

# The Cyclist's Vehicle

## June is Bike Month!

June is Bike Month! There's a month's worth of free cycling celebration events planned for all! You and your two wheels are invited! This year's theme is Re:Cycle. Here's a sampling of what's going on.

**Recycle** your bike- Alberta Bicycling Association is having a bike swap on July 1.

**Refresh** your look - Harcourt House is hosting a jewelry making class using salvaged bike parts (date TBA).

**Reflect** and discuss bike issues and bike fun at the Salons, every Tuesday in June.

**Reinvent** - bring your home-made trailer to Bikeology where judges will pick a prize winner, used materials graded highly - Saturday June 28.

**Rebuild** - free tune ups at the bike breakfasts, mocktails and Bikeology festival.

**Repair** - come learn to fix and maintain your bike at BikeWorks any time during the Repair-a-thon, noon Saturday June 14 to noon on Sunday June 15.

**Rebirth** - the People's Pedal bike-sharing co-op had to close for a while over the winter but are having a reopening - Launch party

June 7, Fundraising Auction June 20.

**Rejoice** and play - the children's entertainer at Bikeology will have dress up clothes for play along with many other games - Saturday, June 28th.

**Rejuvenate** - get on the pedal powered smoothie bike and power the blender that makes your refreshing smoothie - available at the bike breakfasts, the mocktail events, the proclamation and Bikeology.



### In This Issue

Bike Month and Bikeology (pgs 1, 2, and 3).

Cycling for health (pg 4).

Route Finder (pg 5).

The mystery of the falling suitcase. (pg 6).

The latest EBCer profile (pg 7).

Update on city transportation matters (pg 9).

Sixteen bridges tour (pg 5).

Dr. Cog and BikeWorks (pg 8).

Three for free (pg 9).

Kent McPhee

Editor

**Research and reflect** - documentaries and stories of cycling culture around the world with Barb's Bike Shorts and feature length films - every Monday night at Metro Cinema.

**Relive** the '80's - at this year's ride-in outdoor movie in the Victoria Park cricket pitch - Saturday, June 21st.

More details are inside this edition of the Cyclist's Vehicle ... and be sure to check out [www.bikeology.ca](http://www.bikeology.ca) for late breaking calendar updates and event descriptions.

Complete details on page 2 ...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	July 1				

**See Page 2 for Times and Locations**



## BIKE TO WORK BREAKFAST

Stop in for a free breakfast on your way to work from 7am to 9am.

**June 4 South Library Plaza**  
(after the Commuter Race)  
101A Avenue & 100 Street.

**June 6 Bicycle Bottle Neck**  
87 Avenue & 109 Street.

**June 13 Sir Winston Churchill Square**  
Pancakes on the square!

**June 20 Ezio Farone Park**  
109 Street at North end of  
High Level Bridge.

**June 27 Bicycle Bottle Neck**  
87 Avenue & 109 Street.

What could be better than that you ask? Well, how about a free mechanical check for your beloved two wheels? We'll have coffee, breakfast foodstuffs, information about cycling, folks to chat about cycling options in Edmonton, mechanics AND best of all, tardy slips for when you arrive late to work!



## BICYCLE MOVIE NIGHTS

Bicycle culture is a growing worldwide celebration of people-powered, instead of auto-matic, ways of living and getting around. In film, art, music, games, poetry, and just about every cultural form imaginable, the bicycle is a vehicle for the imagination.

**Mondays at Metro Cinema**  
7:30 PM start  
Citadel Theatre

Sir Winston Churchill Square

**June 2 "A Sunday in Hell"**

**June 9 "Filmed by Bike Festival 2007"**

**June 16 "Bikecar".**

**June 23 "You Never Bike Alone".**

**June 30 "Pedal"**

**Saturday at Victoria Cricket Pitch**  
Outdoor showing @ 11:00 PM  
River Valley Rd  
(near the driving range)

**June 21 "The Goonies"**

See page 3 for movie descriptions.



