be sure to enter through the last door of the train.
Bike & SeaBus – Take your bike on SeaBus any time. SeaBus can carry six bikes per sailing.

Map it Out

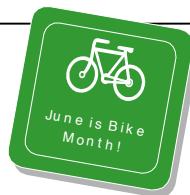
It's easy to get around on two wheels with your TransLink Cycling Map. Pick up a copy at retail locations throughout the Lower Mainland. For a detailed list of vendors visit: www.translink.bc.ca/transportation_services/bikes





TRANS LINK
www.translink.bc.ca
 604-953-3333

Bike Month 2005 Event List



For further information, contact:

Richard Campbell

Ph:669-2860 Fx:669-2869

Bikemonth@best.bc.ca

www.best.bc.ca

- May 20-June 24
Collision • 9:00am-12:00am. Xeno Gallery (Dadabase), 183 E. Broadway. Installation of Car-Crash parts by Sara Ross. Info: www.redsara.ca
- Saturday, May 28
The North Shore News Mountain Bike Gear Swap • 1199 Lynn Valley Road (and Mountain Hwy), North Vancouver. Bikes, clothing, equipment!. Info: www.nsmfbc.com/gearswap.asp
- May 30 - June 5
North Shore Bike to Work Week • All day. North Vancouver. FREE registration! Lots of prizes! Check out the Celebration Stations. Info: www.biketoworkbc.ca
- May 31 - June 3
North Shore Credit Union World Mountain Bike Conference On Sustainability • See conference schedule for times. Performing Arts Building, Capilano College, 2055 Purcell Way North Vancouver. Speakers on issues affecting mountain biking today. Info: www.nsmfbc.com/conference.asp
- June 1-30
Fleetwood Bike Fitness Challenge • MF 7:00am -10:00pm and weekends 8:00am-5:00pm. Fleetwood Community Recreation Centre, 15996-84th Avenue. Use our cardio equipment to bike around Surrey. Info: Christa 604-501-5054
- June 2-27
Ceramicycle 2005 • 6:00-8:00 pm. Gallery of BC Ceramics, 1359 Cartwright St. Granville Island. Presentation of bike-related ceramic sculptures. Info: www.bcpotters.com, www.muddycatstudios.ca
- Saturday, June 4
Bike to Pitt Meadows Day • 11:30am-4:30pm . Bike Lockup. Bike parking facility at Harris Road Park. Info: 604-465-2452
Bicycle and Tricycle Riding is Family Fun • Noon-2:00pm. UBC Bookstore, 6200 University Blvd. Info: 604-822-2665.
Musical Lantern Ride • 9:00pm sharp. David Lam Park, Davie and Pacific. Lantern making at 7:30pm. Info: Lee 604-255-2102 or www.pedalpower.org
Basic Bike Maintenance seminar • 10am-Noon. By climbing wall at MEC, 130 W Broadway. Bike anatomy, care and preventative measures. Info: and RSVP at 604-872-7858
Bike to East Vancouver Farmer's Market Day • 9:00am-2:00pm. E 15th Ave and Victoria Drive. Bike tune-ups, free bike-engraving (bring ID), bike safety. Info: 604-879-3276 or www.eatlocal.org
