

ADVOCACY



2015-16 Progress Report

Infrastructure & Other Accomplishments

Velo Cape Breton (VCB) has a long history of advocating for safe cycling and improved infrastructure. VCB worked with the Cape Breton Regional Municipality (CBRM) in the development of the Active Transportation Plan and since its acceptance in 2008, have continued to work collaboratively with both the municipality and the province. Some highlights of 2016 are...

- Street improvements for cyclists and the social marketing strategy
- Grand Lake Road Multiuse path
- The CBRM Active Transportation committee has undertaken a marketing program aimed at promoting all forms of active transportation
- CBRM Physical Activity Strategy
- CBRM Active Transportation's "Walk with Nick" in Glace Bay on September 21st from Queen Elizabeth Park to the Bayplex.
- Cycling maps and walking maps included in all Frosh packages at CBU.
- CBU planning to put bike lanes on the circumference road, and arranging bike storage in residences
- Seaview Drive to be repaved; a group in North Sydney looking for paved shoulders to be built on Seaview Drive to provide a safe area for vulnerable users.
- VCB's weekly newsletter and submissions to the Cape Breton Post that had a huge positive impact on the cycling culture in the community
- Bike lanes installed through Dominion to Glace Bay

VCB Cycling Ambassadors

The Velo Cape Breton Volunteer Cycling Ambassadors program is continuing on a voluntary basis. You may see a VCB Ambassador in your neighbourhood- on their bicycles in our community, promoting cycling awareness and the rules of the road, and educating public.

What is the role of a VCB Cycling Ambassador?

- Work with and for the community
- Educate in the best practices of cycling
- Encourage public to ride for transportation
- Support recreation cycling

What can VCB Cycling Ambassador teach me?

- Bicycle tips and road rules
- Basic bike mechanics - safety assessment
- Cape Breton's highlights & resources
- Bicycle culture
- How to decrease bicycle incidents
- How to increase your use of a healthy alternative to cars



Lifetime Achievement Recognition

"We were excited to be able to present lifetime achievement awards to amazing advocates and supporters of bicycles in Nova Scotia.

Jacques Cotes and Micheline Guillot have worked tirelessly to make Nova Scotia a better place to ride a bicycle. From being founding members of Velo Cape Breton, being excellent role models for safe cycling, initiating countless bicycle rides, events and projects – they have changed the "cyclescape" of Nova Scotia. The Velo Cape Breton newsletter has undoubtedly reached all corners of the earth.

Jacques and Micheline have inspired everyone from children to seniors to get on a bicycle. They have increased visitors to this province by promoting the Cabot Trail in particular. Suffice it to say, that without their work, we would not be nearly as far ahead as we are in advocating for cycling infrastructure and increased safety and awareness in Nova Scotia. Jacques and Micheline have pushed people and organizations to do better and expect more, have effectively gotten the ear of municipal and provincial governments, and ridden so many miles – we cannot even count!" *[Excerpt from Bicycle Nova Scotia newsletter]*



Annual Nova Scotia Cycling Summit

The 11th Annual Nova Scotia Cycling Summit took place on October 22-23, 2016 in Pictou, NS. The summit attracted delegates for the two-day meeting including cyclists, planners, transportation engineers and health specialists. Board member Vince Forrestall attended on behalf of Velo Cape Breton. See <http://nsbikesummit.ca/> for more information.

Ride of Silence

The Ride of Silence is a slow-paced ride held worldwide in honor of those who have been injured or killed while cycling on public roadways. The Ride of Silence is to raise awareness that cyclists belong on the road and all citizens need to share the road, and to provide awareness of bicycling safety.

Save the Date: Wednesday, May 17th, 2017! Velo Cape Breton invites all cyclists and supporters to join the local Ride of Silence. Participants will ride in silence at a slow pace (18 km/h maximum) under police escort. Join us on Wednesday, May 17th, 2017 at the Sydney Shopping Center parking lot on Prince Street at 6:30pm for opening ceremonies and a 7:00pm ride departure.

EDUCATION & SAFETY



2015-16 Progress Report

CAN-BIKE Program: Introduction to Cycling Skills

Velo Cape Breton has qualified instructors trained in defensive cycling who are available upon request to deliver any of the CAN-BIKE Programs to both members and non-members! If you are interested in registering for the scheduled CAN-BIKE Programs please check the VCB Website. Our instructors are always open to training new groups, as small as 3-5 people. Please contact VCB at info@velocapebreton.ca.

VCB delivered two CAN-BIKE 1 courses and two CAN-BIKE 2 courses. The CAN-BIKE 2 graduates are in capacity to help in teaching CAN-BIKE programs to eventually become full-fledged CAN-BIKE Instructors.

Ride Right

This great program is offered free of charge to VCB members! During 3 x 3-hr outdoors sessions from easy to more advanced, you will enhance your cycling skills, your confidence and your fun to ride. Sessions will be held from mid-April to mid-June. Sessions must be taken in succession. Enjoy a personalized learning environment with a minimum of 3 and maximum of 5 participants per instructor. Basic requirement: a bicycle in good working order, a bicycle helmet. For more information, visit <http://velocapebreton.ca/node/1043>



Safety Information & Tips

Make bicycle safety a top priority, whether you are hitting the roads or hitting the trails. Increase your knowledge of the following bicycle safety topics by reaching out to Velo Cape Breton for more information!

