

The Cyclist's Vehicle

EBC Annual General Meeting

The Annual General Meeting (AGM) is the Edmonton Bicycle Commuters' Society's yearly meeting to inform members of the organization's activities in general, and the activities of the Board in particular, over the previous year. It is also an opportunity for the Board to set out future priorities for the organization. Business conducted at the AGM includes the election of Board directors and the receipt and consideration of audited financial statements from the previous fiscal year. The AGM is also an opportunity to meet Board representatives and other EBC members and informally discuss cycling issues and topics. Hopefully it will be both fun and informative.

What: Annual General Meeting

When: Sunday, November 2nd, 2008 at 1:00 PM - 4:00 PM

Where: 9023 - 142 Street

The event is free and open to the public. Please RSVP to [agm\[at\]edmontonbikes.ca](mailto:agm[at]edmontonbikes.ca) or by calling 433-BIKE (2453).

The AGM is presided over by the current President or his designate. Although every attempt is made to keep the meeting informal, Robert's Rules of Order are used to ensure the meeting proceeds smoothly and fairly. Minutes of the meeting are taken by the Secretary. Reports are presented by the members of the Board and Committees on the status of work carried out for the Society.

Along with copies of the Annual Report, attending members can receive copies of the Society's financial statements for the past fiscal year. This is also a time that a call will be made to the membership to become more involved with EBC by taking on a board position or signing up for volunteering at BikeWorks or other EBC activities.

All members in good standing at the time of the AGM have a vote on issues presented by the Board. Members wishing to suggest an agenda item may do so in advance of the AGM by e-mailing or faxing a synopsis for Board consideration, c/o (Michael Kalmanovitch, EBC President, [kalman\[at\]interbaun.com](mailto:kalman[at]interbaun.com)).

We look forward to seeing you at the 2008 AGM! 

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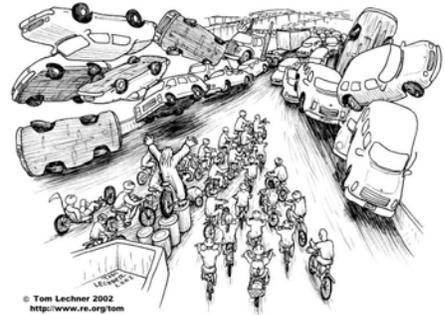
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Kent McPhee

Editor 

Critical Mass



**Meet on the last Friday of the month
- 5:30 PM - City Hall -**

THE EBC MISSION is to promote and facilitate cycling as everyday transportation by providing bicycle services and resources.

VOLUNTEERING AT EBC

Edmonton Bicycle Commuters' is a membership-based, volunteer-governed local environmental organization, with a volunteer Board of Directors. All the work of the Society could not happen without the help of volunteers. Therefore there are many different volunteer opportunities: We work on local cycling campaigns, committees and improve cycling conditions for cyclists in Edmonton.

One of the secrets of getting involved at EBC is perseverance. We want you to stick with us, but we may not always think of you when we need help. So be proactive! Drop in during regular shop hours, or give us a call to say you've got some free time and want to help out in anyway you can. Just give us a call and we'll get you started!

1. Board of Directors

The Board of Directors consists of a volunteer group of individuals that run the affairs of EBC according to our by-laws. The EBC Board meets the first Thursday of every month at BikeWorks. The Board meets regularly to discuss upcoming events, issues that affect cyclists, financial resources, volunteer resources and general planning of EBC activities. Phone 433-bike (2453) for information.

2. Fundraising

You could work on appeal letters, new proposals, you could promote EBC, increase membership, and host fundraising events. The list is almost endless.

3. Project work

Project work could involve writing letters to council, researching and proposing cycling related grants, for parking, or more racks, or an executive director or two. Public education is an option. Funding for courses, involvement in other training or educational initiatives are also options. The EBC Board is always willing to provide funding guidance to volunteers for their projects. If you are interested in another issue that we are not currently involved with, contact us, present an outline of the project, with a budget to us at our next board meeting.

4. Help with Organizing an Event

EBC would like to hold various public events throughout the year featuring inspiring speakers and film presentations. These events would give us a chance

to inform the public about our current issues, attract new members, and get people involved in community issues. New ideas for these events are always welcome. See the list of events we are currently involved in below.

5. General Office Stuff

There is always a lot to do around the office. Office stuff includes everything from filing, bookkeeping, data entry or even painting the office.

6. Membership Development

Volunteers can help out at a membership table at an event, and membership renewal. We have a dedicated volunteer that updates the membership database.

