

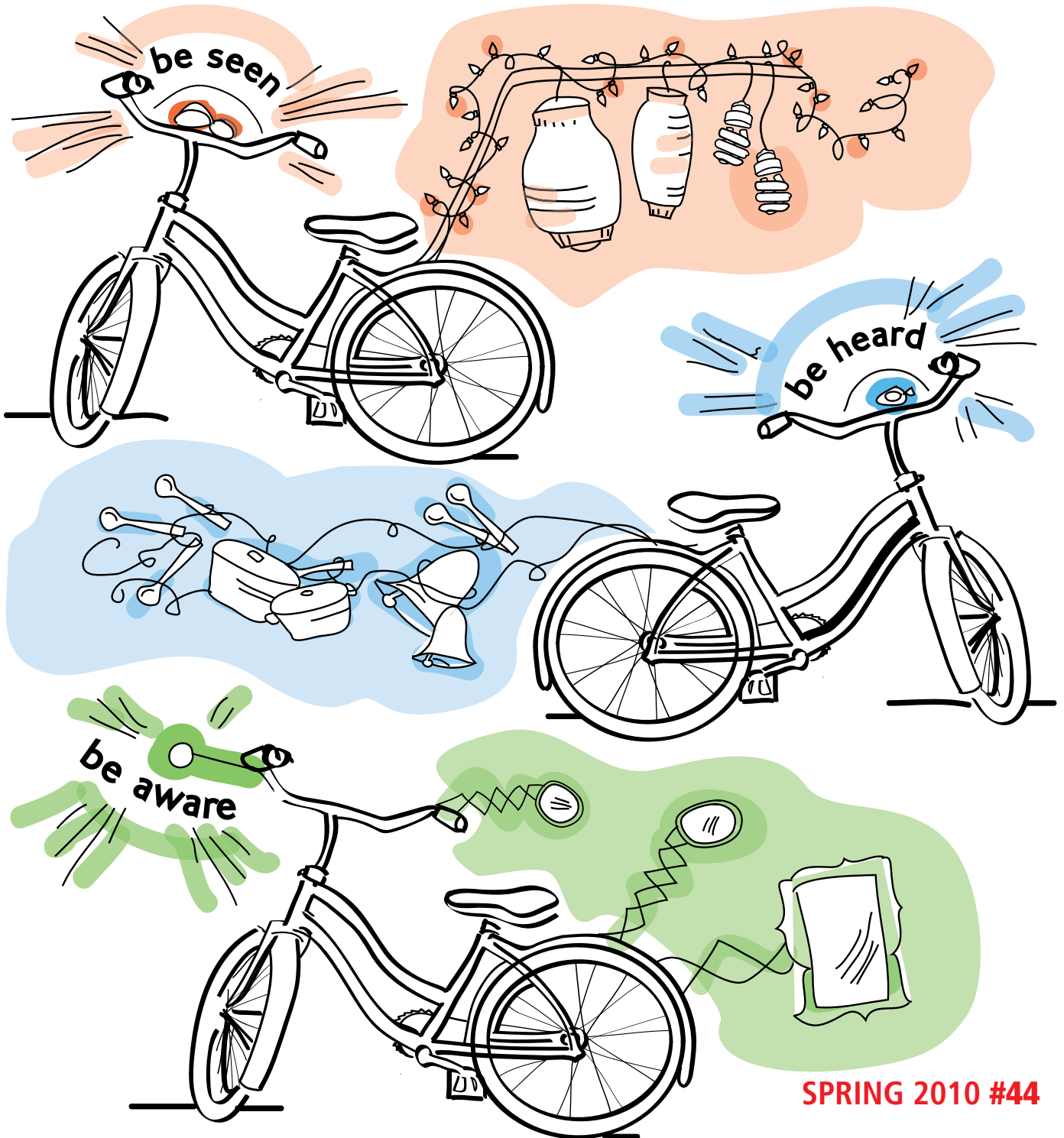
# urbane cyclist

THE VANCOUVER AREA CYCLING COALITION QUARTERLY

www.vacc.bc.ca



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



SPRING 2010 #44



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[vacc.bc.ca](http://vacc.bc.ca)

