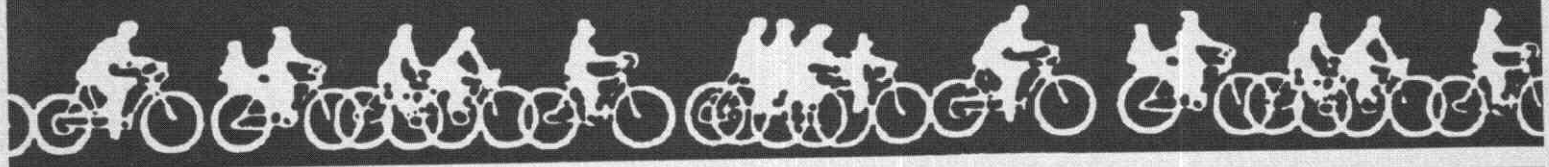




THE CYCLISTS' VEHICLE



Newsletter of the Edmonton Bicycle Commuters' Society

May, 1993

OUR NEW PRESIDENT SPEAKS !!

Another exciting cycling season is upon us! The season of warm weather and increased daylight hours. It's a luxury to ride to and from work in daylight along the tree lined route on Keillor Rd. This is truly a pleasure now that access is limited to non-motorized traffic. One can actually smell the fragrance of the greenery and have some quiet solitude on the way to work. A note to Westend and Riverbend residents: as part of the city's Ribbon of Green program, construction of paved trail access to Keillor Rd. will start this summer.

**From
the
President**

by Brian Johnston

Once again, EBC will be providing bike parking at the summer festivals and events. This year we have also been invited to do bike parking and bike safety checks at the 118th Avenue Bicycle Parade on May 29th. Along with representatives from the Alberta Bicycling Association, the City of Edmonton, the Edmonton Bicycle and Touring Club and the Rocky Mountain Randonneurs, EBC has been involved in organizing the first *Cycle Edmonton '93* which takes place on May 30th.

I encourage all members to come out and enjoy these events. Volunteer your services or participate. The idea is to have fun and promote safe cycling in Edmonton!

Personal goals for me this year include networking with other organizations, mobilizing more of our membership to create a stronger bicycle lobby, raising the profile of bicycling in Edmonton, and of course, to have some fun along the way!

Summer Office Hours

Hopefully won't vary too much from 9:30 AM to 4:00 PM, Monday to Friday.

Bike Works Hours: Wednesday evenings between 6 PM and 8 PM. Saturday afternoons from 12:30 PM to 4 PM.

Inside...

Cycle Edmonton '93 !!
Events Calendar
Advocacy Actions
Volunteer Opportunities
BikeWorks
And Much More



Edmonton Bicycle Commuter's Summer Festival Bike Parking



Message from the Editor

Finally! The newsletter is here! Thank you all for your patience. Over the summer months the plan is to have it go monthly. Warm thanks to this issue's contributors and to everyone who offered their support as I scrambled to get this together.

I'm interested in expanding the newsletter and invite suggestions on how this could be done. This is YOUR newsletter and your input is important. What would you like? Send in your personal cycling stories, poems, letters, dream analyses, songs, recipes, whatever. Let's open the human side up a bit!

There's a lot happening on the cycling scene currently. Our advocacy role is becoming increasingly important. It's time to increase our effectiveness by becoming more organized and vocal. The forthcoming lobby to convince City Council of the merits of a Bicycle Advisory Board will need your support. Stay tuned!

I'm interested in hearing from you about your choices for bike parking in the city. What's good? What's bad? What are some suggestions for the business community? Would a bike parking guide be of value?

Are you interested in hearing about your fellow commuters and their route choices and reasons for commuting? Would you like to read profiles of commuters? Let me know. I look forward to hearing from you.

Carole

Submissions for *THE CYCLISTS' VEHICLE* may be sent or dropped off to:

Carole Knowles, Editor
THE CYCLISTS' VEHICLE
10701 - 85 Ave.
Edmonton, Alberta T6E 2K0

Any items submitted after the deadline will be included in the following issue of *THE CYCLISTS' VEHICLE*.

Deadline for next issue is June 18, 1993.

