

# CHAINMAIL

Spring 2006

The newsletter of Citizens for Safe Cycling  
Volume 22 Issue 2

\$2.00 Value

## President's Report

By Charles Akben-Marchand

A fresh new summer, and with it, CfSC has a fresh new web address: SafeCycling.ca! We can put behind us the days of spelling "cfsc.ottawa.on.ca" over the phone with mixed results!

Here at CfSC, we've been getting a lot done. Our busy season is coming into full swing, and courses, booths, and media opportunities abound! As always, we're looking for volunteers for all sorts of tasks.

There is a list of volunteer opportunities on page 5. Please have a look and let us know if you can help with any of them or if there are any other things you'd like to do. I hope that in the next couple of months, we'll have developed a better plan for placing volunteers and recognizing them for their wonderful work! We've increased the volunteer recognition part of the budget to do this.

If you're wondering why I'm always talking about volunteer opportunities and praising the excellent work of our volunteers, it's because CfSC would not be possible without them. (Or maybe I should say "us"!)

I've broken down the rest of my President's report into sections to make it easier to read. If you have any questions, feel free to contact me at President@SafeCycling.ca!

## Membership Drive

This summer, we will be doing a lot of work to recruit new CfSC members. We'll be placing some

advertisements in some places, and we will be developing a brand-new membership brochure. But the Advocacy & Membership Committee needs more people to get this done effectively. Come out to a committee meeting and get your feet wet (metaphorically, that is)!

## Cycling Advocacy

At the April Board meeting, there was a lot of excellent advocacy work done. We passed a motion pushing to get pathways built along the Light Rail corridor, as mandated by the city's Official Plans. We also supported the Roads and Cycling Advisory Committee's proposal for the city to reimburse its employees for work-related cycling, as it does for car mileage.

In April, I sent out a press release about the late start to Rack and Roll, which was picked up by at least one community newspaper. I was on the CTV Sunday News to talk about it and CfSC's other work. We have been informed that the late start is due to troublesome paperwork at the Ministry of Transportation, so we will be contacting our provincial sister organization, Cycle Ontario Alliance, to try to get this roadblock cleared province-wide.

Most importantly, CfSC has had a couple of meetings to develop 20-page responses to the many-hundred-page Cycling Plan and its Technical Appendix. The plan might be going to the Transportation Committee in May, so we wanted to make sure we are prepared for it! As we've said many times before, the Ottawa Cycling Plan will be the most important document for cycling over the next few years, but

it will only be worthwhile if it is done right. That means stripping it of 'weasel' words like "*Where appropriate, the City may consider...*" and replacing them with "*The City will...*"

## Programming

This summer we will have a lot of fun things happening. We have an agreement again this year with the NCC to host a booth on the Alcatel Sunday Bike Days. We will also be doing valet bicycle parking this year for the Blues Festival (and possibly other festivals). We will need volunteers, who will be receiving new t-shirts this year, for both events.

We've got lots and lots and lots of cycling courses and seminars scheduled, so if you're interested in becoming an instructor, this is certainly a good year to do it!

*(continued on page 3)*

## In this issue:

Spring is here	2
Staff Cycling Plan Response	3
Squeaky Wheel	4
Events and Volunteer Opportunities	5
CfSC Group Riding Policy	6
LRT Update	7
Office Changes	8
HPV0o0	8

*Chain Mail* is published by Citizens for Safe Cycling, the non-profit association that promotes cycling as a viable means of transportation in Ottawa by advocating:

- **Acceptance** of the responsible cyclist as a legitimate road user,
- **Education** of all cyclists to improve riding and traffic skills, and of other road users to accommodate cyclist traffic as part of their normal driving skills,
- **Improved** engineering to facilitate cyclist traffic, such as proper traffic control systems, adequate lane width, and sufficient parking,
- **Legislation** that is effective and enforced, and
- **Representation** of cycling issues to all levels of government.

Opinions expressed in *Chain Mail* are those of the authors and do not necessarily reflect those of CfSC, its board, or its members. Reproduction is permitted provided both author and source credits are given.