- Sunday, June 5
Southeast Bikeway Opening Ceremony • 11:30am 8580 - 16th Avenue, Burnaby.. Ride the Bikeway to Stride Avenue Community School (7014 Stride Avenue) or join us there at noon for the ceremony. Info: Stuart.Ramsey@city.burnaby.bc.ca
- Wednesday, June 8
Commuter Challenge • The clean commuting completion. Info and reg: Fionna Gossling 604-689-4467 or commuter@best.bc.ca
Clear Air Day/Commuter Challenge Breakfast • 7:30- 9:00am. Century House, 8th Street at 7th Avenue on the Crosstown Greenway. Meet with City staff to discuss cycling.. Info: 604-527-4592
Sustainability Fair 2005 • 10:00am-3:00pm. Vancouver Public Library Central Branch, 350 West Georgia Street. Info fair with local performers and presentations 11:30-1:00. Info: Catherine Sinasac 604-871-6695
- Thursday, June 9
Greenways and Bikeways: Innovations in Planning & Design • 6:30-9:00pm. Campus-level theatre at UBC Robson Square, 800 Robson St. Info: Erin Embley, eembley@pggroup.com or 604-895-7617.
Bike To School Day • All day. Multiple locations. Info: 604-732-1511 or www.waytogo.icbc.bc.ca
Downbeat slide show • 8:00pm-midnight. Wise Hall, Adanac and Victoria. A fun night with silent auction. \$20 at the door.
- Friday, June 10
Margaret Charles Chopper Collective (MC3) Ride • 6:30pm. Science World gazebo, 1455 Quebec St. Monthly ride with velomutation riders. Info: Info: www.mcthree.ca
- Saturday, June 11
REV! • 10:00am-4:00pm. Science World, 1455 Quebec St. Ride an electric vehicle. Info: 604-878-9500 or www.veva.bc.ca
Stanley Park Bike Festival • 8:00am-2:00pm. Brockton Point in Stanley Park. Organised groups rides will be coming from all over the region.. Info: info@stanleyparkbikefest.ca or www.stanleyparkbikefest.ca
- World Naked Bike Ride • 3:00pm. Sunset Beach, East of English Bay on Beach Ave. A naked bike ride to protest car culture. Info: www.worldnakedbikeride.org
- Cloverdale Family Bike & Safety Fair • 11:00am-3:00pm. Cloverdale Rec Centre, 6220-184th St.. Bring your bike, trike or scooter.. Info: 604-502-6420
Safe Riders Bike Event • 9:30-11:30am. Fleetwood Community Recreation Centre, 15996-84th Avenue. Bike safety and anti-theft info. Bring driver's license for bike engraving. Info: 604-501-5030
- Sunday, June 12
Island City by Bike • Britannia Heritage Shipyard, 5180 Westwater Drive Long ride and short rides, free food and prizes. Info: 604-276-4035
Rick Hansen Wheels In Motion • Locations around the Lower Mainland. Help improve the quality of life of people with spinal cord injury. Info: www.rickhansen.com or 1-866.60.WHEEL

