

The Cyclist's Vehicle

EBC Turned Twenty Five!

Annual General Meeting and Silver Anniversary Party!

The 2005 EBC AGM took place at the Windsor Park community hall on October 23. As 2005 marked the 25th anniversary of EBC, a party was planned to coincide with the AGM. The party and AGM were well attended with approximately 50 people popping in during the afternoon.


The party featured lots of friendly conversation and great food, including a bike-themed birthday cake. There were displays that included a "history of EBC" slide show, a special showing of the Winter Cycling Video starring several past and present EBC members, and the ever popular bike powered smoothie maker. In addition, our friends with The People's Pedal and the EBTC set up

displays. Attendees were treated to the dulcet tones of the sax-and-2x4-bass duo Two by Four and a profusion of poetic plenitude from Anna Marie Sewall. Many thanks to the volunteers who helped out with organizing, set up, and tear down. Special thanks to MEC for the great door prizes!

After the festivities, the AGM was held with Karly Coleman giving an overview of the year's activities. Highlights included another successful Bike Month in June and a casino in the fall. Following Karly's financial report, the first annual Grainge Allsopp award was given to Eric Filpula. The meeting concluded with the election of a new board of directors. 

EBC's BOARD OF DIRECTORS FOR 2006

After many years of hard work on the EBC board, Karly Coleman decided to step down from the board. Over the years, Karly has done a wonderful service to all EBC members with her passionate involvement. Karly is looking forward to continuing her association with EBC as a "regular" volunteer. In addition to Karly, another long time board member, John Collier, has decided to "take a break" this year. The board will miss John's charisma and his lucid explanations of EBC history. Other board members who decided to step down this year are David Hannis and Don Morrow. Both David and Don made much appreciated contributions to EBC.

The good news is that we've got a good mix of "veterans" and "new blood" on the board this year! Continuing in her role as President is Phyllis BlackPlume and moving over from VP to Treasurer is Erich Welz. Nolan Harris has joined the board this year and is enthusiastically taking on the VP duties and Scott Harris is applying his talents towards the Secretary and Membership roles. Our two new members-at-large are James Gittens and Travis Anderson. Welcome to all returning and new board members! 

In This Issue

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This year's winner of the Grainge Allsopp award (pg 2).

Introducing a new member of the City's cycling crew (pg 6).

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This winter, be visible (pg 3) and be prepared (pg 6).

Our regular features including EBCer Profile (pg 5), Route Finder (pg 4), Three for Free (pg 7) and Dr. Cog (pg 7).

And lots more, check it out!

Reminder to renew your membership, check your mailing label for your expiry date!

Kent
McPhee
Editor




ERIC FILPULA WINS GRAINGE ALLSOPP MEMORIAL AWARD

The annual Grainge Allsopp Memorial Award is given to a deserving contributor to the cause of utilitarian cycling in Edmonton. It is named in memory of Jack Grainge and Dale Allsopp, two dedicated EBC members who were loved by all. Both these men contributed to cycling in Edmonton and to the Edmonton Bicycle Commuters in countless ways with selfless hard work, humility, humour, and dedication. The award is given to a member of the bikey community in Edmonton who exhibits those qualities in the service of promoting utilitarian cycling in Edmonton.

Congratulations to Eric Filpula, the winner of the inaugural Grainge Allsopp Memorial Award!

Eric moved to Edmonton in 1996 and through new friends made in his community came in contact with the Edmonton Bicycle Commuters' Society. Eric was immediately "hooked" on the bicycle as his major mode of transportation. With the help of his good friend Stephen Talman, he got his first commuter bike on the road during the summer of 2000 and has been passed by many cars since. The simplicity and logic of riding a bicycle for transportation and not to mention, the side benefit of exercise, was evident from the beginning and Eric has endeavoured to spread the idea of bicycle commuting through his everyday life as well as several volunteer activities. He chaired the newly formed Trails, Paths, and Routes City Advisory Committee for three years whose role was to advise city officials and decision makers on how to integrate cycling into the infrastructure of city planning. This committee also took on an educational role in the form of new signage in the River Valley to assist users in enjoying this wonderful resource in a safe and courteous manner. Eric has also been an active member with EBC and is also a member of the group that promotes "Bike Month" activities in June such as the popular "Bike To Work" breakfasts, the "Bikey Film Festival", and the Bikeology Festival at the end of the month. Commuting by bike has become Eric's everyday choice for transportation and he hopes to remain involved in the education of and participation by the general public in this exciting and environmentally friendly activity.

