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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

Bike to Work Week by Mia Kohout

The Vancouver Area Cycling Coalition is proud to present the first annual GVRD wide *Bike to Work Week*.

Previously piloted on the North Shore in 2005 and 2006, Bike to Work Week is now bigger and better, complete with its own website and registration system. Bike to Work Week events are scheduled in nine municipalities throughout the GVRD.

Bike to Work Week is a workplace wellness program that provides real action towards climate change, traffic congestion and personal health. Employees that bike to work are happier, healthier and take fewer sick days. Bike to Work Week is an actionable event that provides focused results towards much needed change in the transportation culture in the Lower Mainland.

Workplaces are encouraged to register through the VACC Bike to Work Week website. Individuals can begin logging their commutes to view an ongoing tally of kilometers commuted, greenhouse gasses not being emitted into the atmosphere, and calories burned. These totals will be calculated and compared during Bike to Work Week, and prizes will be awarded to workplaces that have the highest rates of participation and the most new cyclists.

Highlights of the Bike to Work Week program include:

- The active promotion of workplace / department teams
- Commuter cycling stations stocked with food, beverage, free bike mechanics and enthusiastic volunteers
- An exciting incentive program of prizes and friendly competition between workplaces
- Lunch-hour workshops catering to bicycle safety, maintenance, barriers to commuting and Bike to Work team building

Continued on back page



The Urbane Cyclist

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

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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:
newsletter@vacc.bc.ca

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

Next deadline: Friday, July 20, 2007

Bike to Work Week Events

Commuter Stations – The VACC will be hosting commuter sta-
tions throughout the Lower Mainland to celebrate Bike to Work
Week. At commuter stations you can:

- Enjoy free food and drinks (coffee at the morning stations)
- Have your bike checked for free by local bike shop staff
- Enter for a chance to win prizes
- Get cycling information and bike maps
- Meet your fellow bicycle commuters – biking to work is a great social activity

Commuter stations will be set up for both the morning and after-
noon commutes. Visit
<http://www.vacc.bc.ca/biketowork/commuterStations.php> for full
event details.

Commuter stations are tentatively scheduled in Burnaby, Coquit-
lam, New Westminister, North Vancouver, Port Moody, Richmond,
Surrey and Vancouver.

Host your own commuter station. If your business or group has
access to a tent and table you can host your own commuter sta-
tion. Contact Mia at biketowork@vacc.bc.ca for more details.

Saving the best for last....

Bike to Work Week wrap-up barbecue

Where: Science World

When: 4:00pm – 6:30pm - Friday, June 1st – wrap up Bike to
Work Week and kick off Bike Month, all at one great event

What: Burgers (veggies too) compliments of M&M Meat shops

Station presenters: the VACC, Stanley Park Bike Fest, Momen-
tum Magazine, Ethical Funds, TransLink

For those of you not living in Vancouver – try to leave work early
(you can tell your boss it is part of your workplace's wellness pro-
gram), invite your Bike to Work team mates to join you and ride
(or skytrain and ride) to the barbecue.

The Urbane Cyclist

Why I Bike to Work By Bernhard Spalteholz

Why would you want to bike to work when you have a car? Before I started biking to work, I could not imagine doing this on a daily basis, but once you get started, it's hard to stop! Since I started biking to work, I have found that often my commute is the most enjoyable part of my day. I look forward to the fresh air, the exercise, the time to relax and enjoy the ride, and the price of gas at the pumps as I cycle by.

I currently commute to work by bicycle about 75% of the time and am hoping to increase this to about 90% this year. My route is from South Surrey along King George Highway, to my workplace near 88th Ave and 128th Street. The daily distance is 36 km. To ease the hills and the distance a little, I am currently using a bicycle with an electric assist motor. Combining this with pedal power gives me an average moving speed of about 36 km/h, getting me to work in about 30 minutes. When I drive to work, it takes me about 25 minutes on most days when the traffic is calm. In the past years, however, there has often been construction along my route and traffic is increasing daily, so there are times when biking is actually faster than driving.

In general, I have found that I feel very safe when cycling to work in traffic. Some items you will need if you want to commute by bike are a mirror, front and rear lighting, panniers, fenders, and a bell or horn. The more confident you become on the road, the safer your ride will be. If you have not cycled in traffic much in the past, it is a good idea to get started by riding with a more experienced cyclist or by taking a Commuter Skills course.