## BIKEY SALONS

Got something you want to say about bikes? Wanna

hang out with folks who love bikes?

All salons are 7:00pm - 9:00pm.

**Tuesdays at Three Bananas Cafe**

7:00 PM until 9:00 PM

Sir Winston Churchill Square

**June 3 Topic TBA**

**June 10 Topic TBA**

**June 17 Winter Cycling**

**June 24 Topic TBA**

Check out these discussion/presentation nights. Each night a different bikey topic will be discussed. Come contribute! Come learn! Come and have fun!



## MOCKTAILS ON THE BRIDGE

Can't make it to breakfast? Well, stop by after work, the bar is open from 4:00pm to 6:00pm.

**June 12 Ezio Farone Park**  
109 Street at North end of  
High Level Bridge.

**June 26 Ezio Farone Park in  
our beautiful river valley.**

Mocktails on the Bridge features non-alcoholic cocktails and Edmonton's own bicycle blended smoothies. Snackage will be available. We'll have more information about cycling, folks to chat about cycling options in Edmonton, and mechanics doing free bike checks.



## CRITICAL MASS

On **June 17**, starting at 5:30pm in front of City Hall and riding to McIntyre (Gazebo) Park at 104 St and 83 Ave. This is a special June critical mass ride in remembrance of Owen, a local boy who didn't let cancer stop him from riding his bicycle.



## CANADIAN COMMUTER CHALLENGE

The Commuter Challenge is hosted by Go for Green (a national non-profit organization).

**June 1-7 Everywhere in Canada**

This challenge is a week-long, friendly competition between Canadian Communities and workplaces to encourage as many people as possible to use sustainable modes of transportation to and from work. Log on to [www.commuterchallenge.ca](http://www.commuterchallenge.ca) to participate.



## EDMONTON COMMUTER RACE

Which mode of transport is the most efficient? Find out by participating in our famous Edmonton Commuter Race!

**June 4 Optimum Health**  
109 Street and 71 Avenue  
7 AM start time.

Use one of several modes of transportation (options include: walking, in-line skating, cycling, single-occupant vehicle, multi-occupant vehicle, hybrid car, natural gas vehicles, public transit, or some combination of modes thereof), and see which mode expends fewer bagel units per trip. A bagel unit is the amount of energy consumed whilst eating a bagel. Finish line breakfast and race results at about 7:30 a.m. at South Library Plaza (100 Street and 100A Avenue).

A fabulous prize will be given to the transportation mode that consumes the least energy. Want to compete?

...continued on pg 3

Bike Month...continued from pg 2



## PROCLAMATION

Bike month kicks off with a bang! Come to the Proclamation that starts it all.

**June 2 City Hall from noon - 1 PM**

We'll have smoothies and fun. Come by to hear all about Bike Month



## EBC BIKE REPAIR-A-THON

A 24 hour bike repair extravaganza. Expert mechanics will be standing by from **Noon Sat. June 14 to noon June 15.**

When was the last time you needed to fix your bike at 2 am? Well, now's your chance! Come on in and fix your bike, or help fix someone else's bike.



## ABA BIKE SWAP

OK, technically it's not June, but come down to the legislature grounds anyway during the Canada Day Criterium race.

**July 1 Alberta Legislature Grounds**

The Alberta Bicycling Association is hosting it's bike swap meet. Buy, trade, sell, browse, barter, bingo!



## PEOPLE'S PEDAL LAUNCH & ART AUCTION

The People's Pedal is off and running for another season of bike sharing. Attend the launch party!

**Sat. June 7 from 1 PM to 3PM**

**Armouries 85 Ave and 104 St**

This year the People's Pedal is hosting an art auction to help raise funds to support it's efforts in providing low cost transportation to Edmontonians.