7. BikeWorks

This is the official location of EBC and is found at 10047 80 Avenue, in the back alley. Here, members and non-members can bring their bikes to learn how to fix it, have the assistance of an experienced bike mechanic, or find pieces (both new and used) for their bike. Volunteers help by stripping bikes, organizing the yard, cleaning up usable parts.

8. Communications

The newsletter and the website are our main vehicles for getting information to our members, however here are options for many other types of communication that could be possible. If you like writing or layout and design, there are opportunities both online and in print media. Our newsletter, The Cyclists Vehicle would not be possible without the help of volunteers. Volunteers can submit articles, assist with layout and help with the newsletter mail out or delivery.

9. Outreach

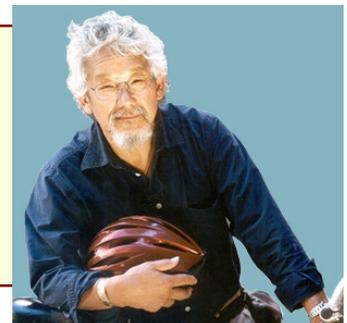
How did you find out about EBC? Stumble upon us? Hear about us from a friend? An ad on CJSR? Did you see our booth at a gathering? In the SEE or VUE? Did you come to our Bikeology Festival? If you think of a way to get EBC's message out to the public or if there's a service you think EBC ought to provide, come and tell us about it. Here are a list of events which always require assistance. Generally there is a Summer volunteer coordinator who does much of the arranging, however if there are things you want to sink your wheels into...just let us know. Festival Bike Parking, Bikeology, Commuter Challenge/Race, Clean Air Day, U of A Welcome Week, Casino, Annual General Meeting, Volunteer Party. 

BikeWorks Has Trailers For Rent!

Visit BikeWorks or the EBC web site at www.edmontonbikes.ca ("get helped - bicycle trailers" link) for more information on how you can rent a BoB or a cargo trailer today!

From the not-too-surprising cycling celebrities file...

David Suzuki, scientist, conservation guru, TV show host, and let's not forget ... the 5th greatest Canadian according to that TV show that came out a couple of years ago, is a bike commuter.



ASK DR. COG

Dear Dr. Cog,

From time to time I put on my bike mechanic disguise and sneak up on my bicycle to do a little maintenance. By far the most stressful thing for me is adjusting the wheel bearings. Questions abound. How should they feel? Are they too tight? Are they too loose? Will I ruin the bearings/cone/cup? Why does this disguise always fool my bike into letting me mess with it's private parts?

- I Can't Bear(ing) It Anymore

Dear Bearing It,

It's all about feelings. Not the feelings you have for your bicycle, what you two do in private is your business, but the way the wheel axle feels when you tighten the cones. The cones are the things that screw onto the axle and, along with the cups on the hub, trap the bearings. Generally, you set one cone and tighten its locknut, then adjust the one on the other side. It is too loose if the axle moves in any direction other than its normal rotation motion. It is too tight if the axle does not rotate with some effort ... ideally you want to feel a bit of light drag when rotating the axle with your thumb and forefinger. New, high quality bearings/cone/cup will feel smooth while cheaper parts or parts that are worn will feel a little lumpy. But wait! That's not all! There's more! But only if your steed has quick release wheels. You see, the thing with quick release is that when you close the lever, you're actually compressing the axle a wee bit. That means that quick release wheels need to be adjusted slight loose ... this is because the quick release mechanism will do a bit of tightening all by itself! As usual, when in doubt come down to BikeWorks and the mechanics there will be glad to teach you just how to do it stress free!

- Dr. Cog 

Q&A

Have a question for Dr. Cog? Let him know by sending an email to [drcog\[at\]edmontonbikes.ca](mailto:drcog[at]edmontonbikes.ca), by sending a note to the EBC, or best of all, by asking Dr. Cog or one of his helpers at BikeWorks.

WINTER CYCLING SEMINAR

"I was cold two times last winter, and both those times I was in a car." - EBC all season cyclist

Come and discuss the basics of winter cycling with people who have been doing it for years. If you love to bike in the non-snow seasons, we'll provide the info for you to do it all year. We'll cover route finding, affordable practical clothing, assessing weather conditions, and some basic mechanical tips to keep your steed on the road. We'll also discuss the advantages and disadvantages of studding tires, protecting your drive train and other mechanical options.

Where: BikeWorks 10047 - 80 Ave (back alley entrance)

When: Thursday, October 9, 2008 from 7 pm to 9 pm (coffee and tea served)

If you enjoy this subject, stay tuned to our website or phone later in the season and ask about our upcoming tire studding session and on-road snow skills class. Let the snow fun begin! 

