

Issue 43

Winter 2009/10



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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

What Cyclists Should Know about the Olympic Security Street Closures by Karen Larsen

The Vancouver 2010 Integrated Security Unit will be closing roads prior to and during the Olympics, as part of their mandate to provide security for everyone. Cyclists will not be able to use the closed roads, three of which are well used by riders. Bike routes and facilities on the routes, will be altered as well. To avoid frustration and confusion, cyclists need to stay up to date on the closures and bike route alterations as the preparation for the games begins in earnest.

The City of Vancouver's Olympic website has some information on Bike Route alterations. However, it does not say when they will be affected, or for how long. Some cycling facilities on certain routes, such as bike lockers and bike racks, will be modified. According to the website, when it is feasible, alternate routes will be user friendly, well marked and comfortable.

All types of traffic will be affected by the security based road closures. The closures which will have the greatest impact on cyclists are the streets frequently used by riders. These streets are classified by the City of Vancouver as "Major Street Bike Lanes".

For the souls staying in the city during the Olympics, planning your way around the closures and crowds will be necessary to minimize confusion. Don't let the off limit streets break your momentum. For more information about Olympic road closures go to:

<http://olympichostcity.vancouver.ca/gettingaround/road-parking-restrictions.htm#1>,

and for updates on Bike Route Alterations and changes to existing cycling facilities, go to:

<http://olympichostcity.vancouver.ca/gettingaround/biking/bikeroutenetwork.htm>

Bike to Work Week November gear!

Photo by Ron Richings



mighty riders

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The Urbane Cyclist

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those of the VACC

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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 6:30 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 (300-400 words or less) about cycling in Metro Vancouver.

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

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

Next deadline: January 2010

New Look for The Urbane Cyclist by Rob Brownie

After a year of planning and meetings we are pleased to announce that *The Urbane Cyclist* will soon have a new look and will be distributed throughout Metro Vancouver as a supplement to *Momentum Magazine*. Over the past couple of years we have seen enormous changes to the VACC. Not only do we now have an office, program director and office administrator, we have also developed a new website and added new programs such as *Great Rides*.

Our new full-colour newsletter will feature a number of new writers and areas of reportage. Each issue will include focus articles on one of the VACC programs as well as updates on Metro Vancouver advocacy issues. We will include a section informing you of on-going member benefits as well as a calendar of upcoming VACC events, rides and volunteer opportunities.

Through our partnership with *Momentum Magazine* we will increase our printing run by up to 40% which means we will be able to reach more cyclists while satisfying our ultimate goal which is to attract more members to the VACC.

While we are grateful for the number of dedicated writers who have stepped forward to offer their skills and input we will always be keen to accept submissions, letters and personal stories from our membership. So with this issue we wish you safe winter riding and look for us in early March, 2010.

Here is a summary of some of the May Bike to Work Statistics as provided by Erin O'Melinn, the VACC BTW Program Manager.

On the days it wasn't raining or threatening to rain, we saw 30-90% increases over last year at our commuter stations in Vancouver and Burnaby.

Some of our top stations for numbers were:

- Ontario and 10th Ave.: 623 cyclists stopped or rode by in only 2.5 hours!
- Arbutus and 7th.: 329 cyclists stopped or rode by in 2.5 hours!
- Our Gilmore Station on the Vancouver/Burnaby border saw a 90% increase over 2008 in the number of people who stopped at our table. In total, 210 cyclists were counted stopping or riding by.
- There were fantastic increases in the Tri-Cities where Coquitlam saw a 70% increase in cyclists and Port Moody saw a 50% increase in the number of cyclists who stopped at the commuter station. A big congratulations goes out to our Tri-Cities VACC Committee for their hard work!

We will publish results of the November Bike to Work Week in our Spring 2010 newsletter.

