

# The Cyclist's Vehicle

## June is Bike Month!

Wahoo! In case you missed the official City proclamation that happened in Sir Winston Churchill Square ... June is Bike Month in Edmonton!

There are tons o' velo-love options for you and your beloved bike this month. It matters not whether you tootle through your neighbourhood, go x-country on two wheels (or one), cycle tour, race in any kind of bikey race, build and ride choppers, are obsessed with fixeys, earn your living on a bike,

or have a bike in your garage and are wondering what to do with it.

Bike Month events are plentiful and, of course, they are **free free free!** Check out the bike month calendar for an at-a-glance review of all the activities.

Complete details on event times and activities start on page 2 and be sure to check out the official website [www.bikeology.ca](http://www.bikeology.ca) for the most up to date Bike Month information.

Complete details on page 2...

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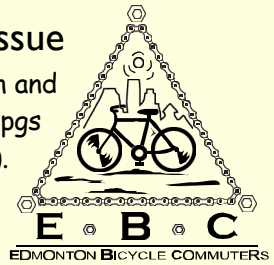
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
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Kent McPhee

Editor 



Bike Month Calendar June 2006						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	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	1

-  **Bike to Work Breakfast**
-  **Bikey Discussion / Presentation**
-  **Bicycle Movie Night**
-  **Bikeology Festival of Bicycling**
-  **Mocktails on the Bridge**
-  **People's Pedal Bike Share Party**
-  **Critical Mass Ride**
-  **Edmonton Commuter Race**
-  **Commuter Challenge Week**



## BIKE TO WORK BREAKFAST

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

**June 2 Bicycle Bottle Neck**  
87 Avenue & 109 Street.

**June 7 Ezio Faraone Park**  
109 Street at North end of High Level Bridge.

**June 16 Sir Winston Churchill Square**  
Pancakes on the square!

**June 23 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

Four velo-love movie nights for your viewing pleasure. Did we mention these are free? AND, there'll be prizes - 7:30pm start.

**June 7 The Edmonton Art Gallery**  
"One Gear, No Brakes"

**June 13 The Edmonton Art Gallery**  
"Calgary to Austin Peloton Project"

**June 17 South Library Plaza at 7PM**  
100 Street & 100A Avenue  
"Quicksilver".

**June 21 The Edmonton Art Gallery**  
Barb's Bike Shorts and  
"Shall We Dance".

**June 29 The Edmonton Art Gallery**  
Barb's Bike Shorts and  
"I ♥ Huckabees"

The Japanese version of **Shall We Dance** is a lovely movie about a successful but unhappy Japanese accountant who finds the missing passion in his life when he begins to secretly take ballroom dance lessons. Why are we watching

# BIKEOLOGY

Fun! Free! Prizes!

Bus bike rack  
time trials

Cycling  
scavenger  
hunt

Bicycle mechanical  
checks and workshops

Bike art, bike  
displays, tons 'o  
bikey information

Gear swap and  
craft tables

Solar-powered live  
entertainment  
featuring  
The Elevators,  
Anna-Marie Sewell,  
Stringbean Quartette,  
Two By Four,  
and more!

Cycle-powered  
smoothies!

**Saturday, June 24, 2006**  
**12:00 noon - 6:00 p.m.**

**Beaver Hills House Park**  
**(Jasper Ave and 105 St)**

it? Because he's commuting by bike!

In **Quicksilver** Jack Casey (Kevin Bacon) used to be a hot-shot stock market whiz kid. After a disastrous professional decision, his life in the fast lane is over. He loses his nerve and joins a speed delivery firm which relies on bikes to avoid traffic jams of New York City. Can Jack regain his nerve and his self-respect, and rebuild his life on a more sound basis? Let's

find out, in our fabulous outdoor theater! It's a Bike-In, folks. We'll start with a picnic, followed by an outdoor screening at ~10:30 PM. Bring food, cushion, mozzie spray.