**Levels of cycling by women in northern Europe are much higher than in North America....
...ONLY where cycling attracts women is it really a success!! (John Pucker: Cycling for Everyone)**



I saw this great quote in "Adventure Cyclist" magazine.

Let me tell you what I think of bicycling. It has done more to emancipate women than anything else in the world. It gives a woman a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel ... the picture of free, untrammelled womanhood. - Susan B. Anthony in 1896!

MEC "CLUB NIGHT"

Mountain Equipment Co-op is hosting EBC in an exclusive 2-hour club night (closed to public--only open to EBC members). 10% discount, door prizes, snacks. Requires valid membership.

Members will get 10% off their purchases for a 2 hour period. Please ensure that you have a valid (i.e. paid) and up-to-date membership. Either bring your EBC membership card or check in with the EBC membership desk at the

event. If you've lost your card we'll give you a new one and if you're not a member, you can join EBC right there.

What: Mountain Equipment Co-op Club Night

When: Wed, October 22nd, 2008 at 7 PM - 9 PM

Where: MEC 12328 - 102 Ave

Come on out, get a deal, meet with like minded bikey folk, have a snack, check out the latest MEC cycling stuff. 

A MESSAGE TO PONDER

Subject: Just saw yet another bicycle vs car accident in Edmonton

by Claude de Blois

You of course would already know of the two fatal car vs bike accidents in crosswalks in the past year. Today, I came across yet another bike vs car accident. It was at the crosswalk 97 Ave and 103 Street. I hope the guy is alright. Emergency people all over. Bicycle under car and cyclist sitting down on road about 10 feet away. Neck and back being kept straight by firemen till ambulances arrive. Bikers need to be extra vigilant at crosswalks - especially if we are foolish enough to ride across them. I know... I know... it's the car driver's fault too but no use being 1/2 right and all dead. I've taught my girl that when she is walking the crosswalks to make sure the way is clear before she goes into any lane within the walkways. Make sure the cars are stopped for each lane. Make sure no car gets you while coasting left or right. Keep an eye on the buggers because the drivers don't lose if they make a mistake...you do! On the bike or walking. You lose. These accidents happen because both you and the car driver aren't doing their job.

Make sure you do yours and you likely will never be hurt. Anyhoo. Just a suggestion and thanks for listening. 



A husband and wife were bicycle commuting to work one day. About half way into the journey a naked couple passed them going the opposite direction. "Did you see that?" exclaimed the wife. "Ya!" said the husband excitedly, "I think that was a Sturmev Archer AG hub with a built-in Dynohub generator!"

**Bikeology
2008
Scenes**



photos courtesy Paul Turnbull

ROUTE FINDER

18 Bridges Tour

by Michael Halliwell

In the Spring 2006 edition of "The Cyclist's Vehicle" I wrote about my epic ride for that year, a ride I nicknamed the "16 Bridges Tour." With the new twin bridges on Anthony Henday Drive, the ride is now "The 18 Bridges Tour."

Just like last year, it took a bit of exploring, specifically a couple of runs down Keillor Rd. and up past Ft. Edmonton Park, to find a nice access to the Henday bridges. Anyone who has tried to get to those bridges from the utility corridor in Terwillegar knows what I mean when I say it gets a bit steep, twisty and overgrown... not the easiest access for a bike.

The route was generally the same as last year, but with the Henday bridges at the start, first Anthony Henday northbound, then Anthony Henday southbound.

Thanks to some additional training this year, a proper outlook on hydration and energy and some new gear (yeah, I went clipless), I had enough stamina to do some different trails and try a few other routes I wasn't able to last year...including the trail at the southeast corner of the Capilano Bridge that goes towards Goldbar Park and the multiuse trail around the Riverdale golf course. I made the 76.5 km journey in 4.5 hrs of pedaling time...far better than the run last year (just shy of 60 km in 4.25 hrs).

If you're game to try something like the 18 Bridges Tour, I wish you all the best in your epic ride. Before you go, though, here are a few pointers that I've learned over the last year...

First off, make sure your bike is up to the challenge. This should include doing your regular maintenance like checking tire pressures, cleaning and lubing your driveline and checking to make sure that bolts and QR's are tight and any needed repairs are done **before** setting out. In my case, I had a nut in my crank work its way loose on me early in the ride and I spent time at every little stop tightening it up...it would have been far easier to have caught it and fixed it **before** I set out rather than dealing with it on the trail. Next, be prepared. There are a lot of riders out there who don't carry basic tools and supplies in order to be able to do a field repair on their bike. You can put together a small, light repair kit that will allow you to deal with a flat tire, bolt coming loose or other smaller issues and could make the difference between walking or riding home. Third, if you're going on an epic then make sure you eat right. This could include getting a good loading of carbs from a pasta dinner the night before or having a good

(but not necessarily a heavy) breakfast the morning of the ride. During the ride, having some form of food for energy intake is really important to help keep you going. In my case, I made use of fruit leathers and tried out some energy gels for this long ride and I think they went a long way towards fending off "the wall."