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**Contributions are welcome. Text may be edited for style, length and clarity. Please send submissions to editor@SafeCycling.ca**  
ISSN 1201-9809

**Deadline for next issue: July 31.**

The 2005-2006 board is:

**President:** Charles Akben-Marchand  
**Vice-president:** Manny Agulnik  
**Secretary:** [vacant]  
**Treasurer:** Brett Delmage  
**Directors at Large:** John Calvert, Ron McKinnon, John Stevenson, Nancy Sunderland, and Tom Trotter

Board members can be reached through CfSC at (613) 722-4454 or Info@SafeCycling.ca.

The CfSC Board meets monthly on Monday nights at 19:00. All interested members are welcome to attend. Contact secretary@SafeCycling.ca for time and place.

For inquiries about CfSC memberships, contact CfSC's Membership Administrator at Membership@SafeCycling.ca.

CfSC operates the Cycling Promotion and Cycling Education Programs from the office at 251 Bank Street, Suite 504, Ottawa, ON K2P 1X3

For cycling promotion information, call (613) 567-1288 or Promo@SafeCycling.ca.

For CAN-BIKE course information, call (613) 567-1288 or education@SafeCycling.ca

## Spring is here!

Bike racks are out and the pedestrian and cyclist bridge over the canal is finally underway.



Source: pedbridge.blogspot.com

## Bike Store Discounts

These stores give discounts to card-carrying CfSC members, as a part of the Corporate Membership Program. Some restrictions may apply.

**We will need one or more motivated volunteers to get bike stores to sign on as Corporate members for 2006. This includes ones already listed. Contact CfSC if interested.**

**The Cyclery**  
1073 Bank Street  
- 10% off parts and accessories

**Joe Mamma Urban Cycles**  
216 Pretoria (at Bank)  
- 10% off parts and accessories

**McCrack's Cycles**  
889 Bank Street  
- 10% off parts and accessories



**Westboro Sports Centre**  
327 Richmond Road  
- 10% off parts and accessories

**Tommy & Lefebvre Stores**  
464 Bank Street,  
2206 Carling Ave,  
499 Terry Fox Drive,  
2615 Lancaster Road,  
Unit 107B, 250 Centrum Blvd  
(Orleans)  
- 10% off regular price cycling clothing and accessories

  
**Fresh Air Experience**  
1291 Wellington Street  
- 10% off parts, accessories, and clothing; 5% off bikes

Note: **MEC** and **CycleLogic** are CfSC corporate members, but are unable to offer discounts.



## All Eyes on Staff Cycling Plan Response



With the draft Cycling Plan set to go to city committee May 17, CfSC is continuing its work to improve the plan.

CfSC submitted 20 pages of comments on the main body of the plan earlier this year. In late April, a group of knowledgeable CfSC members met to go through the Technical Appendix to the plan and produced another 20+ pages of minor and major proposed changes on issues like door-zone bike lanes.


In the next few weeks, CfSC will continue to work to make this a cycling plan we can all be proud of, recognizing there are many good sections already in the draft as well as some ideas that we will argue are unsafe or not useful. (For more

information on this, see the front-page article in the latest issue of Better Bicycling.)

We will need your help to talk to the mayor and your city councillor to make this happen. Let us know as soon as you talk to them and what their reaction was so we can keep track.

Until the staff report comes out, which will be about a week before the committee meeting, it won't be clear exactly what the politicians will be voting on. As well, the date, which has moved several times, may change again.

For more up-to-date information, to view CfSC's comments, or to get involved, call us at 613-722-4454 or see <http://www.SafeCycling.ca/CyclingPlan/>

[SafeCycling.ca/CyclingPlan/](http://www.SafeCycling.ca/CyclingPlan/) 

## President's Report

*(continued from page 1)*

We'd also like to welcome our two new office staff, Katherine McAvoy and Katherine Kitching.

Katherine M. is in charge of processing memberships (a job formerly done by yours truly!).

