

CELEBRATE cycling

"THUMBS UP, WATERLOO REGION!"

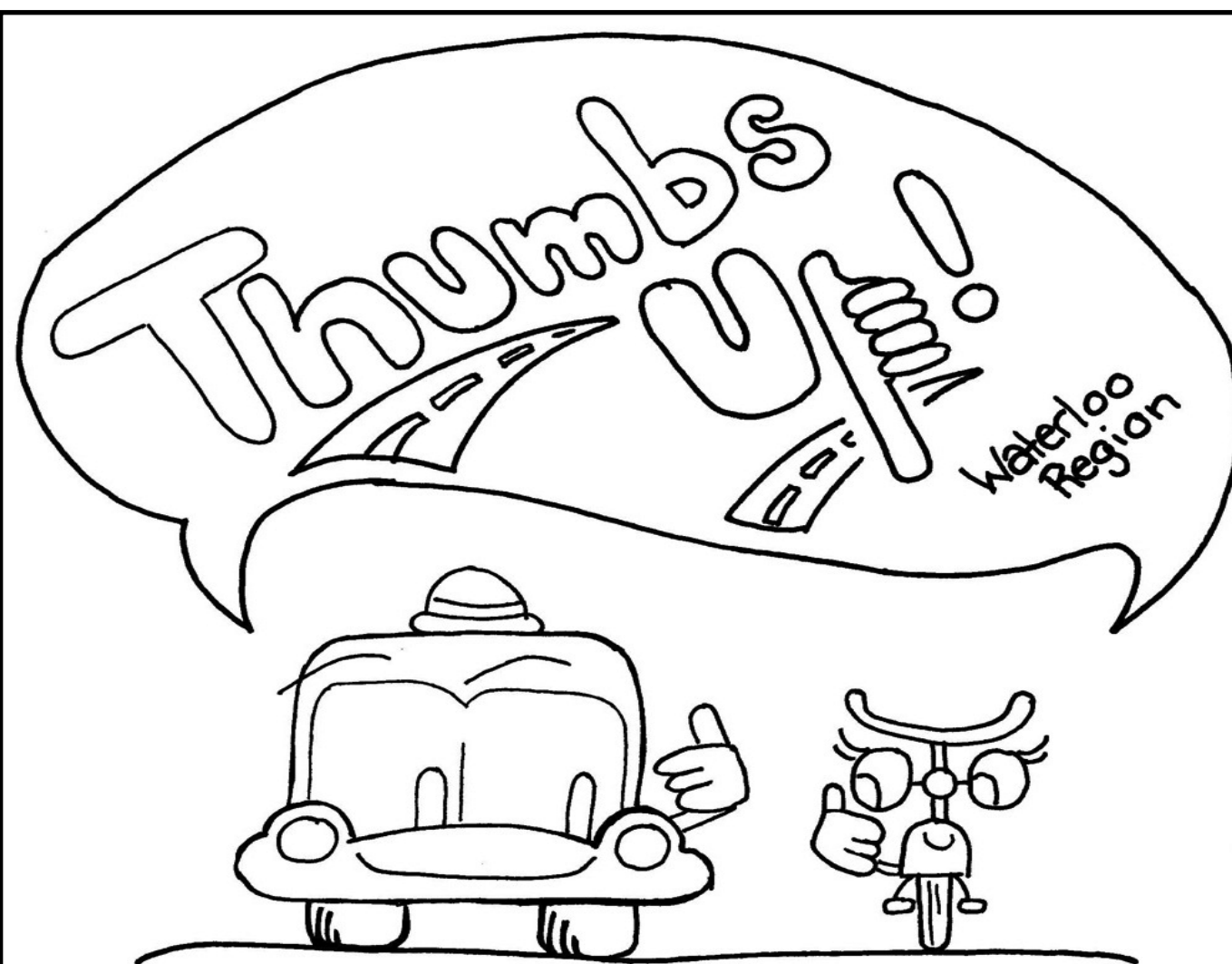


Join the conversation...

