

The Cyclist's Vehicle

June is Bike Month, YIPPEE!

There are even more velo-love options for you and your beloved bike this month. Bike Month events are plentiful and, of course, they are **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 below. Be sure to check out the official website www.bikeology.ca for the most up to date Bike Month information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Proclamation	2 Portland's Filmed by Bike Rescreening
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Mini Festival and Outdoor Ride-In
17	18	19 COE Bike Plan Open House	20	21	22	23 BIKEOLOGY
24	25	26	27	28	29	30

In This Issue

Special Bike Month issue! (pgs 1, 2 and 3)

Get involved! Volunteer at EBC during Bike Month (pgs 2 and 3).

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Editor Karly Coleman (with substantial assistance from Kent, prior to his trip... Happy Trails Kent!)

For a legend to the calendar, please check out bikeology.ca

BIKE MONTH PROCLAMATION June 1 - City Hall

BIKE MONTH IS OFFICIAL - come to the Proclamation, 12:00 pm.

We'll have smoothies, officiousness, and fun, all at the same time...

Come by to hear what Bike Month has to offer, pick up your new City of Edmonton Bike Map, and make a smoothie.

BIKE TO WORK BREAKFAST

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

- June 1 - Bicycle Bottle Neck, 87 Avenue & 109 Street.
- June 8 - Ezio Faraone Park, 109 Street at North end of High Level Bridge.
- June 15 - Sir Winston Churchill Square, Pancakes on the square!
- June 22 - 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!

BIKE SALONS

Got something you want to say about bikes? Wanna hang out with folks who love bikes?

June 7 Earth's General Store - ...continued on pg 2

THE EBC MISSION is to promote and facilitate cycling as everyday transportation to Edmontonians by providing bicycle services and resources.

Mechanics Round Table

June 12 Three Bananas - Touring, featuring Edmonton Bike and Touring Club

June 14 Earth's General Store - Bike Cooperatives with the People's Pedal

June 21 Earth's General Store - Winter Cycling with intrepid winter cyclists

June 26 Three Bananas - Racing with Alex Steida and Guri tk from Pedal Head

Check out these Salons, hosted at either Earth's General Store (10832 82 Avenue) or Three Bananas (102 Avenue/100 street). Each night at 7:00 there will be a presentation, then some lovely bikey discussion.


BICYCLE MOVIE NIGHTS

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

June 2 - The Ortona Armoury, 9722 - 102 Avenue, Portland's Filmed by Bike Re-Screening

June 11 - Metro Cinema, 101 A Avenue, 99 Street, "Calgary to Austin Peloton Project 2005 and 2006"

June 16 - Victoria Cricket Pitch, 12130 River Valley Road, "BMX Bandits" **8 p.m. start with picnic!

June 18 - Metro Cinema, 101 A Avenue, 99 Street, TBD - check Bikeology.ca

June 25 - Metro Cinema, 101 A Avenue, 99 Street, TBD - check Bikeology.ca

**MOCKTAILS ON THE BRIDGE**

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

June 6 and 29 at Ezio Faraone Park 09 Street at North end of High Level Bridge 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.

**CLEAN AIR DAY AND STATIONARY BIKE RACK LAUNCH**

What a great way to celebrate Clean Air Day! It is the official launch of the multimodal transportation program between the People's Pedal and Edmonton Transit, AND, EBC is profiling their stationary bike rack at Mountain Equipment Co-op. You can catch these events from 7:00 am to 9:00 am

June 6 Mountain Equipment Co-op (102 Avenue, 124 Street), and at an LRT station near you! (University, Central, Churchill, Beaver Hills House Park, Grandin, and Gazebo Park)

**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 to participate.

**THE OWEN HUNT-RICHEL CRITICAL MASS**


On June 29, 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. This Critical Mass is dedicated to Owen Richel, commemorating Owen's participation in last year's Bike Month Critical Mass. Owen died of cancer February 3, 2007.