Bike Month 2005 Event List (continued)

- June 11 + 12
Fraser Valley -2 Day Wine Tour • 10:00am. TRADEX, 1190 Cornell St, Abbotsford. Explore BC's newest wine growing region.
- Wednesday, June 15
A Cyclist's Legal Brief: Rights, Rules, Roadway and Collisions • 7:00pm. Britannia Community Centre, 661 Napier Stree. 'How-to' steps to avoid collisions while cycling. Info: Lisa Quinn, 604-689-4467, lisa@best.bc.ca
Cycle Touring BC with Baby in Tow slideshow • 7:00-8:00pm. MEC, 130 W Broadway. Free. Info: 604-872-7858
- Saturday, June 18
Sapperton Bike Festival • Cap's Bicycle Shop, 434 East Columbia, New Westminster. Fun for all ages. Info: 604-524-3611
Basic Bike Maintenance seminar • 10:00am-Noon. By climbing wall at MEC, 130 W Broadway. Bike anatomy, care, and preventative measures. Info: Info and RSVP at 604-872-7858
Stanley Park Car Free • 12:00-6:00. Cepperley Park.
Newton Bike Day • 10:00am- Noon. Newton Arena/Community Hall, 7120-136B Street. Free bike storage and free swim for those that participate. Info: 604-501-5040
Preschool Bike Safety • Noon-5:00pm. North Surrey Recreation Centre (behind), 10275-135th Street. Great opportunity to practice road safety. Info: Erin 604-502-6344
Central Valley Greenway Ride • Registration at 10:00am. Trout Lake Park, East of 14th and Victoria. Return rides to Vancouver starting at 2pm. Info: Keith 604-669-2860 or www.best.bc.ca
- Sunday, June 19
Car-free Commercial Drive Festival • Noon-6:00pm. Commercial Drive, Vancouver.. The Drive will be closed to all motorized traffic (buses re-routed) from First Ave to Venables. Info: 604-688-4228 or carmen@emeraldcity.bc.ca
Learn to Ride Your Bike with Pedalheads • 2:00-4:00pm. Jericho Hill Centre, 4196 W 4th Ave, Vancouver. Register by calling 604-874-6464. Info: www.atlantisprograms.com
East Van Chopper Fest • Noon- 8:00pm. 478 Union Street Ride crazy bikes. Info: 604-916-BIKE or www.pedalpower.org
Bike to Coquitlam Farmers' Market • 9:00am-1:00pm. Coquitlam Rec Centre parking lot, 633 Poirier. First 50 arriving by 'alternative wheels' receive Market Bucks. Info: 604-318-8966 or info@makebakeregrow.com
Wedgewood Westside Cycling Classic • 7:30am-2:30pm. W10th Ave and Sasamat (Safeway). All funds raised go to BC Cancer Foundation.. Info: www.teamwedgewood.com
- Tuesday, June 21
Bike Shorts: A Night of International Cycling Cinema • Doors at 7pm Show at 7:30pm. Pacific Cinematheque, 1131 Howe St.. Bike-related films from around the world. Admission \$10. Info: tannis@ziplip.com or 604-730-1090
- Thursday, June 23
Big Bike for Stroke- Employee Wellness Program • Noon-1:00pm. King's Cross Shopping Centre Parking Lot in Newton, King George Highway and 74th Avenue (Beside Boston Pizza).. Mayor of Surrey and employees ride a 29-seat Big Bike. Info: Louise 604-591-4151
- Friday, June 24
Blessing of the Bicycles • 5:00-5:30pm. Christ Church Cathedral, Burrard and Georgia. An event in support of all cyclists. Right before Critical Mass.. Info: Paige Dampier 604-708-0777
2005 Wheel Ride • 5:30pm. Vancouver Art Gallery (by the fountain). Help us make it the biggest ever!. Info: velolove@vancouver.indymedia.org or www.velolove.bc.ca
- Saturday, June 25
5th Annual Community Bike Drop • 10:00am to 3:30pm. MEC roof-top parking lot, 130 W Broadway. Bring unwanted bicycles and parts to be donate. BBQ and refreshments.. Info: 604-872-7858 or www.mec.ca/events (BC section)
South Surrey Bike Festival and Sports Swap • 11:00am-3:00pm. South Surrey Bike Park, 24th Avenue & 148th Street (beside Softball City). The celebration of off-road cycling. Info: Jim Richardson of SORCE 604-538-5716 or www.sorcebikeclub.org
Team Diabetes Bike Fest Fundraiser • 6:00pm-midnight. Tickets \$30. Info: Louise Clauessen 604-531-3077 or www.sorcebikeclub.org.
Vancouver 4th Annual Vintage Bicycle Swap Meet and Show • 9:30am-3:30pm. Cambrian Welsh Hall (215 E.17th St at Main). Admission \$2.00. Info: Dave 604-873-3422
- Sunday, June 26
Trans Canada Trail Challenge 2005 • 9:30am. Involves multiple destinations. 55-kilometre route from Vedder Crossing in Chilliwack to Douglas Taylor Park in Abbotsford. Limited shuttle service for Vancouver participants. Info: Trails BCsouthwest@trailsbc.ca 604-942-6768 <http://www.trailsbc.ca>
Learn to Ride Your Bike with Pedalheads • 2:00-4:00pm. St Clement's Anglican Church 3400 Institute Road, North Vancouver. Register by calling 604-874-6464. Info: www.atlantisprograms.com
- Wednesday, June 29
BEST Pancake Breakfast • 7:30-9:00am. CBC Plaza, 700 Hamilton. Free pancakes for all you clean commuters. Info: Richard 604-669-2860, bike-month@best.bc.ca
- Friday, July 1
Bike to Granville Island on Canada Day • 9:00am-6:00pm. Bike storage available. Info: 604-682-1993 or hillymorris@yahoo.com
Yaletown Grand Prix • Yaletown. Family activities all day. Info: Steve 604-328-7370 or www.trekredtruckracing.com
- Sunday, July 10
Rotary Bike-A-Thon A fundraiser ride from Vancouver to Harrison Hot Springs. Info: 604-685-0481 or www.rotaryvancouver.org