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Your **Cycling** Connection



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Happy 2014 from HUB!

You might have new year's resolutions about health and fitness, and if you're on a bike, you already have a great start.

More people biking leads to healthier, happier, more connected communities, and every year we try to reach more people than the year before.

Last year, **over 16,000 people** participated in HUB educational programs and events in Metro Vancouver:

- 350+ participants in **cycling education courses**
- 600 participants in **Workplace Cycling Workshops**
- 1,500 participants in **Bike to School Week events**
- 5,700 total participants in **Bike to School programs**
- 7,850 participants in spring and fall **Bike to Work Week events**

With your participation and support, it was our most successful year yet. Thank you, and we're ready to do it again!

2014 Streetwise Bike Courses, Beginner to Advanced

In 2013, half of all surveyed Streetwise participants cycled monthly or less prior to taking the course (with 20% never even having cycled before).



HUB BICYCLE BULLETIN - JAN 2014

[Happy 2014 from HUB!](#)

[2014 Streetwise Bike Courses](#)

[Streetwise Participants Speak](#)

[Rural Highway Safety & Speed Review - Open House](#)

[Workplace Cycling Workshops](#)

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Your **Cycling** Connection

MEMBER SERVICES

Questions about your Member account? [Let us know.](#)

Membership expired? [Login to renew today!](#)

Afterwards, 75% were cycling weekly or daily, thanks in large part to the HUB Streetwise course.

If you want greater road-riding confidence, knowledge about 'rules of the road', or bike maintenance and mechanics skills, sign up (or register a friend or family member!) in a Streetwise course.

Streetwise courses are for all riders - beginners to advanced! [Visit the Streetwise webpage](#) to register today!



Streetwise Participants Speak!

*The course was very encouraging and boosted my confidence with **useful safety skills**.*

*The course helped me to feel more confident, **especially at intersections**.*

*I would never cycle downtown before taking the streetwise course. **Now I am much more confident**.*

*I appreciated the actual bike ride where **we put into practice** what we'd learned earlier in the classroom.*

*I wanted sessions longer than an hour and **I didn't want to feel rushed**. The HUB course had good instruction and a balanced curriculum.*



Rural Highway Safety & Speed Review - Your Feedback is Needed!

BC's Ministry of Transportation & Infrastructure is conducting public consultation and engagement about **safety and speed limits on rural highways**.

Public feedback is sought at open houses across the province. In Vancouver, have your say on Thursday, January 9th, 5-8pm at SFU Segal Centre (500 Granville Street). [You can also provide feedback on their website](#).

For other open house dates and locations, [visit the Province's website](#).

Be sure to also visit the [BC Cycling Coalition website on the Speed & Safety Review](#), which includes information on how to take action in support of this very important public consultation. **Don't forget - your voice counts!**

Workplace Cycling Workshops

Cycling education - it also makes good business sense!

The mental and physical health benefits of cycling can



MEMBER SPOTLIGHT

Congratulations to [The Vancouver Bicycle Club](#) for their recent Organization Membership Renewal VBC is a non-competitive recreational cycling club for all levels of cyclists, and a HUB Organization Member since 2009!

MEMBER BENEFITS UPDATE

[Northwest Comedy Fest](#)

New Member Benefit

10% off tickets to the festival - 24 shows running February 13-22 at locations across Vancouver and New Westminster. [Email us](#) for the promo code.

[Denman Bike Shop](#)

New Member Benefit

5% off bikes / 10% off services / 15% off parts & accessories, at Stanley Park and Main & 10th locations. Just show your HUB Member card!

[Yoga Spirit](#)

New Member Benefit

Pay only \$5 for your first class! Located in Burnaby (near Holdom Skytrain and the Central Valley Greenway). Show your HUB Member card!

Need a Member Benefit promo code? [Email us!](#) Promo codes will be back on the website soon.

If you know a **local bike shop or bike-friendly business** that could be a HUB Member Benefits provider, [please let us know!](#)

VANCOUVER / UBC LOCAL COMMITTEE

Committee Meeting Date Change

The first meeting of 2014 will take place Tuesday, Jan. 14th, 7-9pm at the HUB office (828 West 8th - buzz 001). Please join us! Or [email us](#)

actually reduce employer healthcare premium and claims costs, lower absenteeism and turnover, and encourage higher productivity, loyalty, and morale.

Making your business and staff more bike-friendly can ultimately make your organization a desirable employer.

We're kicking off another year of fun, interactive and on-site [Workplace Cycling Workshops](#) - designed for all riding abilities - as part of the HUB Bike Friendly Business Program. [Find out more today!](#)



The Vancouver Bicycle - Support this Book!

Do you have \$10 to invest in a [Kickstarter campaign](#) in support of Vancouver bike-related photojournalism?

Our friends at [Vancouver is Awesome](#) are publishing *The Vancouver Bicycle*, and need your help! Whether you're a daily commuter, bike courier, mechanic, shop owner, mountain biker, fixie rider, bike builder, beach cruiser, polo player, velodrome racer, bmx'er, or someone who just likes bikes - [support *The Vancouver Bicycle*](#).

your comments and concerns.

NO MORE BIKE THEFT!



[Check it out our anti-theft video!](#)

SUPPORT BETTER BIKING!

[Support our work to improve cycling conditions](#) by making a charitable donation to HUB.



[Charitable tax receipt provided.](#)

Meetings & Events

Join a HUB Local Committee

Help make cycling conditions better in your city, including bike lanes, bridge crossings, cycling policy and education. Join a local committee - public participation is always welcome!

[Find out more](#)

HUB Regional Advisory Committee

We meet the third Thursday of each month (6-7pm) at the HUB office to discuss cycling improvements across the region. You're welcome to attend!

[Find out more](#)

[See full HUB events calendar](#)

Bike Education

Streetwise Cycling Courses

2014 courses now posted, including upcoming 'Demystify Your Bike: The Basics of Bike Maintenance', and 'Advanced Bike Maintenance'.

[Read more & register](#)

Adult Learn to Ride courses

Dates customized to fit your schedule

[Read more & register](#)

Bike to School Courses & Programs

Want to see cycling programming at your child's school? Contact us at schools@bikehub.ca

HUB Member Benefits

Discounts on car sharing

Discounts at over 25 bike shops across Metro Vancouver

Discount on Momentum Magazine subscription

Subsidized bike racks for Organization Members

The joy of supporting cycling improvements!

[...and much more! Visit our Member Benefits page.](#)

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