The Urbane Cyclist

Bike to Work Week (In Wet Weather!) by Erin O'Melinn

Bike to Work Week winter version took place November 2-8 this year as a free, fun opportunity to get out there and be active through the winter. The VACC hosted and supported 16 commuter stations around Metro Vancouver that were equipped with hot coffee, mechanical help, and fantastic prizes. We also unveiled our new website in October, with improved usability and additional features. It is a free sharable tool that can be used year round to keep tracking your kilometres, greenhouse gas emissions and calories, as well as find new routes from co-workers, and compete with rival workplaces.

Thank you to all our sponsors in Bike to Work Week – it wouldn't have been possible without them!

Partner Level:

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CTV
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Whole Foods Market

After great success recruiting newbies during Bike to Work Week, the Bike to Work program aims to keep those new winter commuter cyclists going all year long, and that includes you! In the winter, it's harder to find time to get outside and exercise. Combine your commute with your workout – it's economical in terms of time *and* money. Switching away from commuting by car saves people thousands of dollars a year in automobile costs, and cuts out time and money spent at the gym. The winter blues can be counteracted by biking to work – naturally released endorphins will brighten your day, and leave you energized when you arrive at work and at home.

Now is the perfect time to start cycling to work in preparation for avoiding the increased traffic that will come along with the Winter Olympic Games in February and March. Cycling will be the surest way to get to work on time. Try it out today – even if it's raining.

Use the Bike to Work Week website all year long at www.biketoworkmetrovan.ca

It's free, fun, and for all seasons.



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The Urbane Cyclist

Advanced Stop Line and the Bike Box by Rob Brownie

If we are to be effective advocates for the development of improved and expanded cycling infrastructure we need to be speaking the same language as engineers and planners. With this issue of the newsletter we are looking at the "bike box"- and no, it is not made of cardboard.

What is it?

At traffic lights on streets with bike lanes, a stop line is placed 2 metres ahead of that of other lanes. In other words, an area of pavement is left clear for cyclists in the curbside lane in advance of vehicle traffic. As a result, motorists must wait until bike traffic moves through the intersection before turning right. Typically the pavement within the bike box is of a different colour (reddish-brown).

Value of Bike Boxes?

This bike route feature ensures that cyclists have the right of way when crossing intersections but also makes cyclist more visible to motorists. In addition, motorists can not turn right until cyclists have cleared the intersection which means you don't have to worry about getting cut-off.

Examples in Metro Vancouver?

They can be found at the intersections of Victoria/Broadway; Union/Main; and along the Carrall St. Greenway.

A Perfect Day, A Perfect Ride

As I was joyfully cycling through Vancouver a few weeks ago with the great BIKENALE map in hand enjoying the sculptures, the weather, and the people in the bike friendly spaces, I could not help but think of the events that brought me there.

On the eve of my 60th year I went walking in Wales, and did a solo summit of Mt Snowdon. I shared the peak with many others, including a young Scottish couple with their Canadian made bikes. They were nice folks, but their bikes were of little interest to me, as I had dreams of future travel with my low tech hiking poles. The cycle goddess had other ideas.

The next year friends in Toronto spent two amazing months cycling in Asia, and with their help I bought my first bike at age 62.

Within weeks of becoming a new bike owner I received a call from a Vancouver friend asking if I would like to join her bike group on a cycle tour in France. Yes, I answered, knowing I was past the time of putting things off and that I may never be asked again.

And so it began. So many firsts: new gear, new rules, newfound muscles. I joined our local bike group for training rides and was amazed with the groups energy and commitment to promoting safe and fun cycling areas for people of all ages.

Our local highways now have SHARE THE ROAD signs and paved shoulders are being implemented with road improvements. It has been a wonderful year of many new adventures with a bike.

Annie Mighton, Haliburton, Ontario



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For more information on renting a bike locker, contact C Media at 604-924-1076 or visit www.translink.bc.ca.

