

CHAINMAIL

Summer 2006

The newsletter of Citizens for Safe Cycling
Volume 22 Issue 3

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President's Report

By Charles Akben-Marchand



Wow. What a busy and productive summer it's turning out to be! That only means one thing: a busy and productive fall around the corner!

This year it will be very important for cyclists and for CfSC to get busy. It's an election year, and we will need to make cycling and cycling safety election issues, especially as they have been pushed aside at City Hall.

Cycle Ontario Alliance update

The first Cycle Ontario Alliance (COA) tour of a section of the Ontario Bicycling Route (OBR), from Windsor to Niagara-on-the-Lake, was completed safely and on schedule July 1.

Tour participant (and former COA president) David Hunt said, "this section of the OBR is definitely a keeper, and we rode some route modifications that will make it even better. The small towns and rural areas were very welcoming and for

2006 Municipal Elections

We will need volunteers to sit on CfSC's Elections Committee, as well as lots of cyclists who can come to election-related events. We need to make sure that this year's council elections make cycling an issue.

Please email
Elections@SafeCycling.ca if interested!

Membership Drive

On the topic of "getting busy," we need to do a lot of work to recruit new CfSC members. We'll be trying 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 see if there's something you can do to help!

Cycling Advocacy

A lot of our cycling advocacy has been focused on the elusive Ottawa Cycling Plan. City staff have been coveting their recommendations on the plan. These recommendations

the most part, on this on-road route, had low volume traffic. If we can convince some municipalities to pave shoulders (where needed) in higher traffic areas ... all the better."

Tour riders were also joined on day one out of Windsor by some Windsor cyclists and on day two from Leamington by a couple of Niagara Freewheelers on tour in the area.

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will amend the (flawed) plan produced by the consultants, and we need to know which recommendations fix flaws, and which ones create new flaws. At this point, it looks like we're going to get the same thing as with the light rail project where the City staff drag their feet for months and years, and then suggest that there is not time for public input. Visit www.SafeCycling.ca/CyclingPlan for our recommendations on the consultant's plan.

CfSC has also put forward its own recommendations on the light rail project, as seen in the article *Light Rail is on the wrong track for cyclists*. Unfortunately, cyclists did not have enough time to respond to the proposal, and Council didn't make enough time to listen.

To this end, we have to be out there in full force to ensure that the members of Council who are elected this year will vote in favour of cyclists and will support more

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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
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Deadline for next issue: October 21.

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 on the second Monday of the month. 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

Cycle Ontario Alliance update


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Cycle Ontario Alliance has been developing the cross-provincial OBR, with the help of local cyclists and municipalities for more than five years. Last year, COA received an Ontario Trillium grant to further marketing, promotion and route development activities.

The purpose of the route is to encourage both Ontario residents and tourists to explore Ontario by bicycle, for health, recreation, and transportation.

This year's Lake Erie tour, part of the Trillium work, will be used as an

example of how well these designated routes can work.

During the tour, support staff from Canadian Trails Bicycle Tours were able to place OBR signs in many locations along the route and set up numerous media events to help spread the word about the COA and OBR. 

Office Wish List

- Bull clips of all sizes
- Paper cutter
- Rubbermaid-type storage boxes
- Wall mount pencil sharpener

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 2007. 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.



President's Report

(continued from page 1)

funding for cycling and transportation demand management (TDM) in general. CfSC's contracts with the City expire this year, and if we don't get new ones, we will have to close the office, which will drastically change the way we interact with Ottawa Cyclists.

AGM & Board of Directors

All of this cycling advocacy will mean we'll need lots of volunteers getting active. The Annual General Meeting (AGM) will be held on October 12th at 6:00 p.m. at the McNabb Community Centre. This year will be very important for CfSC members to attend.

Steve Dezort, from the City of Ottawa Archives, dressed in period costume, will give a presentation on the history of cycling in Ottawa. Refreshments will also be served.

At the meeting CfSC members will discuss our advocacy projects, and interested volunteers will run for the 2006-2007 Board of Directors.

Last year, when I ran for President, I was unsure of what the job entailed. I will say that it was easier to learn than I had expected. Come to a Board meeting and see for yourself. Perhaps you will consider standing for one of the positions.

As with last year, I will only run for President if there is a full slate of candidates for the Board. Without the support of other enthusiastic volunteers and board members, it would be too much work.

If you would like to consider a position but require more information, contact me by e-mail at President@SafeCycling.ca or call 613-722-4454. A special AGM reminder mailing will be distributed prior to the event.

Promotion & Education Programs

It's been busy at the CfSC office, with lots of courses, booths and seminars running throughout the summer. With funding from the Ontario Ministry of Transportation, we've printed new brochures for our "Courses for the Urban Cyclist", and the New Bike Kit, which will be distributed by bicycle stores with new bikes. The fall edition of the *Better Bicycling* newspaper will be made possible with a grant from Mountain Equipment Co-op, who will give CfSC 5 cents each time a customer uses their own bag.