Eric is currently the Orchestra Personnel Manager for the Edmonton Symphony Orchestra where he recently lobbied for a bigger bike rack at the stage door of the Winspear because so many of his colleagues in the orchestra ride their bikes in the summer (with five or six of them being winter cyclists as well). He lives in Riverdale with his partner Deborah and hopes to pass all of you at one time or another on the roads or trails of our fine city.

If you know of somebody who should be recognized by Edmonton's bicycling community, you can nominate them for next year's award by contacting anyone on the board or e-mailing [info\[at\]edmontonbicyclecommuters.ca](mailto:info[at]edmontonbicyclecommuters.ca) 



"Bike commuting in the winter might not be for everyone. But if you dress right and follow a few precautions, cycling in the snow can be like fine wine, to be remembered and treasured long after it's over. Try saying that about a ride home in your car."

- Will Orobko in *Commuting by Bike* (<http://www.rmbooks.com/books/orocom.htm>)



IBF Student Essay Contest

The International Bicycle Fund is a non-governmental, non-profit, advocacy organization, promoting sustainable transport and international understanding.

Each year, the IBF sponsors an essay contest for children up to 16 years of age. Girls and boys from all countries are encouraged to participate. And there are cash prizes! Your essay may be on any aspect of bicycling (history, touring, racing, commuting, role in society, learning, teaching, etc.). Among the reasons for bicycling are ethics, health, fitness, aesthetics, economics, enjoyment, mobility, access and the environment. There are hundreds of possible topics. Here are some suggestions: environmental benefits of bicycles, making my town more bicycle-friendly, bicycling and my family (or friends), why people bicycle, bicycling and health, history of bicycling in my country, important aspects of safe bicycling, bicycle tourism, famous people who have bicycled and why, famous bicycle rides, unique uses of bicycles, teaching someone to bicycle, etc. Original topics are encouraged. Choose the topic on which you can write the best essay.

There are three age categories and entries must be 2-3 pages long and be mailed before May 1, 2006. Entrants should base their essay on interviews, research, and/or personal opinion. Include your name, address, telephone number (if possible), email address (if possible), age on the day that the entry is mailed, grade, name of your school, school address and your teacher's name, telephone number (if possible) and email address (if possible). Mail your entry to Essay Contest, International Bicycle Fund, 4887 Columbia Drive South, Seattle WA 98108-1919 USA. Check out <http://www.ibike.org/essay> for more information.



Be Safe, Be Seen

by Kent McPhee

One of the most important aspects of winter cycling is visibility. If there is one thing that scares honest, reasonable motorists, it's coming across a nearly invisible cyclist in the dark. 99.99% of drivers don't want to hurt anybody and it scares them when they consider that they might end up accidentally mowing down a near-invisible cyclist. These are people who are friendly to, or at least indifferent to, the utilitarian cyclist. Let's keep what good karma exists between us and our motorist friends by making sure we're visible at night! People do appreciate it and it just might save your life someday.