Cycling takes very little energy compared to other forms of transportation. In fact, cycling is the most efficient mode of human transportation, while driving (especially with only one person per vehicle) is one of the least efficient. For example, if you bike 15 km each way to work 4 times per week, you will reduce your carbon footprint by over one ton per year!

So make a difference for your health, your pocketbook, and the environment – Bike to Work, and encourage your co-workers to do the same!



Photo: L. Love

Spring Cleaning

Under the motto "you never know whose flat tire we may be preventing," the VACC took part for the seventh year in Pitch-In Canada Week, an annual nation-wide spring clean-up event.

On 28 April, we cleaned up the section of the Trans Canada Trail west of the Second Narrows Bridge in Vancouver. VACC members and friends picked up hundreds of kilos of garbage and cut back some encroaching blackberry bushes, leaving the path cleaner and wider.

Huge thanks go to those who put on their gloves and dug in with brooms, shovels, and tongs: Arno, Bonnie, Brad, Claude, Emillie, Fulton, Helen, John, Leslie, Lisa Dawn, Luis, Mary, Peter, Rachel, Ray and kids, Sasha, Sonia, Su-Laine, and Terry.

Vancouver and UBC Report by Jack Becker

Cycling advocacy continues full speed within the city. Past areas of advocacy continue to need attention, including the Burrard Bridge and Southeast False Creek Lands and its impact on the Ontario Bike Route.

Cambie Street Bike Lanes – The VACC has been promoting bike lanes along Cambie Street from the Fraser River to the north side of the Burrard Bridge. Connection to the Canada Line Stations, to the bike deck on the bridge crossing the river, access to local retail businesses, and providing an efficient, less hilly north-south commuting route for cyclists are some of the incentives for the bike lanes. For those who wish to cycle in more quiet surroundings, the adjacent Ontario and Heather bike routes are available.

The **Ontario Bike Route** viability is under attack from the Canadian Tire Corporation (CTC) redevelopment proposal at SW Marine Drive. City Engineering staff have negotiated some improvements which should lessen the impact of the redevelopment on the bike route, but the issue is whether it is enough to ensure this street remains a viable bike route. The importance of the SW Marine to Kent Ave section of the Ontario Bike Route will increase with the opening of the Canada Line and Canada Line Bridge in 2008.

The question that keeps coming up is “At what motorized traffic volume level does a bike route become unviable as a bike route in the minds of cyclists?” More importantly, at what point do motorized traffic levels stop attracting people to take up cycling?

Burrard Bridge – At an earlier public consultation session, city staff showed pictures of a wide sidewalk expansion alternative, with space for all users. The latest set of drawings for the sidewalk expansion showed three gauntlets in each direction of travel where bike traffic would be reduced to one very narrow lane.

Stanley Park – The committee has been developing a cycling network vision for Stanley Park for the future and is actively trying to present it to Parks Board. New connections, upgrading some existing cycling networks, and signage so that cyclists can take advantage of the park, were built into the vision.

New items are being brought forth by city staff, including a proposed bike route on Yukon from Midlothian to 10th Av. and an Al-berni connector in the West End.

The VACC – Vancouver and UBC Committee generally meet on the fourth Wednesday of the month, unless meeting room availability causes a change in date. Check the web site http://www.vacc.bc.ca/advocacy/what_we_do/local_committees/vancouver.php/ and come out for the next meeting. The agenda always seems to be full of items that need cyclists’ input.

MEET YOUR BOARD

MEMBERS



Arno Schortinghuis (Vice President)

Arno was born in the Netherlands of parents who cycled most of their lives. After he was weaned from the child carrier on his mother’s bike, he started cycling on a men’s CCM by angling his right leg under the cross-bar. He hasn’t stopped since.

Arno currently splits his time between house-husband duties, software consulting, volunteer work and, of course, cycling. He has been active in many outdoor activities and has served on the executive committees of outdoor clubs and school parent advisory committees.

He believes that cycling contributes to both mental and physical health and that while a car may sometimes be quicker, cycling always takes less time.

What's Keeping you off your Bike? by Bonnie Fenton

You've signed up for Bike to Work Week and are excited about participating, but you haven't cycled for a while. Maybe you're feeling a bit nervous about riding to work.

The VACC's free commuter cycling skills courses provide basic cycling knowledge to new and less-experienced cyclists. The combination of classroom and on-road training is intended to build traffic cycling proficiency and confidence for adults who want to cycle for transportation. You'll learn basic traffic skills, gain confidence in the abilities you already have, and pick up some handy tips. Classes are free to participants (with a \$35 deposit to reserve your spot).