**EDMONTON COMMUTER RACE & BREAKFAST**

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

June 5 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 and the fastest time. Want to compete? Please contact [info\[at\]bikeology.ca](mailto:info[at]bikeology.ca) or 982-8520 

WANNA VOLUNTEER THIS SUMMER?

[info\[at\]edmontonbikes.ca](mailto:info[at]edmontonbikes.ca)

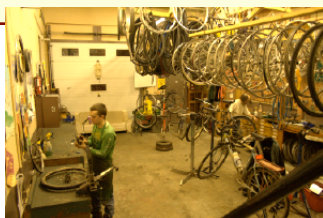


VOLUNTEER OPPORTUNITIES

We are looking for volunteers for Bike Month, Bike Parking, working at BikeWorks, and generally spreading velo-love. Spend quality time with other bikey folk and like minded gear heads by volunteering with EBC! Do do so, contact us at [info\[at\]edmontonbikes.ca](mailto:info[at]edmontonbikes.ca) or call 433-2453 and talk to one of our amazing BikeWorks volunteers (or leave a message if you get the answering machine).

BikeWorks Makeover!

If you haven't been down to BikeWorks lately, you won't know that the shop has received a great makeover. Volunteers have worked tirelessly to organize the shop and clean up the yard. More work stations are available now, there's a showroom for bikes for sale. A tire recycling bin graces the clean yard. It's worth a look! A huge thanks to everyone who has helped!



EBCer PROFILE

This edition of EBCer Profile introduces a familiar face at BikeWorks. In addition to being there a lot, Keith has recently joined the cadre of volunteer mechanics, ready and willing to assist you in your quest to fix your bicycle.

What is your name?

I have been going by the name of Keith since my mother picked it some 41 years ago although I'm often inexplicably called "Steve".

When and why did you start commuting?

I have been an avid (and some would say obsessive) cyclist since I took my training wheels off at the age of 6 but never really embraced commuting until 4 years ago. I was finding that I didn't have enough time to ride before or after work and was actually lucky enough to work in a job that allowed me to use my bike for most of my work related transportation needs.

What bikes do you ride now?

Most folks are stunned / amazed / shocked when I tell them I have 11 bikes and then more shocked when I tell them that my (4) children own 9 bikes between them. All of them were either rescued from the metal crushers or purchased used (or abused) and refurbished/rebuilt in my home shop. I have a pretty even mix of vintage road bikes, mountain/cross bikes, and really old cruisers. My oldest bike is a 1933 CCM and the newest is a 2000 Trek mountain bike (which is also a great commuter).

What is (or was) your favourite bike?

It's hard for me to pick a favourite bike (since I love them all) but I am probably most fond of my 1978 Raleigh Superbe 3 speed... she's usually my Sunday afternoon "let's go for coffee" bike but I also ride her to and from work pretty regularly. I am also pretty fond of my Trek since it's the bike that takes me off the beaten path and has carried me for many thousands of really enjoyable and trouble free kilometres. I have some "new" bikes that I am presently developing good relationships with and am really enjoying riding my fixed gear road bike which I just finished building a few weeks ago.

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

I have a goal to ride 10,000 + km in the coming year which means I need to average 30 km a day (which is the distance I commute). I tend to ride far more between April and October so will probably be riding close to 50 km a day.

What is your riding style? Cruiser? Fast and safe? Courier crazy?



My riding style could often be described as cautious and fast although I do have moments when I have been confused with bike couriers... perhaps that's because I ride a number of fixed gear and singlespeed bikes. I also like to take things easy from time to time and ride what my kids refer to as "old man's" bikes.

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

I love spending times with my kids and much of our time is spent riding whether that's riding in the river valley with my sons or cruising the neighbourhood with my daughters. I like the outdoors so would rather be cycling, hiking, camping, fishing, etc. than any indoor

activities unless that activity involves wrenches, rubber, and bike related things. I am also an avid pond / fish keeper and am in the process of building a small lake in my backyard.

What's the best part of EBC for you?

