



Summer 2004

The Cyclist's Vehicle

www.edmontonbicyclecommuters.ca

780-433-Bike (2453)

Edmonton Bicycle Commuters' mission is to promote and facilitate cycling as everyday transportation to Edmontonians by providing bicycle services and resources.

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Felicia Taylor

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BIKEOLOGY will be hosting two films at the Metro Cinema this year, "Breaking Away" and "The Triplets of Belleville." Please join us at the Metro after Bikeology on July 10th for the 7 and 9 p.m. shows.

Printed on 100%
Recycled Paper.

"Putting it Back Together Again"

by Brenda Heyer

"I serendipitously walked into the old EBC location at 107 Street and 85 Avenue, just in the same block as my apartment. I was to meet Doug Barrett, who was crouched behind a typewriter looking very busy."

That was Felicia's first introduction to the EBC in 1990. Since then, our feature member Felicia Taylor has been very active in the cycling community.

Felicia was born in Michigan and then spent some younger years growing up in Venezuela. Felicia also lived for many years in British Columbia, before eventually coming to Edmonton 30 years ago. She possesses a valid drivers' license, although has only driven for approximately 6 months out of her life while living in BC and commuting to university. Since living in Edmonton, Felicia literally has chosen not to drive.

Over the years of being involved with EBC, Felicia has organized many events to get fellow cyclists involved. In 2001, she held the position of volunteer coordinator. During this time, she put together the EBC tabletop informative display as well as painting the 20th year anniversary banner, which now hangs in BikeWorks. Felicia also coordinated three commuter challenges within the city of

Edmonton. Thanks for those contributions Felicia! Last November, Felicia decided to repaint her bike, which she bought at the now nonexistent Coast Leisure 14 years ago. The cost at that time was \$599.00. Over time she realized that she would need to take it apart, and then put it back together again. Felicia toyed with the idea of getting Jason, the EBC mechanic to help her, but there would have been a fee involved, not to mention it seemed lazy.

Felicia and her dismantled bike at BikeWorks

Photo credit: unknown



I would like to thank those that helped put the previous newsletter together and to the team who made a handwritten note on every envelope about the change in date for the EBC New Year party. Thanks to Karly Coleman and Wayne Groszko.

Also, I wish to thank Eric Filipula who provided some very good feedback on the Cyclist's Vehicle regarding layout.

Thanks to all of the great folks who showed up for the New Year party, and the help in setting up and cleaning up. A special thank you to Rod Olstad, Rob Jagodenski and Jay Kuchinsky for providing some great fiddling and guitar for the party. What a nice surprise! Come back next year.

For those folk who send bikey newsletter items, via email, thanks! Please feel free to send me your finds, pictures, artwork etc to sealevel_bug@yahoo.ca

With the warmer weather a couple of timely articles have been included. One on bicycle theft and locking up your bike, and the other is an editorial letter written by fellow EBC member Minette Brese on sharing the road. Her letter was written during the winter, but her words are well written and hold true for anytime of the year.....**Share the Road!**

The winter season at EBC was quite busy and kept Chris and Jason hopping. Jason is now holding basic bike mechanic courses on Friday nights at EBC. For Jason's courses call 433-2453 for more information. Check out BikeWorks funky new commercial on CJSR informing folks about the basic mechanic courses and EBC in general.

EBC's website maintenance guru, James Lu will be traveling to Ottawa this year as part of the "Youth Summit on Sustainable Transportation". EBC's website has roughly 130,000 hits per month, and we are recognized worldwide as experts on bikey information. James will be there, promoting our website and how this medium can effect sustainable transportation.

From August of 2003 there have been 120 new or

renewing members at EBC! Wow, thanks for those memberships and to those of you who renewed your membership. Welcome! We hope to meet you at an event sometime soon.

Earth's General Store has large sturdy handcarts to lend. They are ideal for moving household goods, transporting organics to a community garden or for bringing a display to a function. To utilize one of the carts, inquire at Earth's General Store. Thanks to Michael Kalmanovitch for adding the carts to our community for use as a sustainable mode of transporting goods. EGS 439-8725

Check out these cool bikey tidbits, courtesy of Leapfrog zine.

