

CHAINMAIL

Fall/Winter 2005

The newsletter of Citizens for Safe Cycling
Volume 21 Issue 4

\$2.00 Value

City's Cycling, TDM Programs Need Your Help To Survive

By Charles Akben-Marchand
CfSC President

The City of Ottawa's Draft 2006 budget has come out, and it has some bad news for cycling and other alternative transport initiatives.

So far, the city will spend in 2006 \$120 million on road construction projects, \$243 000 on paving shoulders for cyclists in two rural locations, but only \$90 000 on the entire Transportation Demand Management program.

The city's Transportation Demand Management (TDM) department does things to get more people walking, cycling, and taking transit. Although it is not clear whether salaries for this Staff members department are supposed to be included in this \$90 000, or if it's just for programs, the Cycling Safety & Promotion Program and the Cycling Education Program--both of which are run by CfSC on a contract with the City--are definitely at risk of being cut at a time when they are their most effective in years!

City Staff will have notified CfSC on November 21 whether the contract will be continued, but we need to make sure it isn't cancelled because of funding constraints.

For the first time in a while, we have two staff members who are doing excellent work, we have good supplementary grant funding, and plans for next year are already under way and looking great! This is the worst possible time to cut funding!

Unfortunately, you can't cancel a well-functioning program and expect it to come back in a couple of years unchanged. If the funding is cut, we would lose our office and the hard work that went into it. CfSC would be up for a major change and cycling in general would have no formal government support.

See Council Must Find Money, Page 4

Bring on the Snow!

In addition to our annual community and workplace Winter Cycling Seminars, including the one sponsored by MEC and taught by Brad Shapansky in Westboro, CfSC will be offering a Winter Cycling Course in mid-January. As with other courses offered by CfSC, the course will include an on-road component.

To schedule a **Winter Cycling Seminar** in your neighbourhood or at your place of work, or if you are interested in learning more about the **Winter Cycling Course**, e-mail education@cfsc.ottawa.on.ca or c-c-call (613) 567-1288.



Cycling Skills Instructor Brad Shapansky gives CfSC's Winter Cycling Seminar, sponsored by MEC, earlier this month. Photo by Kate Graham.

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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,
- 🚲 **Representation** of cycling issues to all levels of government.

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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

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The 2005-2006 board is:

President: Charles Akben-Marchand

Vice-president: Manny Agulnik

Secretary: [vacant]

Treasurer: Delmi Reyes Paz

Directors at Large: John Calvert, Brett Delmage, Ron McKinnon, John Stevenson, Nancy Sunderland, TOM Trottier
Board members can be reached through CfSC at (613) 722-4454 or CfSC@cfsc.ottawa.on.ca.

The CfSC board meets on the third Monday of the month at 19:00. All interested members are welcome to attend. Contact the secretary for time and place.

For inquiries about CfSC memberships, contact CfSC's Membership Administrator 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

For cycling promotion information, call (613) 567-1288 or promo@cfsc.ottawa.on.ca.

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



President's Report

By Charles Akben-Marchand
CfSC President

When I decided to run for CfSC's President, I knew I'd have a lot on my plate, but even I didn't anticipate all that has come up.

The important part is that we are operational, and we are working hard to get back on our feet. At our first Board Meeting, which lasted three hours, we addressed a number of issues, and asked a number of questions to bring us all up to speed.

But there have been many problems facing cycling in Ottawa. In addition to the threats of Budget cuts, there have been a number of cyclist injuries and fatalities in Barrhaven. In response to this, I have put out a call for residents and cyclists in Barrhaven to join CfSC and to identify where cycling can be improved.

This is a part of my overall membership development strategy. We need to discover ways of getting more people to join CfSC, and from all parts of the City. We currently don't have any members who live in Barrhaven, which makes it that much more difficult to identify and attack the problems there that are contributing to these unnecessary collisions. CfSC can't just send someone to look at the roads and find a solution: we need community-based solutions, and this means we need members of these communities to join CfSC.



Photo by RGB.