**Fri. June 20 details TBA at [www.peoplespedal.org](http://www.peoplespedal.org)**

# BIKEOLOGY

**Saturday June 28 noon until 5**

Beaver Hills House Park (Jasper Ave & 105 St)

**Fun! Free! Prizes!**

**Celebrate cycling!**

## BIKE MONTH MOVIES

Bike movies have been a part of Bike Month for the last few years and this year is no exception. See page 2 for times and locations!

**A Sunday In Hell** is cycling's pièce de resistance, over one hundred minutes of finely-calculated suspense that leaves the viewer limp from vicarious pain and excitement. Once a year the Paris-Roubaix road race taxes the energy of Europe's best riders. Probably the finest cycling film ever made.


**Filmed by Bike** is the West Coast's premier bike-themed film festival. The festival embraces the art and innovation of bikes through the eyes of imaginative storytellers who use moving images to celebrate the world's most efficient and creative form of transportation. A showcase of two wheeled love in eight minutes or less.

"A Bikecar?", one may ask. Yes, a pedal powered vehicle was a vessel for adventure. Snowboarders Travis Parker, Louie Fountain and Scotty Wittlake approached travel differently in the winter of 2006. Putting snowmobiles and 4x4s to shame, the crew traveled across the Great Northwest in a bikecar.

Pulling a trailer with snowboards and gear, the crew pedaled in search of snow.

**You Never Bike Alone** is about the people behind the phenomenal critical mass rides in Vancouver and how cyclists are changing the face of the city. Presented in conjunction with the Edmonton Small Press Association, "You Never Bike Alone" will get you pumped to ride in Edmonton's June Critical Mass.

Following a mysterious treasure map into a spectacular underground realm of twisting passage and outrageous booby-traps, **The Goonies** race to stay one step ahead of a family of bumbling bad guys...and a mild-mannered monster with a face only a mother could love. A family adventure classic. Come cheer on the bike scenes!

**Pedal** is a fast-paced documentary film about surviving in the streets of New York City as a bicycle messenger. It features messengers from all walks of life as they battle traffic in a race to make their next delivery on time. Pedal allows the viewer to live the spectacle of the delivery, without the bruises and near misses that make up the daily life of a bicycle messenger. 

## THE HEALING POWERS OF BICYCLING

by Prof. Terry Elrod

Through my many student years and for almost all of my adult life, I've lived within walking distance of school and work. Despite this, from high school right through graduate school, I managed to log quite a few clicks by bike. Even as a student in New York City I averaged about 3000 km per year, which doesn't sound like much to a regular commuter, but surely it is well above average for a recreational rider. However, as happens to many people when they join the working world, my time on the saddle dwindled after I got my first job as a professor. "Publish or perish" meant many hours of work, and recreation seemed like a deferrable luxury.

That was twenty-five years ago. And after fifteen years working as a professor at the U of A, while I hadn't perished, I was in pretty poor physical shape. After decades of driving a computer for a living, chronic hand pain and a herniated disk in my neck made crouching over a bike's handlebars painful at best. Really, it seemed hopeless. So much so that I donated my cycling equipment, which I'd kept all those years, to EBC. They were more pleased than I expected. ("Wow, how Retro!")

Still, I had fallen into a common chronic-pain trap. Our instinctive response to pain is to withdraw from physical activity, and I had withdrawn for so long I was growing feeble. I finally realized that, pain or no pain, I had to get active again. Exercise had to become a regular part of my life.


I'm happy to report now that this has come about.

I know of two sure ways to exercise more. One is to build it into your routine - make it "just something you do", like eating and sleeping. An excellent way to do this is to commute by bicycle — you get exercise twice each weekday whether you mean to or not. Unfortunately, my commute is about 4 blocks long. That's not quite long enough to qualify as exercise. So my routine now includes prepaid exercise classes.

The other way I know of to get more exercise is to find an activity that is simply joyous. And for me, cycling is it! And isn't Edmonton a fabulous place for it! Rides along our river valley trails can't be beat anywhere, and our extensive and growing network of bike-friendly routes lead through interesting and beautiful neighbourhoods we might never see otherwise.