- 1) **Book:** *Cycling For Profit: How to make a living with your bike* by Jim Gregory
- 2) **Website:** www.breakthegridlock.org supplemental website to the conference that happens every year in Chicago
- 3) **Website:** www.reloadbags.com custom messenger bags

Ladies, if you are interested in learning about basic bicycle mechanics, we are creating a list so that we may plan an all women workshop. Please email Karly Coleman at szara@telus.net to sign up. Carmen Loiselle, a new EBC member has taken the Friday night basic bike mechanic courses at BikeWorks and had this feedback. "I recently took a three hour bicycle maintenance workshop at EBC. I am a novice cyclist and so I knew from the outset that many things would probably go over my head. Jason, our instructor, was very thorough in his explanations of basic maintenance procedures. The five students present in the course had ample opportunity to get our hands dirty practicing patching tires, taking tires off and putting them back on. I was not totally surprised but disappointed nonetheless to find that I was the only woman in the class. So, I was thrilled to learn that there will probably be another maintenance course for women only. The workshop that Jason taught was a good introduction and I highly recommend it."

Welcome Tara Irwin, EBC's summer event and volunteer coordinator. She's a familiar face from Earth's General Store. Please let Tara know of any volunteer opportunities that you wish to sign up for. Tara can be reached at 438-4814 or by email tirwin@ualberta.ca

Every year EBC provides bicycle parking and volunteers for the following summer events. Please contact the EBC volunteer coordinator at tirwin@ualberta.ca or 438-4814 if you wish to volunteer. Some of the positions below may require the assistance of moving heavy bike racks.

Bikeology- July 10th Beaver Hills House Park at 105 Street and Jasper Avenue from 12-4 p.m. This event celebrates the bike and ecology. Bikeology is also celebrating Edmonton's 100 years! This year's events include: free mechanic checks, helmet fitting, bike tours, giveaways, trails and riding demos, gear swap, solar music jam, bike and eco displays, pedal power treats, scavenger hunt, bike history, decorating, art show and more! Come on out and be a part of this fun event. **We need volunteers for ALL kinds of positions.** Please contact Tara Irwin at the above number.

ITU World Cup Triathlon- July 11. We just provide volunteers for this event as the triathlon provides their own racks.

Heritage Festival- Hawrelak Park, July 31 to August 2. We provide racks and volunteers for this celebration of Edmonton's heritage and ethnicity.

Dragon Boat Festival- Louise McKinney Park, August 20-22. Come out and see the race while you volunteer!

Symphony Under the Sky Festival- September 2-6.

Global Visions Film Festival- Stanley Milner Library, EBC sets up our tabletop display.

EBC annual general meeting- usually booked for a date in September and held at the Hostelling International, Edmonton.

Volunteer appreciation party- usually takes place in September.



Pro Walk/Pro Bike 2004: Creating Active Communities

September 7-11 in Victoria, BC. For more information please see www.bikewalk.org/PWP2004/

This biennial conference organized by the National Centre for Bicycling and Walking (NCBW) will be held on September 7-11 in Victoria, British Columbia. "... practitioners and community planners who want to help make their communities bicycle friendly and walkable. And that's what this year's theme is all about." NCBW Executive Director Bill Wilkinson

Other volunteer opportunities:

- ❖ Event coordination prior to summer help
- ❖ Community garbage fairs, collecting bikes
- ❖ Website updating
- ❖ Pamphlet updating and redoing
- ❖ EBC computer maintenance
- ❖ Make bike racks
- ❖ Bike parking
- ❖ Manning display at events
- ❖ Activism- various actions could be taken here
- ❖ Attend meetings
- ❖ Sit on steering committees and EBC board
- ❖ Photographs, book reviews, stories, websites etc for newsletter

If you would like to be involved in any of the above, please contact the summer events coordinator Tara Irwin at tirwin@ualberta.ca or 438-4814.