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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.  
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#### INTERNET

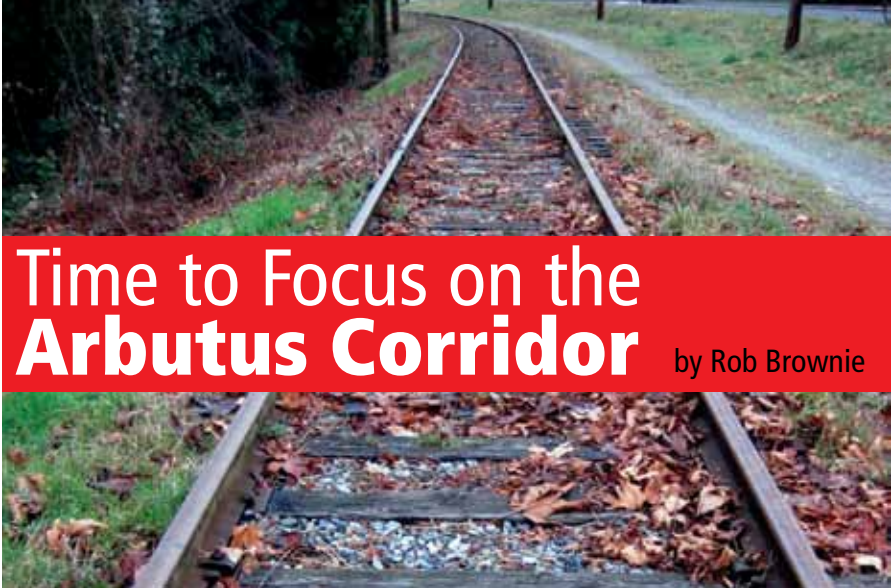
Keep up on the latest cycling issues and events.  
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#### GOT SOMETHING TO SAY?

We welcome articles of 500 words or less about cycling in Greater Vancouver. Submissions may be sent to **Urbane Cyclist**:

[newsletter@vacc.bc.ca](mailto:newsletter@vacc.bc.ca)

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



## Time to Focus on the Arbutus Corridor

by Rob Brownie

Photo by Kay Teschke

Now that the bike lane trial on the Burrard Bridge has been widely proclaimed a success the VACC is hoping that Vancouver City Council will turn its attention to the abandoned rail line known as the Arbutus Corridor. At almost ten kilometers in length, the track extends from English Bay near the Burrard Bridge south to the Fraser River. A combined bike and pedestrian path along the corridor would connect the area around Granville Island with Kent St. in Marpole and provide a link to 10 existing bike routes.

Following the example of the Rails-to-Trails Conservancy in the United States and local projects such as the Lochside Trail in Saanich and the Kettle Valley Rail Trail, city council can take advantage of the longest abandoned rail bed in Vancouver to create a cost-effective, mixed-use greenway- but this will require working closely

with the CPR which still owns rights to the land the track sits on.

To make this project a reality other stakeholders will need to be consulted including community organizations in Marpole, Kerrisdale, Shaughnessy and Kitsilano as well as the Vancouver School Board which has 11 schools near the corridor. Politicians at both the provincial and federal level will be consulted including Premier Campbell.

Another hurdle will be funding. There will be a lot of financial questions to be answered by Mayor Robertson and council once the final tab is tallied for hosting the Olympics but we also know that city council has aspirations to make Vancouver the greenest city in Canada. We need your help to convince the City of Vancouver that what can work on the Burrard Bridge can work on the Arbutus Corridor. For on-going updates please join the Friends of Arbutus Corridor on Facebook.

# Safe Riding in the Rain

by Karen Larsen

During wet winter weather there are some simple steps you can take to make yourself safer and more comfortable while riding. These include brake maintenance, visibility and appropriate attire. If you keep your brakes in good order, light up your bicycle, and don your rain jacket, you will be on your way to riding through the winter.