 **#ThumbsUpWR**

THUMBS UP! - Look inside for Cycling Tips, Events, Contests and more!

Contests & Giveaways



Colouring Contest

Contest Rules

Contest is open to children 6-12 years of age. Winner will be selected by random draw. Prize is a \$225.00 gift certificate to bike shop of winner's choice.

Please mail your entry to The Children's Safety Village, P.O.Box 3070, 200 Maple Grove Rd., Cambridge, ON N3H 5M1 or drop off at any detachment of the Waterloo Regional Police Service. Entries must be dropped off or post marked by June 20, 2014.

Name: _____

Age: _____

Address: _____

Phone Number: _____

Join The Conversation

Hashtag: #ThumbsUpWR

#ThumbsUpWR safety tip: When choosing a bike, make sure you can stand clear of frame and your toes touch the ground.

#ThumbsUpWR safety tip: Before you ride do a quick ABC check: air, brakes, chain and crank. Be sure all are working.

#ThumbsUpWR safety tip: All bicycles must have a working bell or horn and reflectors. It's the law!

#ThumbsUpWR safety tip: Children MUST wear a certified bike helmet, be supervised under age 10 and not ride at night.

#ThumbsUpWR safety tip: When cycling: Communicate. Make eye contact and signal your turns.

Bikeshare

Community Access Bikeshare (CAB) is Waterloo Region's newest start-up, community-based bikeshare. CAB members access easy-to-ride bikes located at convenient stations in Kitchener from April to November. Members pay a one-time fee of \$40; no overage fees! 519-743-1151 ext 172. www.theworkingcentre.org/cab

Grand River Public Bikeshare (GRPBS) is a non-profit organization based in Waterloo dedicated to the introduction of public bike sharing in the Waterloo Region. GRPBS is working hard to launch the first phase of the program with stations in Waterloo. www.grandriverpublicbikeshare.ca

Share the Road Public Opinion Survey 2013

Ontario Cyclists and Drivers.

- Among Ontarians, roughly three in ten (36%) report riding their bikes on a regular basis.
- A majority of Ontarians (69%) indicated that they would prefer to cycle more often.

For more information go to www.sharetheroad.ca

Blended Bicycle Reuse Program

- Dropping off your old, unwanted bicycle at the Waterloo waste management site will help our community in many ways. Through our partners, volunteers work with youth to teach bike repair skills, refurbished bikes are given to persons living with low incomes, and useful material is diverted from our one-and-only landfill.
- **Acceptable items:** Bicycles only. Please, no wheelchairs or tricycles.
- **Season:** April to October
- **Where:** Waterloo waste management site, 925 Erb Street West (Gate 2)
- **Time:** Monday to Saturday, 7 a.m. to 6 p.m.
- Last year, this program **diverted over nine metric tonnes** of bikes into reuse and away from landfill. A special thanks to all our past and present partners and sponsors for making this program a success:
 - Recycle Cycles • Goodwill Industries • Alan Homes
 - Morell Kelly Law firm and the Lidz on Kidz program
 - Heaven's Bicycle Shop • Waterloo Catholic District School Board
- Refurbished bikes are also available (for a minimal cost) from:
 - Heaven's Bicycle Shop, 725 King Street North Waterloo, 519-807-7002
 - Recycle Cycle, 37 Market Lane, Kitchener, 519-804-2466 Waterloo
- **Interested in becoming a partner? Or need more information about the Blended Bicycle program?** Please contact Shelley Conrad, 519-575-4400 ext. 8413.

Celebrating CYCLING

THUMBS UP WATERLOO REGION

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What Is "Thumbs Up, Waterloo Region!"?

During bike month in June, a cycling safety campaign called "Thumbs Up, Waterloo Region!" is being launched through a community partnership between the cities of Cambridge, Kitchener, Waterloo, the Region of Waterloo, Waterloo Cycling Club, Waterloo Regional Police Services and the Ontario Ministry of Transportation.