See President's Report, Page 8

Bike Store Discounts

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

The Cyclery

1073 Bank Street
- 10% off parts and accessories

McCrank's Cycles

889 Bank Street
- 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

Joe Mamma Urban Cycles

216 Pretoria (at Bank)
- 10% off parts and accessories

Westboro Sports Centre

327 Richmond Road
- 10% off parts 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.



Mackenzie-King Bike Lanes to be removed for LRT?

*By Alayne McGregor
CfSC Volunteer*

A new plan for the light rail (LRT) routes downtown hasn't improved the situation for cyclists. In fact, it may have made it worse.

On Nov. 9, City Council passed revisions to the LRT routes, including a proposal to move the final station from the Mackenzie-King bridge to a parking lot at Waller and Stewart Street.

The parking lot is currently owned by the University of Ottawa, so moving the station depends on a successful agreement between the City and the University. According to Peter Steacy, the city's program manager for environmental assessments, the University wants to put an underground parking lot underneath the site, with the LRT station and perhaps other development at ground level.

If the entrance to the underground parking is on Stewart, cars entering the lot would have to cross the current contra-flow bike lane on Stewart between Waller and Cumberland, which is an important cycling connector from the bridge to bike routes in Sandy Hill.

Having the station on the bridge would have meant cyclists would have had to dismount and walk through the eastern half of the bridge. It would also have meant that the general traffic lane on the bridge would have been taken over by light rail.

A city survey done a few years ago showed that more than 500 cyclists a day cross the bridge during the cycling season, making it one of the busiest crossings of the canal.

Unfortunately, the new design would require the removal of the bicycle lane that currently runs along the bridge. Steacy said cyclists could ride in the general traffic lane, but LRT tracks running along the edges of this lane would be a serious hazard to cyclists.

The only safe place for a cyclist to ride would be dead centre of the lane, not allowing any other traffic to pass, and carefully crossing the tracks where they might jog across the lane.

Steacy said there were no plans to remove the contra-flow lane on Stewart. When asked, he wasn't sure whether the advance bike-only traffic signal at the east end of the bridge would be affected.

Cycling Committee Update

At the October 19 Transportation Committee meeting, Chair Janet Stavinga and Vice-Chair Clive Doucet presented Peter Mason with the 2005 Bruce Timmermans Individual Cycling Award.

Mason was described as "an inspiration". He has encouraged 19 of his colleagues to cycle to work. He has since joined CfSC and plans on becoming an active volunteer "over the next few years".

Unfortunately, there was no Organizational winner of the awards, named after CfSC founding member Bruce Timmermans.

The Roads and Cycling Advisory Committee, which oversees the selection process of the awards, will have new members confirmed by City Council on November 30. Acting Chair Terry O'Shaughnessy says that those people he interviewed to sit on the committee were enthusiastic: "There's a good group of talented people coming on board."

Tom Trottier, a CfSC Board Member, will sit as CfSC's representative on the committee.

At the Committee's first meeting next year, the members will elect a Chair and Vice Chair, and determine goals for 2006.

O'Shaughnessy is scheduled to make a presentation to City Council on the 2006 Budget on December 5th.

The actual detailed design is supposed to be done by the consortium (not yet picked) who will be building and running the LRT; however, Steacy said that city staff will be more clearly defining requirements for the request-for-proposal amendments.

Steacy did say that a lot of the work was only at a conceptual stage, that the issue must be assessed again, and that lots more work needs to be done on detailed design.

If cyclists have concerns about this project, the next two months are critical. Write the Mayor and your city councillor and insist that this design is fixed so that it won't endanger cyclists. Otherwise, what is currently the most cyclist-comfortable crossing of the Rideau Canal will turn into the most dangerous.

Council Must Find Money

Continued from Page 1

If you look at the list of expensive road projects, a lot of them are overdue. The longer you wait to fix a damaged road, the more expensive the repair becomes—exponentially. But by building more roads and not encouraging less car use, the city is shooting itself in the foot.

All over the place, you see estimates of how much the city is supposed to grow in the next so many years, and how traffic is expected to grow with it. The O-Train is one part of a solution, but if people aren't encouraged to cycle in their neighbourhoods, they will buy a car anyway.