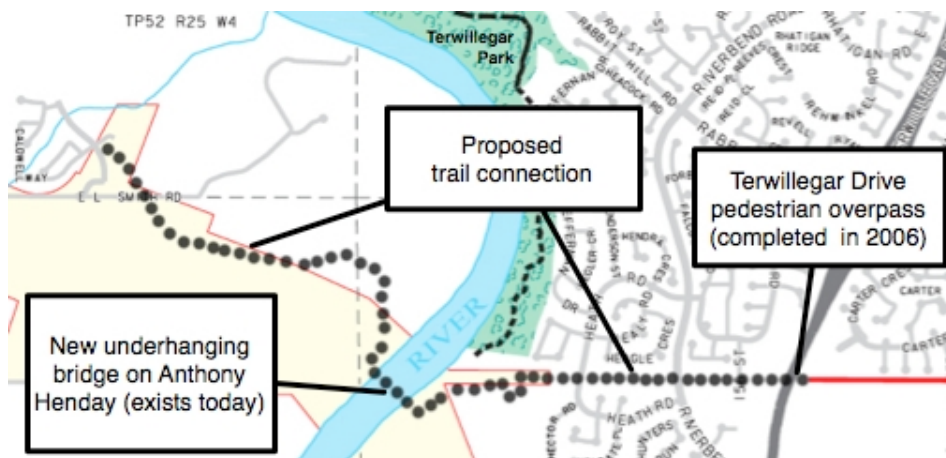


Visibility Tips for the Road

- Use red blinker taillights - they identify you as a bicycle and put drivers on guard.
- Always carry backup lights, front and rear - you never know when a light will fail.
- Rechargeables put less material in the waste stream and save \$ in the long term.
- Use reflective pant leg straps for the up/down motion - another bicycle give-away.
- Make sure you have reflectors (after all, they are required by law).
- Get a good bright white headlight - good ones aren't that expensive anymore.
- Use lots of reflective tape - on vests/clothing or buy it bulk & stick it everywhere.
- Aim your headlight at driver level - you'll usually need to be seen more than to see.
- Remember that cars approaching from the side can't see you as well.

ROUTE FINDER

In any gathering of two or more bicycle commuters the conversation inevitably turns to routes. A big part of commuting by bicycle is finding one or more good routes to get you where you're going. Finding out what other people are up to is one way that we can build up our little internal storehouse of good ways to get around town. This edition of Route Finder offers up a tip or two and highlights a good way to get from point A to point B.




Have you ever thought to yourself "Why am I cycling on this road? Why isn't there a better/safer/quicker/you-name-it route to my destination?" If you're like me you've had those thoughts and felt powerless to change the world. Fear not my fellow cycling aficionado! When enough people have those same thoughts AND they all let our intrepid city transportation planners know (see City Transportation Update on pg. 6), things can happen!

Today's route comes to us courtesy of our transportation department friends. It's a lovely link from the extreme reaches of SW Edmonton over to Terwillegar Park and Riverbend. In short, the Anthony Henday development hasn't left out we

cyclists (although I shudder to think of the cycling infrastructure that could be constructed with the money being spent on that road :-)


The newest leg of Anthony Henday Drive in southwest Edmonton includes a bridge that crosses the river at about 30th Avenue. If you've been there, you've no doubt seen the very cool underhanging pedestrian/bike bridge. However, you may be wondering how you're meant to get to it. Well, wonder no more! The city's plans call for a combination multi-use/granular trail to link the river bridge eastward to the new pedestrian bridge across Terwillegar Drive (which will

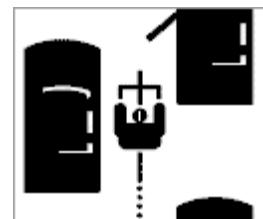
be completed this year)

Once somebody actually lives out there, this link opens the way for a right smart commute from SW Edmonton over to 111 St and up into downtown, or perhaps a more nature oriented route across the river and up through Terwillegar Park and along the river valley. 

For an official City of Edmonton bike routes map, come by the EBC worldwide headquarters any time during BikeWorks hours. Jason will be pleased to make sure you get one. Route Finder needs your help! Have you got good routes to get from point A to point B? Have you noticed a road that has been transformed from a pothole laden death trap to a smooth tarmac for transport? Has a great new pathway has opened up in your area? Let the Route Finder know by sending an email to: [newsletter\[at\]edmontonbicyclecommuters.ca](mailto:newsletter[at]edmontonbicyclecommuters.ca)

CANBIKE II

CANBIKE II is a nationally certified cycling course for adults who wish to upgrade their riding skills. The course is designed to equip everyone with the skills and knowledge to handle themselves safely in traffic. The course involves 22 hours of instruction next **May 1, 3, 8, 10 (evenings) and May 7, 13 (full days)**. The cost is \$115 which includes the text, *Effective Cycling* by John Forester or \$80 if you supply your own text (e.g. get it from the library). Prerequisites include a bicycle, helmet, bell, and some road experience. If you'd like to participate call John Collier at 433-1270 or drop a note with your contact info to [newsletter\[at\]edmontonbicyclecommuters.ca](mailto:newsletter[at]edmontonbicyclecommuters.ca). 



EBCer PROFILE

What is your name?