New cyclists should understand that brake pads are affected by the rain. Rain decreases their stopping efficiency and helps to increase wear and tear on rim, cantilever or direct pull brakes. When brake pads are wet, along with wet rims, they don't react as quickly as when they are dry. In the rains, you may need extra room and time to come to a complete stop. Rain moves the grit on winter roads onto bike rims and then onto brakes, this means they will wear down faster and so more frequent replacements may be necessary for optimum stopping action! Clean the wheel rims often, to make sure the grit is coming off, instead of wearing down the brakes. It's a good idea to check brake cables as well; keep them nice and tight for the best braking action.

Disc brakes are good for wet weather riding because they react quickly, since they are on the rim

of the wheel. This also means they won't wear out your rims or require frequent replacements like brake pads. Another consideration for disc brakes is that since they are mounted on the hub, you can put reflective tape on the wheel rim, which will increase your visibility.

Keep your chain well lubed, the rain will wear it away faster than normal. After lubrication, wait a few minutes and then use a rag to remove the excess lube. If you don't do this, the excess lube just attract more grit and goo, which you want to avoid so the gritty goo doesn't wear done your chain or front and rear de-railers. The rain and muck will also end up on your front and rear de-railers, so, to avoid the "teeth" wearing down, clean them too.

Fenders are a necessity for commuters or even day trippers in the rainy season. Front and back fenders will help keep you and your gear dry and clean, at least cleaner than if you have muddy grit from the road splattered up the back of your jacket and helmet. Cyclists riding behind you will appreciate your back fender – without this, they will get sprayed too!

Even though rain gear with reflective accents, is not stylish attire, it will provide comfortable

and visibility in a down pour. Rain gear is usually wind proof too, which helps keep you warm on chilly days. Booties are good for protecting your shoes from the rain and your feet from the wind. Helmet covers are another rain protection option, which regular commuters swear by. Hang up your sopping clothes when you get to your destination, hopefully they'll be dry by the time you're ready to leave and brave the elements again. If your bike has to stay outside in the rain, cover up the seat (a plastic bag or panier cover works well) so you don't have to sit on a cold, moist saddle. If you do this, you will truly be covering your ass.

Lights are integral for year round safe cycling. However, in the winter, especially on the wet west coast, it can be dark at 12 noon on an overcast drizzlely day, so day time lights are recommended for cyclists. Side lights are also suggested, as well as white lights for the front and red lights for the back. Reflective tape is also good, but it is not a replacement for bright lights. It is easy for drivers not to see cyclists at any time, so help them out and make sure you are visible. This means being luminous with several bright lights.

# Do's and Don't's Following A Traffic Accident

The Cyclist Awareness Safety Taskforce (CAST) of the VACC recently asked David Hay, a Vancouver litigation lawyer, what he recommends a cyclist do if involved in a traffic collision. The following tips will help us develop a laminated spoke card which will be made available to all VACC members.

by David Hay

The things people do and say following a traffic accident are often given significant weight by a judge or jury during the trial process. However, witnesses I have come across over the course of ten years of practising law have seldom possessed the presence of mind following a serious trauma to take steps to protect their legal position related to that trauma. Let's face it, the furthest thing from anyone's mind following an accident on a bicycle is the possible impact of what they say or do in a lawsuit over the accident. With that caveat in mind, here is my top ten list of do's and don'ts following an accident. This list is based on some of the difficulties I have seen people get in which might have been avoided if they simply had been a wee bit more mindful of the future implications of their conduct.

## THE DO'S:

1. Try to observe where you are immediately following an accident. Make mental notes of where you are in relation to your bike, the car which struck you, and local reference points such as cross walks, utility poles, a fire hydrant or bus stop.
2. Try to obtain as much information as you can relating to the identity of the driver. Record the licence plate of the vehicle and contact information from any witnesses to the accident.
3. Go to the hospital if ambulance attendants suggest you should.
4. Control your temper and avoid belligerent or antagonistic behaviour towards the driver.
5. Talk to a lawyer prior to talking to ICBC - you are required by law to provide information to ICBC

but you are not required to provide information directly to ICBC. Legal counsel will ensure you do not diminish the strength of your case.