Besides the great people I am getting to know at BikeWorks, I'm also an unapologetic gearhead so really enjoy helping folks fix up their rides in the shop, building up bikes for resale, and being able to work on my own bikes in such a social and friendly atmosphere

What cycling gear is a must have for you?

I don't leave home without my cold / wet weather gear, my toolkit, first aid kit, and my cellular phone. I always figure that if I don't need help, someone else might.


What type of lock do you use?

I use a double pinned shackle as well as a 5 foot cable and if I'm feeling really nervous about where I'm parking, use a second another shackle. I can also carry a pocket Doberman (a miniature Pinscher named Maggie) in my panniers.

What are your favourite rides/routes around town?

I love riding through the river valley as I can ride my road bikes on the paved paths and hit the multi use trails and singletrack on my mountain bikes. I also love touring and have plans to ride Jasper to Banff and take some shorter weekend tours this summer.

Any bicycle commuting advice?

The bikes I use for commuting vary according to where and what I'm doing... some are built for going fast on warm sunny days, some are well suited for rain and snow, and a few are just ridiculously comfortable. The commonality is that they're all very well maintained and I feel like I could take any one of them on an epic ride (and I do) without worrying about anything but flat tires and errant motorists. 

Your Bike Only Has One Gear?

by Keith Hallgren

This is a question / comment I hear on a frequent basis and probably stems from the fact that more than half of my bikes (there are 11 of them) only have one gear... three are single-speeds, two are fixed gear bicycles, and one is a 74 year old CCM coaster bike that also has just one gear.

You may have even noticed that there are a growing number of people who are choosing to ride single-speed or fixed gear bicycles and that these folks are not bike messengers but regular riders like you and me. Several bike manufacturers are now offering models that come as single speed models or have an option to run a single freewheel and a fixed gear on the opposite side of the hub that we call a flip flop.

Despite this growing popularity they are still uncommon enough to draw comments from folks who have grown up being sold the idea that more gears equals a better / faster bike, and can't understand how anyone can ride with just one gear. The basic functional difference between a single-speed and fixed gear bicycle is that although they both have a single gearing, the fixed gear bicycle does not coast and the chain, crank, and pedals will continue be in motion as long as the wheels are turning.

The mechanical advantages to riding single speed bicycles is that because they lack all those parts needed to shift gears, they are lighter than their geared counterparts, are significantly more power efficient, and generally require less maintenance. Indeed, a fixed gear bicycle is actually one of the most efficient human powered vehicles ever conceived.


Describing what it is like to ride a single speed bicycle is sometimes difficult and is something that needs to be experienced firsthand... I am always happy to loan out one of my bikes for people to try and very often this has led to them acquiring or building a single-speed of their own.

A fixed gear bicycle requires a slightly different set of riding skills and can take a few weeks of riding to get used to although folks who have been riding single-speed bikes tend to make the transition much more easily.

Riding a single-speed differs from a geared bike in that there is no option to bail out to a lower gear when you are climbing or heading into headwinds so one will find that they will be standing a little more which might require a slightly higher bar position. Riding a single-speed will also make you a stronger and quite possibly, a faster rider, as you will learn to maintain a steady cadence and coast far less.

Older road bikes tend to make excellent candidates for conversion to SS bikes... My newest commuter is a mid eighties Miyata 215ST (sport / touring) bike that has recently undergone a transmogrification from a 21 speed to a single speed.

The conversion required that I remove the shifters, front and rear derailleur, and 7 speed freewheel. The old freewheel was replaced that with an 18 tooth single speed freewheel that cost \$25.00. I also removed the extra chain-rings leaving the 48-tooth Bio-pace chain-ring, which gives the bike a clean and finished look.


If you are interested in building a single-speed bicycle or have questions pertaining to this article feel free to ring us up at the shop (433-BIKE). 



