



Winter 2002/2003

The Cyclist's Vehicle

www.edmontonbicyclecommuters.ca

780-433-Bike (2453)

Edmonton Bicycle Commuters purpose is to promote, encourage, and support the use of bicycles as an ecological transportation choice.

News Items:

• Bike racks on three major Edmonton Transit routes

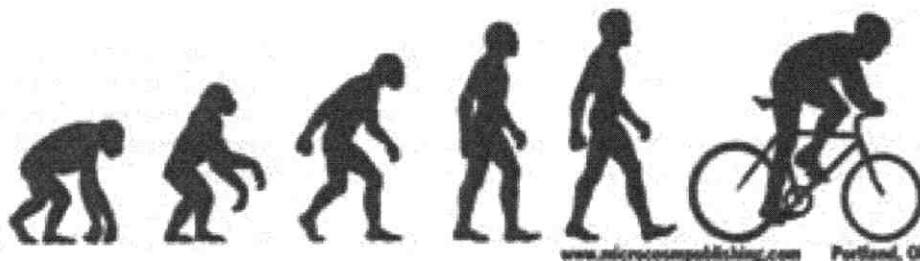
• Pro Bike/Pro Walk Conference

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Thank you to all of the amazing volunteers who helped out 2002!

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Bikes on Buses

by Nic Cornell

Over six months in 2002, Edmonton Bicycle Commuter volunteers and promotions coordinator Nic Cornell, worked at implementing and spreading the news about two new Edmonton Transit Service bicycle racks equipped bus routes. The racks have been mounted on the low floor style ETS buses and accommodate two bikes. The racks are easy to use. In fact it takes about 20 seconds to load and unload your bike. Easy to follow instructions are printed directly on the rack. As a passenger, you pay a regular fare, and your bike rides free. The number nine bus route has

operated with bicycle racks since 1996, running north and south through the city. The purchase of racks for routes one and four was made possible by a grant from the Alberta Ecotrust Foundation. EBC would like to thank both Nic Cornell and the volunteers who helped with this project. Routes one and four loop from the east to the west of the city, providing easy access to West Edmonton mall, Capilano and points along both Jasper Avenue and Whyte Avenue.

Story continues on page 3...

Pro Bike/Pro Walk Conference

by Claire Stock

The U.S. National Centre for Bicycling and Walking held the biannual Pro Bike/Pro Walk Conference in September in Saint Paul, Minnesota. I attended the conference with approximately 550 other delegates, including 30 Canadian representatives. Roughly half were bicycle/pedestrian professionals from government organizations and consulting companies. Many advocacy and non-profit groups attended, as well as

health professionals and cycling/walking promoters such as police, bicycle industry representatives, educators and writers/journalists. Conversations and information exchange with other delegates was particularly beneficial. It was gratifying that I had many ideas and Edmonton examples to share. *Story continues on page 4*

President's Report

This year we've accomplished a number of successes as part of the Edmonton cycling community.

With Edmonton Transit, and the granting agencies Ecotrust and Community Animation Program we've put bike racks on another 2 ETS bus routes. The racks were well used on the North-South route #9 so we collaborated with the above to put them on the #1 and #4, which serves the East-West traveling commuters. EBC also hired Nic Cornell who did a smashing job of promoting the racks. If you'd like to try out the racks, EBC has brochures with instructions - or you can ask a driver to help you. The racks are really quite easy to use.

We've also continued to improve how the EBC shop is set up. We're happy to have had Jason Wispinski as our head mechanic with several tried and true volunteer mechanics helping recycle bikes, rebuild bikes and of course, showing people how to fix their bikes.

We've continued and expanded our classes this year. Jason taught courses to adults and Jason, Doug Barrett and John Collier taught a new class for kids. The Bikes for Boys class, run in collaboration with the Big Sisters and Brothers of Edmonton, brought men and boys together to learn basic bike mechanics from our mechanics. The main goal of the course was to create a comfortable and supportive environment for boys to develop positive relationships with adults. What a great way to extend EBC's place in the community as a teaching facility. If you're interested in helping out in this coming summer's program, please let us know (433-bike). We could use both women and men volunteers to help run the program.

FYI: it's currently exclusively for boys because the Big Sisters and Brothers of Edmonton have no trouble finding big sisters for the girls, but have a waiting list of over 400 boys!