Katherine K. is coordinating the *2 Wheels 2 Work* commuter cycling program, which is made possible by the Ontario Trillium Foundation.

This program is a comprehensive commuter cycling training program we offer to local businesses, government departments and other organizations to help them improve health and well-being in the workplace and encourage sustainable transportation practices among their employees.

This year, we are continuing the Elementary School Bicycle Safety Program, which brings cycling safety into the curriculum.

We've got schools all across town who want us to come to talk to them!

If you want to know more about our programming, please visit our website, [www.SafeCycling.ca](http://www.SafeCycling.ca). We encourage you to tell people you know about them so they will be a great success!

### Vrtucar


Because of the many events that we do in various parts of the city, CfSC has purchased a Vrtucar membership so we can move our booth materials easily. If you have a large bicycle trailer and would like to help carry our materials to booths, that would be great!

We're not anti-car, but we're certainly pro-bike!

I hope to hear from you and see you at CfSC booths and events this year.

Please send feedback and suggestions, and join the CfSC e-mail list to keep informed of events.

In case you weren't aware, the e-mail address that you provide on your membership form is only used if we need to clarify something about your membership or if you volunteered to help out.

If you asked to receive mailings by e-mail, those are sent individually. If you want to join the CfSC discussion e-mail list, you'll have to do that yourself! 

**Have a great cycling season!**

## Squeaky Wheel

By Brett Delmage  
CfSC Treasurer

Last October I directly appealed to members like you to attend the Annual Meeting and help rebuild CfSC, which had fallen into a major pothole.

As President Charles Akben-Marchand said in the last issue, a lot of rebuilding has been done! I wanted to report on a few promises I made when asking for your support last fall and our progress toward them.

### **Focus on cycling: safety, training, promotion and representing cyclists' interests to agencies whose work affects us.**

We have participated as cycling experts on important plans and programs that affect Ottawa cyclists. We drafted, reviewed and approved more than 20 pages of constructive comments on the draft Ottawa Cycling Plan, issued a news release and followed-up on buses without Rack & Roll at the start of the season, and have investigated and responded to issues raised by individual cyclists across the city. We have a proactive and enthusiastic rep on the city's Roads and Cycling Advisory Committee. Patrick and Linda in the CfSC office have put together an ambitious program of cycling promotion activities and skills training courses for this year.

## Be open and transparent

Kudos to Charles for ensuring board meeting agendas have been reliably posted to the CfSC list at least 3 days before every meeting and for keeping members informed That's not an easy job.

In the context of being open and transparent I'm going to share something that disturbs me greatly as your treasurer and an Ottawa taxpayer. The City of Ottawa has treated CfSC very shabbily the past five years. Despite our cycling promotion and training work being described as "an excellent value for taxpayers" by the most senior transportation manager, the city has taken months, every year, to review and approve our annual work plan. Contract payments have been repeatedly between 3-6 months late, forcing CfSC to scramble to be able to pay our rent and hard-working employees. Last year, city staff tried to cancel our renewable three-year contract one year early, until councillors started asking questions.

This is a shameful waste of taxpayers' money and citizens' energy in the context of Mayor Chiarelli's new Cutting Red Tape Task Force that was established in April to "identify inefficient administrative red tape" that "gets in the way of...business and citizens." CfSC delivers excellent service to the taxpayers of Ottawa.

You will be hearing regular progress reports from me as treasurer on this issue as the year progresses, at the AGM—and maybe in the news.

Are other non-profit organizations that sell services to the city being screwed around the same way? This year, I intend to find out. It's an election year and time to speak up.

## Govern proficiently

As promised, I have worked five hours per week on director duties, as have other directors this year.

The quality of our decisions has improved. A visible sign of renewed energy is that almost director is at every board meeting, and our April meeting was a jam, with the new members who also attended.

## Your turn!

The board and staff have put the foundation into place. Now we need you to raise the walls.

It's that time of year when there are lots of interesting projects to get involved in, whether its helping review city reports and write policies, talking to people about cycling at our booths, helping plan fundraising events, working on the website, designing brochures, or any number of other projects. These projects need your help.