Volunteer Activities



You like cycling! You like Edmonton's summer festivals! You wish there was some way you could support them both at the same time. **THERE IS !!** EBC needs volunteers to help out with bike parking at:

118th Avenue Parade (May 29)
Canadian Tire Road Race (June 19 & 20)
Jazz City/The Works (June 25 - July 7)
Street Performers Festival (July 9 -18)
Heritage Days (July 31 - August 2)
Fringe Festival (August 13 - 22)

Reserve your shift by calling Marissa at 433-2453 !!

THE CYCLISTS' VEHICLE does not necessarily represent the views held by the Edmonton Bicycle Commuters' Society, but are the opinions expressed by concerned authors or contributors. The editorial staff reserves the right to edit for clarity, brevity, and content.

ADVERTISING RATES

One typed line: \$1 per issue
\$5 per year
Business card: \$25 per issue
\$125 per year
Quarter page: \$50 per issue
\$125 per year
Half page: \$75 per issue
\$375 per year
Whole Page: \$100 per issue
\$500 per year

CLASSIFIED

For Sale: New, two passenger bike trailer - \$240. Phone Steve at 454-4019.

For Sale: Norco, adult, matching three speed collapsible bicycles. Excellent condition. \$300 each. Call Nancy at 496-8112/454-0436.

Wanted: Used double child trailer. Call Martin at 435-8761.

Used child trailer. Call Rachel at 439-8721.

Used front and rear paniers and racks for Trek mountain bike. Call Joy at 447-5413.

Found: Late March 1993, University area, blue/green Bianchi road bike, 55 cm. frame. Sold by Two Wheel Resource. Call Michael at 492-4135.

Advocacy Actions

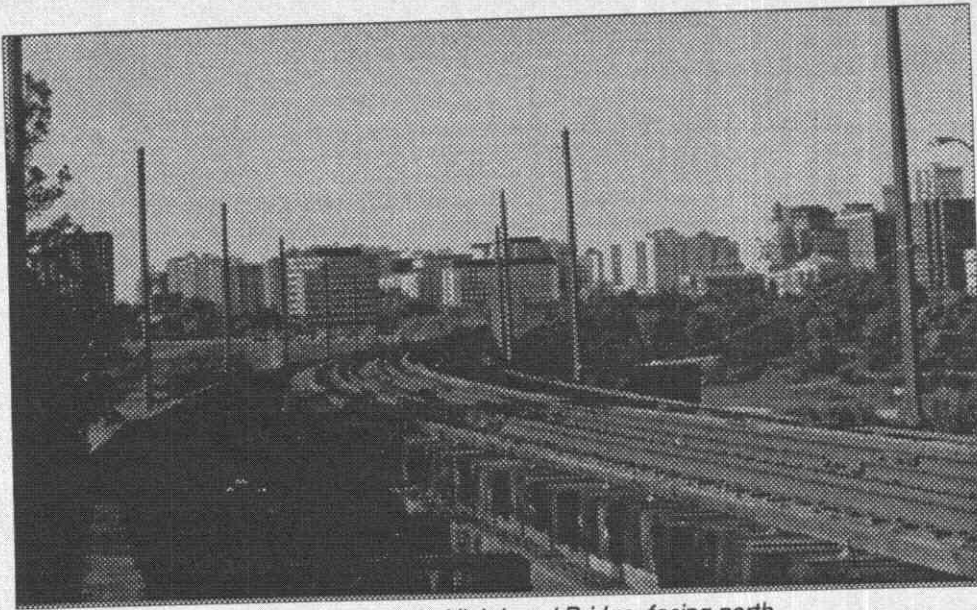
by Carole Knowles

New vistas on the horizon for the cycling community? Am I being too hopeful? Is there really an increased awareness of bicycles and cycling issues? I sense that there is. Our advocacy role is expanding. A combination of factors have contributed to this growing awareness. In tight economic times the bike becomes an attractive alternate way of getting around. The warm weather invites cycling. The presence on Council of a councillor who has aggressively lobbied for cyclists has helped to raise the cycling profile. Transportation and planning studies such as EMRPC's Round Table discussions acknowledge cycling as an accepted mode of future alternate transportation. The City of Edmonton's forthcoming amendments to their Transportation Master Plan promise to be more bicycle friendly as well.

The time is ripe for setting up a Bicycle Advisory Board as suggested in the City's 1992 Bike Transportation Plan. Let's face it - bicycles are everywhere! And they're here to stay! Many Edmonton cyclists have invaluable experience that could assist Council on cycling matters. Increasingly Council is being asked to deal with more bicycle concerns. Why not an Advisory Board, similar to the Advisory Board for Citizens with Disabilities, to assist them?