## THE DONT'S

6. Do not apologize to the driver. An apology is often interpreted later as an admission of fault.
7. Do not discuss with the driver of the car or nearby witnesses what happened.
8. Do not agree to settle the dispute privately.
9. Do not give or sign long winded or complicated statements surrounding the circumstances of the accident. If you can not speak with a lawyer before giving your statement keep it as short as possible.
10. Do not pay a traffic ticket related to the accident simply because you have no time to file a dispute. The payment of a ticket, though not conclusive of your legal dispute with the driver, certainly indicates a guilty mind or a lack of confidence in one's position.

# The Vancouver/UBC Committee

by Elizabeth Godley

An upcoming meeting with Vancouver's new Deputy City Manager is high on the list of success stories reported by Lisa Slakov, who heads the VACC's Vancouver/UBC Committee. Ongoing communication with city staff and politicians on cycling concerns and priorities, such as detours on cycling routes resulting from Olympic planning takes up much of the Committee's time, as does advocating for VACC programming.

Also on the committee's agenda recently was a high level meeting with members of the Vancouver Police Department re cyclist issues.

The Committee was also involved in lobbying for more effective Burrard Bridge lane reallocation and prepared a document titled "Our Expectations for Cycling in Vancouver," which was widely distributed to city council members.

In addition, the Committee prepared an outline of cycling infrastructure priorities for the current budget year, also distributed to city council and staff, and worked with other members of the VACC's



Lisa Slakov. Photo by Ken Ohrn

Cyclist Awareness and Safety Task Force committee (CAST) on ways to increase safety of cyclists on the road.

Present infrastructure needs include:

- Revitalizing and regular maintenance of cycling routes, including new traffic-calming measures and enforcing these measures as required;
- Ensuring a final two-lane reallocation structure for the Burrard Bridge;
- Increasing concrete infrastructure measures to create and ensure

safe routes for children cycling to school;

- Improving bike parking facilities;
- Developing a network of separated bike lanes;
- Developing an Arbutus Corridor bike route;
- Creating a Central Valley Greenway bridge.

The Committee's goals for 2010 include working on all the above issues, as well as dealing with an "attention deficit," on the part of both financial organizations and city staff, as a result of the 2010 Olympics.

# LETTER TO THE EDITOR

## Report from Richmond

### TO BECOME INVOLVED, PLEASE CONTACT:

Burnaby: Luis 604 431-6658

Delta: Carol 604 943-3412

Greater Vancouver: John 604 986-9220

Maple Ridge-Pitt Meadows:  
mapleridge-pittmeadows@vacc.bc.ca

New Westminister: Andrew 604 521-2742

North Shore: Dave 604 988-5454

Bikes on Transit: Jack 604 681-5744

Surrey/White Rock: Gordon 604 535-2513

Tri-Cities: Alexi alexi@swiftpower.ca

### Who to write about issues in Urbane Cyclist:

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premier@gov.bc.ca

Hon. Shirley Bond, Minister of Transportation  
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Victoria BC V8W 9E2  
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Minister.Transportation@gov.bc.ca

City of Burnaby – Mayor Derek Corrigan & Council  
4949 Canada Way  
Burnaby BC V5G 1M2  
Phone: 604 294-7340 Fax: 604 294-7724  
postmaster@city.burnaby.bc.ca

City of New Westminister – Mayor Wayne Wright  
511 Royal Avenue  
New Westminister BC V3L 1H9  
Phone: 604 527-4522 Fax: 604 527-4594

City of Vancouver – Mayor Gregor Robertson & Council  
453 West 12th Avenue  
Vancouver, BC V5Y 1V4  
Phone: 604 873-7621 Fax: 604 873-7685  
Gregor.robertson@vancouver.ca

TransLink – Chair Dale Parker & Board of Directors  
1600-4720 Kingsway  
Burnaby, BC V5H 4N2  
Phone: 604 453-4500 Fax: 604 453-4626  
www.translink.bc.ca

**vacc.bc.ca** for more contact information.

by Brad Kilburn

I've been cycling throughout Richmond since the seventies, so I'd like to think I've learned a thing or two about cycling safety. I know I've seen a fair bit of change on the roads during that time.