"Putting it Back Together Again"

continued from first page...



So, Felicia started to think about all the cycling and bike maintenance experience she has gathered over the last 14 years of being involved with EBC and decided to tackle the re-build herself. Now comes the work.

Felicia dismantled the bike at EBC's BikeWorks taking piece off by piece. Here is the process Felicia took:

- 1) Parts off, put into bags and labeled
- 2) Dismantled the headset, brakes, bottom bracket and derailleurs, seat and the little things like fenders, water bottle cage and wheel bearings.
 - 2a.) The bare bicycle frame was sandblasted by John's Sandblasting on Argyll Road and powder painted by Boon Tech Industries in the west end. The bike sports a very funky bright safety orange, very practical.

Felicia's bike is now ready to be put back together again. Overall the process took Felicia approximately 50 hours, of which most of those were on Wednesday nights and Saturdays. The problems that she ran into were:

- ❖ Derailleurs were fiddly and old, needed coaxing and lots of cleaning
- ❖ Brake mechanisms and pads: setting them both in a fine balance was tricky
- ❖ Painted parts on threaded areas needed rethreading with rethreading tools
- ❖ Seat suspension is worn after less than 2 years use, and will work minimally with fine adjustments only.

When I asked Felicia what her most valuable or common tool that she used, the reply was the simple allen keys and open-ended wrenches. She thinks that EBC does a fine job at supplying the best tools available for the job.

During her time at BikeWorks, while rebuilding, Chris and Jason both EBC mechanics, were excellent coaches and also the other people in the shop were of great help. Felicia also had help from her partner Rob who transported her bike to Boon Tech for painting in the west end.

So, all in all, the costs to Felicia were

- ❖ Sandblasting \$30.00
- ❖ Powder painting \$50.00
- ❖ Brakes, brake pads and other miscellaneous cheap parts bought at EBC \$40.00
- ❖ EBC shop fees \$20.00
- ❖ Total \$140.00

Felicia had lots of pondering and fussiness when dealing with the mechanical side of putting her bike back together again. She mentions that at times she did feel kind of self-conscious, but that she really didn't need to. Mechanical things are an "extroverted" thinking function, which she may be still learning, Felicia mentions.

During Felicia's stint as the volunteer coordinator for EBC during the summer of 2001, she purchased a Sturmy Archer, circa 1950 for \$50.00! Bernie Jacque, an EBC volunteer of some note, who has since moved to BC recently, helped point out the worth of the bicycle to her. Felicia has plans to do more relaxing by taking this Sturmy Archer apart and putting it back together again. Felicia says without hesitating, "I'll do that."

Oh, and one other goal Felicia has is to become a lifetime member of EBC.

Ride on Felicia; your support and inspiration will affect others to learn how to relax by taking their bike apart and putting it back together again.

HEY LADIES: If you want to learn more about your bike or bicycle maintenance, let EBC know. We are planning on hosting an all female bike workshop this fall. Email Karly Coleman at szara@telus.net to sign-up

Following is a letter to the editor of the Edmonton Journal, from fellow EBC member Minette Brese. The Cyclist's Vehicle acquired permission from Minette to re-print her letter, which exemplifies the frustration of riding on the streets with traffic, but even more so how riding in winter makes it more difficult. Most drivers are unaware of cyclist's rights on the streets and some of them wonder why we are on the road, as I have been told a few times, to get on the sidewalk! It is important for all users of the road to understand their rights. However, most driver education courses neglect to add a sufficient amount of curriculum to teach drivers about cyclists using the road and our rights. Some cyclists don't use the road and feel safer riding on the sidewalks. Education needs to happen both ways in order to ensure that cyclists' feel safe on the road and that driver's understand what our rights are.

Minette Brese

Monday, February 9, 2004

Letter to the editor

As an avid cyclist who does not own an automobile, my two wheels are my primary mode of reliable, economic and environmentally friendly transportation.