If you'd like to learn how to tune up for spring, give the shop a call (again, 433-bike).

This year we also invested in developing a better website. Check it out at "<http://www.edmontonbicyclecommuters.ca>. We hired Jason Lu, a long time member, to develop the website. He's done a great job. You'll notice that we haven't made full use of the website. Want to help out? Leave a message at the shop. A website is most useful when there's plenty of information and current updates.

As always, Chris Chypyha continues to monitor the emails EBC receives. He also answers many cycling questions sent by email - sometimes from across the world! EBC is often complimented for it's winter cycling information on the website.

In the summer we held a bike festival - a celebration of the bicycle and all who ride them. We've had bike fests in years past and we thought, by gum, we should have one every year. Claire Stock, Barb Allard, Karly Coleman and myself were the planners, with many a volunteer to help out on the day. Yay for bicycles!

We were lucky enough to once again receive funding from the Summer Temporary Employment Program to hire a volunteer co-coordinator. Andie Loughran did a bang-up job of contacting people for our many volunteer opportunities. It was a delight to be her supervisor, as she worked so well and enthusiastically at her job.

There are plenty of other EBC accomplishments from this year. Many behind the scenes jobs get done by trustworthy volunteers. There's grants to fill out and reports to write, errands to be run, officials to contact, paperwork, database updates, bikes and parts to haul, the shop and yard to clean and organize, recycling to organize and take to the appropriate depot, and, of course, there are many of us who take time to talk to other cyclists about all that EBC offers. Thanks to all of you who enhance Edmonton's cycling scene.

This year was a great one. This coming year looks like fun too. Let us know how you want to be a part of the fun. Ride On, Molly.

The Cyclist's Vehicle is published by the Edmonton Bicycle Commuter's Society
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Anyone wishing to contribute to the Cyclist's Vehicle should e/mail us at the addresses provided above. Text may be edited for length, clarity and style. Please submit articles by April 30, 2003 for the Spring Issue.

The opinions expressed here are not necessarily the opinions of the EBC board of directors or editorial.

Bikes on Buses

continued from front page

As a part of the project, a number of promotional activities were also conducted with the intent of informing as many people as possible about the racks and to give them an opportunity to actually try the racks themselves.

Bikes on Buses displays were set-up at events including Bikeology, the University of Alberta Week of Welcome, EBC annual general meeting, EBC volunteer and member appreciation party, King's college "Eco Week" and Global Visions Film Festival. An all day public and media launch event saw a bicycle rack equipped bus on display at numerous locations. (City Hall, the Alberta Environment Network, two high schools, Mountain Equipment Co-op, EBC Bikeworks, Environment Canada and most of the city's bicycle shops). During the research and planning portion of the project, EBC sent Promotions Coordinator Nic Cornell to the Alberta Environment Network's AGM. Nic networked and attended workshops including a presentation on Community Based Social Marketing tools and methods. In early August, EBC sent Nic to Vancouver to investigate sustainable transportation, make contact with people who support TDM and to speak with people about the history of bike racks on busses in Vancouver. Nic discovered that nearly all buses in the Vancouver area are equipped with bicycle racks. He also

learned that the promotion of the project was not as intentional as was the case with EBC in Edmonton. Nic discovered that many people know about the racks in Vancouver, but it seems very few have a clear understanding of how to use them. With this information, Nic worked with Edmonton Transit to produce a clear and simple brochure outlining how to use the racks. The brochure is now available at most bike shops in the city, transit information centers, on buses at EBC and Bike Works. EBC also makes it available at all their events. In the interest of expanding multi-modal transportation options for Edmontonians, Edmonton Bicycle Commuters intends to continue the Bikes on Buses project into 2003 and beyond. EBC is currently investigating further funding for more racks on buses.

Nic Cornell was the social marketing coordinator from June to November 2002. He was instrumental in researching and implementing the Bikes on Buses program. Thank you Nic Cornell!

Community-based social marketing states that simply providing information to people does not necessarily change their actions. Working with people to deliver community environmental programs designed to foster social change does. For more information on cbsm you can check out the website www.cbsm.com or obtain the book written by Environmental psychologist Doug McKenzie-Mohr Ph.D. from Earth's general Store 2nd floor 10832 82 Avenue.



...a presentation was attended on "community based social marketing". The tools and methods learned at the workshop, especially dealing with promotions, inevitably helped launch the bikes on buses project."