Upcoming courses:

Saturday, 26 May 2007

Vancouver – Mt. Pleasant Community Centre

North Surrey – Fleetwood Community Centre

Sunday, 3 June 2007

Vancouver – Riley Park Community Centre

Saturday, 9 June 2007

Vancouver – Dunbar Community Centre

Saturday, 16 June 2007

Richmond – Steveston Community Centre

Langley Township Hall

Saturday, 23 June 2007

Surrey – Newton Seniors' Centre

Vancouver – Coal Harbour Community Centre

Saturday, 7 July 2007

Port Moody Community Centre

Burnaby – Bonsor Recreation Centre

For more information, go to www.vacc.bc.ca/bikeskills or contact Bonnie Fenton at bikeskills@vacc.bc.ca or 604-734-1385.

Many thanks to TransLink and the City of Vancouver for their continued support of the Com-muter Cycling Skills Program.

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To rent a locker call 604.924.1076
or visit www.translink.bc.ca/bikes

Bike to Work Week—Why Should Your Company be Involved?

Economics

If your company reimburses employees for transportation or subsidizes auto parking, your bicycle commuters are your best friends. Also, employees who ride their bicycles to work reduce your health-care costs and increase your productivity by showing up to work with less stress and taking fewer sick days.

Corporate Image

People want to work for and do business with companies that take care of their people and the planet. By promoting bicycle commuting as a desirable option, you are conveying a green, money-smart, people-oriented image to your employees, your clients, and your competition.

Employee Morale

People like to feel valued. By making biking to work convenient at your workplace, you are showing your employees that you care about their well-being and that they are important to your company.

Why Should Employees Bike To Work?

Time

Many bicycle commuters find that riding to work cuts their commute time, getting them to work faster than driving or taking transit. Bike commuting also saves the time needed for hunting for parking or waiting for transit. Exercising while commuting can also save you the time you would take to workout.

Economics

After the initial investment of purchasing a bicycle, helmet and lock, bicycle commuting is the cheapest way to get around town on wheels. Routine maintenance is usually an entire digit cheaper than it is for a car, and much of it can be done by the bicycle owner.

Health and Fitness

Exercising is healthy — just ask your doctor. Biking can be a very good cardiovascular workout and does wonders for circulation and muscle tone in your legs. It's much easier to stay fit when you work exercise into your daily routine.

Mental Well Being

Biking is fun! Bike commuting gets blood pump-

ing into your brain much more efficiently than a third cup of coffee. When you get to work you might find a sense of peace and joy washing over you. Those are endorphins at work, and they kick in when you exercise.

The Ecological Argument

Bicycles do not use fossil fuels, cause ozone depletion, emit deadly pollutants such as lead and carbon monoxide, contribute to increases in asthma cases across the industrialized world, or leak disgusting things into the water table. They run on whatever you eat for breakfast.

Written by Chicagoland Bicycle Federation

Wednesday Night Rides by Fulton Tom

The Vancouver Area Cycling Coalition leads bicycle rides every Wednesday evening in the summer. All rides begin at Century House (620 8th Street, New Westminster) at 6:30 PM. Helmets are mandatory. There is a nominal fee for non-members. For more information, call 604-323-5763 or 604-526-3585.

Rides that are rated medium or challenging involve hills, demanding bridge crossings, and/or longer distances.

Rides usually end with drinks and conversation at a local coffee shop.

- June 6: Queens Park Bicycle Ride. Rating: easy. Distance: 5 km.
- June 13: Queensborough Bicycle Ride. Rating: easy. Distance: 10 km.
- June 20: Central Park Bicycle Ride. Rating: easy. Distance: 15 km.
- June 27: Richmond Bicycle Ride. Rating: easy. Distance: 30 km.
- July 4: Vancouver Foreshore Park Bicycle Ride. Rating: medium. Distance: 25 km.
- July 11: Surrey Bicycle Ride. Rating: medium. Distance: 30 km.
- July 18: Three Bridges Bicycle Ride. Rating: challenging. Distance: 25 km.
- July 25: Sea to River/Burnaby Mountain Urban Trail Ride. Rating: challenging. Distance: 30 km.
- August 1: Vanier Park/Fireworks Bicycle Ride. Rating: challenging. Distance: 50 km.
- August 8: Colony Farm Bicycle Ride. Rating: medium. Distance: 25 km.
- August 15: Burnaby Foreshore Bicycle Ride. Rating: medium. Distance: 20 km.
- August 22: Delta Nature Reserve Bicycle Ride. Rating: medium. Distance: 18 km.
- August 29: Deer Lake Bicycle Ride. Rating: medium. Distance: 18 km.



