

# CHAINMAIL

Summer 2005

The newsletter of Citizens for Safe Cycling  
Volume 21 Issue 2

\$2.00 Value

## Time's Almost Up for Cycling Plan Input

By Alayne McGregor  
Former CfSC President

The deadline for comments on the Ottawa Cycling Plan is the end of June.

Comments at a public meeting April 7 identified a number of problems with the plan's recommendations, including:

- 🚲 only \$21,000 per year for cycling promotion (half of what the city spends now)
- 🚲 an overemphasis on bike lanes, including \$1.1M spent on lanes on local streets, where cyclists surveyed by the city indicated they were already comfortable riding
- 🚲 no extra priority for maintenance of cycling routes (e.g. sweeping and pothole and crack fixing) even though almost one-fifth of cycling accidents are caused by road defects
- 🚲 lack of integration with other city plans, most notably light rail, which threatens a major cycling route outlined in this plan.

On the other hand, there are a number of positive proposals in the plan...

**See Plan, Page 4**

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## No, not that kind of Chain Mail!



CfSC member and HPV0oO member shows off his gothic garments while riding **Goldmember**. Visit <http://hpv.tricolour.net> for more photos.

## CfSC Launches Elementary School Bike Safety Program

by Patrick Wray  
CfSC Cycling Program Manager

Citizens for Safe Cycling and the City of Ottawa's Public Health department officially launched the Elementary School Bicycle Safety Program.

The goal of the program is to integrate bicycle safety education into the elementary school system, promoting active living and safer cycling, and thus benefiting the health of children and the community as a whole.

**See Teach, Page 6**

**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,
- 🚲 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@cfsc.ottawa.on.ca

ISSN 1201-9809  
 The 2004/2005 board is:  
**President:** Melanie Ransom  
**Vice-president:** [vacant]  
**Secretary:** Jody McIntyre  
**Treasurer:** Alan Richter  
**Directors at Large:** Manny Agulnik, Vic Gedris, [two vacancies]  
 Board members can be reached through CfSC at (613) 722-4454 or CfSC@cfsc.ottawa.on.ca.

The CfSC board meets at 7 pm on the first Thursday of every month at the CfSC office. All interested members are welcome to attend. Contact the secretary for time and place.

For inquiries about CfSC memberships, contact Membership Administrator Charles Akben-Marchand at Membership@cfsc.ottawa.on.ca.

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



## Message from the president

Melanie Ransom  
 CfSC President



It's been a rainy spring in Ottawa this year. I hope we will be able to enjoy a warm, sunny Summer.

Our staff have been busy preparing for the peak cycling season, and volunteers have been helping promote safe cycling issues at various booths, including ones at the Alcatel Sunday Bike Days. Come out every other Sunday until Labour Day to Westboro Beach at the Ottawa River Parkway and say hello to our volunteers!


We are developing our first-ever full-colour brochure, featuring the "Ottawa Bike Project", a new way of communicating CfSC's message and attracting new members with a commuter focus.

**See Important Issues, Page 8**

## Bike Store Discounts

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

If you can help make this list longer, please call (613) 722-4454 or e-mail membership@cfsc.ottawa.on.ca

<b>The Cyclery</b> 1073 Bank Street - 10% off parts and accessories	<b>Joe Mamma Urban Cycles</b> 216 Pretoria (at Bank) - 10% off parts and accessories
<b>McCrank's Cycles</b> 889 Bank Street - 10% off parts and accessories	 <b>Westboro Sports Centre</b> 327 Richmond Road - 10% off parts, accessories and bicycles
<b>Tommy &amp; Lefebvre Stores</b> 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	 <b>Fresh Air Experience</b> 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.



## O-Train to block bike route

Alayne McGregor

The revised city Light Rail Transit (LRT) plan will likely be better for downtown cyclists than previous versions, but would still put a barrier right in the middle of the MacKenzie-King bridge.

According to Peter Steacy, the city's program manager for Environmental Assessments, the city will present a substantially revised design for the downtown section of the light rail corridor at light rail open houses June 6-9.