Wendy Allsopp

What do you like to do when you aren't cycling?

I spend much of that time keeping the household functioning as smoothly as possible – food, organizing, cleaning, childrens' activities, etc. Living in a housing co-op also involves organizing, something I really do enjoy. There is another realm that does not involve humans so much – working with plants, soil, and compost. Tending the garden outside and the plants inside are very enjoyable activities for me.

What are your favourite rides/routes around town?

For the enjoyment of trees over cars, I love the paved trail in Mill Creek Ravine. I like street riding too. My favourite place and time to do it is downtown at rush hour – nothing beats the adrenaline rush I get from riding quickly and racing the lights.

What is your current commute?

I start out in Riverdale and ride up through the Mill Creek Ravine. From there it's up into Old Strathcona where I take to Whyte Avenue and its side streets as I make my way to my final destinations in Old Strathcona and the University area.

What bike(s) do you ride now?

In the summer and fall I have the pleasure of riding an orange Raleigh Super Course with upright handlebars; it is the best bike I have ever ridden. In the winter I ride a generic winter beater bike. Although the non-winter we are having this year makes me wish I had a different bike - one that is lighter than my current winter bike.

What cycling gear is a "must have" for you?

A good quality bike trailer and a cycling jacket.

How long have you been riding a bike?

I remember my Dad letting go of the back of my banana seat bike as I made my first two-wheeled ride around a Duggan crescent. I was maybe about six years old at the time.

When and why did you start commuting?

I started as a university student because it was a quick and inexpensive way to get to school. My reasons today as a mom with two children go deeper than that. Now it is for many more reasons: environmental, health,



economic, a desire for simplicity, and to stay connected to my community and city.

How much to do you ride in a week, say?

I make between two and five round trips in a typical week – depending on riding conditions and what's going on. Summer is easy going, but I like winter riding too, especially at around -15C on hard-packed snow.

What kind of lock do you use?


A U-lock for the bike and a cable lock for the trailer.

What is your riding style? Cruising? Fast? Etc.

That depends on the configuration and what I'm hauling. When my eight year old, Anna, rides her tag-along and we add my three year old, Luke, in the

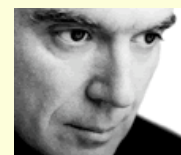
trailer you get what we call The Cadillac. With five wheels and three people my style is best described as *work horse*. When riding solo with not much to haul it feels like I can really fly – those are the time when I like to ride fast.

Any bicycle commuting advice?

For those folks with children who are considering moving into a no-car or one-car life, I would encourage you to take each stage of your life as a family at a time. Don't be deterred by thoughts like "holy smokes, how are we going to do X in two years time?" Necessity really is the mother of invention and if you commit to making something work, chances are good that your life will reorganize itself and you will find what you need to make it work. The other thing I like to keep in mind is that apparent restrictions in our lives often open up new freedoms; many spiritual practices apply this principle to daily life, why not apply it to transportation choices? 

From the cycling celebrities file

David Byrne is a dedicated cyclist and always brings his bike on tour. In Edmonton for the 2004 folk fest, he and some band mates took a spin out to WEM before the concert.




CITY TRANSPORTATION UPDATE

by Claire Stock

Hope you're rolling well into 2006! The new year is a happy one at the City with addition of a new member of our bicycle transportation staff.

Welcome aboard Claire Ellick!

One of the first City of Edmonton tasks this year will be compiling results from the recent bicycle survey. We received a marvellous response and great suggestions - thank you to those who completed and distributed the surveys. The survey will be repeated in spring to understand fair weather travel patterns (notwithstanding how easy the riding has been lately). You can still download the survey from <http://www.edmonton.ca/cycling> for ongoing comments, and take some time to access the array of cycling info online, too. We welcome any suggestions about the web page.


For any bike-related inquiries, please contact Claire Ellick or Claire Stock at 496-2615 or 496-2407. 