A sub-committee of members of the Cyclists' Education Committee is in the formative stages of organizing lobbying strategies to reactivate this suggestion. Stay tuned for more information! In the meantime please continue to call or write your aldermen and the Citizen's Action Center to keep the cycling agenda alive! "Ask for a lot and don't be shy about it!"





View of upper deck, High Level Bridge, facing north

RAILS TO TRAILS (R2T) UPDATE

Activity abounds on the R2T front !! Recent City Council decisions have been tense to sit through, yet surprisingly, encouraging.

As you know, the City has been in negotiations with CP Rail and the Province over sale of the High Level Bridge (HLB), and disposition of the South Edmonton Right of Way (ROW) for some time now. Imagine our excitement on April 14, 1993, when City Council agreed to enter into a draft agreement with the Province for use of the ROW by the City, and future right of access to the HLB by the Province for possible intercity (b/t Calgary and Edmonton) highspeed rail use! A draft agreement was entered into with CP Rail and the Calgary and Edmonton Railway Company to transfer ownership of the HLB and all "Bridge lands", and interest in the 99 Avenue Overpass to the City. Further, \$5,350,000 from the rail companies plus the cost of their engineering services, (approximating 10% of the \$5,350,000), will be applied to the proposed HLB rehabilitation work program during 1993-1996. Of particular interest to the R2T Committee was the direction given to the Transportation Department to commence a facility planning study to identify opportunities for development of a pedestrian and bicycle path on the upper deck of the HLB and ROW. Direction was also given to investigate how the \$1.2 million bike/pedestrian path on the LRT bridge can be integrated with the HLB. Finally, the Administration was asked to work with interested groups to investigate funding for a bike/pedestrian path on the upper deck of the HLB.

This last direction was in response to a letter circulated to all Council by EBC's R2T Committee outlining fundraising ideas currently being researched to attempt to bring community efforts and resources together to pay for the development of the upper bridge deck. Rather than rely solely on taxpayer dollars, we're proposing financing through a combination of volunteer labor, donated materials, donations and grants. Two Canadian community-financed bridge restoration projects served as our inspiration. The HLB has special meaning to many Edmontonians and continues to serve as our foremost historical landmark. Our community is noted for enthusiastically supporting projects that reflect our sense of pride. The R2T Committee believes that this combination of factors plus dedicated hard work will ensure the project's success. Initial fundraising efforts will be directed at securing grants to assist with the City's facility planning study. This could commence within the next few weeks.

The catch in all this is that the province and CP are continuing to negotiate for ROW ownership. These draft agreements between the city and respective parties are an attempt to get all the pieces in place to assist the Provincial Cabinet in reaching a decision by June 30, 1993. Once completed, the land will then be leased back to the City until the Province requires use of it. Even if the Province and CP are unsuccessful in coming to an agreement, the city will likely negotiate with CP directly. The HLB and ROW are surplus to CP's needs at this time.

It was distressing to sit through Council deliberations on this particular matter and hear the derogatory way that cyclists are referred to by some Council members. Personal agendas figured prominently. The heated words denouncing the cycling community en masse were unnecessary. To be contemptuously labelled repeatedly as a "special interest" group reflected, in my opinion, ignorance on the part of the speakers. We all belong to special interest groups. Council is a special interest group! I comfort myself with the knowledge that change of any sort is threatening, and globally and locally, we are in the midst of major change now.

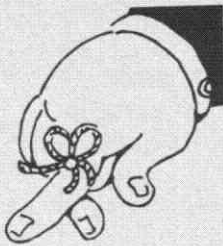
Interested in working with EBC's ambitious R2T project? Call Carole at 433-2453. We'd love your help!

POSITIVE NOTES

The 109 St. exclusive bus/taxi/bicycle lane is permanent. It has been extended along the east curb lane northbound on Waltherdale Hill, from 88 Ave. to Queen Elizabeth Park Road. 97 St. and Jasper Ave. peak hour bus lanes have been designated for bicycle use for a 12 month trial period, which commenced May 1, 1993.

A recent amendment to Traffic Bylaw 5590 now permits bike riding in crosswalks. Cyclists must yield to vehicles. If cyclists want the same rights as pedestrians in crosswalks, they must dismount.