Finally, and most importantly, hydrate hydrate hydrate! I put together a daypack with a couple of three litre hydration pack bladders for the tour. There are a lot of opinions out there as to what liquids should be going in, but general agreement that alcohol and sodas should not be on the list. Whether you prefer straight water, a sports drink or some other concoction, just make sure it is something that encourages you to drink. Drink early and drink often...if you wait until you feel thirsty, you're already behind with your hydration. In my case, each of the packs had a "weak" sport drink (about 2/3 strength) for flavor without being too sweet and a little extra salt to boost the electrolyte levels. With how warm it was the day I did the ride (at least 25oC), the 6 litres wasn't enough to complete the ride, so I made use of a few water fountains as well.

Overall, in taking care of me and my bike, the ride was tiring but fun. I found I was in a lot better shape this year and following the ride, I was nowhere near as sore as I thought I would be. In fact, I used what I learned from this epic to do a 90 km ride on the Labor Day long weekend.

If you'd like more information about my route to plan your own epic, by all means, please feel free to drop me a note at hm26thregt@hotmail.com. Have fun and we'll see you out and about. 

Want to share your favourite route? Let the Route Finder know by sending an email to: [newsletter\[at\]edmontonbikes.ca](mailto:newsletter[at]edmontonbikes.ca)

poem 2: post-motor history

what shall we do with these streets, beloved?
now that the cars are gone

rip 'em up barehanded and let the good soil free
grow beehives and feed them monarda and lilacs
and clover moreover, and ask them to spare us
a share of their honey exchanged for our care

grow goat herds, and comb out their coats
to make wool to knit socks to keep warm while we
walk
and we ride, glide, slide at the speed of breath.

what shall we do with these streets, beloved?
now that the cars are gone

hold dances on foot, hoof and wheel
jig and reel
and the round dance
sing hey ahey ahey ahey.

cities like beehives
coiling with
more stories and laughter

more spaces for solitude
riverside breathing

elk thoroughfares
the raspberry stained
rush hour of bears

and when they ask what is was that happened here?
where grass and willow cradle asphalt bones
tell the children
only a dream

Anna Marie Sewell

Me and They

They have horns,
I have bells.
My breath is 'Winterfresh'!
Their exhaust, it smells.

Reflections in their mirrors
Reflectors on my shoe.
While they burn fossil fuels
My thighs are burning too.

A mere five gears is what they have
But I've got twenty-four.
My pedals, they go round and round
Theirs just go to the floor.

Their heaters keep them nice and warm
I'm kept warm by MEC.
They get to work in 20 minutes
I'm only slower by a sec.

They hunker down in traffic snarls
I whiz by them on the right.
They might develop 'road-rage'
Fatigue's my only fight.

Air-bags will protect their noggins
A helmet's all I've got.
My body's slowly getting fitter
While theirs just goes to pot.

So many perks to the bike commute
And I'm choosing here to boast.
But once it snows and hits -40
I know that I'll be toast.

Greg Hendricks

Question: What do they have in Europe? Answer: Better cycling facilities.

- Bike paths and lanes with exclusive rights of way, providing a connected, integrated, comprehensive bike route network that serves all parts of the metro area
- Auto-free zones and special bicycling streets covering much of city centre
- More bikeable streets for enhanced route network
- Extensive, secure, sheltered bike parking at appropriate locations
- Intersection modifications that minimize dangers for cyclists making turns and crossing roads
- Advance green lights for cyclists (to cross intersections before motor vehicles).

(source: John Pucher: Cycling for Everyone)

THREE FOR FREE

We waste time surfing the net so you don't have to.

bikehacks.com Life hacks, computer hacks, IKEA hacks and now bike hacks. BikeHacks is a site that acts as a compendium of interesting bikey related DIY and news articles. Low on instruction, but high on inspiration, this sight highlights the creativity of the "I can do that myself" crowd.

www.edmonton.ca/bylaws_licences/PermitsLicences/07%20BicycleAug.pdf A PDF document that describes the City of Edmonton's bylaw requirements for bicycle racks. If you frequent a building with no bike racks, or with ridiculously inadequate bike racks, you'll want to have a look at this. A lot of building owners are surprisingly willing to put a decent rack in....once they know what a decent rack looks like. That's where you come in! Go forth and spread the bike rack gospel!

www.core77.com/gallery/photos_search.asp?context_id=1&album_id=69 "Bicycle" was the title of a 100-day event full of activities and lectures anchored by a central exhibition at the Designhuis in Eindhoven, Holland. The exhibition provides a great overview on the variety of two-wheelers designed for sports, transport, showing off... everything! Checking out this gallery of Dutch design on wheels - everything from the wacky to the practical, but all beautifully designed. 