The cycling programs that CfSC runs are also setting up an important thing for Spring 2006: teaching Elementary School students about bicycle safety. These future cyclists will help reduce Ottawa's road strain as they grow up. They are also necessary in light of the many recent deaths and collisions that have been reported in the media.

As a CfSC member, what you must do is contact your city councillor and tell them to make City Staff find money for vital Cycling Safety, Promotion, and Education programs, like they found \$120 million for important road projects. Give your support for walking and transit promotion programs, too!

There are many ways to do this. Call your councillor, e-mail them, write them a letter, or make a presentation at your local budget consultation. Visit ottawa.ca or call 3-1-1 to find out how. Let us know, too.

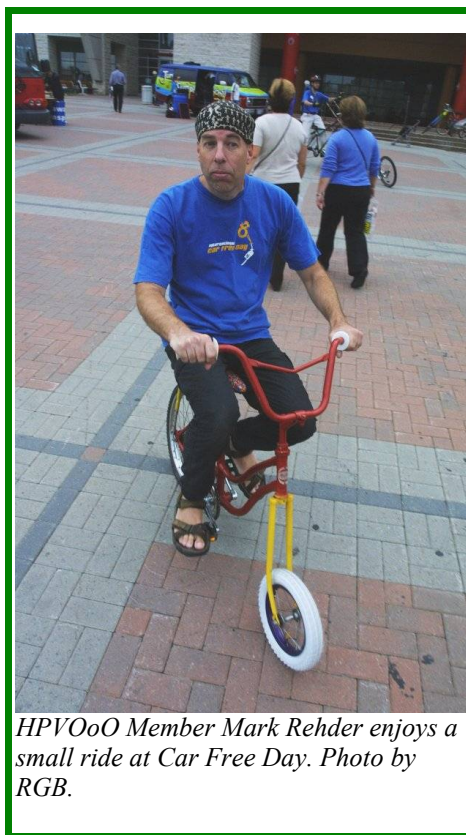
Many City Councillors have already started to respond to my phone calls and e-mails sent on November 17, so show your support to them as a CfSC member, too!

Other Cycling Groups

Editor's Note: The **re-Cycles Bicycle Co-op** (www.flora.org/re-cycles) and **Cycle Ontario Alliance** (www.CycleOntario.ca) have nothing to say in this issue of Chain Mail, except that they're still there! **Visit their websites** to see what they're up to!

NEWS IN BRIEF

- The **National Capital Commission** is asking for public input on its "**Pathway network for Canada's Capital Region**" plan, which the NCC wants your reaction by **Dec 23**. It includes a pathway over the railway bridge, as CfSC has suggested to the city. However, this path must not replace the rails, as it would prevent future Light Rail development. E-mail info@ncc-ccn.ca or call the NCC at (613) 239-555 for more information.
- **CfSC's office was broken into** this past September. Ironically, the only thing stolen was a **bicycle**, which was recovered. The thief, who also broke into other offices in the building, kicked down CfSC's door, destroying the deadbolt. The landlord covered the **cost of repairs**.
- Visit CfSC's redesigned website: **www.cfsc.ottawa.on.ca**
- **You can help** build CfSC's online resources! Visit **<http://wiki.gedris.org/wiki/CfSC>** and you can view and edit many different cfsc- and cycling-related **resources and discussions in development**.
- The **2006 Cycle & Recycle Calendars** are here! Get yours from the CfSC office today for only \$15!



HPV0oO Member Mark Rehder enjoys a small ride at Car Free Day. Photo by RGB.

Meet the New Board!

There's a new wave For those of you who didn't make it out to the cliffhanger Annual General Meeting at the Plant Bath on October 15, there's some good news.

Charles Akben-Marchand, who had presented two controversial motions in an attempt to solve problems of chronic inactivity in CfSC, withdrew them both after much discussion.

The debate led five people to add their names to the Board of Directors, from the floor. They joined candidates Akben-Marchand (President), Delmi Reyes Paz (Treasurer), and Brett Delmage (Director) in the slate that was approved in one quick motion. Returning for the second year of his two-year term is Manny Agulnik.