- Bike Maintenance
- Winter / Spring Clinics
- Health Fairs: tips for a safe a joyful ride
- Basic Skills
- Safe Attire
- Bike Parts
- ABC Check: before you pedal
- Sharing the Road
- Safety Tips & Current Issues
- Timely Updates
- Safety Clinics
- Tips & Info on Preventing Accidents

We'd love to hear from you! If you want to know more on the topics above, please visit our website, come on our rides and events, send us an email or call us!



Women on Wheels Program

Started in 2013, The Women on Wheels Program (WOW) promotes and develops women's cycling, health and well being by bringing women cyclists of various skill levels together in an environment that is safe, fun and accessible to all.

The WOW program encourages women to become self-sufficient, confident and skilled cyclists. WOW provides women with the opportunity of weekly bike rides where they can learn from other women who have been riding for some time. CAN-BIKE safety tips and health & well-being topics are taught.

Additional WOW rides for fun and friendship are scheduled over the summer months in various locations on the Island. Follow us on Facebook for information about upcoming rides: "Women on Wheels".

In 2017 you can now join our WOW Glace Bay group which rides in addition to the WOW Sydney group. For more information, visit velocapebreton.ca!

Bike Maintenance and Basic Repairs

Two sessions on Bicycle Maintenance and Basic Repair have also been delivered last year in Sydney.

Participants learn how to check and maintain their own bicycle in good and safe working order. Tires, wheels, brakes, drivetrain are covered as well as tips on what to do with a chain that keeps jumping off the gears, when the chain keeps jumping on gears (bad shifting), how to fix a flat on the road.

Sessions given in the off season (spring and fall) are for 3 hours and class size is limited to 6 persons. Please contact VCB at info@velocapebreton.ca.

Additionally, VCB provided advice and training to the CBRM Recreation department staff for their six-week program of children's cycling camps this past summer. 65 children participated in the Bike Camp and we look forward to helping them develop this program for next year and into the future.

RIDES & EVENTS



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RIDES & EVENTS

We're always out-and-about in the community! There are plenty of ways that you can get involved. Here's where we've been in 2016...

Community Giving

For five years the Englishtown Mussel Fest has included running and cycling components to their fundraising social gathering. The Cycling component starts from the Community Hall, goes counterclockwise around St. Ann's (44km) to finish at the Hall where steamed mussels are served and performers entertain the crowd with music and stories. Of note, the section of the MusselFest ride around St. Ann's Bay is a large portion of Leg 22 of the Cape Breton Challenge! The event is organized by the Englishtown Community and Velo Cape Breton is a proud supporter of this festival! Funds raised from registration are used to maintain the community hall.

Velo Cape Breton provides Bike Repair Clinics at the CB Farmers Market.

The Recovery Ride, a fully-supported 3-day cycling trip around the scenic Cabot Trail, is a fundraiser for a scholarship fund for survivors of sexual abuse. This ride is the brainchild of Dr. Kent Cadegan of Glace Bay who devotes much of his family practice to the treatment of abuse survivors. 2016 saw the ride celebrate its 13th year and the organizers look forward to many more years of riding and raising money.

The Chéticamp chapter of VCB has grown to become a self-sustaining bike club! VCB continues to support them with their initiatives, and encourages other chapters to develop their capacity to become self-sufficient and continue their growth in their communities!



Social Events

Social events do not require a bicycle! Come on out and learn, chat, eat with us...

- Bike Maintenance and Repairs
- Bike Clinic, Swap, Sale & Repairs: tips to maintain and do basic repairs on your bike
- Season Opener: River Ride & BBQ at the Mira Boat Club (Sydney Chapter)
- Awards at Potluck Banquet
- Presentations to community groups and schools

Ride Events

Ride events require a bicycle! Grab yours and join us...

- Earth Day Ride 2016
- Season Opener: River Ride & BBQ
- 2016 Be Emmazing Ride
- Kelly's Klimb
- Out on the Mira Spring Fling Ride
- Ride of Silence
- Tuesday's Women-on-Wheels
- Thursday's "Show-n-Go"
- CBRM Bike Week
- Lobster Roll Ride
- Englishtown Mussel Fest
- Miner's Pick Ride in Historic Glace Bay
- Canada Day Poker Ride & Garden Party
- Heartland Tour
- Art's On the Mira
- Across the Highlandas MTB Challenge
- Grand Phare, Fortress of Louisbourg
- Bike & Brunch in Isle Madame
- WOW "Tour dah Tarten"
- Out on The Mira Fall Fling Ride
- 2015 Jingle Bells of Christmas Ride



Tours

Tours are multi-day Ride Events!

- Cabot Trail in 4 days
- Tour du Lac Bras d'Or
- Recovery Ride Around the Cabot Trail

Programs

Our programs take place over a specified period of time -- more fun on your bike!

- Intro to CAN-BIKE (3-Part Program)
- Gentle Rides on Quiet Streets: these rides are geared towards novice riders
- WOW (Women on Wheels) Rides
- 52-Week Bike Challenge
- SummerFit Challenge
- The Cape Breton Challenge – ride the perimeter of Cape Breton Island

To learn more about the Initiatives, Education and Advocacy of Velo Cape Breton, please visit velocapebreton.ca