TRANS LINK

Work with the VACC

To become involved, please contact:

- | | |
|---|--|
| <input type="checkbox"/> Burnaby | Luis 604 431-6658 |
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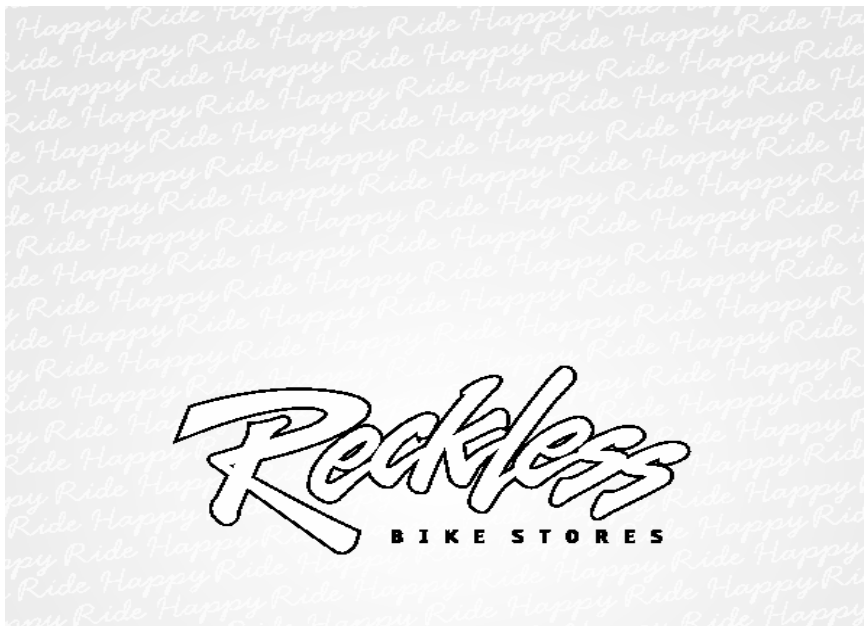
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Refer to our website for more contact information.



PROUD SUPPORTER OF THE VACC



The Urbane Cyclist

Thanks from the Great Rides team!

Our Great Rides program kicked off this summer, and through our four rides, we had over 1,000 riders exploring the trails and pathways of Metro Vancouver.

Special thanks for a great first year to out to Mountain Equipment Co-op and TransLink, whose financial support made the program possible.

The Maple Ridge/Fort Langley ride on July 12, 2009 was brought about thanks to the support from Parks Canada, and the Historical Site at Fort Langley, Brae Island Regional Park Paddle Centre, Tourism Langley, Velocity Cycles, Little White House, The Municipality of Maple Ridge, Experience Cycling, and The Visitor Centre in Maple Ridge.

We are proud to have Tourism Maple Ridge & Pitt Meadows, Honeyland Canada, Maple Ridge Cycles, Capers-Whole Foods Markets, Norco, Savi Water, and KVOS as sponsors of the Pitt Meadows Great Ride.

Thanks for support for the Port Coquitlam ride on Sept. 27, 2009 go out to Kwikwetlam Colony Farms Bike Tours and Rentals, Emotion Salon and Day Spa, Norco, Savi Water, Capers-Whole Foods Market and KVOS.

For the final ride, in Vancouver, on Oct. 6, 2009, we extend our thanks to VanDusen Gardens, Vancouver Biennale, Norco, Telus World of Science, Seawall Adventure Centre, Bazooka Bikes, Bike Doctor, Spokes Bicycle Rentals, Mighty Riders, Denman Bike Shop, the City of Vancouver's Host a City Happening program, KVOS, Ethical Bean, Zipcar, Capers-Whole Foods Market, Savi Water, and Buddha's Light international Organisation.

Our deepest gratitude also goes to our volunteers, many of whom came to more than one ride, and who's enthusiasm and energy made the organization of the event a pleasure.

Please mail this form and a cheque to:

VACC Memberships: City Square, P.O. Box 47068, 15-555 West 12th Ave., Vancouver BC V5Z 4L6

Make cheques payable to: Vancouver Area Cycling Coalition

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