Already, the Board has had to gather speed to address the many problems facing CfSC and the Cycling community in general. Board meetings are held on the third Monday of the month at 7:00 pm. Members of CfSC and the public are encouraged to attend.

Below are some words from our directors... (also see the Message from the President, page 2)

John Calvert

I have been a regular commuter cyclist April to November since moving to Ottawa in 1995, and a winter cyclist from 1989 to 1996. I bought a car after the 1996 OC Transpo strike and stopped winter cycling.

I am a former CfSC board member and interim vice-president 1996-97. In the past, I have worked for BEST (Vancouver) and the City of Kingston on cycling facilities. Over the years I have volunteered for and served on boards of various non-profits.

I am currently dreaming of a fancy new bike either a folding and/or recumbent, but I keep spending all my money on travel and food.

Brett Delmage

I'm pleased to serve as a director-at-large for the 2005-06 term. I have been an active CfSC member and volunteer since 1988, having served on the CfSC board previously in the 1990s. I'm currently treasurer of Cycle Ontario Alliance. Improving cyclists' traffic skills is one of the best ways to improve cycling safety and enjoyment. That is why I have been teaching with CfSC since 1990.

As your director I am committed to an open, consultative, trustworthy and effective organization that will serve CfSC members and Ottawa cyclists well. Feel free to contact me at any time with your suggestions or concerns or even an offer to help.

John Stevenson

I got my first bike (a new CCM coaster bike) for my ninth birthday. I remember learning to ride it, starting from the curb. That was sixty years ago. I have been cycling ever since.

Although I am primarily a commuter cyclist, in the last 12 years I have done a fair bit of recreational cycling with various groups. I have been retired for five years, I cycle with the Cross Canada Cycle Touring Society (Ottawa Branch) on their Ottawa area day runs. I also cycle with the Active Living.Cyclists in both groups are primarily retirees.

I joined CfSC about ten years ago, and was on the Board for a few years. I recently rejoined the Board this fall. For many years, I have been stuffing envelopes for CfSC members with newsletters and other fun things!

Nancy Sunderland

I have been a resident of Ottawa since 1974 and a commuter cyclist since 1980. After several years of cycle commuting, I took the CAN-Bike II course from CfSC, and found it immensely helpful – it increased my confidence, knowledge and capability for riding in traffic.

A member of the Regional Cycling Advisory Committee in the mid 1990s, I also have many years' experience on local, provincial, national and international boards. I have always been involved in trying to improve my community – I started a planned parenthood, a ratepayers association and a mother's Time-Out.

My paid work is in the Information Technology field, with expertise in Project Management and Independent Verification and Validation (IV&V). I have 2 adult sons and enjoy hiking, cooking, wine, traveling and cross country skiing.

Tom Trottier

tOM Trottier learned cycling by continually borrowing the bike down the street and crashing. This worked. Since then, he has cycled to Halifax and Kingston and put in many km around Windsor, Toronto, Cedar Rapids, and Ottawa. In his other life, he canoes, plays bridge, is a Toastmaster and a computer consultant with an MBA.

Ron McKinnon, Manny Agulnik, Delmi Reyes Paz

Come meet these people at monthly Board meetings on the third Monday of each Month! We'll help you get involved in cycling and in CfSC's committees and projects!

I Don't See You

By Terry Smith

In the dark, our eyes do not see everything they need to see. Drivers are focusing their attention on other vehicles, looking for road signs and things that light up in the dark to help them get to where they're going. Drivers are not looking for things they can't easily see.

Why don't walkers, cyclists, and others make themselves easy to see in the dark? They firmly believe drivers do see them. After all, when headlights strike their clothing, they *seem* to light up like a Christmas tree. What they don't realize is that what drivers see is entirely different...or nothing at all.

Something to consider

A car doesn't stop moving forward the instant a driver sees something on the road ahead. Drivers need time, and time means distance. For example, if a driver sees someone on the road 81 metres away and the car is travelling at 100 km/h, the driver will just be able to stop the car before it reaches the person, if the conditions are ideal. Go out with your family and look at how far that actually is.