THREE FOR FREE *We waste time surfing the net so you don't have to.*

www.bikereader.com/contributors/etc/haiku/BRhaiku Fabulous little website geared towards poetry AND bikes... how much better does it get?

www.cyclingtrip.com/sections/guide Ohmigawd... I laughed til I fell of my chair...The training section for touring gives you the experience you need before you ever leave on your trip!

www.en.wikipedia.org/wiki/Bicycle_and_motorcycle_dynamics ever wonder what keeps you up? What makes your bike balance and move the way it does? Mystery explained... 

Edmonton's New Mountain Bike Park

The Edmonton Mountain Bike Alliance (EMBA) is teaming up with the city & Jay Hoots, to bring a Mountain bike skills park to Rundle Park, and we need your help. Once it is built, this park will provide a safe, yet technical place to ride, free of charge, only 10 km from downtown Edmonton via the river valley trails. The City of Edmonton is involved to ensure that park designed safely and maintained, considering the amount it will be used. Rundle Park is the site of Edmonton's first Skills Park, with plenty of room for expansion.

Renowned Rider and builder Jay Hoots has designed the park. Jay has ridden in the professional circuit for over 8 years, and has designed several high profile contests as well as over 14 skills parks. He is a certified coach and builds courses that are progressively more challenging. His resume includes the Canmore Nordic centre's bike park, the first legal bike park with both dirt jumps and technical features in Alberta.

To see more of Jay's work, go to Hoots.ca If you want to learn more about the EMBA or to help out, contact us at [edmontonmountainbikealliance\[at\]hotmail.com](mailto:edmontonmountainbikealliance[at]hotmail.com)

The EMBA is a non-profit society dedicated to fostering a mountain bike community in Edmonton. 

CANBIKE Education

Wow! Another perk of membership with EBC is knowing ahead of time when fabulous nationally certified cycling programs and courses are coming up with our CANBike Educators and trusty mechanics. We will put the course on for a minimum of 4 and a maximum of 10 per session


Children's Bike Safety Instructor Training Course - Concerned about the children cycling in your neighbourhood? Then why not run a children's bike safety course? EBC will be holding a one-day course to teach anyone how to run a basic children's bike safety course. The course will include a manual and sources and how-tos for necessary resources. The course is FREE and will be run only once every year. This year's course was scheduled for Saturday, April 28, 2007 in Edmonton. Keep this one in mind for next year.

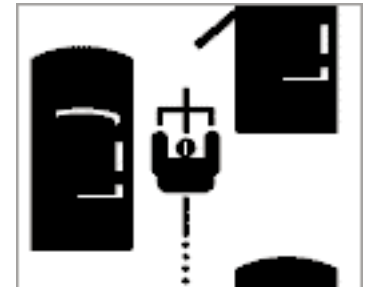
CANBike I - Eager to relearn cycling skills you had a youth? Let us help. We offer the CANBike I course to adults who are anxious to improve their cycling skills without the more aggressive traffic skills that are offered in our more advanced courses.

CANBike II - EBC offers CANBike II to advanced cyclists, keen to learn about improving their skills in heavier traffic and other conditions they may encounter. This course covers touring, cycling in all manners of weather, essential skills for the road, as well as basic mechanics. The course runs when we have sufficient interest, so contact us and we will put the course on when all the planets align with the timing for the instructors and other students.

CANBike Instructors - passed your CANBike II with flying colours and want to spread the velo love? Take the CANBike Instructor course and teach the world to ride!

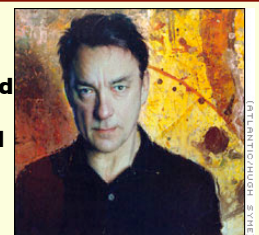
Bike Mechanics - Interested in volunteering at BikeWorks, but your mechanics are a titch sketchy? Give us a call and we will see what we can arrange in the way of a mechanics course!

To register for courses, contact John Collier at [jbcollier\[at\]shaw.ca](mailto:jbcollier[at]shaw.ca) or phone 780.433.1270. 



From the cycling celebrities file...

In Rush's heyday, drummer Neil Peart carried a bicycle on the tour bus and had the driver drop him and the bike off 100 miles or so from their next gig. He also wrote a book about his cycling/drumming adventures in west Africa called *The Masked Rider*.