But what I didn't know was — could I ride a bike without aggravating my neck pain? Well, that's where an EBC member came to my aid, and that person happened to be EBC Newsletter Editor Kent McPhee. (I anticipate a struggle getting this part of my article into the newsletter, but it illustrates the importance of the spirit of helpfulness common among EBC members.) Anyway, even though Kent didn't know me well at the time, he lent me his beautiful Brompton folding bicycle for two weeks to see whether its fairly upright riding posture would allow me to start riding again. Thanks to this kindness, I'm now a happy owner of two bikes — my very own Brompton, which is ideal for quick trips around town — and a custom-made Bike Friday, which lets me sit bolt upright for longer rides.

So, if you haven't ridden a bicycle for a long time, go check out the variety of bike design options that are available now. You'll find that bikes can be much more comfortable than that old 10 speed you had as a kid. Improving your health while participating in a fun activity on a comfortable bike ... what could be better than that?

And, if you see a tall middle-aged man riding a folding bicycle and wearing a big smile, please say hello! Hope to see you on the trails soon. 

### Be a Tandem Captain

There are many people in our city that for a variety of reasons are not able to bicycle by themselves. They may be blind, have a physical limitation, or do not possess the cognitive skills to operate a bicycle on their own. The desire by these people to experience the joy of cycling is one that EBC has been requested to address. If you are interested in being a tandem captain to help these people have a cycling experience then please contact John Collier at 433-1270.





## 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.

Spring is finally here! Birds are singing, trees are in bud, the days get longer, and bicycle commuting times start to shorten. The change of seasons brings with it the opportunity to take long way 'round without taking any longer than the trip took in the middle of

Follow the river valley path west as far as it takes you ... which is up the MacKinnon Ravine. At the top of the Ravine, bear left and you come up in time to take a left at 148 St. The next two blocks are the only street level part of this route! The first right puts you eastbound on 100 Ave. At the intersection of 149 St and 100 Ave keep your eyes peeled for a multi-use trail on the south side of 100 Ave.




January. Take the opportunity to check out a longer route than your normal summer route ... perhaps something scenic or a route through a part of town where you've never been or one with a couple more hills to challenge you.

Today's route links the downtown Grant MacEwan campus with the west end campus. It's not the most direct route, but it is scenic and 99% of it utilizes multi-use trails.

Starting at 109 St and 104 Ave, the route cuts through the parking lot to the start of the Rails-to-Trails path behind Future Shop. Follow the trail all the way to Ezio Farone park. From there it's west along the edge of the river valley and through a big switchback that goes down behind the Royal Glenora.

The 100 Ave trail parallels street all the way to the Grant MacEwan west campus. Even though this trail is separated from the road, be aware of your surroundings! The trail intersects many residential streets ... motorists aren't always looking for cyclists as they attempt to turn right onto the busy 100 Ave. Since 100 Ave is one-way eastbound and you are westbound on the trail, they will likely be looking away from you as you approach them.

Whatever your normal routine, try something different this spring! 

*Route Finder needs your help! Have you got good routes to get from point A to point B? Have you've 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)*

### "Under the Helmet" - A new section on the EBC website!

*Creative expressions about bikes and those who ride them. Words, pictures, sounds, video ... all submissions are welcome!*

You'll find it under the "Projects" menu on the EBC home page. Poetry, artwork, non fiction, fiction.. If this spring finds you in a creative mood, please send us your expressions (email them to [newsletter\[at\]edmontonbikes.ca](mailto:newsletter[at]edmontonbikes.ca)) and we'll post them on the site! Enjoy!



## THE FALLING SUITCASE

by Robert Drinkwater

This crazy story isn't real -- it happened in a dream I had a few nights ago. EBC member Ang McCartney is in it, but before anyone gets creeped out, it isn't a sexy dream or anything. It was just, well, you know, crazy.

