

Westcoast

OUTDOORS

Super
Dave
facts

Take in the last Adventure Race of the year this weekend as the Mind Over Mountain Adventure Race hits Cumberland, B.C. For details check out: www.mindovermountain.com
Dave's hot sites this week are: www.vacc.bc.ca, www.cycling.bc.ca, www.bikesense.bc.ca.

METRO VANCOUVER

Embrace pedal power

Bikes are a cheap, healthy alternative to driving a car

By DAVE NORONA
for Metro Vancouver

IN EUROPE, COMMUTING BY bike to and from the office is a common daily practice.

However, here in North America many people seem to be resistant to the idea of leaving their cars at home. But with busier streets and higher fuel costs, more and more people are turning to their bikes as a fast and easy alternative way to get to work.

Vancouver streets are getting better every day for commuting. More bike lanes and easier access to main thoroughfares now make it easier to cross town by bike. For those who already commute by bike, you know the health and financial benefits. However, for those are thinking of giving it a go, here are some tips to help you make the change.

Obviously, the best time to

commute in Vancouver is the summer when the roads are dry and the hot sun warms your body as you cruise along enjoying the wicked views the city provides.

Of course, this all changes now as fall is here and winter is just around the corner.

Proper bike setup and having the right bike kit are the most important things to remember. For your bike you will need good fenders that wrap around the wheels. Adding mud flaps to the front and rear fender will also help keep excess spray off you and your bike. I always beef up my winter bike with bigger tires and stronger tubes to help prevent a flat tire.

Bigger, stronger and more reliable outweighs lighter and faster over the winter months for sure. Outfitting your ride with proper lights is mandatory and a smart way to be seen on those darker mornings and late afternoons. Choose a bright white light for the front and a red flashing light for the rear. Having another flashing red light on your

backpack is also an excellent way to be seen.

For clothing, choose a jacket and pants that are breathable and water resistant. When you're working out, a waterproof jacket just can't work fast enough to remove the moisture from your body so you will still get wet with perspiration. I like to choose a jacket that may get wet but will breathe and keep me warm. Layering with light layers is the key to keeping warm on those windy and rainy days. Overboots are really important, as they will help keep the water off your feet and provide extra insulation. Using a lightweight, breathable glove will also keep your digits warm.

The best part about commuting is that you can find all sorts of short cuts around busy intersections and high traffic areas that allow you to have a safe enjoyable ride. Always leave a little early to allow for a break down or the inevitable flat tire. And make sure to look around and enjoy the beautiful city that you are now much more apart of.



PHOTO COURTESY DAVE NORONA

Kim Dues enjoys the early morning commute in North Vancouver on her bicycle.

GEAR guide



PROFILE T2+ COBRA AEROBAR

Description: Keep yourself dry by mounting a pair of these awesome Planet Bike Freddy Fenders to your ride.

Made of Superflex unbreakable all-weather polycarbonate, quick adjusting stainless steel hardware and cool mud flaps are already pre-installed.

Price range: \$20

Where to find it: www.planetbike.com

LAKE MX 60 CYCLING SHOES

Description: These entry-level cycling shoes from Lake are perfect for commuting. The sole is stiff enough to be efficient while cycling yet soft enough for walking. They are SPD compatible or fit into toe clips and the dark colours hide road grime.

Price range: \$89

Where to find it:

www.lakeshoes.com



CAT EYE HL-EL510 BIKE LIGHT

Description: Be seen with this compact design, 800 candlepower light with 60-hour run-time. It features high/low beams, side visibility and takes 4 AA batteries.

Price range: \$55

Where to find it:

www.cateye.com

PEARL IZUMI AMFIB SHOE COVERS

Description: Cold feet are unhappy feet so keep them dry with Pearl Izumi's shoe covers. Lightweight material that is waterproof and breathable with rear zipper to slip over your shoes fast.

Price range:

\$45

Where to find it:

www.pearlizumi.com



KEVIN BARTKOWSKI - WHISTLER, BC | PHOTO: STERLING LORENCE

Introduction of 2007 Rockshox now! Boxxer | Argyle | Pike | in stock now!

All 2006 Suspension forks priced to ride

Come and see the latest gear from your suspension specialist.



Cove Bike Shop, 604-929-2222
Service 604-929-1920
1389 Main Street, North Vancouver
MON TO FRI 9-9 | SAT 9-6 | SUN 10-5

Cove Bikes, 604-929-1918
4310 Gallant Street,
North Vancouver
MON TO SAT 9-6 | SUN 10-5

COVE BIKE SHOP SERVING NORTH VANCOUVER SINCE 1981