In some ways, I feel blessed that I do not have to pay outrageous car insurance premiums, nor do I need to shell out money for gas or for expensive automobile maintenance.

For myself, cycling is a lifestyle that comes with health and environmental benefits. Indeed, my bicycle is my "car", and I ride responsibly with rules of the road in mind with respect for other drivers.

However, riding my bicycle along 99th Street the other day left me with the feeling that there is little respect from the drivers of cars and a lack of understanding about cycling in winter conditions.

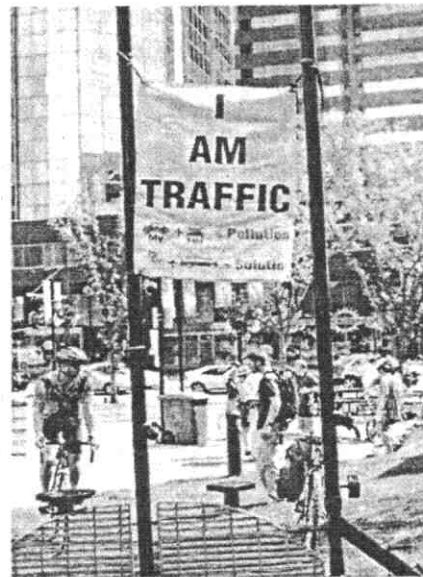
I was berated with over a dozen angry horn honks from cars as they approached from behind, and I was forced to endure rude comments from people telling me to "get off the (expletive) road."

But where am I supposed to go? I am subject to fine

if I ride on the sidewalk; yet, on the road I am subjected to a barrage of verbal abuse from drivers.

Some drivers, mind you, have been extremely accommodating and patient with cyclists. However, these are few and far between. A big thank you goes out to those drivers who give extra space to cyclists and who treat us with equal courtesy, respect and attention. These drivers seem to understand that icy patches, mounds of snow, and uneven grooves in the road create perilous conditions for cyclists, and that everyone is responsible for traffic safety.

But it is the inconsiderate drivers I worry about- the ones who seem to think and drive with a "might is right" attitude that is both disrespectful and dangerous. **Am I the only one who still aims to "share the road?"**



**We are
traffic**

Photo by
Kerrie Gill

CANBIKE II Courses

EBC is offering CANBIKE II courses this year. Please indicate your interest to John Collier at 433-2453. When we have a list of interested people we will pick a date to instruct. The cost per course is \$100.00 and teaches essential skills for riding in traffic such as, where to position your bike when stopped at intersections, how to ride with other cyclists on the road, making left hand turns etc. This is a great course for anyone considering commuting by bike, but could use a few more skills.

A Bicycle Weblibliography

http://www.bicyclinginfo.org/ee/ed_weird.htm

This is an entertaining list of sites that take you on a tour of bicycles in art. Historical and modern bicycle themes represented through a variety of mediums. Most links take you directly to mouthwatering images of bikes, though a few links lead nowhere or require elevated sleuth skills to find bicycle images. Beware - some links are selling images and, worse, some of the most intriguing and beautiful works represented can't be bought; Your pocket book is safe, but get out the drool bib.

<http://sheldonbrown.org/bicycle.html> This is a fun page made by a man who's obsessed with bikes. There are links to commercial sites, but mostly his site is about his cycling experiences and his bikes. He has great pictures of the many bikes he's owned and fun descriptions about their construction, their historical significance, or how much he loves them. This site also links you to other sites he's developed, including one that takes a cursory look at introducing kids to bikes. (Some good tips there, although I don't agree that training wheels are a necessary step to learning to ride a bike for kids - the poor kid has to unlearn to lean. I digress).

http://www.kidssource.com/trail_gator.htm This is entirely a commercial site. I include this site because I've never seen this kind of bicycle accouterment before. It attaches a kid's bike to an adult bike. Neither EBC nor I am suggesting you go out and buy one. Have a look, though. It's pretty keen.

http://www.kidssource.com/trail_gator.htm Want to know about traveling by tandem, triplet or recumbent? This site offers stories, technical advice, advice for riding with kids, traveling advice and more. The authors of many of the linked articles are well reputed such as, Bill McCready, who wrote a tandem tips column for *Bicycling* magazine. Check out the 'miscellaneous fun info' for a taste of the super bike geeky.