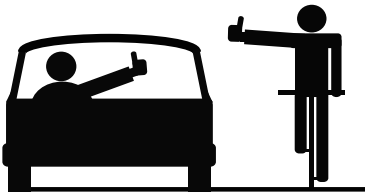
The campaign is directed to both cyclists and motorists, and aims to improve road safety through education, engineering, and enforcement while fostering a community culture of sharing the road. With more and more cyclists on the road each year, this campaign emphasizes the importance of working together to create a positive experience for all road users. The campaign name, "Thumbs Up, Waterloo

Region!" serves as a reminder for motorists and cyclists to use best practices when sharing the road.

The "Thumbs Up, Waterloo Region!" campaign is timed to coincide with bike month in June. During this month, there will be a celebration of bicycling across our community and a chance to encourage more of us to get out and give it a try!

Throughout bike month, there will be community festivals, recreational rides, art tours, cycling races, bike to work

breakfasts, and more, across Waterloo Region. Whether you ride to save money, protect the environment, improve your health or just to explore your community, give a thumbs up to bike month!



Partners





Cycling to Work – you CAN do it!

A great bike ride does not need to wait for the weekend! With 75 per cent of people in our community living within 10 km of work, cycling is a real option for many of us. As a bonus, it's a great way to add physical activity to our day. TravelWise is working with employers in Waterloo Region to help provide a range of commuting choices for employees including cycling. Employees at TravelWise organizations receive services that support cycling, including an emergency ride home program if they need to get home fast, a trip-planning software tool to make it easy to find your way to work and workplace-specific promotions. There is also a discounted corporate GRT pass available.

TravelWise has 24 member employers who recognize the importance of sustainable transportation. Some benefits include: a healthier workforce that cycles and walks, a happier and more productive office environment with less stress, and lower parking expenses.



Many TravelWise worksites have services to support cycling such as secure bike parking and access to shower facilities. Other organizations have gone the extra step with bike loan programs, special events and celebrations of staff who bike, walk to take transit to work.

Want to spread the word on cycling at work?

Here are a few ideas on how to get started:

Ask around the office to see what policies and programs are currently available for cyclists.

Check out www.regionofwaterloo.ca/travelwiseevents to get your employer to promote Bike Month. Come out to the Bike-to-Work Breakfasts in Cambridge, Kitchener and Waterloo. Take the Bike Pledge for a chance to win prizes.

Visit www.regionofwaterloo.ca/travelwise today!

Did you know?

- 94% of TravelWise employers provide bike parking for their employees.
- 56% of TravelWise employers provide secure bike storage – usually indoor for their employees.
- 50% of TravelWise employers provide shower facilities for their employees – in part so they can bike to work.



Spotlight On Local Cyclists



Amy MacArthur

Every morning my son is excited to put on his bike helmet and climb into the bike trailer. We enjoy the fresh air and time together as I bike him to daycare, and then continue on to work myself. Our bike ride home is just as much fun, sometimes stopping at the park or exploring a new route home. It's a great opportunity for me to fit some exercise into my day, while instilling the value of an active lifestyle in my son.



Sandra Streutker

I am a wife, mother of five, grandmother of three, business owner and volunteer.

I started commuting part time in the summer of 2009. I was a "fair weather" commuter. It wasn't until last April that I became a full time bike commuter. My daily commutes include cold, spring and fall rides to hot summer trips and calm scenic treks observing grazing deer and soaring Ospreys. Even with these many variables, one thing that remains consistent is my travel time. Unlike my motorized drive where traffic jams are all too common. Not only is riding practical, it has given me a lot of joy.



Keshav Srinivasan

I bike to work nearly every day of the year. I go to work at the University of Waterloo, park my bike there, and ride home at the end of the day. I enjoy bicycling! It's a fun way to start the day. It's healthy. It keeps me in shape. It's good for the planet: my carbon footprint is zero when I bike.

I find that it's calming, and helps me set a distance between work and home. By the time I get home, the stresses of work are far behind me, and by the time I get to work, I'm ready to start work.