He told CfSC that this should not affect bicycle access to Albert and Slater Streets. In the new design, light rail and bus transit will share the same lane, with stations every block alternating between light rail and buses. The street design will be changed to straighten out lanes; a small amount of car parking will be removed as well. However, there still will be the same number of lanes for shared car/bike traffic.

The problem will be with downtown's MacKenzie King bridge, which the Rideau Canal. Currently, buses occupy the outside lane on the bridge, with a car lane beside them, and cyclists on the inside.

The good news will be that there won't be any problems with cars parking in the bike lane come 2009 -- cars won't be allowed on the bridge at all.

Steacy said the new design does include bike lanes remaining in the centre of the bridge, next to LRT lanes, and with buses on the outside. The problem is that the bike lane will not be continuous: it will be split in half at the LRT station in the middle of the bridge.

This would mean cyclists would have to dismount and walk through the LRT station and then mount and ride the remainder of the bridge, he said.

## Alexandra to be safe for cyclists during construction

by Alayne McGregor

When the Alexandra Bridge, which crosses the Ottawa River between Major's hill park and the Canadian Museum of Civilization, is reconstructed in 2006-2007, cyclist and pedestrian traffic will still get through.

That's the message CfSC is getting from Public Works, as the government prepares to completely reconstruct this bridge. CfSC has been attending meetings of the traffic working group preparing for reconstruction of the bridge, and is impressed with how the NCC and Public Works representatives have strongly supported uninterrupted access for cyclists and pedestrians during construction.

Currently, it's planned that the understructure of the bridge will be strengthened in 2006 (with little effect on traffic). The road deck will be replaced in 2007; the amount of time this will take will depend on whether the deck will be installed in place or as a precast slab, which has yet to be determined. Public Works is still debating how car traffic will be limited (one direction only in the morning and the other direction only in the afternoon is one option) to allow for construction.

The last section to be replaced will be the wooden pedestrian/cyclist boardwalk, currently scheduled for fall of 2007. This will be the only point (amount of time not yet determined) when cyclists will either have to share the general traffic lane or use another route.

According to Public Works, the Alexandra bridge carries 1160 cyclists and 1800 pedestrians per day. Of all inter-provincial bridges, the Alexandra bridge is most used by pedestrians and cyclists.

**See Light Rail, Page 6**

## What a long journey

by Charles Akben-Marchand  
CfSC Membership Administrator 2000-2005  
CfSC Volunteer of the Year 2003, 2004

When I was first hired as CfSC's first paid membership administrator, I didn't know much about the organization. Heck, I was sixteen: I didn't know much about anything!

But as time went on, I learned many things: the names of every CfSC member, what goes on behind the scenes at CfSC, and how integral volunteers are to the survival of CfSC.

Five years later, I am spending entire days volunteering for CfSC, by writing Chain Mail, organizing and attending CfSC booths, and developing many materials.

Now I feel that my employment as membership administrator is holding me back from other possibilities at CfSC, and that I am not doing that job as well as it could be done.

For these reasons, I am resigning my position as Membership Administrator at CfSC, opening it up for someone else who my tackle the job from a new angle, and breathe new life into CfSC's membership.

### Job Opening: Membership Administrator

CfSC is looking for a new Membership Administrator. The commitment is up to 3 hours per week, depending on the season, averaging 1.5 hours per week over the year.

The position involves:

- Processing CfSC memberships
- Maintaining the CfSC membership database
- Answering inquiries about CfSC memberships

Please send resume and cover letter to  
cfsc@cfsc.ottawa.on.ca or  
Citizens for Safe Cycling,  
Box 248, Station B  
Ottawa, ON K2P 6C4

## Cycling Plan has upside

Continued from page 1

On the other hand, there are a number of positive proposals in the plan:

- 🚲 year-round Rack and Roll racks on buses
  - 🚲 funding for a partnership with the School Boards to get children cycling to school
  - 🚲 a commitment for the city to "lead by example" in promoting cycling to its employees
- CfSC has been trying to get cyclists involved in critiquing the plan.