**One Gear, No Brakes** reveals the mesmerizing world of International track sprinting. For 2004 Olympic track cycling champion Lori-Ann Muenzer (our special guest!) the only thing missing from her 18 year career is a world championship. At 38 she is

...continued on pg 3

**A bicycle is one of the world's beautiful machines, beautiful machines are art, and art is civilisation, good living and balm to the soul.**  
- Elisa Francesca Roselli

**Bike Month...continued from pg 2**

nearly double the age of most of her competitors, but still lives for the high speed chaos of World Cup sprinting.

Inspired by Calgary cancer survivor, Brian McGregor, the **Calgary to Austin Peloton Project** was a benefit to raise awareness and support for cancer patients and their families. Last fall more than 20 bicycling enthusiasts and their support staff participated in the first annual charity bike ride from Calgary to Austin in support of the Lance Armstrong Foundation (LAF).

**I ♥ Huckabees** has young bike riding Albert determined to solve the coincidence of seeing the same conspicuous stranger three times in a day. Albert hires a pair of existentialist detectives, who insist on spying on his everyday life while sharing their views on life and the nature of the universe.



### BIKEY DISCUSSION NIGHTS

Got something you want to say about bikes? Wanna hang out with folks who love bikes? **6:30pm** start

**June 8 Earth's General Store**  
**Effective Cycling Techniques discussion with 100% Woman.**

**June 15 Earth's General Store**  
**Basic Mechanics discussion with We ARE Traffic.**

**June 22 Earth's General Store**  
**Winter Riding discussion with Ice Road Ride Muffaloose.**

Check out these discussion/presentation nights, hosted at Earth's General Store (10832 82

Avenue). Each night at 6:30 there will be a short presentation, some discussion about the presentation, short bike movies, and a chance to check out Earth's General Store's fabulous cycling information and resources.



### MOCKTAILS ON THE BRIDGE

Can't make it to breakfast? Well, stop by after work, the bar is open from **4:30pm to 6:30pm.**

**June 2 Ezio Faraone Park**  
**109 Street at North end of High Level Bridge.**

**June 30 Ezio Faraone 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 30**, starting at **5:30pm** in front of City Hall (#1 Sir Winston Churchill Square, 103A Ave and 100 St.) and riding to McIntyre (Gazebo) Park at 104 St and 83 Ave.



### CANADIAN COMMUTER CHALLENGE

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

**June 4-10 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. Participants make a commitment to walk, cycle, take transit, carpool or telework during Environment Week and at other time during the year. 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 6 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 from 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? Please contact Alex at [alex.hindle\[at\]jedmonton.ca](mailto:alex.hindle@jedmonton.ca) or 944-7844 



**People's Pedal Bike Share Party 11:00AM - 2:00PM Sat June 3** McIntyre Park (83 Ave/104 St)  
Celebrate the one year birthday of Edmonton's bike sharing cooperative. This fleet of red bikes are available for short term use around Downtown and the University area.

## ASK DR. COG

Dear Dr. Cog,

**My wheel is bent and the brakes are rubbing. How do I fix it?**

- **Bent All Outa Shape**

Dear Bent,

A trued up wheel has a rim that is perfectly flat and round. Some people are flat broke, but your wheel is not flat, it's broke. If it's not too bent outa shape, you can fix it by adjusting spoke tension. Find the bit that rubs on your brake.

That's the part that has left the plane, so to speak. It can be pulled back into line by shortening the spokes that lead from the bend to the side of the hub that's opposite the brake pad that's rubbing and by lengthening the spokes that lead from the bend to the side of the hub that's on the same side as the rubbing brake pad. You can play around with the effect by grabbing a handful of spokes on the "to be shortened" side and squeezing ... see how the rim moves away from the brake pad? There's the rub, or lack thereof as the case may be! To permanently shorten them, grab a spoke wrench and turn the spokes clockwise as viewed using your x-ray vision through the tire and tube. Do it in small increments and carefully check your work as you go.