CITY TRANSPORTATION UPDATE

c/o Claire Stock and Claire Ellick

Great improvements have been made to the 2007 version of the Cycle Edmonton Map, including more routes, snappy photos and walkway connections between cul-de-sacs. The maps are currently being printed and we expect distribution to your favourite bike store by mid May. The update to the City's Bike Plan is gearing up, with a public open house scheduled for June 19. Stay tuned for more details.

Take your bicycle for a free ride on ETS The winter season has passed and now is a great time to start planning your commute for spring. Edmonton Transit is making your options easier by encouraging 'multi-modal trips', such as riding to the LRT station, taking your bicycle onboard for the journey then riding to your final destination. You can also easily load your bicycle onto bike racks on the front of buses on three cross-town routes (Routes 1, 4 and 9). Best of all, you pay the regular fare and your bike rides free!

Bikes on the LRT Bicycle travel is allowed at no extra cost on all LRT trips except between 7:30 - 9:00 a.m. and 4:00 - 5:30 p.m. Monday through Friday when the LRT is crowded. There are no hourly restrictions for bicycles on Saturday, Sunday or statutory holidays. Cyclists should enter and exit through the middle doors of the LRT vehicle because they are wider than the other doors (look for the sticker of a bicycle within a green circle). Bicycles may be restricted during special events and other congested times.

Bikes on Buses Bike racks are available on Routes 1, 4 and 9. The bike racks are mounted on the front of all low floor buses travelling on these routes. Using the rack is easy. Loading and unloading your bicycles takes about 20 seconds and easy-to-follow instructions are printed directly on the rack. The rack can hold two bicycles and is offered on a first-come first-served basis.

If you want to practice loading your bike, Edmonton Transit be at the Bikeology Festival, between 12 and 5 p.m. on Saturday June 23, 2007 at Beaver Hills House Park on the corner of Jasper Avenue and 105 Street. Plans are also underway to install a stationary, wall-mounted rack for practicing at Mountain Equipment Coop (12328 - 102 Avenue) this summer.

For more information about bicycles on transit, visit www.takeets.com > Special Events & Services > Bikes on ETS
For more information about cycling in Edmonton, visit www.edmonton.ca/cycling 




It's Not About the Bike: My Journey Back to Life

book review by Molly Turnbull

by Lance Armstrong with Sally Jenkins, Putnam's Sons, Penguin Putnum Inc. 2000

I reluctantly took this book out of the library. I think it's about the bike, so the title jars. Nonetheless, I started to read it right away. I read and read and read. Sally Jenkins is a fabulous writer. She relays Armstrong's story in a matter-of-fact manner, belying her experience as an established sports writer. Gripping stories of cycle races are juxtaposed with explicit descriptions of cancer and the medical profession's grueling treatment of shocking the body with the most toxic substances known. Through the story, Armstrong's candor about his impetuosity, aggression and disregard for others allows the reader to be part of his emotional battle with cancer. The most engaging story line for me, however, is his emotional growth during treatment, and the difficult battle to become engaged in his own life after he is physically well.

The book also lays out Armstrong's description of the Tour de France and describes the course and the challenges so that everyone can better understand why that race is IT. The book is available at the Edmonton Public Library. 

ASK DR. COG

Dear Dr. Cog,

I am worried about touring and my bottom. How do I keep it happy?

- Tender Side Down

Dear Tender Side Down,

Touring is a lovely way to see the world and experience the joys of cycling. If your bottom is tender, you might want to check out the seat height, or the tilt of your seat. If your bike seat is too high, too far back, tilted to the front or back, or is in anyway uncomfortable, spending 8 hours on it is going to be excruciating. I recommend getting a saddle that you are comfortable with, breaking it in with several long rides, ensuring it is situated properly for maximum comfort for YOU, and then, once the mechanical parts are taken care of, you can focus on your body. Be sure to stand in the saddle once in a while to shift positions, use bike shorts, but make sure you have a couple of pairs, so that you can trade them off regularly, and wash them often. After that, I recommend using a talcum powder like Gold Bond medicated powder. If you end up with problem areas after all this, look after it immediately, as it can put you off your riding for a good long while.