It started pretty normally with me riding on the south side of Edmonton along 97th Street. The street was almost empty, as it often is, because there's no on- or off- ramps connecting it to the Whitemud Freeway. It's just a big wide road with warehouses and factories that's a perfect north-south corridor for cyclists.

I was riding north, and as I looked ahead in the distance I could see a woman on a bike. I pedalled a little faster and as I got close to catching up, I could tell it was Ang. She was singing. It was the song off Sheryl Crow's new album about gasoline riots in the year 2017. The chorus is, "Gasoline will be free, will be free!"

As I closed in behind Ang, I figured I'd surprise her by singing along. But right at the moment that I was about to join in, Ang lifted her ass off the saddle and cut a very loud fart. (Just to remind you, this is not real. It's a dream.)

Well, I laughed so hard I almost crashed. Ang, suddenly aware of my presence, whipped her head around and turned bright red, but was soon laughing hard, too. We laughed and weaved all over the road like drunks, and were almost on the brink of passing out for laughing so hard when a suitcase suddenly dropped from the sky and crashed onto the pavement in front of us.

"Holy! What the..." I exclaimed as we both slammed on our brakes. "It must have fallen out of a plane!" Ang said.

We looked up, but there wasn't a plane to be seen. Not even the remains of a wispy contrail marked the air. We looked back down at the exploded suitcase in front of us, up at the sky again, and then scanned the nearby buildings. Perhaps, we thought, there might a lunatic launching suitcases with a catapult. But we were the only ones there.

Cautiously, we approached the suitcase. It looked like it was an older, hardshell case, like the kind that used to survive getting bashed around by gorillas in old TV ads. Its contents, were visible among the pieces of cracked shell, and they clearly belonged to a woman.

"Should we touch any of it?" I asked. "Maybe the police, or Transport Canada, will need it all just like it is when they investigate." "Investigate? It fell out of a plane!" Ang replied, looking up at the sky again. "But I guess we should still call the cops."

Ang dialed 911 on her cellphone. The operator, assuming a report about a falling suitcase must be a prank, hung up twice before finally agreeing to transfer the call to the police. The cops weren't particularly convinced, either, but promised Ang they'd send a cruiser as soon as they could.

We waited for a while, but soon gave up. I couldn't really blame the Edmonton Police Service. They've got their hands full hunting for people who kill hookers or shoot up all-night dance clubs.

Since I had a rack and bungee cords, I volunteered to take the suitcase home and try to figure out who owned it. I wrote down Ang's phone number and promised to keep her informed about whatever progress I made. We rode together until Whyte Ave., at which point I headed north across the High Level Bridge for home.

I looked through the blue pages in the phone book when I got back to my apartment and dialed Transport Canada. They were at least a little more interested than the police had been.

"What's the airline name on the baggage tag, sir," asked the clerk, or investigator, or whatever he was. "Eastern Provincial, and the destination code is YHZ," I said as I read the tag. "That's impossible," the man said, sounding annoyed. "EPA was taken over years ago, and they never flew over Alberta." "I know," I replied. "I'm from the East Coast. YHZ is Halifax. Look, I realize it doesn't make sense, but that's what it says."

The call went south as quickly as a falling Samsonite.


"Phone the North Pole! Maybe it fell out of Santa's sleigh!" the Transport Canada man shouted, and then hung up.

Well screw the authorities, I thought. I looked at the owner's tag, which was next to the airline tag on the suitcase handle. It said it belonged to a Heather Macdonald who lived on Oxford Street in Halifax. It even had her phone number.

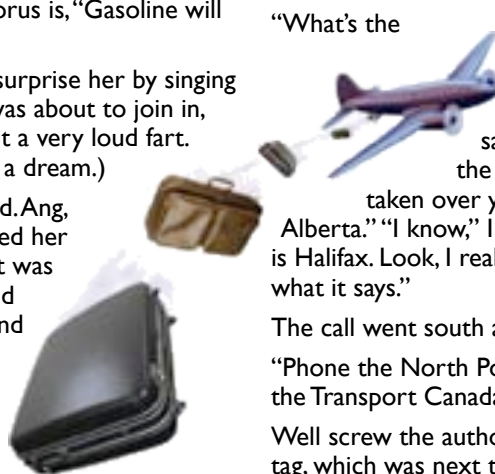
I dialed it, but the machine that answered told me I'd reached the home Carl and Jennifer. I left a message asking them to call me if they could help me reach Heather, but I figured it was best to leave out the details about the falling suitcase.