<http://home.att.net/~thetandemlink/articles/meixner.html> This is one post in a larger thread. It offers 23 points to consider when buying a bike with 3 or more seats. One feller's opinion to chew on.

<http://www.koolstop.com/pedersen/pedersen.html> Are you into alternative frame designs? This is another commercial site. It's a brief history and technical overview of a neat bike, the Pederson (and tandem Pederson). The company's even hawking a stylized poster of its product with a slinky woman. Well, at least the woman's shown as strong - holding the bike over her head but, honey, that dress ain't for cycling!

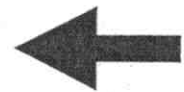
Have you found some interesting websites? If you want to write a review of them, please submit your review to be published in the next *Cyclists' Vehicle*. Or, send the web address to molly@fourofus.ca and I'll review them. Molly Turnbull

Sundance Cooperative Holds Annual Bicycle Maintenance Day



Jason Wipniski helps out a resident of the Sundance Cooperative in Riverdale with a bike mechanic check-up.

Photo by Bill McKinnon



Residents of the Sundance Cooperative in Riverdale, of whom some are involved EBC members, hold a yearly bicycle check-up in May. This event has been held for the last seven years and is open to all residents of Riverdale. At least 15 people had their bikes maintained! Look for posters to get involved next year.

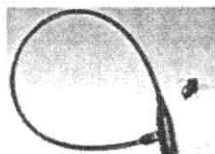
Theft is a large problem with bicycle commuting. There are many ways to help prevent a bike being stolen, but these methods can only minimize the chance of you being the next victim. They will not eliminate the problem.

- 1) Always lock up your bicycle! We cannot stress this enough. Even if you are just going to walk into a store to buy something, lock it up!
- 2) When locking the bike up, remove everything that can be removed easily. Seats, quick releases, computers, lights and so on. Some of these items can be very expensive.
- 3) If your wheels have quick release, you must lock up both wheels. It's very easy to lock up the back wheel. Put your lock through the rear rim and through one of the bike tubes and through the rack. To lock the front wheel, there are a few ways to do it. You can remove the wheel and put it between the bike and the rack. Put the lock through the rims, frame and the rack. Another way to lock it is to carry a second lock. Lock it to the frame and to the rack. The best way, if you don't mind, is carry the front wheel with you.
- 4) If you are really into commuting, don't use quick releases at all. The new 5mm aluminum skewers are good, but a lot of thieves will carry allen keys. The best way is to use inexpensive wheels and no quick releases.
- 5) Disguising a bike usually doesn't work. Most bike thieves can spot a good bike from miles away, even with an ugly paint job and lots of stickers.
- 6) If you can, carry two types of locks. Some thieves will carry only one type of tool and they won't be able to take your bike if you have two different types of locks.
- 7) If you are going to use a cable lock, don't buy a cheap padlock. In our experiments, it is very hard to cut the cable with a dull cutter, but we can cut a cheap padlock without any problems. A sharp cutter will go through everything.
- 8) It might be better to buy a cable with a lock built in. This will eliminate the weak link.
- 9) For U locks, don't buy a lock bigger than you need. Some thieves like to use that extra space and put their tools there. If you don't leave extra room, then they can't use those extra tools.
- 10) If you have a lot of allen key bolts, you can try putting some epoxy into the bolts. It will take about 20 minutes to work it out, and that is too long for thieves. Don't try this the first time on the bike, try this on a bolt that is off the bike.
- 11) The best way not to get your bike stolen is not to leave it anywhere. Some stores will not allow you to bring your bike in, but if you say something like, "well, my bike is worth \$\$\$\$ and if it gets stolen, you will pay for it, right? Some store managers will let you in, but some won't.