Do your "time" test

The next time you approach a stop sign while driving at night, observe when you first notice the reflective sign. Then see how close you are when you first see the post the sign is mounted on. The first distance represents the time you give drivers to see you and react when you are wearing reflective clothing. The second distance represents the time you give drivers when you aren't.

In the past, night-time safety education was generally limited to "wear something white, bright, or reflective". But the belief that white and bright colours will provide the same protection as something reflective is a false one. Take a fluorescent item and a reflective item, go into a dark room, and look from behind a flashlight. See the difference for yourself!

Be safe. Be happy. Be seen from a safe distance.

Editor's note: Reflective items should not be used to replace lights. CfSC believes that cyclists should have white front lights and red rear lights when riding between a half-hour before sunset and a half-hour after sunrise and in inclement weather.

Elementary School Students Learn Cycling is Fun!

By Linda Ullyett

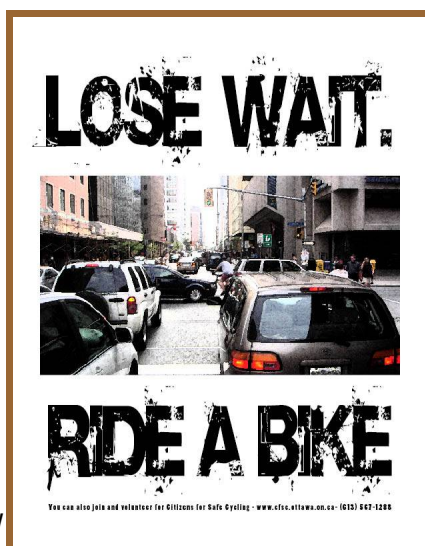
CfSC Education Program Coordinator

Arriving on principals' desks in Ottawa last spring was the Elementary School Bicycle Safety Program Resource Kit, developed by Citizens for Safe Cycling and Ottawa Public Health. Since then, principals and teachers have been calling to book bicycle safety programs from September through December at Ottawa Elementary Schools.

The full program is a four-part course, the components of which are designed to integrate seamlessly into the school education curriculum expectations for each grade. For those who can't devote so much time to the program, there is also a seminar version covering that talks about the more central parts of cycling safety.

It has been a resounding success with enthusiastic cooperation and participation from the principals, the teachers, the students (of course!), those precious volunteer parents and all the CfSC cycling instructors who teach it. Word has spread and there will be many more classes in 2006. We're looking forward to a very busy spring!

If you have any questions about this program, call Linda Ullyett, CfSC's Cycling Education Program Coordinator, at (613) 567-1288 or e-mail her at education@cfsc.ottawa.on.ca



Brief Note from the Editor:

I apologise for the poor quality of this issue's layout. *Chain Mail* is CfSC's public face, and should be as professional as possible to get people to join and volunteer for CfSC.

This has been a very busy time, and I have had great difficulty making *Chain Mail* with all the other duties of President. It would be of great benefit if someone with more time than I have could take over editing *Chain Mail*.



Come visit the CfSC Office!
9:00 am - 5:00 pm, Monday-Friday
251 Bank Street, Suite 504 (at Cooper)

Upcoming CfSC Events

Chain Mail Late Fall Deadline: E-mail your submissions or questions for the Late Fall 2005 issue to editor@cfsc.ottawa.on.ca by **February 1, 2005**. *Nous voulons des articles en français et des traducteurs/trices!*

CfSC Board Meetings: The third Monday of each month at 19:00. Location may vary.

CfSC Open Houses: Monthly meetings to be rescheduled. There will be theme discussions. Contact CfSC for more info.

Visit www.cfsc.ottawa.on.ca for the most recent list of CfSC events.

CfSC Office Wish List

Patrick Wray and Linda Ulyyett, CfSC Staff

- Cycling treats for volunteers, instructors, and kids (i.e. reflective things, legbands, bells, and stickers)
- wrench, tape measure, pliers
- a dolly
- digital camera
- wall-mounted pencil sharpener
- markers - any colour, any size
- bungee cords

Note: We are aware of Ottawa FreeCycle, but don't have the time to use it.