On June 1, it co-sponsored a public meeting on the plan (together with Cycle Ontario) to give cyclists an opportunity to discuss it. This newsletter was being sent to printers at this time in order to be out for Commuter Challenge week.

The text of the plan, and a comment board designed to allow cyclists to comment and forward their comments is at [www.CycleOntario.ca/OttawaCyclingPlan](http://www.CycleOntario.ca/OttawaCyclingPlan) Everyone is welcome and encouraged to join in to improve the plan before it is sent to City Council next fall.

## Teaching skills to young kids

Continued from page 1

The Program involves both in-class and on-road lessons that teach children essential bicycle safety skills that will allow them to feel confident while cycling to school, to the store, or to a friend's house.

This Spring and Summer, CfSC will be conducting pilot programs at five elementary schools in Ottawa. If you would like more information about this program or if you would like your school to participate in this pilot program, please contact Patrick Wray at (613) 567-1288 or [promo@cfsc.ottawa.on.ca](mailto:promo@cfsc.ottawa.on.ca).

Thanks for helping to bring safe and active cycling to our schools in Ottawa!!!

## Re-Cycling in a bigger shop

by re-Cycles Bicycle Co-op volunteers

Tucked away in the basement of a hard-to-find building in Ottawa's Lowertown is a cyclist's hidden treasure: the re-Cycles Bicycle Co-op.

Started in 1996 and currently located at 112 Nelson Street (just north of the Bytowne Cinema), re-Cycles has proven a valuable resource to cyclists across the region.

The mandate of the not-for-profit volunteer run bicycle co-op is twofold: provide a place for cyclists to learn bike repair, and to refurbish donated bikes that would otherwise end up in the landfill.

The co-op is equipped with a wide array of tools. Shelves of used parts are combined to breathe new life into old bikes. Friendly and experienced volunteer head mechanics are always on duty to provide advice. There is always a stock of refurbished bikes for sale to help cover the costs of the shop.

Re-Cycles is run completely by volunteers, both inside and outside the shop. If you have time on your hands, re-Cycles has a task for you. Volunteers are appreciated, and their efforts are rewarded with free shop time to work on their own bikes.

For those who would like to use the co-op's facilities without volunteering, the fee for do-it-yourself bike repair is \$5/hour, with guidance offered by the head mechanic as time allows.

The re-Cycles Bicycle Co-op is open Tuesday, Wednesday, and Thursday evenings from 6:00 p.m. to 10:00 p.m., year-round. It recently expanded into a larger space in the same building, so come check out the new, larger, cleaner workshop and find out all that re-Cycles has to offer.

More information is available at [re-cycles@flora.org](mailto:re-cycles@flora.org) or at <http://www.flora.org/re-cycles/>

## CAN-BIKE Course Update

With files from CfSC Staff

April and May have been very active for CfSC's cycling courses. Over 80 students have graduated from the courses, half of which are children.

Eight more people are now eligible to teach CAN-BIKE II, which is for intermediate to advanced cyclists.

We are well on our way to meeting our targets for 2005, and already have 28 more courses scheduled.

In part, this is thanks to the posters and brochures designed by a volunteer, Brian Strevens, who is a professional graphic designer. They were printed with a grant from the Ontario Ministry of Transportation.

For more information on CAN-BIKE or to book a course, e-mail [education@cfsc.ottawa.on.ca](mailto:education@cfsc.ottawa.on.ca), visit CfSC's website or phone (613) 567-1288.

## Ontario Cycling Conference

Submitted by Cycle Ontario Alliance

Get out your daybooks and pencil in Saturday, October 22, 2005.

That's when Ontario cyclists will be getting together to share ideas, beefs, and the state of the art in making Ontario more cycling-friendly.

The second annual Cycle Ontario conference will be held at McMaster University in Hamilton. With enthusiastic local involvement, planning is already well underway on the conference schedule and theme and possible speakers.