23 Cycle Edmonton's 9:00-10:00 PM	24	25	26	27	28	29 118 Ave. Parade and Street Dance 11:00 AM - 9:30 PM
30	31					

may - mai

EVENTS CALENDAR

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
"The era of the auto is coming to an end. Will bikes be patched in afterward or be planned in advance? Our action will have far reaching implications for our nation." Jess Hughston, Mayor Pasadena, California		1	2	3 United Cycle's Special EBC discount night!	4	5
6	7 7PM: EBC Board Meeting	8	9	10	11	12
13	14	15 Provincial Election !!	16	17	18	19 Canadian Tire Road Race 9:45 PM: Cycle- Logic midnight ride
20 Canadian Tire Road Race	21	22	23	24	25 Jazz City (to July 4) The Works (to July 7)	26
27	28	29	30		june - juin	

EDMONTON BICYCLE COMMUTERS MEMBERS NIGHT

JUNE 3, 1993 5-9PM

ALL BICYCLE PARTS, ACCESSORIES AND BICYCLE CLOTHING

25% - 50% OFF

WE WILL HAVE MANY MANUFACTURER'S SPECIALS GEARED FOR THE EDMONTON BICYCLE COMMUTERS. WE ARE LOOKING FORWARD TO SEEING YOU ON THIS SPECIAL NITE!!!!

SHOW YOUR E.B.C. CARD FOR EVERY DAY SAVINGS!

UNITED Cycle

10344 - 82 AVENUE
EDMONTON, ALBERTA
T8E 1Z8
433-1181



SOURCE FOR SPORTS

Alberta cycle

9131 - 118 AVENUE
EDMONTON, ALBERTA
T5B 0T9
477-3525

Thanks to HardCore Mountain Bike Store for their recent generous donation of bike frames. Thanks to Doug for storage of the same.

Belated thanks also to our sponsors, Strathcona IGA, Tim Horton Donuts, and 109 St. Safeway, for their contributions to EBC's Winter Commuterfest event.



BikeWorks Returns: The Sequel

Through the long, dark days and nights of winter, BikeWorks hibernated. While asleep in its protective cocoon of grease, grime, toxic fumes, vicious odors, filth, pestilence, disea...(you get the picture!), Bike Elves were hard at work transforming the Black Hole of Old Strathcona.

The resulting metamorphosis has produced a creature of beauty, light, open spaces, smooth surfaces, organization and cleanliness (well, relative cleanliness). The basement still requires a course from Indiana Jones to negotiate, but if you have a high-capacity bladder or tinkle before you leave home, then you never have to venture into the caverns below once you are using BikeWorks.

So come one, come all and see the "new and improved" BikeWorks - but come quickly before it reverts back to its former self. And if you like the positive changes you see, HELP KEEP IT THAT WAY!! (That especially means You - users of BikeWorks in off-hours. Return your keys, you swine!)

The Bike Elves

The 'Yes, You Can' Bike Maintenance Course

Now that spring has sprung, a cyclist's thoughts return to the open road, miles of sunshine and adventures. Unfortunately, if winter riding has derailed your derailleur, clogged your cables and fried your freewheel, your trusty steed is going to need a good rubdown. And you're just the person to do it! How? You say. "I don't even know where axle nuts grow, let alone why anyone would want or need a third-hand, or a fourth!"

Do not despair, you who do not know the difference between a wrench or a screwdriver or which to apply to what end of your bike or why!

Don't be as dumb as you feel whenever you look at your rear, ie. the back derailleur - even YOU can learn the basics of bicycle maintenance.

Amaze your family and friends with your new mechanical aptitude and Bikespeak lingo.

Don't be left stranded in Millwoods or the mountains with a flat tire, loose brake shoes, dragging derailleur or broken spokes. Remember, there is no AMA for cyclists. Do, don't die!

Take this great bicycle maintenance course. Four three-hour segments for novice (or less) and 'expert' alike. Covers all the major aspects of bike maintenance including braking systems, wheels and bearings, derailleur systems plus gives you all the self confidence and Bikespeak you would ever want. Simple, easy, practical - POSSIBLE!

Women love it, men grudgingly admit they learn something. Budding young mechanics welcome! Special certificate of merit issued at the conclusion of the course, graduation ceremony (pot-luck BBQ) in September.

CONTACT: Professor Kenneth at 431-1576 or your nearest EBC recruiting office at 433-2453.