A CYCLIST'S FIRST AID KIT



According to Will Orobko in "Commuting by Bicycle", a commuter's first aid kit doesn't need to be too extensive since all you'll likely need to handle are the cuts and scrapes that can happen if you wipe out. Here's a description of Will's first aid kit:

"The kit contains some large cotton and Teflon-coated pads (three by four inches), large and medium bandages, medium-size pads, a dozen or so Band-Aids, some alcohol swabs and antiseptic wipes in sealed packages, some clean cotton swabs on a stick, tape for dressings, gauze for cleaning wounds, a tube of antiseptic cream, a sample-size bottle of anti-bacterial cleaner, a small container of eye wash, a couple of pins and some matches, a stretching pullover to hold pads and the like in place on arms and legs, an elastic band to control circulation, and some aspirin and commercial painkillers. Because there's room, I also have a miniature flashlight tucked into the first aid kit."

Nowadays, the Red Cross and others would also recommend rubber gloves and a "barrier breathing" device for safely performing CPR on others. If you're off-road, include a few triangular bandages and a good knife in case you have to make a splint or deal with a bigger laceration. And bringing a good water supply is probably a good idea, too. If something major happens and you have to activate EMS (either for yourself or if you happen upon a major accident) then a cell phone is a Good Thing. This is especially true if you're alone off-road and not likely to be encountered by a passer-by. 

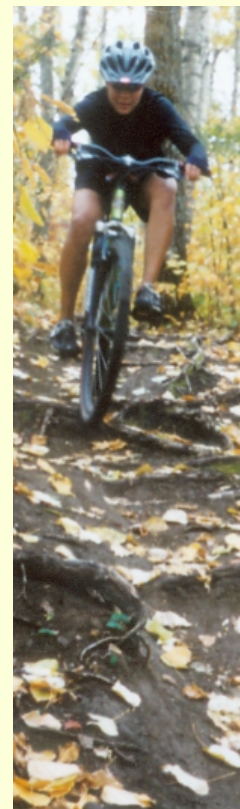
... Allow Me To Introduce Myself

by Claire Ellick

As the recent addition to the Bicycles & Active Transportation group at the City of Edmonton, I have the wonderful opportunity to combine my love of riding with my profession. Although a lifelong rider, I first fell in love with my bicycle through triathlon...I figured out pretty quickly that I'd rather be riding my bike than running, swimming, or doing anything else, really. So I've had a good combination of road riding, mountain biking, and commuting to the local candy store in my 24 years. Although my preferences shift, mountain biking has been my most constant favourite...getting outside to enjoy the natural beauty we're so lucky to have in this province. When I'm not on my bike, I'm probably rock climbing or travelling -- anything to be outdoors, experiencing the world.

Some of the major projects that I will be working on in 2006 include the Sidewalk Strategy -- the development of a strategy to complete missing links of sidewalk throughout Edmonton, as well as an update of Edmonton's Bicycle Transportation Plan. The last bike plan was approved by Council in 1992, and determines the bicycle goals of the City over the following years. Other ongoing projects include the Multi-use Trail Corridor Study, a mission to convert old railway and pipeline corridors into an integrated network of multi-use trails throughout the city.

I hope to bring to this job both my experience and my enthusiasm, and my belief that bicycles are best. See you on the trails!



ASK DR. COG

Dear Dr. Cog,
I've been thinking that I'd like to help out at BikeWorks. What can I do?
- Enthusiastic Volunteer

Dear Enthusiastic,

So want to volunteer at BikeWorks? Great! Dr. Cog can always use a little help around the shop. There are a ton of reasons why volunteering at BikeWorks is a good idea ... personal growth, contributing to a worthy cause, expanding your social circle, developing skills you never thought you had ... it's all good. There's something for everyone when it comes to what needs to be done around BikeWorks.

Everything from emptying the recycle bins and bringing them to the Eco Station to general yard cleanup, inside cleanup, laundry, bathroom cleaning, etc. etc. If you want to get mechy, BikeWorks always needs help with bike recycling. Breaking down the bikes in the yard, saving the good parts, tossing the steel into the big bin, and saving the aluminum bits for recycling are a good way to get your hands dirty with some tools. Helping out with parts sorting and back room organizing are a good way to contribute, too. BikeWorks also recycles by building good working bikes from the parts that come through. Once you've stripped enough parts and found a good frame, building a bike is a good way to contribute and restore some bikey karma to the world. Give Dr. Cog a call down at BikeWorks (433-BIKE) and I'll be glad to arrange something for you do to!