June is Bike Month, the annual celebration of cycling presented by Better Environmentally Sound Transportation. If you are tired of high gas prices and want to take action against climate change, June is a great time to start cycling to work or to the store. Bike Month includes over 60 exciting and educational events organized by groups across the Lower Mainland.

Listed below are only some of the events this year. For more information on Bike Month events and for cycling tips and maps, go to www.best.bc.ca or call 604.669-2860.

Bike Maintenance Workshop - Friday June 1. Newton Wave Pool, 13730-72 Ave. 8:00am and 4:00pm. Kick off bike month with an interactive workshop to teach you how to maintain your bike. Info: 604-501-5542

ready, set, RIDE! - Friday June 1, 1:00 PM. Sir William Macdonald Elementary School, 1950 E Hastings St. Free safety and skills course for kids. If you have a spare bike, bring it down to donate it to a child in need. Info: 604-874-6464, www.pedalheads.ca

VELODECO! Bike Decorating Party! - Saturday June 2, 11:00 AM. Science World Gazebo. Join the Bicycle Bee for a decorating party! Spoke wrapping, DIY streamers, bike bouquets. Bring materials if you have them; some provided. Potluck BBQ. Info: bicyclebee.blogspot.com

Island City, by Bike - Sunday June 3, 9:30 AM. Britannia Heritage Shipyard, 5180 Westwater Dr, Steveston. Info: 604-276-4035
<http://www.richmond.ca/services/ttp/cycling/news.htm>

Central Valley Greenway Burnaby Section 2 Opening - Monday June 4, 5:00 PM. Gilmore Avenue, just north of Still Creek Ave. Info: 604-294-7216

The Commuter Challenge - Wednesday June 6. A fun and friendly one-day competition between workplaces in the GVRD and cities across Canada to see who can get the highest percentage of employees using a sustainable mode of transportation to get to work on Clean Air Day. Heaps of prizes will be given away. Info: 604-669-2860 x 206. michelle@best.bc.ca, www.best.bc.ca

Cloverdale Family Bike & Safety Fair - Thursday June 7, 5:30 PM. Cloverdale Recreation Centre, 6220-184th St. Obstacle course and bike demo, plus some safety information. Face painting, crafts and bicycle decorating are some of the exciting activities. Bring your tricycle, bicycle or scooter. Prizes to be won. Info: 604-502-6420

World Naked Bike Ride - Saturday June 9. Join thousands of naked cyclists who will be cascading through the capitals of the world. Info: www.worldnakedbikeride.org

REV, Ride Electric Vehicles - Saturday June 9, 10:00 AM. West Spanish Banks Parking Lot, 4900 NW Marine Dr. Ride electric bicycles, skateboards, scooters and even couches! Info: www.veva.bc.ca

RONA MS Bike Tour: Fraser Valley Grape Escape - Saturday June 9, . Gear up for this fun-filled, all-inclusive, 2-day wine tour – and help us end MS!. Info: www.ms biketours.com

REV, Ride Electric Vehicles - Saturday June 9, 10:00 AM. West Spanish Banks Parking Lot, 4900 NW Marine Dr. Ride electric bicycles, skateboards, scooters and even couches! Info: www.veva.bc.ca

Family Bike Safety Event - Saturday June 9, 11:00 AM. Fleetwood Community Centre, 15996-84th Ave. Try our obstacle course, take part in helmet checks, bike maintenance, anti-theft engraving and face painting. Bring your decorated bike and you could win a prize! Info: 604-501-5032

Stanley Park Bike Fest - Saturday June 16, 12:00 PM. Ceperley Park. Fun for all ages including BC Clettes, Kids Race, Tall Bike Concourse, Bike Rodeo, Commuter Challenge and much more! Info: www.stanleyparkbikefest.ca

Vintage Bicycle Swap Meet & Show - Sunday June 17, 9:00 AM. 215 E. 17th \$2 Admission. Info: 604-779-7170

Dunsmuir/Melville Bike Route Opening - Tuesday June 19, 4:00 PM. Cathedral Square Park. Festivities include a cake cutting ceremony and a tour of the bikeway. Free prizes and refreshments. Bike tour begins at 5:45pm. Info: 604-873-7742

Bike Fest - Saturday June 23, 11:00 AM. South Surrey Bike Park, 148th Street & 20 Ave. Donate your old bike to RE-CYCLE, demo a new bike, check out the trails and enjoy our concession. Info: www.sorcebikeclub.com