BikeWorks' Bernie Jacques

HOW TO CHOOSE A BIKE

How do I choose a bicycle, you say, now that spring is here? Well, you could ask a friend, but do you really want a bike like that? Nobody should look that scrunched or stretched out when they hit (usually literally) the multi-use trails.

No, you want a bike that fits you, is comfortable, is appropriate to your needs and your budget. Fashion and function - you can have both, if that is what you want.

Don't end up with a bicycle that was supposed to be incredible, but just feels uncomfortable.

A bike is an important investment in fitness, fun and safety. "Choose Wisely" by first taking this three hour workshop on bike selection. Get the straight talk about the latest technology, de-bunk those bike myths on design and dependability.

Learn enough about the basics to shield yourself from any fast-sell and have the right questions ready to help the salesperson help you make the right choice.

Get the most value for your bicycling dollar whether that be on bikes, racks, helmets, locks or accessories.

Be an informed consumer!

CONTACT: Kenneth at 431-1576 (Ask him about his incredible new multi-use bike trailers)

EARTH'S GENERAL STORE

Recycled Paper
Hemp Goods
Magazines
T-Shirts
Worms

Shopping Lightly on the Earth

WE CAN MAKE A WORLD OF DIFFERENCE

Books
Cleaners
Cosmetics
Energy and H2O
Efficiency Products

Second Floor
10832 - 82 Avenue
439-8725



Less Pollution in Cyclist's Blood

(summarized from The Penguin Bicycle Handbook by Rob Van Der Plas)

by John Collier

One concern that I hear time and again is that city cycling is not good for our health because of the exhaust fumes. I have found an interesting study on levels of contaminants in the blood of cyclists, motorists and smokers. This study was by Ronald Williams and was reported in the December 1979 issue of the British Medical Journal.

After ten miles of city cycling in London on high density roads, the cyclist had very low concentrations of harmful substances in their blood. The primary measure was the percentage of COHb (deadly carbon monoxide attached to the blood's haemoglobin). A heavy smoker will have a percentage of COHb of about 14% to 20% and a person in a smoke filled room will have a COHb level of about 3%. Our cyclist had a level of 0.3%, which is typical for an inhabitant of the outer Hebrides! This level is much lower than for a motorist in the same traffic. The other contaminants were also much lower for the cyclist than the motorist.

So, if you are concerned about exhaust fumes, it is better to cycle than ride in a car or bus!

The new City of Edmonton bike maps are due out any day.

Seventy thousand of them are currently being printed.

Anyone having any back issues of THE CYCLISTS' VEHICLE that they would be willing to donate to the Edmonton Public Library are asked to call Carole at 433-2453.

Conquer Your Traffic Jitters

Capture the freedom as you master travelling confidently in Edmonton's traffic! Alberta Bicycle Educators (ABE) are again offering their CAN-BIKE II course starting June 7. An adult cycling skills course designed to progressively build your confidence and skill levels, you will be guided through a series of classroom and reading assignments combined with on road cycling practice. At the end of the course there will be a written exam, a practical handling skills exam, and an on road exam. The fee is \$100. You can register now by contacting Carole at 433-2453 or ABE at 431-1576.

Congratulations to the spring graduates of the program — Barb Johnston, Noella Lang, and Carole Knowles. This course comes highly recommended by all participants. So register early!

10331 - 82 Avenue 432 - 7560
Edmonton, Alberta T6E 1Z9

Veggies

INTERNATIONAL VEGETARIAN CUISINE

9am-10pm : Mon-Sat 11am-9pm : Sun

Tired of negotiating road ruts?

Potholes?

Call the Pothole Hotline at 428-5051

You'll be asked to give an accurate description of the "offender" and to leave your name and phone number to assist inspectors with location questions if necessary.



CELEBRATE ACTIVE LIVING !!

by Carole Knowles

As Brian has mentioned, Cycle *Edmonton '93* is a collaborative effort of representatives from several cycling organizations and the City of Edmonton, interested in working together to raise the profile of safe, enjoyable cycling in Edmonton. It has given us a chance to get to know each other individually and also find out more about each other's organization.