If you own a very expensive bike and use it to commute around town, you know that you are in constant fear of people stealing your bike. It doesn't matter how good your lock is, if the thieves want your bike, there is no way to stop them.

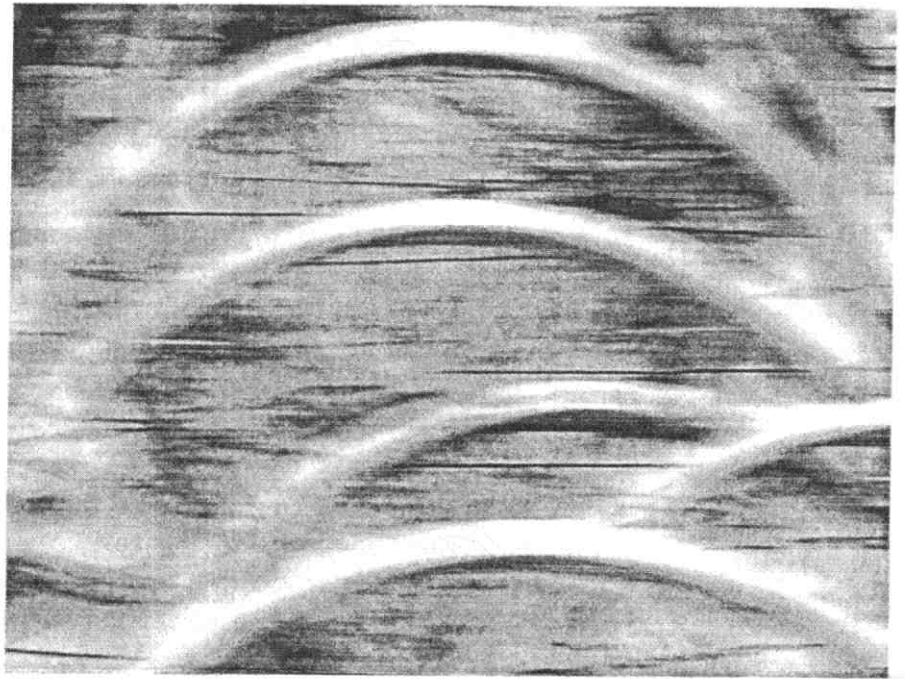
A possible solution would be to build a commuter bike. Here at EBC, we have a lot of second hand frames and parts, perfect for you to build yourself a commuter. Remember, the bike might not look or work as well as your \$1500.00 bike, but it will be less attractive for the thieves and will have a lesser chance to get stolen. You will feel a lot safer knowing that your good bike is back home.

EBC
Lock it up!



BikeWorks Update

EBC Summer Hours



EBC Member ArtWork.....Wheels at BikeWorks

Artwork and photo by Ken Freese

Sunday and Monday:

Closed

Wednesday and Thursday

12:00-8:00 p.m.

Friday

12:00-6:00 p.m.

(Courses running Friday night)

Saturday

10:00-6:00 p.m.

BikeWorks

BikeWorks is a bicycle shop. We have general-purpose tools and most of the specialty bicycle tools to repair and maintain your two-wheeler in top condition. Look for our sign on the west end of the alley.

We are located at 10047 80 Avenue.

BikeWorks is a community workshop. We encourage people to come in and fix their own bicycles.

You say you don't know anything about bicycle repairs...No problem!

There is always a qualified mechanic on duty to assist beginners, fledglings or neophytes.

Everyone is welcome!

We're closed on holidays. It's a good idea to call ahead, to confirm opening hours. 433-2453

Our Parts Department

BikeWorks has a large inventory of used bicycle parts, which will keep you on the road at a very reasonable cost. We specialize in older bicycle parts, which are impossible to find anywhere else.

Our Daily Prices

- First Hour...non members \$5.00, members \$2.00
- Each Subsequent Hour...non members \$3.00, members \$1.00

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Anyone wishing to contribute to the Cyclist's Vehicle should mail us at the addresses provided above, or email the editor at sealevel_bug@yahoo.ca. Text may be edited for length, clarity and style.