My next step was canada411.com, but there were literally thousands Macdonalds in Halifax. I looked though the contents of the suitcase, but there didn't seem to be anything that might identify or locate the owner. I was stumped.

I called Ang. I started in right away about how badly things were going when she cut me off.

"Somebody -- I don't know who -- just called me. They want us to bring the case to BikeWorks, at 10:00 tonight!" she said. "They said they wanted us both to come, and no one else. And they told me to call you." **TO BE CONTINUED** 

*[Who called Ang? What do they want? Should Robert and Ang go to BikeWorks? What's so special about that suitcase anyway? Visit [http://www.edmontonbikes.ca/index.php/under\\_the\\_helmet](http://www.edmontonbikes.ca/index.php/under_the_helmet) for the exciting conclusion to Robert Drinkwater's THE FALLING SUITCASE.]*



**EBCer PROFILE**

EBCer Profile is one way for EBC members to connect. If you happen to see a profiled individual, be sure to say "hello" and "I saw you profiled in the Cyclist's Vehicle" and stuff like that.

**What are your names?**

Scott McAnsh, Erin Groulx, and Lotus McAnsh

**How long have you been involved with EBC? In what ways?**

We learned about EBC while we went through the process of setting up The People's Pedal in 2005. The family has had a membership for a couple of years now. We signed up at an annual general meeting. This year I (Scott) am an EBC board member.

**What's the best part of EBC for you?**

The people and the shop - BikeWorks.

**What do you like to do (or must do) when you aren't cycling?**

Cycling advocacy, law, parenting our new baby girl; environmental assessment.

**What are your favourite rides/routes around town?**

The river has many nice rides and we love to bike to the U of A!

**What is your current commute or frequent ride?**

Being a student at the U of A, the most frequent ride for me (Scott) was from Allendale to the law building. Currently we are all cycling in France - you can check out the route under the blog section of [babymcansh.com](http://babymcansh.com). Upon returning to Edmonton, I will be biking downtown to the Law Courts and Erin will be biking from Allendale to Capillano with Lotus in tow some of the time.

**How is cycling in France compared to Edmonton?**

Biking in France is hillier and involves much more dramatic scenery and changes in climate and topography than biking in Edmonton. Everything is also much closer together in France than in Canada; some towns are only 2 km apart.

**What bike(s) do you ride now?**

Right now we are on our matching Brompton folding bikes. Scott usually rides his Surly Steamroller fixie at home and Erin is on her Miele. Lotus is always in the Charriot carrier!

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

Helmets.

**How long have you been riding a bike?**

We've both been on bikes since our youths. We became a carless family when we sold our car in 2004 and made cycling the way we get around.

**When and why did you start commuting?**

2003.


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

Right now, we averaging around 45 km a day while on tour. Back in Edmonton it'd be about 70 km per week all year for Scott and Erin rides over 100 km per week in the summer and not much in the winter.

**What kind of lock do you use?**

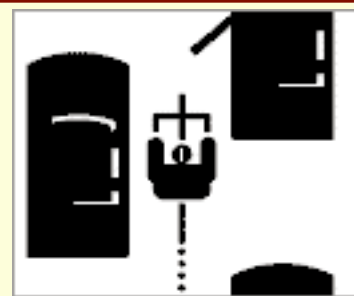
Kryptonite Evo Mini.

**Any bicycle commuting advice?**

Watch for cars - there are a lot of jerks out there. 