Molly test-drives the bike racks!

For more information on the Bikes on Buses project, please pick up a "Bikes on Buses" brochure from BikeWorks, the Edmonton Transit Service, Earth's General Store; OR go to the Edmonton Transit Service website at:

www.goets.ca



"David Engwicht a renowned street reclaimer... encourages residents to use their street for play, entertaining and living."



Pro Bike/Pro Walk

continued from front page

Over sixty workshops were offered, as well as mealtime speakers and bicycle/walking tours. Topic highlights included rails with trails, bicycle friendly traffic calming and promoting cycling.

One innovative outreach program is the Bicycling Ambassadors in both Toronto and Chicago. Summer staff promotes all aspects of cycling at public events, schools, on bike routes and on the street to all road users - cyclists, pedestrians and motorists. This could be handling skills, route selection, sharing the road, legal requirements or other advice, with the ultimate purpose to educate and inform all members of the public about cycling.

I also had the pleasure of meeting fellow Australian David Engwicht, a renowned street reclaimer and creator of programs such as the walking school bus. He encourages residents to use their street for playing, entertaining and living. David also has a new school program to encourage children to walk to school and record their adventures. He had delightful drawings and stories by

children describing the puddles they had jumped in, the animals seen and feeling alert once at school. Which are all simple and important reminders of the many benefits of an active lifestyle.

The Pro Bike/Pro Walk conference exceeded my expectations with the networking opportunities and sharing of advice. The next one will be held September 2004 in Victoria, B.C. (note the name will change to "Pro Walk/Pro Bike", so hopefully a strong Edmonton contingent will attend.

Claire Stock is a Transportation Engineer with the City of Edmonton. She can be contacted at (780) 496-2407 or claire.stock@edmonton.ca regarding bicycle transportation in Edmonton. Tune into CJSR FM 88 on Wednesday mornings to hear Claire on the Redbike Traffic Report for bicycling news, information and interviews.

Pro Walk/Pro Bike conference to be held in Victoria British Columbia in 2004.

The conference will be held from September 7th to the 10th.

Contact the Greater Victoria Cycling Coalition (GVCC) at (250) 480-5155 or www.gvcc.bc.ca

Editor's note:

If you are interested in more information regarding the Pro Walk/ Pro Bike conference, their website is www.bikewalk.org/index.htm

For more information regarding David Engwicht and "street reclaiming" visit www.lesstraffic.com

OR read David Engwicht's book "Street Reclaiming-Creating Liveable Streets and Vibrant Communities"

Call number: 388.41312 ENG from Edmonton Public Library



Bicycle Lighting

There are several options for lighting systems. Here are results from some systems that have been used.

1. An 8 to 10 watt lighting system, mounted on handlebars, with a bulky battery supplying power. These systems provide 4 hours of lighting on an overnight charge-up. The battery can hang from the bike frame, or sit in the water bottle holder. The BLT and NiteHawk are two brands that come to mind. The NiteHawk has dual lights, different wattages. One is very wide beam, the other more intense. The latter of the pair is good for a treed river valley pathway. An important component is the rechargeable battery type. The standard NiCad is being overtaken by other new advanced batteries. LeadAcidGel gives a more constant output of power - will stay brighter longer. NiCad type battery is more robust but has that effect of memory, and the output decreases as the charge wears down. Light from the leadcell will be constant, but will diminish suddenly when battery charge is nil. These systems are the most costly. Minimum ~\$80, to over \$120.

2. Generators are a neat idea. No batteries to replace, no cells to recharge, nice low cost. Tony Dubuc reports that on a long commute (out of town) he notices the extra effort of pedaling needed to generate that power. Probably not an issue for an urban commutes. Department stores like Canadian tire stock them. Please note this system STOPS illuminating when your bike stops MOVING, for example, at an intersection while waiting to turn left, or at a stop sign.

3. Lights with regular batteries. These are ok. Decent, very narrow intense light beam. The "Cats Eye" light takes 4 AA cells. It lasts a couple of weeks, and yes, the cost of replacing those cells would add up over a year's time. "Toss away" batteries are an issue for our landfill. Cells that are rechargeable can be used here instead, which is an enviro-friendly option. Some models have an option that uses light-emitting diodes (LEDs). LEDs are low power, long lasting light sources. Planet Bike makes a good one and it is available at Mountain Equipment Co-op. Start with regular battery light. Try it out. The initial cost is often less than \$20. Upgrade to a full-on "Lighting System" if/when additional performance is needed, and as budget allows.