- Dr. Cog 

Q&A
Have a question for Dr. Cog? Let him know by sending an email to newsletter[at]edmontonbicyclecommuters.ca, by sending a note to the EBC, or best of all, by asking Dr. Cog or one of his helpers at BikeWorks.

GOING DOWN HILL ON A BICYCLE

by Henry Charles Beeching

Written about 100 years ago, H.C. Beeching captures the joy of cycling. One can just see him flying along on his new "safety" bicycle.


With lifted feet, hands still,
 I am poised, and down the hill
 Dart, with heedful mind;
 The air goes by in a wind

"Is this, is this your joy?
 O bird, then I, though a boy,
 For a golden moment share
 Your feathery life in air!"

Speed slackens now, I float
 Awhile in my airy boat;
 Till, when the wheels scarce crawl,
 My feet to the treadles fall

Swifter and yet more swift,
 Till the heart with a mighty lift
 Makes the lungs laugh, the throat cry:
 "O bird, see; see, bird, I fly.


Say, heart, is there aught like this
 In a world that is full of bliss?
 'Tis more than skating, bound
 Steel-shod to the level ground.

Alas, that the longest hill
 Must end in a vale; but still,
 Who climbs with toil, wheresoe'er,
 Shall find wings waiting there. 

THREE FOR FREE *Providing interesting web links to Edmonton's bicycle commuters since last Wednesday*

<http://atomiczombie.com/gallery.htm> Brad Graham aka The Atomic Zombie has been building bikes since he was a kid. Not just ordinary diamond frames, mind you. He's not content with the ordinary and stretches the boundaries of bike building with the exuberance of a kid in a candy shop. Here's a gallery of bikes he and others he's inspired have built. Pick one, visit the next web site in this month's Three for Free, and go for it!

<http://www.littlefishbicycles.com/frame> Bicycle frame building has a reputation as being an arcane art; something that's practised by wizened old Jedi masters, or else carried out by huge, complicated robots in Taiwan, attended by a small army of engineers, technicians, and metallurgists. This isn't so. Frame building is a craft like any other, with simple, consistent rules that mere mortals can master fairly easily, given sufficient attention to detail and care. Check out this accessible and entertaining tutorial on frame building by Suzy at Little Fish Bicycles.

<http://www.jimlanglely.net/wrench/wrench.html> Winter is a great time to go down to BikeWorks and clear up all those little nagging problems with your bike. Before you go, have a look at Jim Langley's web site. Jim was Bicycling magazine's technical editor for ten years, during which time he wrote about all of cycling. Perhaps most useful and popular was his how-to series called "Repair Stand," in which he explained mechanical procedures step-by-step. He's collected those how-to articles and published them on the web for our edification and mental emolument. 



Edmonton Bicycle Commuters

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Web: www.edmontonbicyclecommuters.ca
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THE EBC MISSION

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

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 them, have the assistance of an experienced bike mechanic, or find pieces (both new and used) for their bikes. Winter Hours: Wed noon - 8pm; Sat & Sun noon - 6pm (phone ahead 433-BIKE).

NEWSLETTER CONTRIBUTIONS

The Cyclist's Vehicle is published by the Edmonton Bicycle Commuters' Society. Contributions are welcome by e-mail or regular mail.

JOIN THE EDMONTON BICYCLE COMMUTERS

Join the Edmonton Bicycle Commuters in person by dropping in to 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 Family: \$25.00 <input type="checkbox"/> Individual: \$20.00 <input type="checkbox"/> Low Income: \$15.00 <input type="checkbox"/> Supporting Member: \$55.00 <input type="checkbox"/> Donation: \$ _____ <input type="checkbox"/> The privileges of membership are receiving this newsletter, BikeWorks discounts, social events, bike store discounts, feeling good by supporting Edmonton's cycling community. Thanks!
Name _____	
Address _____	
City _____	
Postal Code _____	
Phone Number _____	
Email Address _____	
New Member or Renewal? _____	
Do you want to volunteer? _____	
Newsletter? <input type="checkbox"/> Bike Parking? <input type="checkbox"/> BikeWorks? <input type="checkbox"/> Bikeology? <input type="checkbox"/>	

The opinions expressed here are not necessarily the opinions of the EBC Board of Directors or editorial staff. We support the manufacturing and production of recycled materials. Printed on 100% recycled paper. Happy Cycling!