

# CV CYCLING COALITION



## CYCLING SKILLS FOR LIFE!

SPRING 2013



Successes  
so far!

### VOLUNTEERS MAKE IT HAPPEN!

THE CYCLING SKILLS FOR LIFE PROGRAM, an ongoing project that is being funded for one year by the Federal Government New Horizons for Seniors, is generating impressive results.

11 Bike Safety Rodeos in the Elementary Schools in our neighborhoods and 11 Adult Safe Cycling Skills workshops have been held in 2012 since the program started in April. There are more planned!

That means already there are almost 90 adults and 750 children who have learned better cycling skills and they are passing on to others these lifelong skills and this lifesaving information.

Cycling Coalition members volunteered more than 154 times last summer, helping with the children's rodeos along with more than 65 parents.

Lets keep this happening and continue to make a difference in our community. Watch for the upcoming notices of Rodeos and classes



"I feel safer" -

"I learned much more than I expected to"

"More people should take this course" -

*Some comments from participants of Cycling Skills Courses*

**JOIN US FOR A VOLUNTEER APPRECIATION EVENT - lots of prizes!**

and the

**Comox Valley Cycling Coalition AGM and Education Night**

**Monday February 25th 7.00pm Evergreen Lounge, Filberg Centre**

**Guest Speaker John Rankin from Mountain City Cycle "Bike Repairs"**

**FIND OUT THE LATEST NEWS! MEET OLD FRIENDS MAKE NEW ONES! EVERYONE WELCOME!**

## THE 4 KEY CONCEPTS:

**BE VISIBLE, BE PREDICTABLE, GIVE YOURSELF SPACE, COMMUNICATE!**

### 4th BIRTHDAY

Yes its just 4 years since Ed Schum and Wilf Dreher formed the CV Cycling Coalition. They recognized the need to create a safe environment for cycling in the Comox Valley and to encourage cycling as an economical, healthy and environmentally friendly mode of transportation. Bike safety courses were started but the need to expand was evident. In 2012 the Board applied for a New Horizons Grant and the money came through! The concept is to teach safe cycling to adults and then utilize their skills to assist with the children's Bike Safe Rodeos in the Schools. Its been a successful year. All ages have benefitted from taking a course and we were able to purchase loaner bikes for children, cones, stop signs and a trailer to transport the equipment around. We are all set for the future. Courses and Rodeos start in March! Please help us with this success.

### MEET ED SCHUM!

"Mr. Bicycle Comox Valley" wasn't always doing this! But now he's focused and his tenacity and commitment is spreading to others. Ed has always used a bicycle for getting around – he still does.

*"It doesn't matter if we believe in the global problem of climate change or not, all one has to do is travel around our Valley and see the traffic congestion, hear the increased noise and smell the exhaust fumes to realize that this is not good for our health, our environment or our lifestyle."*

Ed has raced bikes, coached cycling and skiing, receiving the Sport BC Sport Hero Award in 2006 but now his focus is on safe cycling in the Comox Valley and BC. Spearheading the development of the CV Cycling Coalition as well as the "Wooden Bridge Project" he is a busy man.

As a CanBike qualified Safe Cycling Instructor Ed has been offering courses for more than 3 years as well as starting Bike Safe Rodeos in the schools. Anyone who has taken a course from Ed knows that he is a "well prepared, well presented, knowledgeable instructor", as quoted by a course participant recently. He is also enthusiastic, energetic and dedicated – that's ED and we are lucky to have him!

**VISI VESTS \$20**

**NOW AVAILABLE!**

*Make sure YOU can be seen!*

**LEARN THE  
SKILLS AND  
PASS IT ON!**



## VOLUNTEER ORIENTATION, EVALUATION AND SOCIAL LUNCH EVENT!

**Saturday March 16th  
11.30 to 1.30pm**

**SALISH BUILDING  
LEWIS PARK, COURTENAY**

**Please RSVP 250-871-7037  
or [cvcycleskills@gmail.com](mailto:cvcycleskills@gmail.com)**

## CYCLING SKILLS FOR LIFE! ~Courses for everyone~

*Ride your bike safely and confidently. Develop skills to teach your children to ride cautiously and conspicuously. Help us provide Bike Safe Rodeos for all the Elementary School children.*

**TELL A FRIEND!** [cvcycleskills@gmail.com](mailto:cvcycleskills@gmail.com) for information  
*tear off this flyer and pass it on! Volunteer with us or make a donation.*