If your wheel resembles a taco, then playing with spokes ain't gonna cut it. Not only would you end up with spokes that are way too tense, you'd end up pretty tense when your wheel falls apart half way down McDougall Hill. For severely bent rims you must first use a little physical violence to unbend the wheel before adjusting the spokes. Try standing on the wheel or leaning on it against a table or hitting it with a big rubber mallet. Make sure you are not just adding another bend instead of straightening the first one. Severely bent aluminum rims are more difficult to straighten than steel rims because they are springier and more brittle at the same time. If you have done major work on an aluminum rim, check it carefully for visible cracks. If you find a crack, it's toast.

- 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.




### EBC Bicycle Art Contest

Summer fun for artists - EBC is holding a bicycle art contest! Deadline for entries is August 30, 2006. Submit your 8.5 x 11" or smaller work of art depicting a bicycle. It can be made by hand, foot, computer, catapult - as long as the judges get an 8.5 x 11", 2 dimensional version (i.e. if you make a ten foot metal sculpture, we're gonna need a good photo). Feel free to make more than one submission. Three judges will rate the artwork on the following: skill, creativity, style, bicycle accuracy, bicycle beauty. All submitted artwork may be displayed by EBC and/or used in promoting EBC and affiliated cycling groups. **Grand prize: An EBC Bicycle** **Runner up prize: One year EBC membership** Drop off all submissions in a sealed envelop marked "EBC Art Contest 2006" at BikeWorks - 10047 - 80 Ave (in the alley).

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

**www.oxygensmith.com/~squidgy** You may have run into Meaghan or Malcolm at BikeWorks or maybe an EBC event or two. You may know that they spent time touring southeast Asia on a recumbent tandem. You may even know that Malcolm went on to do Russia and Europe. But did you know that it's all documented online in living colour? Their site is almost like being there. Grab some inspiration for your next marathon bike tour in places with everything from monks to monkeys.

**www.pcei.org/vbp/people\_and\_bikes.htm** A dispatch from the other side of the world - Brekumanso, Ghana. Personal stories of folks who have benefited from a bikey "Habitat for Humanity" approach (maybe they should call it "Pedals for People"). Read about people who exemplify the true essence of what it means to integrate utilitarian cycling into everyday existence. It's great to read about bicycles making a big difference in peoples' lives. If you are interested in further communication with any of the folks featured here, they would be happy to hear from you. Ghanaians love penpals!

**www.geo-gea.info** The first two links explore the dimension of space, now how about the dimension of time? Bike builder extraordinaire, Arvon Stacey, is familiar to many in the Edmonton cycling community. Lately, Arvon has been getting into making replicas of bikes of the 1890's. In his own words "Just after the time when everyone quit falling off the High Wheelers, came a period of great development of mechanical things in the cycling world. Just before the acceptance of the diamond frame design as the standard, bikes were very unique, even beautiful." Check it out. 

## ROUTE FINDER - 16 BRIDGES TOUR

by Michael Halliwell

*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. In this edition of Route Finder Michael Halliwell recounts last summer's epic journey to cross all of Edmonton's river crossing bridges in one ride.*

When my wife and I moved back to the south side, I decided to take up bicycling for recreation - my wife and I could ride together, and for commuting - I'd be able to leave the car at home more often.

I started slow, doing a few commutes a week. I'd gradually increase my daily distance. I'd do more and more with the bike by trying to go places where I'd usually take the car. By the time summer rolled

around, I was doing better on the bike and looking for a way to really challenge myself. Living near, and commuting via, the Mill Creek Ravine gave me the idea that the river valley trails would be a good place to start my search for a challenge. Pulling out the city bike map, something hit me right away...the river and all the bridges that cross it. There it was, the challenge! Why not ride all the bridges that cross the North Saskatchewan?