If you have ideas on how to improve the conference, or would be interested in helping planning, or would like to speak at the conference, e-mail Cycle Ontario Alliance President Issie Chackowicz at [president@CycleOntario.ca](mailto:president@CycleOntario.ca)

## Two easy ways to improve cycling for everyone

By Charles Akben-Marchand

Most of the articles in Chain Mail encourage you to volunteer, get involved, and do a lot of things you probably don't have time to do.

You may think cycling advocacy should be left to the cycling advocates. But what does that mean?

Advocacy is really just following up on things that bother you. For example, if I see a bus go by without a bike rack on it, and it is one of the designated routes (1, 2, 4, 7, 14, 85, 95, 96, 97, 118 and 180), I will take down the time, the route, and the four-digit bus number, and report it to OC Transpo's Customer Service, either at [ocserve@octranspo.com](mailto:ocserve@octranspo.com), or at (613) 842-3600.

Similarly, if I see a traffic signal light whose bulb has gone out, a street light that has gone out, debris (such as glass or big rocks) on the road, or a big pothole, I will report it to the City of Ottawa at [info@ottawa.ca](mailto:info@ottawa.ca) or to (613) 580-2400. I may also send a copy to [cycling@ottawa.ca](mailto:cycling@ottawa.ca)

The city can't possibly monitor everything, so it is up to individual cyclists to look out for each other.

### CfSC Volunteer Files

Looking to get more involved with CfSC? Here are some ways you can spend some time having fun and volunteering! Contact [promo@cfsc.ottawa.on.ca](mailto:promo@cfsc.ottawa.on.ca) or call (613) 567-1288 if you want to know more.

**Hosting the CfSC Booth** on the Ottawa River Parkway on alternating Sunday Bike Days and at other events.

**Corporate Membership Assistant**  
Contact [membership@cfsc.ottawa.on.ca](mailto:membership@cfsc.ottawa.on.ca)

**CfSC Board and Committee Members**  
To help set the direction of CfSC.

**Office Help** - various small tasks

**Events Coordinator**  
We need someone to keep track of CfSC's events for the website, newsletter, etc.

Visit [www.cfsc.ottawa.on.ca](http://www.cfsc.ottawa.on.ca) for a more detailed list of volunteer opportunities.

### Light Rail solution possible

Continued from Page 3

Light rail advocates say there may be a way for cyclists to bypass the station. However, it is difficult to suggest alternatives until we see the drawings.

The best way to tell city staff and council that we don't want the light rail route to interfere with cycling downtown is to attend an open house, make comments, and ask questions.

The open houses will be held:

Monday, June 6, 2005, 4:30 to 8 p.m.  
Ottawa City Hall Rotunda  
110 Laurier Avenue West

Tuesday, June 7, 2005, 4:30 to 8 p.m.  
Rideauview Community Centre  
4310 Shoreline Drive

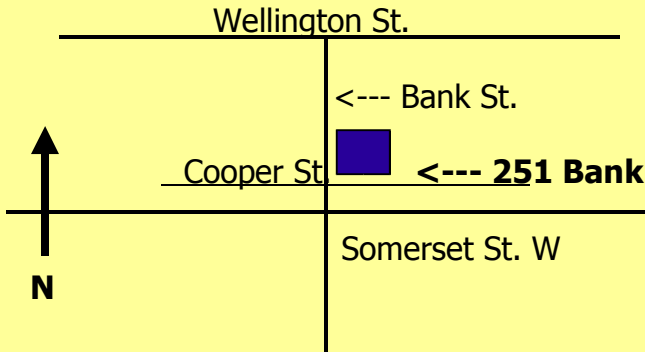
Wednesday, June 8, 2005, 4:30 to 8 p.m.  
Walter Baker Sports Centre, 2nd floor  
100 Malvern Drive

Thursday, June 9, 2005, 4:30 to 8 p.m.  
Jim Durrell Sports Centre, Ellwood Hall  
1265 Walkley Road