We've had a successful first year organizing the Bicycle Parking at BluesFest, and our volunteers had plenty of fun (myself included)! We'll be at it again at the Folk Festival August 18-20

The new City of Ottawa Bike maps have finally arrived! Support CfSC by purchasing a copy from us for only \$2!

Katherine Kitching is working hard on promoting our 2 Wheel 2 Work Comprehensive Commuter Cycling program for workplaces. So far, we have one workplace that is starting soon. Send your workplace's HR contact information to Workplace@SafeCycling.ca!

Participation in courses and seminars for the first half of 2006 is almost at the level for all of 2005. These statistics are critical to our success, as our contract with the City's Cycling Safety & Promotion Program and Cycling Education Program expires at the end of 2006.

We have to get candidates for Council thinking about our programs during this election period if we want to keep the programs running smoothly past December 31.

Have a great cycling season!



Ottawa Cycling Plan



The draft City of Ottawa Cycling Plan proposes spending \$1 Million to paint bike lanes on quiet residential streets.

Cyclists have told us they don't want bike lanes like this one, that make cycling more dangerous and confusing instead of safer and more enjoyable.

There's a lot more that the City can do to improve and promote cycling than painting more poorly designed, poorly maintained, or unnecessary bike lanes.

After three years of public consultation, Ottawa City Council will finally be asked to approve the draft City of Ottawa Cycling Plan this year. Citizens for Safe Cycling has been reviewing the draft cycling plan, offering ideas for improvement and consulting cyclists. As the draft plan heads toward final approvals, CfSC shares our observations and welcomes your final comments. Visit www.SafeCycling.ca/CyclingPlan or e-mail CyclingPlan@SafeCycling.ca to get involved. 

Come help organize CfSC programs

CfSC committees offer a wide variety of volunteer opportunities

CfSC's Board meets on the second Monday of the month at 7 p.m. 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. 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 in other ways.

Alcatel Sunday Bike Days Booth Coordinator

We need a dedicated volunteer to coordinate the materials and volunteers for the CfSC booth for Alcatel Sunday Bike Days this summer.

Contact Promo@SafeCycling.ca or 613-567-1288 if you have a vehicle

or a Vrtucar membership to help move materials to and from the site.

Advocacy & Membership Committee

Chair: Ron McKinnon

✉ Ron.McKinnon@SafeCycling.ca

This committee meets on the second Monday of the month at 7 p.m. at Bridgehead at the corner of Bank and Albert Streets.

The A&M Committee works to increase CfSC membership, improve benefits for members, tackle specific cycling issues, and prepare policies and proposals for the Board to consider.

Since the A&M program has no full-time staff, volunteers are vital to sustain this committee.

IT Committee

Chair: Brett Delmage

✉ Brett.Delmage@SafeCycling.ca

CfSC's Information Technology (IT) committee needs computer savvy women and men to help keep CfSC's work from grinding to a halt.

CfSC's IT includes Microsoft Windows and Linux workstations, networking equipment and wires (very important), Linux-based web and mail servers and firewalls, office software, including open source and proprietary software. And let's not forget the telephones. Consider joining if you have experience in *any* of these areas.

Membership Committee

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

Contact CfSC's Membership Administrator at Membership@SafeCycling.ca. 🚲



Our dedicated volunteers staffing valet parking during BluesFest.

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, or leave a voicemail message at 613-722-4454.

Like what you see?

Would like to see the pictures in colour? Check out this month's online edition of *Chain Mail*!

Light rail is on the wrong track for cyclists

By Charles Akben-Marchand, CfSC President

City Staff presented the “details” of the North-South Light Rail Transit (N-S LRT) line to City Council on June 14th. Of the “Open” Houses that they held to display their propaganda, only one was downtown – on June 14th. All of the other open houses were in suburban areas, not easily accessible by bike or bus.

City Council was slated to meet on July 12th to vote on the project.

On June 28th, former CfSC President Alayne McGregor and I made separate presentations to City Council on the detrimental effects of the N-S LRT proposal on cyclists. Alayne’s presentation focused on closure of the Albert-Slater – MacKenzie-King Bridge corridor (see her article in the Spring edition of *Chain Mail*). I touched on the points below. After my presentation, the A-Channel interviewed me for their news report.

City Staff replied to my comments on July 10th at 7:40 p.m., leaving me no time to forward my concerns to Councillors, who were to meet the following day at 1:00 p.m. During earlier public open houses, we were told that it was too early to raise cycling-related issues. Now it seems too late.