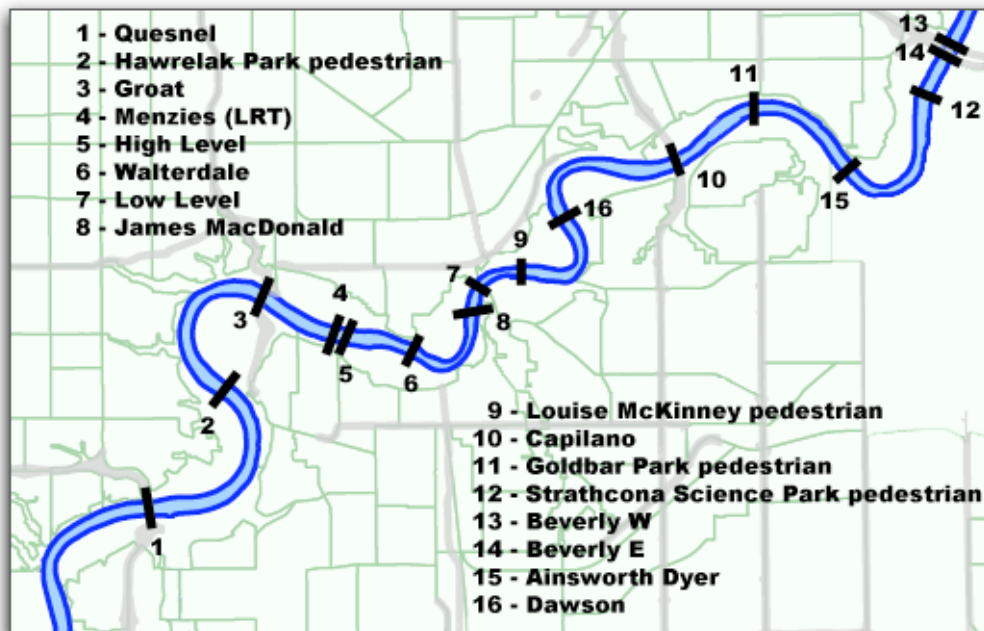
I tried out a few segments of the route and quickly came to the realization that this challenge was going to be an epic covering at least 50 km. Since my wife and some of my co-workers thought I was nuts, I knew I had an epic worth of a name, and "The 16 Bridges Tour" was born.

### THE WEST RUN

Starting near Mill Creek in Old Strathcona and riding west along Whyte Ave. offers a lot to look at when

you're not whizzing by in a car. From there, it was down car-free Keillor Road to Whitemud Park and the first and furthest west of the bridges: the Quesnel.

Using the Quesnel to cross to the north side of the river, I then went through Laurier and Buena Vista parks before crossing the pedestrian bridge into Hawrelak Park. From there it's a short jaunt half way round the park and out to the Groat Bridge and back to the north side of the river. Once there, I enjoyed a nice ride along River Valley Road to the LRT (Menzies) bridge. Crossing into Kinsmen Park brought me to the first real challenge of the ride - the monster climb up to the High Level Bridge.



### BRIDGES GALORE

Anyone who crosses the river on a regular basis knows that there are a lot of bridges in the downtown core. My goal was to cross each bridge once, keep the total distance to a minimum, and have an enjoyable and scenic ride. With this in mind, I crossed back to the north using the High Level Bridge, rode past the Legislature and turned down to the Walterdale Bridge. I crossed the Walterdale and enjoyed a nice ride in Queen Elizabeth Park. At the eastern edge of

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**16 Bridges Tour ... continued from pg 5**

the park, the trails connect up to Scona Road. From there, I headed north to catch the Low Level Bridge and then doubled back west to the James MacDonald Bridge. I didn't know that there was a walkway on the north side of the James Mac, but I do now! It was an easy ride across the river and down into Cloverdale Park and on to the pedestrian bridge near the Edmonton Queen that leads over to Louise McKinney Park.

**EASTWARD BOUND**

Next up on my epic was the long trek east to the Capilano Bridge. Now I know, there is the Dawson Bridge in there too, but because I live near the Mill Creek, I decided to leave it for the return trip (I'll get it later....you'll see). At the Capilano, things got more interesting as I hadn't gone any further east before. Going south across the river, I found my way under the bridge to a trail that goes up to 106 Ave then turns back towards Capilano Park.