Please phone me at 613-729-0323 (leave a message or call between 9:00-11:00 p.m. to best reach me) or email me at [Brett.Delmage@SafeCycling.ca](mailto:Brett.Delmage@SafeCycling.ca) and I'll help you find a perfect task you will enjoy doing and that fits into your busy schedule. 🚲

**"I will encourage and depend on other volunteers and staff to do their part to make CfSC a fantastic organization than will serve cyclists well."**



## Thanks...

...to the people who have volunteered for CfSC since the last *Chain Mail* came out:

- Alayne
- Alex C.
- Ben
- Bob L.
- Brian S.
- Catherine W.
- Elizabeth D.
- Elyse
- Indigo
- Kitty
- Mimi
- Randy L.
- Robin
- Viki.gedris.org

plus our instructors, board members, and other people who have taken the initiative to promote safe cycling on their own!

If you are willing to volunteer, or interested in volunteering, please let us know! (Contact information is on page 2). Include details like what you're interested in doing (such as booths, website help, writing articles, attending planning meetings), and when you're available. If you've already offered to volunteer and haven't heard back from us, we're sorry—please contact us again! (Maybe you could help us organize volunteers!)



## Events and Volunteer Opportunities

CfSC is planning an event where cyclists stay at home on a smog day and log how many kilometres they *don't* ride. Stay tuned for more details.

There will be many booths this year, and we will be doing the valet bicycle parking for the Blues Festival. Contact the CfSC office to find out when booths will be, especially if you would like to help coordinate the NCC Alcatel Sunday Bike Days booths

CfSC's board meets on the second Monday of the month at 7pm. The location is usually sent to the CfSC news list a week in advance, and the agenda on the Friday before the meeting.


There is currently a vacancy on the Board, and in the interests of diversity we'd like to fill it with a female candidate if possible. Even if

you don't want to join the board (yet!) we encourage you to come to a meeting as a stepping-stone to getting involved.

CfSC's Advocacy and Membership Committee meets on the fourth Monday of the month at 7 P.M.

Contact [info@SafeCycling.ca](mailto:info@SafeCycling.ca) or 613-722-4454 if you want to help the committee plan member activities and develop CfSC's policies!

Other committees include the Finance Committee and the IT Committee.

The Membership Committee needs volunteers to telephone lapsed CfSC members, to develop the new membership brochure, and to develop and implement a new corporate membership program. 

### Advertise in CHAIN MAIL

Reach Ottawa cyclists! Get your business card-sized (2"x4") ad in *Chain Mail* for only \$20. Funds go towards reducing the overall cost of publishing *Chain Mail*.

For more information, contact [editor@SafeCycling.ca](mailto:editor@SafeCycling.ca), or leave a voicemail message at (613) 722-4454.

## CfSC Drafts Group Riding Policy


At its April meeting, CfSC's Board of Directors approved a draft group riding policy, which is written out on the right. The policy is very important, as it will direct how CfSC will deal with rides such as Critical Mass, so we want to know what our members think about it. Are there things that should be changed or removed? Is there anything missing? Submit your feedback to the CfSC news list, or e-mail it to info@SafeCycling.ca, or mail it to us (see page 2 for our address).

The Advocacy & Membership Committee will review the policy at its May meeting, and final approval will go to the board at its meeting on June 12.

## CfSC Changes Bank

Until recently, CfSC did its banking with TD Canada Trust. However, we were recently informed that our bank fees would be going up, and that our "Community A" bank account would soon be incurring charges for every single transaction, even deposits. CfSC decided to switch to the Municipal Credit Union at City Hall. We have found that they have highly professional, personalized service.

And what was the final straw? That TD wanted to charge us for *depositing* money in the bank! Yes, folks, if a non-profit organization deposits more than its (low) limit per month, TD will take a percentage—on top of all of the other monthly and per item fees.

CBC reports that TD Bank made \$2.23 billion in profit in 2005. 

