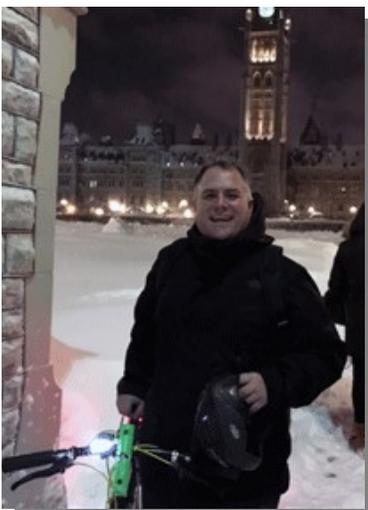




SPRING AHEAD

AGM UPDATE

The Comox Valley Cycling Coalition is delighted to present Gord Johns MP Courtenay-Alberni as the Keynote speaker at their Annual General Meeting in the Rotary Hall at the Florence Filberg Centre. He will present the details of his Private Members Bill for the establishment of a National Cycling Strategy. We look forward to hosting an informative evening for all who are interested in the work being done in Ottawa by our local representative.



Gord Johns in Ottawa

As the amount of daylight increases, so will the daily temperature. Keeping in mind that for cyclists this means spring and summer cycling are just around the corner, it is time to consider some maintenance ideas for cyclists who have been riding throughout the winter. Craig Harris, of Simon's Cycles in Comox has generously shared his expertise with us.

With the winter we've had this year, it is a great idea to check or replace all shift/brake cables and housing. A lot of grit can get inside the housing and effect the way cables slide through the housing resulting in poor shifting performance or ineffective braking.

Drive-trains (chains, cassettes, chain rings) can be heavily worn over the winter months. Exposure to road grit, oil, and debris can reduce the life of chains and cassettes. The increased amount of salt and sand on the roads this winter will contribute to the rapid wear of these components. A very thorough, regular cleaning of these parts, in addition to the rest of the bike, will help in prolonging the life expectancy of your drive-train.

Brake pad wear is increased during the winter months. The heavy braking required in wet weather, as well as debris on brake pads and brake surfaces will wear down pads. Most brake pads will have wear indicators to let you know when pads should be replaced and checking these occasionally will prevent brake failure.

Headset, bottom bracket and hub overhauls are always a good idea after a winter season of riding. As sealed as you may think your bearings are, the amount of water that penetrates through the seals, damaging bearing races, will surprise you.

A thorough tune-up at your local bike shop is always a good idea as the seasons change. Even though you may think you've got everything covered, there are always things that mechanics know to look for and can save you money in the long run.

If you do choose to get your bike tuned up from a local bike shop, now is the time to do it. After the long wet cold winter (with a positive ski season), the local bike shops will be incredibly busy in early spring.

- Craig Harris

Comox Valley Cycling Coalition Annual General Meeting
Tuesday February 28th at 7 pm
Rotary Hall at the Florence Filberg Centre Courtenay
 The meeting is open to Coalition members and to non-members