CITY TRANSPORTATION UPDATE *Claire Ellick*

QUESNEL BRIDGE - Please be advised that construction activities related to the construction of the Whitemud Drive Retaining Wall will be commencing September

23, 2008. This project is part of the overall Whitemud Drive upgrading which includes the rehabilitation of the Quesnell Bridge and widening of Whitemud Drive. This phase of the project is scheduled for completion July 1, 2009. The majority of the construction activities will occur on the slope and access will be from Whitemud Drive.

Activities in the vicinity of Laurier Drive will primarily involve access to the site trailers located at the top of the slope, by project personnel. Local disturbance to the grassed areas caused by the trailer installation and parking will be reinstated to original condition at the completion of the project. For the

duration of the project the paved pathway currently connecting Laurier Drive to the Quesnell Bridge will be closed. A detour route has been constructed and will provide access to the bridge as per the attached plan. We appreciate your patience as we work on

improving Edmonton's roadways.

BICYCLE TRANSPORTATION PLAN & SIDEWALK STRATEGY - Both of these reports have been delayed on going to City Council until January 2009, following approval of the Transportation Master Plan. For further project information, please visit the project websites at: www.edmonton.ca/bikeplan and www.edmonton.ca/sidewalks.

For on-road cycling inquiries, contact Claire Ellick at 780-496-2615.

Roadway maintenance inquiries (potholes, gravel, glass) can be directed to the Roadway Maintenance Hotline at 780-496-1700.

Visit the City of Edmonton cycling webpage at: www.edmonton.ca/cycling. 





Edmonton Bicycle Commuters

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 Edmonton, AB T5J 2P2
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 Web:
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 Email:

newsletter[at]edmontonbikes.ca - for newsletter related items
 info[at]edmontonbikes.ca - for general inquiries

THE EBC MISSION

To promote and facilitate cycling as everyday transportation to Edmontonians by providing bicycle services and resources.

NEWSLETTER CONTRIBUTIONS

The Cyclist's Vehicle is published by the Edmonton Bicycle Commuters' Society. Want to contribute ideas or articles to the Cyclist's Vehicle? E-mail or snail mail your contributions any time.

The opinions expressed here are not necessarily the opinions of the EBC Board of Directors or editorial staff.

BIKEWORKS FALL/WINTER HOURS

433-BIKE (2453) - call ahead for changes to hours.
 10047 - 80 Avenue (in the alley) Winter Hours:

Saturday noon-5 pm

Monday 6 pm-9 pm

Wednesday 6 pm-9 pm

Call or check the website for up to date hours info.

Would you like to volunteer at BikeWorks? CALL!

JOIN THE EDMONTON BICYCLE COMMUTERS! or RENEW YOUR ANNUAL EBC MEMBERSHIP!

Join the Edmonton Bicycle Commuters in person by dropping by **BikeWorks at 10047 - 80 Ave (in the alley)** or by mailing this form and a cheque to **PO Box 1819, Main Post Office, Edmonton AB, T5J 2P2.**

Today's Date _____	Membership Costs and Benefits
Name _____	Family: \$25.00 <input type="checkbox"/>
Address _____	Individual: \$20.00 <input type="checkbox"/>
City _____	Low Income: \$15.00 <input type="checkbox"/>
Postal Code _____	Supporting Member: \$55.00 <input type="checkbox"/>
Phone Number _____	Donation: \$ _____ <input type="checkbox"/>
Email Address _____	
New Member or Renewal? _____	Newsletter delivery preference:
Do you want to volunteer? _____	Email (pdf) <input type="checkbox"/> Canada Post <input type="checkbox"/>
Newsletter? <input type="checkbox"/> Bike Parking? <input type="checkbox"/>	EBC members low-volume email list preference:
BikeWorks? <input type="checkbox"/> Bikeology? <input type="checkbox"/>	No emails! <input type="checkbox"/> Email me <input type="checkbox"/>

We support the manufacturing and production of recycled materials.
 Printed on recycled paper.
 Happy Cycling!