**CAN-BIKE** - The Edmonton Bicycle Commuters will be holding a CANBike II course in early June. CANBike 2 covers on-road cycling in detail with practical, hands-on instruction in how to navigate city, urban and rural roads and streets. The dates are: Tuesday evenings 7 to 10 PM June 3 & 10, Sunday 10 AM to 4 PM June 8, Saturday 10 AM to 4 PM June 14.

Cost is \$80 made payable to EBC. To register or find out about autumn courses, please contact John Collier at 433-1270 or [jbcollier\[at\]shaw.ca](mailto:jbcollier[at]shaw.ca)






**BIKEWORKS UPDATE***courtesy of Keith Hallgren*

Well... another summer of cycling approaches and we have been really busy getting everyone's favourite shop ready for the season as starting Saturday May 10th we will be open 7 days a week to make sure everyone's two wheeled steeds stay tuned and road worthy. Our summer hours will be noon-5pm on Saturday and 1pm-5pm on Sunday, 4pm-9pm on Mondays, 1pm-6pm on Tuesday, Thursday, and Friday, and 1pm-9pm on Wednesday. As always, it's best to call to double check before coming down (433-BIKE (2453)).

If you like the spiffy new EBC logo, then you can own your very own patch or sticker! And we have both a reflective and a full colour version of the patch for sale, so get one of each! The cargo and B.O.B. trailers are ready to roll this summer to meet all your heavy hauling requirements. Call the shop for rental pricing.

This summer we will have two mechanics on duty through the week. Your friendly neighbourhood mechanics this year are both myself and Steve Connor, who will be returning from Australia in June. I look forward to working with someone I consider to be an exceptional bicycle mechanic and a fine human being.

As always...an integral part of the BikeWorks vibe is the many people who volunteer at the shop. The most recent example of that is our newly painted shop floor! Many thanks go out to the folks who came down and helped to move stuff and to Alex Hindle for tackling the painting duties. It's a spectacular result! We can always use more volunteers here at the shop as there is no end of things to do. Just come on down and we'll find something interesting for you to do...or keep an eye on the website for our semi-regular yard and shop cleanup events.

So if you want to keep your own ride in fine working order, purchase a rebuilt two wheel beauty, or if you'd like to lay down a few hours volunteering, there is no better place to learn bicycle repair skills than our own BikeWorks! We look forward to seeing you down at the shop. 

**Bike Parking Volunteer Opportunities**

Bikeology	Heritage Days	Dragon Boat Races
Symphony Under the Sky	Edmonton Fringe Festival	A Taste of Edmonton


*Email volunteers[at]edmontonbicyclecommuters.ca if you want to volunteer!*

**ASK DR. COG****Dear Dr. Cog,**

***A couple of years ago I found the perfect handgrips and have enjoyed a full and satisfying relationship with them. Now it's time to give them the handlebar they deserve. My question is how do I get them off the old steel handlebar without slaughtering them?***

**- Save the Grips**

Dear Grips,

There's nothing sadder than finding the perfect grips and then having to dispatch them to the big handlebar in the sky before their time. Now, assuming that you didn't pull a stunt like using spray paint to lubricate them during installation (can you say "permanently bonded"?), they can come off with nary a murmur o' complaint. The best way is to use the miracle of compressed air. Peel back the edge of a grip enough to slip in an air nozzle ... then blast and twist and pull. It'll come right off and you'll have learned a new skill. BikeWorks has a compressor, so the next time you're there, ask the mechanic on duty about it. If you don't enjoy high pressure situations, there's another way to do it. Make like you're doing the dishes and get some soapy water together. Stick a long skinny screwdriver under the handgrip and dribble the water in while moving the screwdriver around. You're trying to get as much coverage in there as you can. Once it's lubed up good, twist and pull for all you're worth [did we just lose our G rating?]. - Dr. Cog 

**Q&A**

**Have a question for Dr. Cog? Let him know by sending an email to [newsletter\[at\]edmontonbicyclecommuters.ca](mailto: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.**



**CITY TRANSPORTATION UPDATE** *clo Claire Ellick***QUESNELL BRIDGE**

Streets Engineering has been investigating a staging option to accommodate pedestrian movements during the 2010 construction season of Quesnell bridge construction.