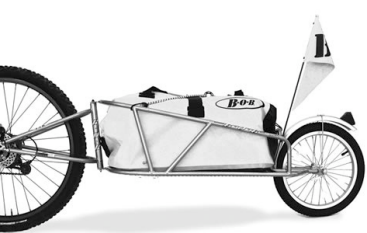
- Dr. Cog 

Q&A

Have a question for Dr. Cog? Let him know by sending an email to [drkog\[at\]edmontonbikes.ca](mailto:drkog[at]edmontonbikes.ca), by sending a note to the EBC, or best of all, by asking Dr. Cog or one of his helpers at BikeWorks.

Cargo Trailer Rentals – Another Benefit of EBC Membership!

Wondering how you're going to move your couch? Building a fence but you don't have a way to transport the lumber? Or maybe you're going touring and have a little too much gear to fit in your panniers? EBC has the solution! Members can now rent one of five fantastic new cargo trailers for only \$10/day or \$2/hour.

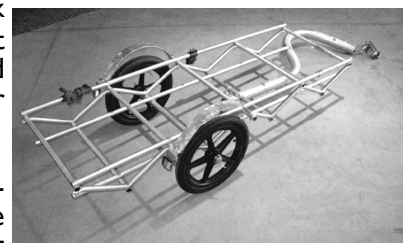


For smaller loads we have two BOB Yaks. They attach to your rear axle (or skewer) using special nuts. As a result, they're quick and easy to attach and will work with most bikes. (The main exceptions are bicycles with an especially long skewer or a 3/8" axle.) These trailers are great for moving groceries, bedding plants,

or other small loads. For summer touring adventures they offer a convenient way of increasing your carrying capacity without a lot of extra weight. Their narrow profile and single wheel even make them a good choice for gentle off road excursions. And they can easily be detached to lighten your load for day trips.

If you're planning to haul some serious freight, our five foot long cargo trailers are just what you need. Their aluminum truss frames are rated for loads of up to 300 lbs and provide endless attachment points for ropes or bungee cords. For loose items, they can carry up to eight 18 gallon Rubbermaid storage containers. (We often have some that can be borrowed at the shop.) These trailers attach to a hitch that's clamped to your chain stay and seat stay, just in front of the


axle. They'll work with most bikes, but we recommend mountain bikes for heavy loads.



And for really monstrous loads we've even got an eight foot

cargo trailer. This is the big brother of the five foot version and is identical except for its length. It's light enough to carry up a flight of stairs with ease while being big enough to move things that won't even fit in a car. If you want to transport building supplies or furniture, this is the trailer to do it with.

To rent one of the trailers, just stop by BikeWorks during regular hours. If you'd like to check the availability of the trailers before coming, give the shop a call at 433-BIKE. (With the start of summer our hours will be expanding significantly. Check the EBC website at www.edmontonbikes.ca for current hours.)

Another reason to leave that car in the garage, or better yet, the dealership. Drop by the shop this summer and take one for a spin! 

Wanna Rent a Trailer? Here's the FINE Print...

EBC Membership - Trailer rentals are one of the benefits of EBC membership. You'll need to show your membership card to sign out the trailer. Don't have a membership? They're only \$20/year.

