

2011**Bike:**

328.3

Hikes:

334.0

	Party	Bike	Km	Trip
18-Jun-11	Me, Herb, Bon, Christine	KA	22.6	James Bay by Dallas to Oak Bay Marina, Oak Bay sides.
4-Jun-11	Me, Herb, Diane, Bob	GY	61.9	Home, Goose to Rocky Point Road. Stop at My-Chosen Cafe,rural Mechosin. Sunny, 21, breezy.
28-May-11	Solo	GY	11.2	Home to Y, then to GO Rowing, cloudy in the AM, some drizzly, Road closed at the Leg (Belleville, Superior and Government) for the Tour de Victoria finish.
21-May-11	Me, Herb, Bon	GY	51.1	Home to VCKC, side streets to Tillicum Mall, Colquitz River trail to Goose, Goose to fork, Lochside to Waddling Dog,return to switch Bridge, Goose to Blue Bridge, home.Cloudy, light rain 9 to 10:40 am.
20-May-11	Solo	GY	5.4	Errands. Sunny but cool at 8 AM.
19-May-11	Solo	GY	8.5	Errands. To Bank and ICBC Services on Wharf and Capital Iron. Sunny, breezy, cool.
8-May-11	Solo	GY	11.1	Errands on a cloudy cool Sun AM.
30-Apr-11	Solo	GY	26.9	Errands on a sunny cool Sat AM. Several destinations and exploratory sides. First, to Sussex Bldg for candy drop, Fort to Oak Bay,Fernwood/Cedar Hill to Cedar Hill X, Lumberworld on Quadra to check out Makita accessories , Goose fo Gorge, Hillside to Quadra, Wooden Shoe for groceries and Sambal, Down Quadra to park, Southgate/Superior to Oswego, Niagara, home
22-Apr-11	Mike, Tony	GY	34.9	Lochside to Royal Oak, Royal Oak to W. Saanich,return
20-Apr-11	Mike, Tony	GY	31.0	Goose to Old Island Hy at Wales Road
17-Apr-11	Solo	GY	7.2	Home to Sussex Bldg (2.1), to James Bay Thrifty's, to Sussex Bldg, then home.
16-Apr-11	Solo	GY	6.3	Y with added loop.
15-Apr-11	Solo	GY	5.4	New route. Downtown Y. Niagara to Douglas, west side of Beacon Hill Park, North to Superior/Southgate. East on Southgate along north edge of Park to Quadra. North on Quadra up hill to Burdett, past Anglican cathedral, left turn onto Courtney, stop at Y (2.99 k.). Return south on Quadra to Southgate. West on S/S to Menzies, South to Simcoe (Thrifry's), west to Croft, coasted down Croft to Niagara.
23-Mar-11	Solo	GY	12.1	Home to West Vic and up Craigflower to Vinnie's on Craigflower at Tillicum. Donation drop.
20-Mar-11	Solo	GY	32.7	home to MEC and Blue Bridge , then Lochside trail to Sayward Hill, cloudy, cool 9-10 C, North wind. First ride post stroke
15-Feb-11				Discharged from VGH
24-Jan-11				Medical event - stroke - admitted to VGH

Hikes

334.0

31-Dec-11		10.1	Elk & Beaver. Moving Average 5.6.
12-Dec-11		10.2	Elk & Beaver. Sunny, clear, cold. Some ponds, many small puddles and bit of Beaver Lake had ice. A few meters extra, going back for power bar left in the car. The time in the Trip Computer restarts after clearing the timer so a walk normally starts after 30-60 seconds stopped time on the clock. Moving average 5.6.
2-Dec-11		10.1	Elk & Beaver. Afternoon, sunny. GPS did not read the first 90 seconds moving as moving and added stopped time when I was not stopped. and missed some distance. Moving average 5.5.
19-Nov-11		10.1	Elk & Beaver. Below 0, sunny, wind on exposed shore. GPS was slow to engage, lost a few hundred meters including walking on black ice in parking lot at the start. Moving average 5.7.
12-Nov-11	Solo	10.1	Elk & Beaver. Cool, barely above zero. Low battery in GPS which acted out in the cold by adding 2 k of distance and boosting the moving average. Calculated average not valid.
29-Oct-11	Solo	10.1	Elk & Beaver.
8-Oct-11	Solo	10.1	Elk & Beaver. Foggy, cool. 8:30am. Moving average 6.0 at 3 k, 5.6 at 8.5 k. Lost satellites and GPS.
2-Oct-11	Solo	10.1	Elk & Beaver. Cool. Moving average 5.5 kph. Regatta at Rowing Center.
24-Sep-11	Solo	10.1	Elk & Beaver.
17-Sep-11	Solo	10.1	Elk & Beaver
4-Sep-11	Solo	10.1	Elk & Beaver.
28-Aug-11	Solo	10.1	Elk & Beaver.
21-Aug-11	Solo	10.1	Elk & Beaver.
14-Aug-11	Solo	10.1	Elk & Beaver.
7-Aug-11	Solo	10.1	Elk & Beaver.
30-Jul-11	Solo	10.1	Elk & Beaver.
25-Jul-11	Solo	10.1	Elk & Beaver.
23-Jul-11	Solo	10.1	Elk & Beaver.
19-Jul-11	Solo	10.1	Elk & Beaver.
17-Jul-11	Solo	10.1	Elk & Beaver.
11-Jul-11	Solo	10.1	Elk & Beaver.
9-Jul-11	Solo	10.1	Elk & Beaver.
6-Jul-11	Solo	10.1	Elk & Beaver. Found all the posts..
3-Jul-11	Solo	11.1	Beaver & Elk Lake Loop plus. Cloudy at first, but sunny as the day ripened. A low moving average with some slow segments checking for the marker posts. There is a post at the S/W corner marked 0/10 on the 10 k loop. There are posts at 8,7,6,5, 4,3,2 and 1 k going clockwise. I must have missed the post early on the wrong fork in the trail.
1-Jul-11	Solo	10.1	Beaver & Elk Lake Loop
26-Jun-11	Solo	10.1	Beaver & Elk Lake

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19-Jun-11	Solo	9.8	Beaver & Elk Lake Loop. Nice day. Saunders Subaru Triathlon was on.
5-Jun-11	Herb, Ronnie, Barb, Gary, Anne, Julian, Margaret.	8.5	Ridge Trail in Gowlland Tod including Holmes Peak and Jocelyn Hill. Sunny and clear, light breezes off the inlet.
22-May-11	Herb, Bon, Ronnie, Ed, Shelley, Gary, Anne, Barb.	10.0	Prospector Trail, Goldsteam Park. Many black Licorice slugs. At the end of the hike, a long way off, a bear sighted.
20-Feb-11			Urban seaside hike/walk Inner Harbour.
15-Feb-11			Discharged from VGH
24-Jan-11			Medical event - stroke - admitted to VGH
		12.8	Goose from Cooper's Cove to Matheson Lake. Down to the lake, along the creek to Roche Cove, and up to the Goose. Cold and cloudy but clearing and becoming sunny and a little warmer. VCKC gang: Tony, Herb, Bon, Ronnie, Carolyn, Sandy, Marie, Bob E., Barb.
9-Jan-11		9.6	Elk & Beaver Lake Loop. Cool, windy.
1-Jan-11			VCKC New Year' Day Paddle. Ice on Portage Inlet.