Volunteer Opportunities

Looking to get more involved with CfSC? Here are some ways you can spend some time having fun and volunteering! Contact cfsc@cfsc.ottawa.on.ca or (613) 722-4454 if you want to know more.

- We desperately need someone to produce *Chain Mail*. There is a \$50/issue honourarium.
- We would like one person from each City Ward to represent your ward and help grow CfSC membership.
- We need someone to renew bike stores' memberships, which entitles CfSC members to discounts.

Thanks to our Volunteers!

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

- Everyone who came to the AGM
- All our new Board Members
- All of our instructors
- Alayne
- Brian S.
- David
- Elyse
- Glen
- Jeff
- Jody
- Kate
- Moira
- Terry

... plus those who have been promoting cycling on their own!

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 K1P6C4

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

Cycle Ontario Alliance Update

By Alayne McGregor

Cyclists from Windsor to Ottawa congregated on Hamilton October 22 in for the 2005 Cycle Ontario Conference. This was the second biannual conference sponsored by the provincial group, which promotes cycling for transportation and recreation, and cycling skills education.

The theme was "Working towards a more Bicycle-Friendly and Healthier Ontario" and featured a number of speakers from the medical community examining the links between cycling and health.

For example, one session was entitled "Beyond Helmets -- What actions could be taken by healthcare and safety professionals to promote greater participation in cycling?". In that, Louie Di Palma of the Ontario Ministry of Health Promotion said a major concern of the government is obesity: unsurprisingly, only 48% of Ontario residents are physically active.

The government wants to increase this to 55% by 2010, mostly through partnerships with sports organizations, but Di Palma also announced government funding of \$3.5M over 5 years for its new Ontario Trails Strategy.

In other sessions, Cycle Ontario president and cycling skills instructor Issie Chackowicz talked about the work he does every spring with 12 Toronto schools to teach basic bike handling skills to students -- which substantially reduces their risk of collisions and falls. The program is now being expanded to another Ontario city.

Engineering consultant and cycling facilities expert Norma Moores explained the progress being made on updating Canadian standards for bike-specific pavement makings to include new ideas like "bike boxes", coloured bike lanes, clearer bike signal detection markings, advance stop bars, and on-street bike parking. She noted that, in Hamilton, more than 40% of bike collisions involved cyclists going on and off sidewalks.

Terri Donia of the Region of Niagara explained their Urban Design Guidelines, completed this year in order to promote smart growth and liveable communities. They were specifically designed to be bicycle- and pedestrian-friendly, with requirements like consistent street grids, bike parking, cyclist visibility, and bike connections to transit.

And JoAnn Woodhall, a planner with the Region of Waterloo, talked about the work done there to implement the regional cycling plan, including automatic inclusion of cycling facility work when a road is widened, reconstructed, or resurfaced, a new pedestrian/cyclist bridge over Highway 401 (to be built in 2006) to join Cambridge and Kitchener, and new bike parking and bike lockers at transit stations. She also explained her program of Corporate Cyclework workshops, a four-night, 16-hour program to teach adults skills for cycling in traffic taught by a certified instructor. If cyclists pass the course, employers paid for their tuition.

The conference ended with a session of suggestions on what Cycle Ontario could do to follow up with the ideas and information from the speakers and sessions. For more information see <http://www.cycleontario.ca>.

"There are a thousand hacking at the branches of evil to one who is striking at the root, and it may be that he who bestows the largest amount of time and money on the needy is doing the most by his mode of life to produce that misery which he strives in vain to relieve."

- H. D. Thoreau, *Walden*

President's Report, Part 2

Continued from Page 2

We need to build support in other areas of the city so that people don't have to die before problems are identified.

The Board and I have also been working on Policy development. We have been looking at many road projects as well as the Cycling Plan and preparing official responses to them. In addition to making sure that the end product is suitable for cyclist needs, we've also made sure that the process of construction does not leave cyclists in hazardous situations.

This upcoming year will be a difficult one, as usual, but it will likely be easier for every new member and every new volunteer that comes to CfSC.

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