I crossed back to the north side of the river at Goldbar Park's west foot bridge...the one that doesn't lead to Rundle Park. The hill on the north side is steep and was the next monster challenge in my epic ride. From the top of the hill, I made use of Ada Boulevard to get to Rundle Park and pedaled my way around to the bridge that goes to the Strathcona Science Park.

Now, the map showed a little loop that runs just about to the east side of the Beverly Bridges, but I wasn't sure if you could actually get to the bridges. I opted to climb out of the Science Park and go north on 17th St. Now, I know some of you will think me totally nuts for doing this, but using all the safety tips and tricks I could, I crossed the river using the westbound lanes of Highway 16. Following a much needed rest, I waited for a break in the traffic and crossed over using the Ukrainian Heritage Forest to get around to the eastbound Beverly Bridge. After another much appreciated break, I crossed to the outside of the eastbound lanes and made use of the

pedestrian walkway (which doesn't have a sidewalk coming to it on either end!) to dash across and back. The eastern extreme end of the trip had been reached! I was now on ...

**THE HOME STRETCH**

If you're looking at a map, I was sitting at the southwest corner of the two Beverly Bridges and was looking down at what I had seen many times from the car: a bike/jogging path that goes below the Beverly Bridges and leads into Rundle Park. The hill getting down onto the paved trail was steep, but with patience and brakes, it was soon enough behind me. From there, it was another nice ride through Rundle Park and then across the Ainsworth Dyer Bridge to Goldbar Park.

Now at this point, being my first epic and all, I was more than a little bushed. In fact, I bailed on the original plan I had drawn up: to go back via the south side of the Riverside Golf Course to the Dawson Bridge and go home from there. I just didn't have enough left for all the ups and downs on the south side of the golf course and the climb up to Forest Heights Park. Instead, I opted to go up 50th Street and use 106 Avenue...it was a compromise, but at this point in the ride, I was not going to let the last bridge escape me! Overall, I got to the same point, but the slopes were a little more manageable for the soggy spaghetti noodles that passed for my legs at that point. Personally, the detour was a little disappointing for me, but it was my first epic. But as a consolation, I had made better time to this point than I figured I would.

Coasting down 106 Avenue, I crossed the Dawson Bridge (the final bridge, #16!!) and dove into the Brickyard. By the time I got back to the foot bridge near Louise McKinney Park, I managed to find a little more oomph. I knew the final segment would be tough, but "granny gear" or not, I was going to finish the loop. I crossed over the river one last time, climbed up past the Muttart and the Dove of Peace, crossed the bridge over Connors

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**"It is by riding a bicycle that you learn the contours of the country best, since you have to sweat up the hills and coast down them. Thus you remember them as they actually are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle."**  
Ernest Hemingway

## Advice for Long Trips

by Karly Coleman

Have you been thinking you might try a long cycling trip this summer? There are all manner of things you can do to make your trip more comfortable.

1. Gold Bond Powder for your bottom - apply liberally in your bike shorts each day or as needed.
2. Get good bike shorts (two pairs at least).
3. If you are doing an extended trip with your beloved, bring two tents. Seriously, there will be times when you are tested beyond endurance and having an extra tent will make those times less stressful. You can also plan a day (or longer) away from each other which will be quite helpful as well.
4. Even if you have water resistant covers for your panniers, I would still recommend wrapping all your belongings in garbage bags first. The covers work well for the top side of the panniers, but are not sufficient for water thrown up by your wheels.
5. Fenders will be your friend on wet days.
6. Take a break from cycling at least once a week and a break from each other at least that often.

7. Put everything you intend to pack with you in a pile on the floor, take half of it. Calculate how much money you need and take twice that.