Richmond has grown from a sleepy agricultural/bedroom suburb into a vibrant city in its own right. Long gone are the drainage ditches that were as wide as the narrow roadways. Today, Richmond has impressive state-of-the-art traffic corridors that accommodate all forms of transport, both safely and efficiently.

Yet some might be surprised to hear that I don't think it's been the boom in cycling infrastructure that has been the most significant development to augment my safety as a cyclist, but rather my awareness of, and cooperation with,

those other road users. Time has brought me invaluable accumulated knowledge, skill, and experience, though, that means very little unless I receive cooperation from those with whom I share the road.

It pains me to see any road user who is not fully aware of, and cooperative with, his or her fellow travelers. Too often I see distracted motorists simply forcing their way down the road, or cyclists who neglect to view the street as a whole, and/or seek clues from nearby motorists, that it is safe to proceed.

If an investment in education, enforcement, and the encouragement of cooperation amongst road users, could be as viable and visible as the more recent investments in cycling facilities have been, I think we'd all have a safer commute.



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Help us get Metro Vancouver's Cycling Infrastructure up to speed by taking out a VACC membership and get a one-year subscription of Momentum Magazine for only \$10! **vacc.bc.ca**

Karen Parusel is our new Streetwise Program Manager. Karen has a strong background in sustainable transportation. She volunteers at the Vancouver Public Space Network as a board director and Transportation Coordinator. Recently Karen worked as the BC Assistant Director with the Cascadia Region Green Building Council, where she planned cycling tours and managed programs and events related to sustainable neighbourhoods. She loves cycling, especially with her stereo amp in her basket, and strives to make cycling as fun as possible for Metro Vancouver residents. The VACC is very excited about the enthusiasm and expertise that Karen will bring to our cycling skills programming.

Now whether you are a novice, intermediate or advance commuter cyclist, we have a course for you. This spring we are running approximately 20 workshops, meaning at least one per weekend. Our **Learn to Ride** courses provide one-on-one instruction for those riders who are absolute beginners. For those of you who are confident riders and would like to learn how to navigate through traffic or prepare for longer commutes, our popular **Bike Skills Courses**



Karen Parusel. Photo by Martin Fietkiewicz

will be your best choice. These 4-hour courses combine classroom instruction along with parking lot and street training. Courses are offered throughout Metro Vancouver on most weekends. The first spring Bike Skills Course is March 13th in Vancouver at the Strathcona Community Centre. You can see the Streetwise course schedule here: [www.tinyurl.com/streetwiseschedule](http://www.tinyurl.com/streetwiseschedule) – just follow the links to register directly with the community centre. We're adding more workshops all the time, so if one's not booked yet in your neighbourhood, you can request it by emailing [streetwise@vacc.bc.ca](mailto:streetwise@vacc.bc.ca)

## VOLUNTEER POSITIONS:

### Writers and Artists

If you have an interest in writing an article, letter or interview or can contribute illustrations to future issues of The Urbane Cyclist please contact Rob Brownie at [robrow@shaw.ca](mailto:robrow@shaw.ca)

# 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:** 10% off parts & 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](http://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)

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### Plus...

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

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ADDRESS

CITY

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 I need or prefer it by mail

I would like to volunteer with the VACC  yes

I can contribute by:  
(please note your skills)

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- Individual \$30
- Fixed/Student/Low Income \$15
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- Joint Membership with BC Cycling Coalition (additional per person) \$10
- Corporate/Organization \$150
- Additional Donation \$ \_\_\_\_\_  
(sorry, we can not provide tax receipts)

### Total Enclosed:

\$

Please mail this form and a cheque (payable to Vancouver Area Cycling Coalition) to:  
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15-555 West 12th Ave.  
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