4. Helmet mounted systems. With LED white, yellow or blue light. The LED light technology can also be mounted on your front handlebar. A note about low-power lighting systems: These are primarily for "being seen" versus "seeing", because the light emitted is narrow and dim-wattted

Other comments:

- Lights allow you to see. Remember: Be SEEN. Wear light-coloured clothing and a jacket that has reflecting strips. Wear a reflector vest. Wear ankle straps that reflect. These are excellent because they move up and down as you pedal, making an excellent pair of moving lights perceived by traffic ahead and behind you.

Adopt strategies to "be seen" and car traffic will see you better, as well as your trail buddies.

- Detach your lights and take them with you. Visit your favorite bike shop and check out the different models available.
- Place a red LED light on the back. That way others overtaking you on the pathways or streets will see you. Those are quite cheap: An entry-level 5-Led red rear light at MEC is ~\$7. These can mount on your seatpost. It will also clip to your jacket or belt, or even your bag.
- Being lit up is the law.
- In the cooler mornings, remember the layering approach to staying warm.
- Check out our cycling tips on the EBC web page:

www.edmontonbicyclecommuters.ca

September CASINO

- EBC has been granted a casino for Sept 2 and 3, 2003 and we will once again be having it at the Baccarat Casino.
- I will be starting to work on this in the next few months - so look forward to getting volunteer forms and such from me.
- Michael Kalmanovitch
780/439-8725

Whole lotta bicycling books at ESIS to lend

Edmonton Bicycle Commuters has purchased a selection of books to stock the Ecologu Systems Information Society library located at Earth's General Store. Here are some of the titles available for borrowing:

Bike Tripping by Tom Cuthbertson and illustrated by Rick Morrall. 167 pages of which some are groovy pictures!
Bike Cult-The Ultimate Guide to Human Powered Vehicles by David B. Perry 570 pages with more groovy pictures!!

A Woman's Guide to Cycling by Susan Weaver 271 pages. Chock full of information! Good Pictures!

The Quotable Cyclist-Great Moments of Bicycling Wisdom, Inspiration and Humor by Bill Strickland 359 pages. Great Quotes!

If anyone is interested in helping Michael Kalmanovitch stick library cards and envelopes in these and a small pile of other EBC books, please give Earth's General a call @ 439-8725 or go see him, 2nd floor 10832 82 Avenue.

We are also looking for people to do book reviews so, if you have the talent for providing great book reviews on these or other books, please contact the newsletter people at ebc@ecn.ab.ca.

New environmental organization on University campus

Hello. I would like to introduce our organization for those of you who are unaware of our existence on the University of Alberta campus. We are the Environmental Coordination Office of Students. Our mandate is to educate the campus community about local, regional and global ecological sustainability issues. We are creating a resource centre for students within the Students' Union Building for students, as a part of Green Campus voluntary research projects, to have a place to meet, plan their projects, and research their topic(s) of interest.

We are beginning to build our database and are looking for materials from Alberta ENGO's and NGO's detailing organizational information, etc. We have a promising base of students aiding our development and expansion on campus, and have a large pool of volunteers. Should you wish to advertise volunteer positions within your organization, please feel free to contact me at this email address and we will ensure it makes it on our website. If you have any questions or comments please feel free to contact me. Geneva Rae Director, E.C.O.S. 0-30 S SUB 492-7134

Twins for Molly and Paul!

Welcome to Camilla and Rory Turnbull, our newest cycling community members!

The girls were born November 22, 9:30-ish at Queen Alexandra hospital.

Both are very healthy and were able to come home after 3 days. Since then the Turnbull's have been holed up at home learning to be a family.

UNESCO information

The UNESCO Culture of Peace Edmonton Committee has been registered with the office in Paris. It welcomes cyclists to become involved with this initiative. The Agenda 21 and the Cities 21 programs of the United Nations Environment Program need to have a very strong urban design emphasizing equality between motorized transit and bicycle transportation.

It would be beneficial to have EBC collaborate UNEP initiatives that would enhance the position of the bicycle in urban areas. An example that I would recommend that we take a stand on is the matter of Wendy's Restaurants. This corporation has taken the position that "in the interests of safety" they will only serve people in motor vehicles at their take out windows. This puts the bicycle in a devalued status. I feel that we need to work with Wendy's to find ways to meet the safety needs of their staff, and to enable bicyclists to be treated as customers. Your comments are welcomed. Please email alan_blanes@yahoo.ca.