8. If you are eating power bars and the like, drink lots of water to prevent constipation.
9. You can always get new clothes at laundromats where there are lost and founds.
10. If one of you is a stronger cyclist, it behooves you to wait PATIENTLY while your partner labours up the hill and then wait until they are recovered from the climb before continuing ... otherwise you will be needing two tents sooner than you think.
11. Don't push your loaded bike up the hills. Stop, rest, resume. Pushing a bike is annoying and difficult and heavy.
12. If you ignore point 7, and take too much stuff, you can (as I did) send some back home to yourself. Use something like your parents or good friend's address on the return address.

But, above all, savour and enjoy every minute! 

### 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](mailto:volunteers[at]edmontonbicyclecommuters.ca) if you want to volunteer!*

### EBC Makes Made-in-Alberta Video Debut

Made-in-Alberta is an innovative video series designed for weekly broadcast on Shaw TV, the community channel. Each week they feature Albertans, from all walks of life, who are innovating, adapting, researching, developing and enterprising new ways of creating and saving energy.

Recently, EBC sponsored an episode of Made-in-Alberta's "Getting Around" series. Karly Coleman stars in the short video promoting the utility of bicycling, EBC's services to Edmonton cyclists, bicycle safety, and even the joy of winter bicycling! There is also a video starring Claire Stock spotlighting transportation planning and Edmonton's network of specialized routes for effective cycling.

Check them out at [www.rbcc.ca/maid/getting\\_around.html](http://www.rbcc.ca/maid/getting_around.html) 



## EBCer PROFILE

This edition of EBCer Profile introduces our intrepid new volunteer coordinator, aMy leigh. aMy's job this summer is to help organize and coordinate the plethora of EBC summer projects including bike parking and Bikeology. If you want to get involved this summer be sure let aMy know.

### **What is your name?**

aMy leigh

### **What is your role at EBC?**

I'm the volunteer coordinator for all of our events this summer!

### **What are your goals as volunteer coordinator?**

To help make sure all of our events this summer run smoothly, to make sure everyone who wants to volunteer finds it an enjoyable experience, and to have fun and meet some new people!

### **How can people find out about volunteer opportunities?**

We need volunteers for several events that go on throughout the summer such as (but not limited to) the commuter race, bike to work breakfasts, and Bikeology. There's also bike parking at events like the Fringe and Heritage Days. Feel free to contact me for more information about what volunteering entails. You can also check out [www.bikeology.ca](http://www.bikeology.ca) for a full listing of events! (ps: volunteering also means you just might feel the wrath of Awesome Vegan Homebaked Goods ;-)

### **How can people contact you?**

They can drop me an email at either: [aMy\[at\]edmontonbicyclecommuters.ca](mailto:aMy[at]edmontonbicyclecommuters.ca), or at: [volunteers\[at\]edmontonbicyclecommuters.ca](mailto:volunteers[at]edmontonbicyclecommuters.ca).

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

Anywhere as long as it's a late night bike ride!

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

My most frequent commute as of late starts from my house in Westmount along the bike path that goes behind Oliver Square. Through Oliver and Grandin neighbourhoods, over the High Level bridge (or the LRT bridge when I'm feeling less lazybones) to my PO box at Whyte + 109th St is probably my most frequent commute as of late.



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

Maude is a Supercycle Medalist II that I got from Freecycle. (Not So) Small Brown Bike is an old CCM Elite cruiser that I got from Edmonton Bicycle Commuters the second day I lived in Edmonton.

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

My gloves are my "must have."

### **How long have you**

### **been riding a bike?**

My first bike was an orange Dukes of Hazard tricycle that I got when I was five or so!

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

I started commuting on a regular basis about four years ago when the cost of riding the TTC started to get a little ridiculous. Living in downtown Toronto, it was just easier to ride a bike to wherever I needed to go.

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

I have no idea how many kilometers I ride in a week, but I do ride my bike at least once a day.


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

Some generic brand U-lock. Shhhh! Dont tell the bike thieves!

### **What is your riding style? Cruising? Fast? Courier crazy? Etc.**

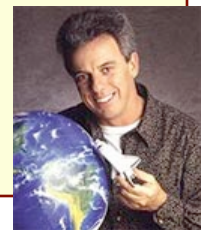
It depends on how late I am! Usually, I cruise ... unless I'm riding downtown or on Whyte which usually means I need to get somewhere quick.

