



Bicycle Lock-ups

Brian Schoneberg, a director and charter member of the Comox Valley Cycling Coalition (CVCCo), currently has the responsibility for the storage of the 6 racks, delivery to required events, set up and tear down. Each rack is able to hold 50 bicycles, however in reality this is many less when people have panniers and accessories on their bicycles. The CVCCo is capable of two styles of Bike Parking / Valet Service. The first, a full set up with supervision used at the Filberg Festival, & secondly, set up only, with supervision supplied by the borrower such as at the bicycle swap. Members usually learn about volunteering opportunities for these events from periodic emails or from the event coordinators but if you are interested in learning more contact Brian at

cyclecv@gmail.com



The Comox Valley Cycling Coalition (CVCCo) initially began to establish bicycle lock ups in 2012 in an effort to facilitate ease of cycling to various valley events. It soon became apparent that some type of bicycle rack was needed to efficiently store large numbers of bicycles. The creation of the current racks was a product of the ingenuity of several coalition members who purchased couplers and metal rods which were cut to length and then assembled. These were fabricated and ready for use in 2014.

The lock ups have several important purposes. They raise awareness of the Cycling Coalition and provide opportunities for volunteers to speak with both cyclists and the general public and explain what we do and why. This allows us to reach a wider audience as well as being viewed and seen as part of the community. Lock ups serve to normalize cycling as a method of transportation and highlight the advantages of cycling on traffic congested streets. This is evidenced in the hassle-free manner in which cyclists can reach popular events avoiding line ups and parking issues.

The Coalition currently uses the racks to create secure bicycle lock ups as well as loaning them out for special events.



Volunteering at the Filberg festival



Ecole Robb Road Bicycle Swap



Armed Forces Day

The Filberg Festival is the coalition's largest secure lock up and utilizes the racks as well as 24 volunteers over the four days of the festival. Since 2012 this has provided secure lock up for an average of over 730 bicycles each year. Check out the Filberg Festival Lock up: <https://youtu.be/IkAxxiH6bcY>



Royal Lepages Petite Fondo



Farm Cycle Tour

The Coalition has also provided secure bicycle lock ups for the Annual Air Force Day which included the Comox Air Show in 2013, the 2015 Rotary Ribfest, and the Snow to Surf bicycle exchange point.

The coalition has provided racks during registration for the Annual Farm Cycle Tour and the beginning and end of both the Royal Lepages's Petite Fondo ride for shelter and the Annual Yana ride.



Rotary Ribfest



Snow to Surf Relay

Racks have been loaned to the Shellfish Festival, and the Comox Valley Exhibition, both of whom provided their own security and to Ecole Robb Road for their Bike Swap, the proceeds of which have helped to create a covered bicycle rack at the school. During Bike to Work Week in June the City of Courtenay Celebration Station borrowed



Bike to Work Week

Some of the Volunteers Who Made it Happen



a few racks for people stopping by at the celebration station. The volunteers who make the bicycle lock ups happen return year after year because the experience is wonderful. The cyclists who use the service are enthusiastic and appreciative. Click on the following link for a first hand view of lock up fun:

<https://youtu.be/5TkYhJJKp2Y>

With busy lives, it can be hard to find time to; however, as counter-intuitive as it may seem, research has found that people who volunteer their time feel like they have more of it. A Corporation for National & Community Service report noted: "Research demonstrates that volunteering leads to better health... those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer." When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness, they found the more people volunteered, the happier they were. Volunteering builds empathy, strengthens social bonds and makes you smile

In fact, volunteering can be a great way to develop new skills, keep skills sharp, or use existing skills in new ways. make friends, get exercise, spend time outdoors, or even just shake up your routine.

Also, volunteering offers the opportunity to cross paths—as well as, in many cases, quickly bond—with people from across your community, including many with whom you may otherwise not have had contact.

Need a break from your day-to-day life? Lastly, don't forget that sometimes it just feels good to be valued; as a volunteer you can contribute unique skills, experiences, and perspectives In addition volunteering can be a fun, meaningful way to make new friends. New to the community? Looking to branch out socially? Simply looking for something to do with new people? Volunteer and get to know others who care about the same issues that you do.

Last but most certainly not least, volunteering is one of the best ways to make a difference in your community and have a real and lasting impact on the world.

The Last Word

I'm here at the Lock up because I love to meet the people who ride bikes everywhere!

- Lauren Sipone