Well-chosen equipment can overcome nearly every challenge. I have warm clothes for winter riding and rain gear for when it rains.



Walk Cycle Waterloo Region

Walk Cycle Waterloo Region, the Region of Waterloo's Active Transportation Master Plan is an action plan designed to create comfortable spaces that encourage more people to walk, cycle or roll (in-line skating, skateboarding, use mobility devices) to their favourite destinations. Walk Cycle Waterloo Region looks at the people who live, work, study and play in the region and considers where there is the potential for them to choose walking and cycling for short trips. The plan describes how we plan to add over 120 km of sidewalks, and multi-use trails and plus over 400 km of new bike lanes over the next 10 years. To learn more visit www.walkcyclewr.regionofwaterloo.ca



Sharing the Road with Buses

Cyclists share the road with a variety of vehicles including buses. Buses, like any other large vehicle require extra room to maneuver and cyclists should avoid riding in their blind spots. These blind spots are at the sides and rear of the bus, where the bus operator can't see you. Keep in mind that buses make frequent stops; stay well back and to the left side of the bus when cycling. A bus at the side of the road with a right signal activated is loading or unloading passengers. Cyclists should signal, shoulder check and when clear, go around to the left of the bus. Never ride up the right side of the bus. You could be squeezed or come in conflict with a passenger. A bus at the side of the road with an activated left signal is about to merge into traffic. Just as any other vehicle on the road, cyclists must follow yield-to-bus laws.

Bus and Bike



Every Grand River Transit bus has a bike rack so you can combine cycling with the convenience of public transit. Each rack holds two non-motorized bikes of most sizes and styles.

Using the bus bike rack

Easy on

- Remove loose items like bottles or pumps before the bus arrives. Tell the operator you want to load your bike. You must load and unload the bike without assistance.
- Squeeze the handle to release the rack and slowly lower it.
- Lift your bike on to the rack and fit the wheels in the front and rear slots.
- Pull the support arm up and over the front tire to secure your bike.

Easy off

- Leave the bus using the front door. Tell the operator you are unloading your bike.
- Pull the support arm out and over the front tire to release.
- Lift your bike and raise the rack to the upright position.
- Step away from the bus and signal to the operator you are clear of the bus.

Note: GRT is not responsible for personal injury or theft, loss of, or damage to bikes carried on buses or at bus stops. If the bike rack is full, take your bike on the bus and find an appropriate area to place your bike. If the bus is full, you will not be able to board the bus with your bike and will have to wait for the next bus. www.grt.ca/en/travelwithus/bikeracks.asp



How to Bike in a ROUNDABOUT ~ Two Ways To Navigate

For experienced cyclists:

- Ride as if you were driving a car.
- Merge into the travel lane before the bike lane or shoulder ends.
- Ride in the middle of your lane maintaining speed of traffic.
- Use hand signals and signal as if you were a motorist.
- Watch out for driver's blind spots.



For less experienced cyclists:

- Dismount and walk your bicycle on the sidewalk.
- Step up to the curb and point your finger across the crosswalk.
- Do not start to cross if a driver cannot safely stop.
- Look and listen for a safe gap in the traffic flow
- As you cross, keep pointing until you reach the far side of the road.
- Watch for driver's in the next lane. Make sure that drivers sees you.



For signaling guidelines, see "How to Drive, Walk and Bike in a Roundabout" at www.goroundabout.ca

Cycling in Cambridge



Conestoga Boulevard Multi-use Trail Feasibility Study

The City of Cambridge has commenced a study to assess the feasibility of constructing a NEW multi-use trail within the Conestoga Boulevard right-of-way between Pinebush Road and Can-Am Parkway.

The study has been initiated by the City of Cambridge to improve roadway safety for cyclists, pedestrians and motorists along Conestoga Boulevard. The City's Traffic Safety Program identified the section of Conestoga Boulevard between Bishop Street and Pinebush Road as one of the locations in the City with the greatest potential for safety improvements. The proposed improvement identified by the City is the implementation of left turn lanes throughout the section. The existing bicycle lanes on Conestoga Boulevard would be removed and the vehicle lane widths would be adjusted to accommodate the left turn lanes.

