

# CCCTS Fraser Valley Chapter

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## Steering Committee Update

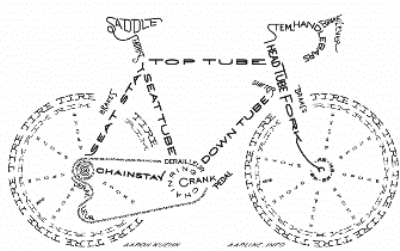
The Fraser Valley Chapter Steering Committee (SC) held a “start-up” meeting on January 21<sup>st</sup>, 2019.

From the 10 Members-at-Large, three individuals will serve a one-year term in 3 Executive positions:

- President – Janet Whitehead
- President Elect – Neil McNeill
- Secretary/Treasurer - Clark Woodland

After lots of discussion😊, sub-committees were established to focus on six activities & initiatives over the next year.

- **Weekly rides** (Day Rides, Special Interest Rides, Ride Coordinator, Ride Leader Recruitment and Training, Map Library)
- **Education, Safety and Advocacy**
- **Social and Special Events** (Century Ride, New Year’s Ride, Summer BBQ, Christmas Lunch)
- **Tours and Hub & Spokes**
- **Membership Administration**



## Highlights

- Steering Committee Update
- Bike Mirrors
- New Members

To follow along the SC meetings or if you would like more information, SC meeting minutes are posted in the Fraser Valley Chapter News section on the CCCTS website.

The SC plans to meet quarterly in 2019 with the next meeting scheduled for early March. The focus of this meeting will be on “weekly ride” issues and possible improvements.

If you have comments or suggestions for the SC on weekly ride issues, or if you are interested in assisting any of the above sub-committees, please contact Clark Woodland at [clark@woodland.bc.ca](mailto:clark@woodland.bc.ca) or 604-541-8235.

## Bike Mirrors

Most cars come standard with three rear-view mirrors that contribute to safe driving, and you wouldn't *dream* of driving a car without mirrors.

Cycling mirrors have proven to make cycling safer for everyone. Yet, many cyclists choose to ride without one with one reason being that it doesn't look "cool". Have you noticed that riders who spend big dollars on their high-end road bikes and riding clothes seldom use mirrors?

Another reason is that some cyclists believe that a shoulder-check takes the place of a mirror. However, when you glance over your shoulder for a quick traffic check, you tend to veer to the side — it's almost unavoidable. It can be dangerous as it's a normal tendency to steer where you are looking which can and does lead you into the path of traffic. And, the joint stiffness that comes with age may limit the ability of some older cyclists to do a proper shoulder check.

A mirror helps to prevent you from veering off your line and straying into traffic. A quick glance in a cycling mirror and you can make sure the coast is clear. An inexpensive mirror will keep you out of harm's way.

Cyclists tend to monitor traffic coming up from behind by the sound of an engine and wheels on the road. Mirrors enable you to detect traffic much farther away and it gives you the opportunity to stake your place on the road so that an upcoming car can see you. Also, the newer, silent hybrid and electric cars which are in growing numbers are much harder to hear. And, the hearing impairment that comes with age may limit the ability of some older cyclists to hear approaching traffic.

There are a number of YouTube videos on the benefits of bicycle mirrors and the pros and cons of different types of mirrors.

*Cyclists who use mirrors can attest to their value. Treat yourself to a new accessory – a mirror!*

### 2019 Steering Committee

Leslie Beleski  
Chris Hodgson  
Andrew McIndoe  
Neil McNeill  
Helena Munro  
Madhuri Pendharkar  
Mieke Quinn  
Larry Weldon  
Janet Whitehead  
Clark Woodland



### FV Newsletter

Do you have an interesting cycle article, resource, trip review or a bike and/or accessories to sell?

Submit information for the FV Newsletter to Leslie Beleski (lbeleski@shaw.ca)

### Welcome new CCCTS FV Chapter members

Fred Butler   Leslie Beale   Scott Henwick   David Lehane  
Gail Ross   Christine Ligera   Jim Hillis   Tom Vernon