## CfSC Draft Group Riding Policy

### Introduction

*Group riding can be a fun and enjoyable experience that brings together cyclists of all types to share a common joy for the sport.*

*The following policy statement represents CfSC's recommendations for group bicycle rides.*

*For the purposes of this policy, group rides are defined as a number of cyclists of no less than two cyclists who meet at the same location and ride together until they reach a common destination and then disperse.*

*When partaking in a group riding activity, it is beholden on to riders representing CfSC as an organization to follow these rules, and to encourage they be followed by the other riders in the group.*

### Obeying rules of the road

*Cyclists are required at all times to obey the rules of the road. This includes:*

- 1. Signalling intentions as defined in the Ontario Cycling Guide.*
- 2. Stopping at a red light until it is green, and checking in all directions prior to proceeding.*
- 3. Stopping at stop signs, and checking in all directions prior to proceeding.*
- 4. Yielding to traffic at yield right-of-way signs as stipulated by the Ontario Highway Traffic Act (HTA).*
- 5. Yielding to pedestrians on the roadway.*

### Overtaking traffic

- 1. Group riders are to share the road with other vehicles and allow room for faster vehicles to overtake.*
- 2. Group riders are to overtake slower traffic only when safe to do so, and then only as stipulated by the HTA.*
- 3. Group riders are to yield to all emergency vehicles.*

### Group Formation

- 1. Riders are to ride only as close to each other as their ability allows them to prevent collisions.*
- 2. Riders to take up no more than one laneway of width.*
- 3. Riders to take care around blind turns. It is strongly recommended to ride single file where visibility is poor.*

### Conclusion

*It is CfSC's sincere hope that these rules will serve to enhance the group riding experience. Group riding can promote a positive image of cyclists to the public at large, but only if the group acts in a law-abiding and courteous manner. Remember that any rider at any time is performing public relations for cyclists everywhere. Whether they know it or not, it is the riders' example that will be remembered by spectators and participants alike.*

## LRT update: 500 Cyclists a Day "Low"?

By Alayne McGregor

The City of Ottawa has finally confirmed in writing that cyclists will either have to walk across a large portion of the Mackenzie-King Bridge or use another less safe or less convenient bridge.

This was the solution proposed in the recently released city submission to the Canadian Transportation Agency (CTA) for the North-South Light Rail project. The CTA must approve the project under the Federal Environmental Assessment Act before it can go ahead.

The current cycle lanes on the Mackenzie-King Bridge are part of the main designated east-west cycling route through downtown. This route has been in the city's official cycling network since 1994. Other bridges across the canal were rejected when the cycling network was developed because of extremely heavy traffic, intersection conflicts, or lack of proximity to the remainder of the routes and destinations.

The city submission admits the cycle lanes on the Mackenzie-King Bridge serve 500 cyclists a day. In the report's summary of public

consultation, it notes that the closure of these lanes was objected to at every public meeting held on the project.

The city's response to this objection: "A traffic impact assessment indicated that the low volume traffic could be diverted in the downtown. Cyclists could use alternative crossings."


The report also includes a list of current and former city planning documents and maps that might be relevant to the project. Completely missing is any reference to the former city or RMOC cycling plans or the current draft cycling plan (which still included the Mackenzie-King bridge in the network in its last draft). Also missing is the cycling network included in the current city and former city/RMOC Official Plans, which had the Mackenzie-King Bridge in the cycling network. The Official Plan by law is the primary planning document for the city.

CfSC submitted a brief in early May opposing this closure to the CTA, as part of the consultation on the environmental assessment of the project.

In the brief, CfSC also argued that the question of cyclist safety crossing rail tracks at the west end of downtown and on spurs off the Albert/Slater tracks had not been properly dealt with either. It also wanted more assurance that provision will be made for ensuring recreational paths will be built along the entire length of the corridor from Bayview southwards, and that current pathways and pathway crossings of the LRT line would not be adversely affected.