They will be able to stage the project in such a way that will accommodate a pedestrian crossing across the Quesnell Bridge during the 2010 construction season. However, they are still unable to accommodate a pedestrian crossing in 2009. As such, they are investigating other alternatives for pedestrian accommodation during the 2009 construction season and will be providing an update at the next open house for the project, likely in the fall of this year.

Until June/July 2008 the existing trail (where it switchbacks) will be status quo, but then the retaining wall will need to be removed and replaced, and at that point the trail will be detoured. The detour during this time will include upgrades (and addition of a bike gutter) to the staircase just east


of the trail. It is a fairly wide staircase at present, and they will look at opportunities to put a wider bike gutter on.

Because they can now accommodate pedestrians in 2010, Streets Engineering is hoping to get the trail replaced by mid 2009, so that by winter 2009 active modes can have access both to the trail and across the bridge.

Adam Laughlin is overseeing this project and can be contacted at [adam.laughlin\[at\]edmonton.ca](mailto:adam.laughlin[at]edmonton.ca) with any questions.

**BIKE RACKS**


The new racks have arrived and installation by City Maintenance crews has begun. Expect to see more and more racks bolted to sidewalks over the next month. The racks are a variation of the famous post-and-ring racks in Toronto. They are quite stylish!

For on-road cycling inquiries, contact Claire Ellick at 496-2615. Roadway maintenance inquiries (potholes, gravel, glass) can be directed to the Roadway Maintenance Hotline at 496-1700.. 

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

**tribes.tribe.net/bike2work** If you ride a bike to work, be it once a week or 7 times, you're welcome here. It's a place to share ideas, stories, apre-work beers, tips, parts and whatever else you want to give to each other (with some discretion, please). Recumbent riders welcome.

**bikeforpeace.org/bike\_move.html** Bikes are for hauling! Rich and Wanda in Boulder Colorado put out the word that they were moving house. They figured that if enough people with bike trailers showed up, they could pull it off entirely car free. It worked! As they say, many hands (and wheels) make light work. This page documents the moving adventure and proves that it can be done! Check out the links to other bike moves ... including the one in Ottawa during the winter – proof that it can be done in Edmonton. Any volunteers out there who want to set up an EBC bike move registry on the EBC website?

**momentumplanet.ca** The magazine for self propelled people. Momentum Magazine reflects the lives of people who ride bikes. Momentum provides urban cyclists with the inspiration, information and resources to help them fully enjoy their riding experience and connect with their local and global cycling communities. Free paper copies are available at EBC and Earth's General Store, but everything is also published online. Truly a magnificent publication for bikey folk! 



**The People's Pedal**

Edmonton Bicycle Sharing Society [info\[at\]peoplespedal.org](mailto:info[at]peoplespedal.org)

Edmonton's only bicycle sharing society needs you!

Hub Monitors  
Bike Builders  
Promotional Aids



**Edmonton Bicycle Commuters**

PO Box 1819 STN MAIN  
 Edmonton, AB T5J 2P2  
 Phone: 780-433-BIKE (2453)  
 Web:  
 www.edmontonbicyclecommuters.ca  
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 newsletter[at]edmontonbicyclecommuters.ca

**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 SUMMER HOURS**

433-BIKE (2453) - call ahead for changes to hours

10047 - 80 Avenue (in the alley)

Monday 4:00pm - 9:00pm

Tuesday 1:00pm - 6:00pm

Wednesday 1:00pm - 9:00pm

Thursday 1:00pm - 6:00pm

Friday 1:00pm - 6:00pm

Saturday 12:00pm - 5:00pm

Sunday 1:00pm - 5:00pm

**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 _____	<b>Membership Costs and Benefits</b>
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"/>

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Happy Cycling!