More information on the LRT open houses is at:  
[http://ottawa.ca/public\\_consult/lrt/ns/stage\\_4/index\\_en.shtml](http://ottawa.ca/public_consult/lrt/ns/stage_4/index_en.shtml)



**Come visit the CfSC Office!**  
**10:00-17:00, Monday-Friday**  
**251 Bank Street, Suite 504 (at Cooper)**



## Upcoming CfSC Events

**Chain Mail Autumn Deadline:** Have anything that needs to be heard by CfSC members? E-mail your submissions for the Summer 2005 issue to editor@cfsc.ottawa.on.ca by **August 26, 2005**.

**CfSC Board Meetings:** The first Thursday of each month at 7:00 pm at the CfSC office.

**CfSC Open Houses:** The third Wednesday of each month, 5:30-8:30 pm at the CfSC Office.

### CfSC Booths at Sunday Bike Days:

Ottawa River Parkway at Westboro Beach, every second Sunday until Labour Day.

Visit [www.cfsc.ottawa.on.ca](http://www.cfsc.ottawa.on.ca) for the most recent list of CfSC events.

## CfSC Office Wish List

Patrick Wray and Linda Ulyyett, CfSC Staff

Big hugs to our special friend MichaelMcAuliffe, for the English dictionary, French dictionary and thesaurus. A huge thank you to the anonymous microwave donor.

Some of the remaining wish list items are:

- \* paper cutter
- \* ink cartridges for HP laserjet 1200 series printer
- \* a tape measure
- \* a dolly for transporting containers of things
- \* bicycle pump
- \* vise grips, any bike specific tools, ratchet set
- \* bike repair stand
- \* digital camera

## CHAIN MAIL Ad Rates

Starting May 2005, Chain Mail will sell business-card-sized (2"x4") ads for \$20 each. Funds go towards reducing the overall cost of publishing Chain Mail.

For more information, contact editor@cfsc.ottawa.on.ca, or leave a voicemail message at (613) 722-4454.

## 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: \_\_\_\_\_

Email: \_\_\_\_\_

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 email 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)

## CfSC still faces issues

Continued from Page 2

After having many board members a few years ago, over half of the positions are currently vacant. It is time to focus on growth both in the board and in CfSC in general.

Another serious matter is the proposed light rail route. Please contact your councillor (call 580-2400 if you need their name and phone number) and tell them that cycling routes must remain usable. This is an 'urgent' matter, and time is of the essence, so please don't put off your phone call for another day!

The City of Ottawa is accepting comments from the public on the draft Ottawa Cycling Plan until the end of June. Make sure you see a copy (either from the City of Ottawa or from us). Many of the ideas are great, but the language needs to be stronger. You can even just read a small section and send in your comments, and send a copy of your comments to us, too. Like city staff, we would like this plan to be the best cycling plan it can be – you can help us achieve this goal.

Enough from the soapbox. Tailwinds for the season!

Melanie

## In Brief

- CfSC's annual Harvest Ride has been cancelled for 2005 out of lack of interest
- CfSC's website is being redesigned, and should be up by the middle of June.

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



*MEC's Turtle lights provide bright, convenient lighting for tight situations, both on and off your bike.*

## Back page gadget

by Charles Akben-Marchand  
CfSC Volunteer

Don't you hate it when you're riding home at night and you discover your battery light wasn't fully charged? Or when you've stayed out later than you thought you'd be and you're stuck without a light?

I was at Mountain Equipment Co-op a while back, not even planning to buy something, and I saw this tiny white LED light.

I had a similar light before which I lost, and have been looking for a replacement. This more than fit the bill.

Not only does the Turtle LED light come in both white (\$3.50) and red (\$3.00), and have three different flash settings, but it also is shaped and designed to be strapped onto your handlebars or seat post.

This light also comes attached to a small piece of cardboard with a zip tie, as opposed to similar products which are packaged in oversized 'blister pack' unrecyclable plastic.

All in all, this light epitomizes MEC's commitment to practicality, efficiency, and the environment.