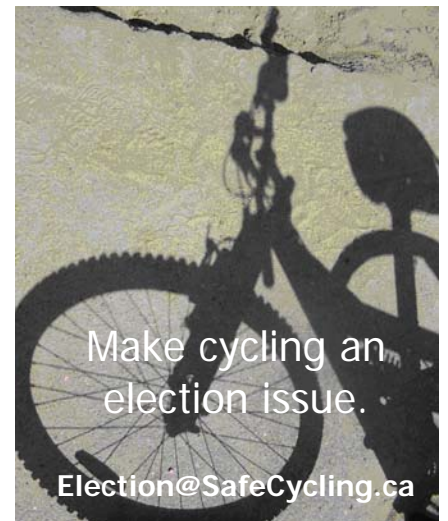
CfSC still can’t tell for sure how cyclists will be affected, because the MacKenzie-King Bridge plans are being redrawn completely (including a 390 car parking garage), as is the Lebreton Flats Escarpment design. Despite these plans being unfinished, Council voted in favour of them anyway.

Aside from downtown being off limits to East-West cyclists, there are other significant concerns. The

City of Ottawa’s Official Plan requires that a pathway be built along side of any new Rapid Transit corridor; however, Council decided not to allocate \$6 million for the pathway at this point. They did the same thing with the Southeast Transitway extension in 1993, saying they’d eventually find money for the pathway alongside that. Now it looks like neither pathway will be built. City staff wrote, “All funding is subject to Council approval”, meaning that we’ll have to this funding an election issue.

Inside the trains, there will be little room for cyclists. If staff’s predictions are correct, the single-car trains (as opposed to the current O-Train’s three-car trains) will be full for the entire length of the line, preventing cyclists’ use. For those who are lucky enough to get room, there will be one hook inside either end of the train cars for cyclists to leave their bikes.

Other wise they will have to hold it for the entire 40-minute ride. Write letters to your councillors, your community associations, riding associations, your local candidates, and send a copy to CfSC. Tell these people the future of transportation in Ottawa needs more cycling, not less. Let them know that citizens of Ottawa will not tolerate it when their elected officials block and ignore public input. 🚲



Booth volunteers needed

There will be many booths this year, as well as valet bicycle parking at the Folk Festival on August 18, 19 and 20th.

Contact the CfSC office if you’d like to volunteer for the Alcatel Sunday Bike Days booths on August 13 and 27, and September 3rd. 🚲



Volunteer Recognition

CfSC Volunteers of the Month

CfSC would like to congratulate the following volunteers of the month for their great work helping CfSC achieve its goals. The Board of Directors will be recognizing a Volunteer of the Month each month from now on:

April *Delmi Reyes Paz* for her tremendous work organizing CfSC's finances

May *Mimi Richard-Golding and Kitty MacAlpine* for editing Chain Mail

June *Carrol Lunau* for her help at CfSC's Sunday Bike Days

Mark your calendars!

All CfSC members are encouraged to attend the *Annual General Meeting* on Thursday, October 12th, at the McNabb Community Centre at Gladstone and Percy Streets (in the Craft room).

There will be a presentation on the history of cycling in Ottawa, and we'll be making many important decisions on CfSC's future. We'll need lots of volunteers to get things done in 2007!

And more thanks ...

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

- Alayne M.
- Catherine W.
- Carrol L.
- David D.
- Elizabeth D.
- Ian B.
- Juergen W.
- Julie P.
- Nick M.
- Paul R.
- Robin B.
- Viki.gedris.org

- Everyone who volunteered for CfSC at BluesFest

- 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!) 🚲

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> or come out and see them at the 2006 Ottawa Pride Parade on Sunday, August 27th. 🚲

SafeCycling.ca

CfSC's website has a new address!
www.SafeCycling.ca

There are still a few pages that need updating following the 2005 website redesign, but at least we have an easier website address to remember.

We have some more changes for our website in the works and could use some help with getting it up and running. Please contact us!
Info@SafeCycling.ca 🚲

Share the road?

Paul Richer sent a note to the City of Ottawa about an unusual sign

There's a traffic sign on Scott Street (east bound), close to where the Museum of War is located. It says "Share the road" and it's located in front of a big pothole.

What is the point of this sign? Are you telling car drivers to be cautious and allow cyclists to veer in front of them at this spot (to avoid the pot hole)??

You shouldn't misuse the SHARE THE ROAD motto. It's used to tell

drivers that cyclists also have a right to be on the roads and to not run them over, or intimidate them.

This is not a traffic sign. By doing so, you tell drivers that you only need to share the road when there are potholes the city refuses to fix, and in turn discourage cyclists from using the road.

Here's a better idea, fix the pothole and avoid someone getting hurt. 🚲



Photograph reprinted with permission. © Paul Richer

To pedal or not to pedal, or how I learned to love my electric bike

By Julie Pentick, CfSC Member



Feel free to give us the gears

We're interested in talking with you.