### **Any bicycle commuting advice?**

Take the lane! 

### **From the cycling celebrities file ....**

**Bob McDonald, the host of CBC Radio's science show "Quirks and Quarks" is a bicycle commuter.**





Hello Edmontonians! Once upon a time there was a cyclist who had concerns and questions about street cleaning. He wasn't quite ranting, but he did express displeasure about the order in which he perceived the streets get cleaned. If you ever have an issue with the way the streets are being maintained, the 24/7 maintenance hotline number, 496-1700, is excellent for reporting street/snow cleaning, potholes etc. It doesn't hurt to submit the occasional kudos either!

The city has issued a report that provides a summary of recent work to pilot a mountain biking facility in the Edmonton region. The proposal was presented to Council's Transportation & Public


Works Committee on Tuesday May 16. It suggests a location for the mountain bike park to the east of the Kinsmen Sports Centre. The report summarizes discussion with cycling groups, provides a project description, and gives a preliminary cost estimate.

### Top Ten Reasons to Ride

10. It's a chick/guy magnet.
9. Your Hummer is in the shop and your Porsche is out of gas.
8. You've got 6 months left on your driver's license suspension.
7. You're only 8 years old.
6. The wet-strip-up-the-back look is 'in' this year.
5. Parallel parking is just too hard!
4. Where else can you wear Lycra in public?
3. You get a whole new appreciation of the term 'tail wind'.
2. You always have an excuse on a bad hair day.
1. Who needs a reason, just ride!

To kick-off the summer cycling season and Bike Month in June, the City of Edmonton is endorsing the Ride Safe For Summer Program. The program will keep Edmontonians informed about events, clubs and cycling activities in and around Edmonton. All summer long, cyclists practicing safe cycling and obeying traffic laws will be "pulled over" by Edmonton

Police and rewarded with Ride Safe For Summer prize packs.

As ever, we can be contacted about bicycle transportation issues at 496-2407. 

### 16 Bridges Tour ... continued from pg 6

Road and managed to make it up and out of the Mill Creek Ravine- home!


### SUMMING UP

Well, it was a longer ride than I thought, almost 60 km, but the scenery was spectacular! Overall, it was a tiring but wonderful experience.

Now before anyone gets upset with my route planning, keep in mind a couple of things. First, there are numerous areas where asphalt and single track parallel the multi-use trails in Edmonton. So you can adjust the trip to your riding style and trail preferences. Just be imaginative and make sure you have fun! Also, you can pretty much start wherever you can drop into the river valley. It might not be a ride for everyone, but if you decide to do "The 16 Bridges Tour", by all means follow in my tracks or modify the ride to fit your style and type of bike.

The story doesn't end here. This year, I'm thinking of adding the two new bridges that cross the river

on Anthony Henday Drive. I learned a lot from that first big ride that will help me. First, I will carry more water and bring along some snacks. Second, I'm not going to push myself as hard - I ended up doing the tour in a little over 4 hours. Looking back, that was too fast a pace for the distance given my training and stamina at the time. Third, I'm going to make use of the advantages of clipless pedals now that I'm a convert. Maybe some of those hills won't be quite so bad this time. Finally, I'm going to bring my camera with me. We've got far too nice a river valley not to get pictures.

Regardless of your goals: get out, get riding, and have fun! Edmonton has a lot to offer cyclists, so make the most of it. 

For an official City of Edmonton bike routes map, come by the EBC worldwide headquarters any time during BikeWorks hours.

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



**Edmonton Bicycle Commuters**

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**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)  
 Summer Hours: Wed 12 PM - 8 PM  
 Sat 12 PM - 6 PM

Call or check the website for extended hours info.

**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 _____ 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"/>	<p><b>Membership Costs and Benefits</b></p> 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!
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We support the manufacturing and production of recycled materials.  
 Printed on 100% recycled paper.  
 Happy Cycling!