BEST Pancake Breakfast - Wednesday June 27, 7:30 AM. Granville Plaza, 200 Granville St., Next to Waterfront Station. Info: 604-669-2860, www.best.bc.ca

Bike Shorts: A Night of International Cycling Cinema - Thursday June 28, 7:00 PM. VanEast Cinema - 2290 Commercial Drive. Vancouver's annual celebration of the bicycle in film. Admission is \$10. Show starts at 7:30pm Info: bikesHORTS.blogspot.com

Feel the Earth Move Under Your Wheels by David Hay

My law partners and I take great pride in our commitment to cycling and our bronze sponsorship of this year's Bike To Work Week. It is gratifying that this year's Bike To Work Week is spearheaded by the VACC with whose members we have enjoyed a proud association.

We regard Bike To Work Week as a bastion of hope. It is one week in a calendar year which features an elevated environmental conscience. In addition, it is to commuter cyclists what Christmas is to kids, a time for higher spirits and celebration.

Unfortunately, as a bike lawyer for almost 20 years, and someone who has first hand knowledge of all range of catastrophes, my view of the world is ultimately myopic, and set within the context of pain, suffering and loss of enjoyment of life. This does not have to be so.

The number of cycling accidents involving motorists would dramatically decrease if motorists learned to anticipate the presence of cyclists in the roadway. The present automobile paradigm reveals a kind of mental slavery – many drivers are literally conditioned to respond only to larger stimuli such as other cars, buildings, buses, cement trucks, and any other source of sensory impact. In some minds, there is very little space for the perception of a cyclist. I have said it before and on this occasion will say it again: the single greatest cause of accidents involving cyclists and motorists is the general failure of the latter to keep a proper lookout.

The problem runs deeper than the senses. The problem is bred right in the collective motoring bone. It is a question of consciousness. Until the view that holds cars superior to bicycles is discredited and abandoned, there will be catastrophic loss. Part of the change is legal, part political, but ultimately social change can only occur with a healthy measure of R-E-S-P-E-C-T.

The beauty of Bike To Work Week, lies not only in its acknowledgement of the large number of cyclists who commute everyday to work in order to benefit themselves and the world. It also affords an opportunity for people who have never cycled or walked to work to do so, and thereby removes at least some of their mental shackles. It shows them that they do not need to depend on a car to get them from one place to another. It shows them that there is value in the journey itself, and that the good life is less about rushing and more about being. Finally, it shows them what it is like to be a cyclist and produces, if only for one week, a feeling of empathy and respect.

My partners and I wish you all a happy, safe and ride-filled summer. We will continue to do everything we can to support cyclists and advocate for the rights of cyclists. To that end we are grateful to the VACC for the opportunity to be involved.

David W. Hay is a litigation lawyer and partner at Richards Buell Sutton, LLP. Richards Buell Sutton, LLP 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 Hay directly at 604-661-9250 or send an email to dhay@rbs.ca

Tailwinds

"May the wind be always at your back."

- To the City of Vancouver for cyclist oriented signal buttons that have been installed at 64th and Granville as well as 67th and Granville.
- To the City of Vancouver for negotiating with a developer for installation of lighting along a dangerously dark section of the Seaside Path through False Creek / Creekside Park area.
- To TransLink for agreeing to replace the front 'mask' on the buses allowing bikes on the bike racks at night. The projected completion date for diesels and CNG's is Sept. 1, 2007 and the trolleys should be finished by Oct. 31, 2007.

Headwinds

- To the City of Vancouver Parks Board for making the bike section of the Seawall Path from the Chilco Underpass to the point of closure two-way. This is a very narrow section of the bike path and now forces cyclists to get off their bikes and walk around a barrier. Other options were available but Parks was not interested in them.



Volunteer of the Year (for creating our fabulous new website)
Nick Dobbing (not pictured).

Pictured with VACC president John Fair - Volunteer of the Year
"Certificate of Appreciation" recipients:

- John Seinen, Tri Cities Committee
- Mary Eickhoff, Surrey Committee

Photo S. Gable

The New West Bike Fest

11:30 AM to 3:00 PM on **Saturday May 26** at the corner of 6th Avenue and 6th Street in New Westminster. There will be a children's bike skills event along with other kids' activities.



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What will it Take for Motorists to Become Cycling Commuters Instead? By Jack Becker

According to a "Cycling in the Cities" survey undertaken in 2005 and 2006 throughout Greater Vancouver, there is a large market of people who could be persuaded to undertake cycling for transportation. What would it take to get these individuals to actually become cycling commuters? The survey provided some interesting insight.