CfSC will be setting up at a number of booths and events this year. If we can't catch you there, then you can send your comments and suggestions to Info@SafeCycling.ca or join the CfSC e-mail list to keep informed of events.

E-mail address use policy

Concerned about being spammed? Not by us, and that's our policy.

When you provide us with your e-mail address on your membership form, we will only contact you by this means if we need to clarify something about your membership, or for very important meeting announcements.

If you asked to receive mailings by e-mail, those are sent out mindfully on an individual basis (not bulk spam), and are separate from CfSC e-mail address lists. 🚲

While I ride an electric bike to work, not pedaling isn't an option. The system I have only provides an assist while pedaling. So there I am riding along with the more experienced cyclists. The difference? I get more bang for my buck, so to speak. Electric assist on my bike gives me the additional confidence in my abilities to ride every day.

I started riding to work six weeks ago and haven't looked back. My route takes me from the East end of Ottawa into the downtown core – a distance of 6.7 km each way. At first I thought I wouldn't have the stamina or fitness level to do it every day, but I have surprised myself. The electric assist, a five-pound battery, delivers power to a small electric motor mounted to the rear hub of my bicycle. Having this little assist has enabled me to choose two wheels instead of an OC Transpo bus.

My route through Vanier allows me to avoid the traffic of St. Laurent and McArthur, but I do have to traverse the steep Cummings Bridge as Montreal Road crosses over the Rideau River.

That extra bit of power means I can navigate the bridge at a steady pace without feeling like I am going to keel over at any given moment. As I ride up this bridge, I feel like a helping hand is gently pushing me up the hill. I can ride at normal speeds instead of labouring at 5 km/h as traffic whizzes by. The assist also gives me the zip to switch through two lanes of traffic at the top of the hill so I can make the left hand turn into Sandy Hill.

I don't use the assist during my tranquil ride through the bike lanes in Sandy Hill, but I flip it back on once I hit the downtown core. Whether crossing Elgin at Laurier or trying to avoid cars parked in the right lane, the assist gives me the confidence to claim my space on the road.

When I get to work I feel invigorated by my morning commute. No wonder so many people ride to work daily!

Though I routinely get blown away by other more experienced cyclists, I don't mind. I figure I'll get where I'm going sooner or later. And, after all, isn't the best part of the journey just enjoying the ride? 🚲

This is where the assist kicks in.

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

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:

2nd Member's Name: _____

2nd Member's E-Mail: _____

www.cfsc.ottawa.on.ca

Cycling course updates

1,828 kids reached by bike safety program

The Elementary School Bicycle Safety Program (ESBSP) started in Autumn 2005 with five schools and 404 kids participating. Having laid those solid foundations, and having made many promising contracts, we looked forward to what we hoped would be a busy spring.

Unprecedented success was in store for us! The ESBSP took off like a rocket on April 24. With the exception of a handful of days, every single day between then and June 22 found us in a public, Catholic, or private school somewhere between Stittsville and Orleans, the Market and Meadowlands.

Ben Finkelberg is a name 1,828 kids in Ottawa won't forget too soon. He is one of CfSC's cycling instructors, and the person primarily responsible for the success of ESBSP. He used his creative and interactive approach to impart to students the information they needed to know to be safe on their bikes by using playful participation, question and answer sessions, storytelling and examples. I would also like to thank Elyse McCann, another CfSC cycling instructor who, with her boundless and contagious energy, infused the kids in her ESBSP program with her enthusiasm for and love of cycling. The ESBSP flourished thanks to these two instructors!

Contact Linda Ulyett, CfSC's Education Coordinator, at 613-567-1288 or education@SafeCycling.ca, for questions about CfSC's cycling skills courses and seminars for individuals, schools, and workplaces.

Kids CAN-BIKE Upcoming courses in 2006:

Four 2-½ hour classes (9-13 yrs)

Glebe Community Centre
Monday, August 14 – August 23
6 p.m. – 8:30 p.m.
\$63.50 (no GST)
☎ 613-233-8713

Orleans Recreation Centre
Mon, Wed August 14 – August 23
6 p.m. – 8:30 p.m.
\$63.50 (no GST)
City of Ottawa course code -246211
☎ 613-580-2588

Traffic Skills

8 hours (14+ yrs)

CfSC office
\$72.50 + GST
9 a.m. – 5 p.m.
☎ 613-567-1288

Saturday, August 12
Saturday, September 9
Saturday, October 14

CAN-BIKE II 18 hours (16+ yrs)

Location TBD
\$125 + GST
☎ 613-567-1288

Sat, Sun, Mon – July 29, 30, 31
Sat, Sun, Mon – August 26, 27, 28
Sat, Sun, Mon – Sept 23, 24, 25
Sat, Sun, Mon – Oct 21, 22, 23

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)**