"The current O-Train pilot project has been a great success for combining cycling with transit," said CfSC President Charles Akben-Marchand. "In that case, city staff listened to cyclist concerns, and ensured there was secure bike parking at O-Train stations and safe places on the trains to take bikes."

"With the North-South LRT project, though, we keep telling staff real concerns about cyclist safety and route connectivity, and they are dismissed. It's as though they don't recognize how cycling complements and can increase LRT use. Are we just obstacles in the LRT way?"

CfSC plans on holding a publicity event this summer to raise awareness for this issue. 

## Time To Renew?



If your membership has expired or expires in the next 3 months, you should renew soon. Member cards for renewing members are sent out with each mailing, usually every two months. You can send updated contact information to [membership@cfsc.ottawa.on.ca](mailto:membership@cfsc.ottawa.on.ca)

Send your completed form with payment to:

Citizens for Safe Cycling  
Box 248, Station B  
Ottawa, ON K1P 6C4

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Post. Code: \_\_\_\_\_

Phone: H: \_\_\_\_\_ W: \_\_\_\_\_

E-mail: \_\_\_\_\_

New Member  Renewing

Please select one membership option:

Individual:  1 Year (\$20)  2 Years (\$35)  
Household\*:  1 Year (\$25)\*  2 Years (\$45)\*  
Low Income:  1 Year (\$10)

Please send me information on volunteering  
 Send mailings by e-mail when possible

My **additional contribution** of \$ \_\_\_\_\_ to assist CfSC volunteers with their work is enclosed.

Any cycling comments/concerns: \_\_\_\_\_

\*Household Memberships Only:

2<sup>nd</sup> Member's Name: \_\_\_\_\_

2<sup>nd</sup> Member's E-Mail: \_\_\_\_\_

[www.cfsc.ottawa.on.ca](http://www.cfsc.ottawa.on.ca)

## Office changes: CfSC Hires Two New Kats

By Katherine Kitching

CfSC Workplace Program Coordinator

*One of CfSC's newest part-time office staff members introduces herself.*

After working several years as an interpretive programmer with Ontario Parks, I have come to CfSC as the new Workplace Program Coordinator.

My main responsibility is to get CfSC's commuter cycling promotion and training program up and running in area workplaces.

Some of you may have heard of the "University of Cycling," which we test-piloted last year with Nortel. This year we have renamed it the "2 Wheels 2 Work commuter cycling program." The idea is that with a little training and encouragement, many people who currently commute to work by car or bus would switch to cycling.

I am excited about the strength of the program we have developed, and am preparing to market the program city-wide.

I hope to help make *2 Wheels 2 Work* a resounding success. I have been biking since I was very young, and still remember my best friend and I pretending that our bicycles were horses and grooming and feeding them!

I became very keen on mountain biking in high school, and raced for several years. Later on, I realized that I enjoyed long road rides as well, and trained with a triathlon team at McMaster University. However, I could never give up my mountain bike for a road bike, so even today you'll see me out on a long ride producing excessive

friction with my big fat tires. My post-secondary education began here in Ottawa, where I was in the Industrial Design program at Carleton for three years. I hope that I can put my design experience to good use for CfSC. I completed my studies at McMaster, where I spent four years in the obscure and eclectic Arts and Science program. 🚲

*Katherine McAvoy, CfSC's new Membership Administrator, will introduce herself in the next edition of Chain Mail*

## HPV0o0

*The Human Powered Vehicle Operators of Ottawa*

Want to learn more about recumbent bikes, fun bikes, or just bikes in general?

The Human Powered Vehicle Operators of Ottawa get together every Sunday for dinner, and ride their unusual bikes in various parades and other events. It's a great way to meet CfSC and HPV0o0 members!

Visit the Upcoming Events calendar on their website at <http://hvp.tricolour.net>. 🚲

**Come visit the CfSC Office!**  
10:00 am - 5:00 pm, Monday-Friday  
251 Bank Street, Suite 504 (at Cooper)



**Join Citizens for Safe Cycling and get Chain Mail for free by mail or by e-mail (see form on other side)**