20% of the 2155 survey respondents indicated that they could be persuaded to cycle for transportation even though they had not cycled in the last 12 months. Another 58% were of the same mindset, even though their cycling pattern during the last 12 months included taking their bikes out at least once, but not weekly. The other 22% cycled once a week or more. Therefore, 78% of the survey respondents do not commute by bicycle but could be persuaded to do so under the right conditions. That is quite a potential for new commuter cyclists!

The following were identified as key factors in determining a pleasant ride:

- Being able to have a pleasant cycle away from traffic noise and air pollution within enjoyable scenery
- Separation from cars
- Major streets with bike lanes and no car parking
- An "EcoDensity" approach for shorter cycling distances

Noisy, busy streets with parked cars, cycling alongside cars driving fast, and influence of nature with rain, slick road surfaces, and road debris tend to cause people to choose modes of transportation other than cycling. Law enforcement aimed at drivers was also on the minds of potential future cyclists.

The survey provides insight into the focus of cycling network and street designs which would encourage people out of their cars, and cycle for transportation instead. It would also suggest that cycling facility designs should focus on the factors that might get commuters out of their cars under the right conditions.

(Reference - Cycling in the Cities Survey, 2005 and 2006 - UBC, TransLink, BC Cancer Society, and VACC, led by Dr. Kay Teschke)



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Reckless
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The Urbane Cyclist

Cycling Skills Corner by Bruce Mol

Visibility

In CAN-BIKE cycling safety courses there are four foundational ideas that instructors continuously refer back to: Manoeuvrability, Visibility, Predictability and Communication. In this article I examine Visibility.

There is no more contentious an issue in cycling safety than visibility. To some cyclists visibility is only about lights and reflectors all over their bodies and bikes. Visibility is also about lane position, and therein rides the trouble. The further out from the right side of the road you ride, the more visible you become to motorists everywhere: behind, directly in front as well as at the next intersection. To many new cyclists 'taking the lane' does not appear to be the wisest choice but taking the lane is a viable option in cities and urban centers where cyclists travel at, or around, the speed of motor traffic. Not only do you become more visible, you become more manoeuvrable. Taking the lane informs motorists that you are part of traffic, not apart from it. Learn how and when to take the lane at a bike course.

Cycling safety education is just as important as advocating for safer cycling facilities.

Check out what the VACC is offering for educational opportunities.

Work with the VACC

To become involved, please contact:

- | | |
|--|---------------------|
| <input type="checkbox"/> Burnaby | Mike 604 444-4068 |
| <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"/> Bikes on Transit | Jack 604 681-5744 |
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| <input type="checkbox"/> Vancouver | Jack 604 681-5744 |

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

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
Phone: 250 387-1715
Fax: 250 387-0087
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Honourable Kevin Falcon
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Refer to our website for more contact information.

The VACC would like to thank all of the sponsors of Bike to Work Week 2007:

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Gold – Downtown Vancouver Business Improvement Association, 24 Hours

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Thank-you to all of our sponsors that have joined us since this issue of The Urbane Cyclist was published.

The VACC participated in the Celtic Fest parade in mid-March. Thank you to Mountain Equipment Co-op, Sports Junkies and The Bike Doctor who donated cycling stickers, reflectors, lights and water bottles

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- Education on safe bicycle commuting
- Convenient on-line registration and exceptional access to bicycle resources
- Celebrating healthy living
- Reinforcing connections between energy consumption, environmental health and personal health
- Actively growing the VACC's cycling network focused on attracting new riders

It's not too late to register your workplace in Bike to Work Week.

Register at www.vacc.bc.ca/biketowork. See you at the stations!

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.

- Please e-mail *The Urbane Cyclist* to me
- Please mail *The Urbane Cyclist* to me
- \$20.00 Individual
- \$10.00 Fixed/Student/Low Income
- \$ 5.00 Each additional
- \$80.00 Corporate/Organization
- \$ 5.00 additional per person to also join the BC Cycling Coalition
- Additional donation (Sorry, we can't provide tax receipts.) _\$ _____

I heard about the VACC:

- through the media
- via the website
- from this newsletter
- at a community event
- from a friend
- from another cyclist
- other: _____

May 2007

Please make cheques payable to:

Vancouver Area Cycling Coalition

And mail, along with this application to:
VACC Memberships
City Square, P.O. Box 47068
15-555 West 12th Ave.
Vancouver BC V5Z 4L6