Annual General Meeting 2002 and Board of Directors for 2003

The Edmonton Bicycle Commuters' annual general meeting (AGM) took place at the International Youth Hostel on September 21, 2002.

President Molly Turnbull initiated the meeting by asking those present to introduce themselves. There were approximately 20 participants. After introductions, Molly gave her report for the year ending August 2002. She stated that, once again, EBC had a very successful year. Several initiatives, including a Bikes-for-Boy's Program and the Racks on Buses Grant, started. Metro Community College ran a mechanics course and a Boy Scout Mechanics course out of our facility, additionally, our summer parking events were once again well attended.

There was an amazing amount of co-ordination for these events, which was done by, for the most part, our trusty volunteers.

Karly Coleman, the treasurer, provided a financial report of the fiscal year 2001-2002. Karly stepped in as treasurer midway through the year, as the previous treasurer had to step down due to work commitments. Karly noted that EBC was doing quite well financially. BikeWorks provided a steady income during the summer. There were some big ticket items that the Board decided upon this last financial year. These include the decision to contract the services of long time member James Lu to build a rocking website, and to purchase cycling related books for the Ecology Systems Information Society (ESIS). The several members present were concerned regarding the lack of a formal budget. The previous year's board assured the members that investigation and presentation of a budget would be done for the 2003 fiscal year. The board and members discussed other various items and then elected the present board as follows:

Molly Turnbull - returning for 2nd year of a two-year term.

John Collier - initially acclaimed to the board when Adriaan left, elected to the board for a two year term.

Karly Coleman - returning for the 2nd year of a two-year term.

Phyllis BlackPlume - returning for the 2nd year of a two-year term.

Brenda Heyer - elected to the board

Ray Pallard - elected to the board

Charlie Stone - elected to the board

Alan Blanes - elected to the board

The first meeting of the new board was held in October. At that time the positions were decided.

If you would like to participate on the board, or would like to know more about what we do, call us, or attend our next meeting. **A thank you goes out to past board members and to those just beginning.**

Bicycling Organizations and Associations

For cycling information safety information and CanBike courses contact:

Bicycling Education Society of Edmonton (BESE)

421-0241

For information on touring and planned bicycle trips:

Edmonton Bicycle & Touring Club:

424-2453

Alberta Bicycle Association:

427-6352



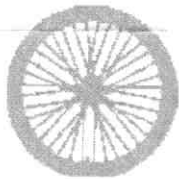


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BikeWorks Update and Hours for winter 2003

To volunteer as a bicycle mechanic, please contact Jason at BikeWorks 433-2453

BikeWorkd will be offering bicycle mechanic courses to take place every 1st and 3rd Sunday of each month starting the 3rd week of February. There will be 2 levels of instruction, "Very Beginner" and an "Intermediate to Advanced" level. The costs will be

\$10.00 for members and \$20.00 for non-members for a 2.5 to 3 hour course. Please contact Jason for information and to register.

BikeWorks hours are 12-6 Wednesday, Thursday, Friday and Saturday. As always, call ahead.

About Edmonton Bicycle Commuters

The Edmonton Bicycle Commuters' Society (EBC) has been a leader in the Edmonton and area environmental and cycling community for more than **twenty** years. In fact, we celebrated our 22nd anniversary in 2002. You could say that we are almost quarter of a century old, or, as some would argue, we are a quarter of a century young.

Our goal is to support the bicycle as a means of transportation and to encourage responsible cycling.

For many trips, the bicycle can get you there at much lower cost. It is a healthier way to travel, it uses fewer non-renewable resources, and requires less tax-supported expenses such as

road repairs, parking, widening of streets, etc.

Our members include cyclists, transit users and drivers. In a city like Edmonton, urban planning that focuses heavily on automobile use (not to mention messy weather), often dictates the transportation mode.

We operate a bicycle repair shop, members come to **BikeWorks** to repair and maintain their bicycle in good running order. Our members range in age from the very young to the older crowd who enjoy a more leisurely pace of living. We fix mountain bikes, we fix low riders, we fix BMX's, and road bikes. In fact, we repair all kinds of pedal power machines.