Loosely patterned after Montreal's Tour d'Isle, which now draws approximately 45,000 riders annually, two supervised routes are offered through the river valley and south Edmonton. The Family Fun Route and the Individual Challenge Route will be marshalled by volunteer outriders from the participating cycling groups. (EBC's contact for marshall volunteers is Tony DuBuc at 433-2453). Checkpoint refreshment stops will be set up midway through both routes. Estimated completion time for each route is between 1 1/2 to 2 hours. On-site registration is open after 8:30 AM and cost is \$3.00 per individual or \$10.00 per family. Start time is between 9:00 AM and 10:00 AM. Parking is offered at the River Valley Outdoor Center as well as the overflow lot at John Ducey Park.

CYCLE *Edmonton '93* is a registered event of Canada Fitweek, which runs from May 28 to June 6, 1993. Safety is a priority. All participants are required to wear approved helmets and obey the rules of the road. All registrants are eligible to enter Canadian Tire's national grand prize draw for a trip for two to Paris, France, courtesy of Canadian Airlines. Exciting draw prizes are available courtesy of our local sponsors—Canadian Tire, City of Edmonton, George's Cycle, Millwoods Town Center, Canada Safeway, and Save On Realty.

Come and have fun!!
You'll love the feeling
as you.....



A PLACE TO GO !

A taste of the continent! Drop by and enjoy the pleasures of Le Tastevin's! Build your own pasta dish. Meet for happy hour. Sit outdoors and savor Edmonton's summer. Bike security available and much more! Mrs. Zdena Frank invites you to bring this ad in for a 10% discount.. ENJOY!!

LE TASTEVIN

Dining Room - Wine Bar

10843 - 82 Ave.
EDMONTON, ALBERTA
T6E 2B2

Mrs. Zdena Frank
(403) 439-0380

Office Wish List

We're looking to give the office an overdue facelift. Contributions of any of the following would be most appreciated - plants and pots (envision EBC with candy striped awnings and tubs of brightly colored flowers outside - hey, next thing you know we'll have outside tables and chairs and be serving aperitifs and mountains of Bernard Callebaut ice cream!!), a real broom, folding table, pencil sharpener, and binders.

SHOWDOWN AT CLAREVIEW

by Carole Knowles

An issue that's hot at the moment is the use of bikes on the LRT. Particularly the use/abuse ?? of the Transportation Department's discretionary policy with respect to bikes on the LRT travelling against the main flow of passenger traffic during rush hour. While the details of the relative bylaw are outlined in Edmonton Transit's "Ride the Rail" pamphlet, there is no mention of the department policy governing bike travel against traffic flow during rush hours. Permission is at the discretion of the individual station inspectors.

The matter came to a head recently when EBC member, Josee Oullette, was given a ticket for transporting her bike on the LRT during rush hours from the Clareview Station. In a letter to transit officials, Josee reveals that harassment on the part of Clareview LRT station officials has been ongoing since February 1993.

This week Councillor Gomberg received a ticket for the same offence at the same LRT station. Transit officials indicate that they are looking into both incidents and are reviewing the use of their discretionary policy.

Interesting that both incidents involved personnel at the Clareview LRT station.... (Josee did successfully board the LRT at Clareview again, the day after Councillor Gomberg's incident.)

Josee is organizing a lobby group and invites interested individuals to leave a message at EBC at 433-2453.



Edmonton Bicycle Commuters Membership Form

please print clearly

Last Name _____ First Name _____

Address _____

Postal Code _____

Home phone _____ Work phone _____ Age _____

May we pass on your name to other groups? Yes No

(FOR OFFICE USE)

Membership Card(s) expires _____

Welcome letter _____

First newsletter issue _____

Entered M'list _____

ANNUAL MEMBERSHIP OPTIONS

- new renewal
- address has changed
- \$10 student/low income
- \$15 individual
- \$20 dual (one newsletter)
- \$50 supporting member
- Total amount enclosed \$ _____

WHAT I LIKE ABOUT E.B.C.

- Bike Repair Facility
- Information Resource
- Newsletter
- Discounts at Bike Shops
- Bike Registration
- Advocacy
- Promote Cycling

WE CAN USE YOUR HELP.

- Advocacy
- Artwork, Graphics
- Bike Maintenance
- Bookkeeping
- Computer work
- Legal issues
- Newsletter Production
- Postering, Deliveries
- Safety, Training
- Table sitting at events
- Writing/editing articles
- Other _____

Make cheque payable to The Edmonton Bicycle Commuters,
 Box 1819, EDMONTON AB, T5J 2P2
 or drop by at 10701 - 85 Ave. EDMONTON, 433-BIKE(2453)