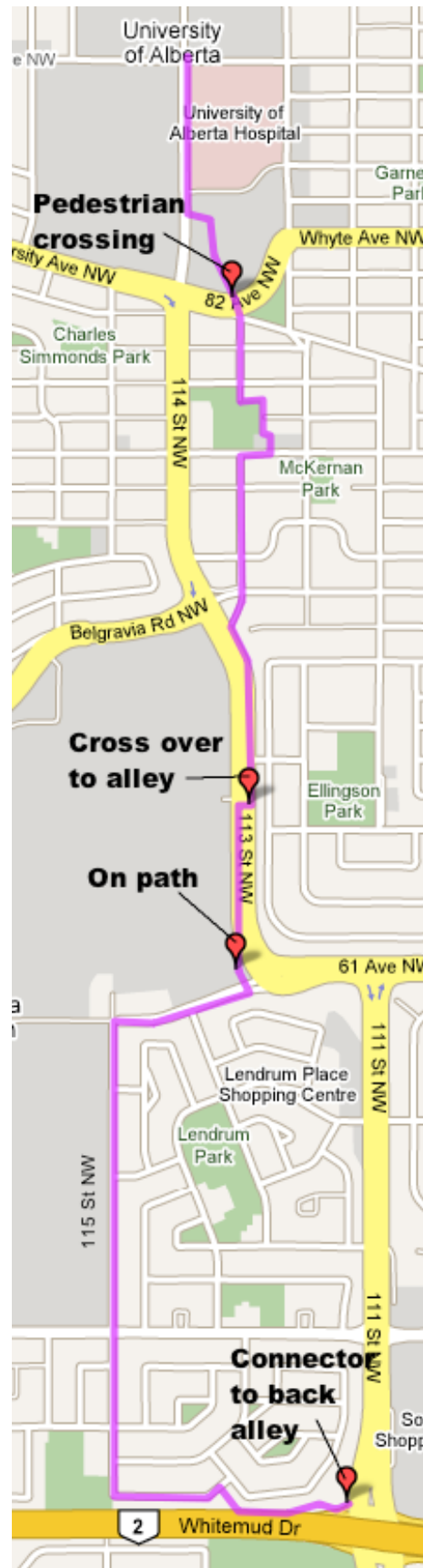
Credit Card - To ensure the trailers remain in good shape for everyone to use, we require a credit card imprint as a deposit.

Photo ID - To verify your credit card.

Rental Fee - Trailers can be rented for \$10/day or \$2/hour. Cash only, please.

Your Bicycle - Most bikes will work with our trailers but we recommend mountain bikes for heavy loads. If you're unsure whether your bike is suitable, ask one of EBC's friendly mechanics.

Route Finder





Edmonton Bicycle Commuters

PO Box 1819 STN MAIN
 Edmonton, AB T5J 2P2
 Phone: 780-433-BIKE (2453)
 Web:
 www.edmontonbikes.ca
 Email:

newsletter[at]edmontonbikes.ca - for newsletter related items
 info[at]edmontonbikes.ca - for general inquiries

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 SPRING/SUMMER HOURS

433-BIKE (2453) - 10047 - 80 Avenue (in the alley)

Spring/Summer Hours: **Sundays noon-5pm; Mondays 6-9pm; Wednesdays 5:30pm-9pm; and Saturdays noon-5pm; all other days = closed**
 Call or check the website or call for up to date hours info. Would you like to volunteer at BikeWorks? **CALL**, email or drop by... we'd love to see you!

JOIN 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 _____	Membership Costs and Benefits
Name _____	Family: \$25.00 <input type="checkbox"/>
Address _____	Individual: \$20.00 <input type="checkbox"/>
City _____	Low Income: \$15.00 <input type="checkbox"/>
Postal Code _____	Supporting Member: \$55.00 <input type="checkbox"/>
Phone Number _____	Donation: \$ _____ <input type="checkbox"/>
Email Address _____	Newsletter delivery preference:
New Member or Renewal? _____	Email (pdf) <input type="checkbox"/> Canada Post <input type="checkbox"/>
Do you want to volunteer? _____	EBC members low-volume email list preference:
Newsletter? <input type="checkbox"/> Bike Parking? <input type="checkbox"/>	No emails! <input type="checkbox"/> Email me <input type="checkbox"/>
BikeWorks? <input type="checkbox"/> Bikeology? <input type="checkbox"/>	

We support the manufacturing and production of recycled materials.

Printed on recycled paper.

Happy Cycling!