In place of the bicycle lanes, the City is proposing to implement a multi-use trail between Pinebush Road and Can-Am Parkway. The objective of the study is to identify the most appropriate alignment, determine the cost and outline the steps to advance the implementation of the multi-use trail.

For more information regarding this exciting addition to the City's active transportation network, please contact Jason Leach, Senior Transportation Engineering Technologist at 519-621-0740 x 4268.



New Franklin Boulevard Multi-use Trail

The City of Cambridge will be implementing a new boulevard multi-use trail along the east side of Franklin Boulevard from Jamieson Parkway to Winston Boulevard this spring. The new multi-use trail will be an extension of one constructed in 2012 from Winston Boulevard to Thomas Street.

Boulevard multi-use trails run parallel to the road in the boulevard. They are physically separated from the road and are intended for pedestrians as well as cyclists. The boulevard multi-use trail on Franklin Boulevard will have a 3m wide asphalt surface. Caution needs to be taken when approaching driveways and trail users must yield right-of-way when crossing at an intersection.

Upon completion of the new section of boulevard multi-use trail there will be a continuous multi-use trail along the east side of Franklin Boulevard connecting the trail from Valley Drive to Jamieson Parkway and Holiday Inn Drive where bike lanes are present.



Voted one of the top five cycling cities in Canada.
The only city in Ontario!

www.cambridge.ca/cycling

Your Source for Cycling in Cambridge

MAPS

EVENTS

SAFETY TIPS

PLANNED PROJECTS

CAMBRIDGE CYCLING

FOCUS GROUP

BIKE PARKING



Tour de Grand
CAMBRIDGE
2014
Sunday June 8
2014

Seventeenth Annual Bicycle Ride

Duncan McIntosh Centre, Churchill Park
200 Christopher Drive Cambridge, Ontario



Ride Times:
180 km - 8:00 AM
100 km - 8:30 AM
72 km - 9:00 AM
60 km - 8:00 AM
50 km - 8:30 AM
40 km - 9:30 AM
25 km - 10:00 AM
15 km - 10:30 AM
10 km - 10:30 AM

For more information call Don Penny at 519-822-1087 or email: info@cambridgecyclingandgrand.com or registration@cambridgecyclingandgrand.com.
Proceeds to Relevance for Kids Program.

www.cambridgecyclingandgrand.com

Voted 2013 Cambridge Sports Organization of the Year

Off-Road Riding Tips

Mountain biking is a lot of fun. With a little practice you will progress quickly. The most important thing is to ride safely within your limits. The following are tips that have been assembled to assist you in developing a solid base.

Climbing

Every time you press the pedals you are becoming a better cyclist and climber! Don't compare yourself to other riders, instead compete with yourself. Break up long climbs into sections and pat yourself on the back for achieving each goal.

Center of Gravity

Your center of gravity is the most important thing in climbing. Your center of gravity is located in your abdomen. When climbing you will be required to shift your center of gravity to compensate for the incline (shifting your abdomen over the wheels).

Weight

On steep climbs you will have to shift your weight forward to keep the front tire in contact with the hill, but with enough weight over the rear wheel to maintain traction.

Standing on Climbs

Standing on climbs makes it more difficult because you are now supporting your body weight. If you do stand on climbs, allow the natural side-to-side rocking of the bike created by your weight shifting back and forth on the pedals. This will maximize your weight on the pedals and maintain the bike line, making it easier to climb.

Crouching

Crouching forward is the most effective way to go over steep hills. To properly crouch on a bike slide forward on the seat, bend your arms, drop your wrists and back and concentrate on keeping your body low over the bike.

Power

Efficient pedaling and maximum power is difficult to achieve if the seat is too low. You need full leg extension for maximum power. This is why most mountain bikes have quick release seat posts, allowing the rider to adjust the seat height to match the terrain. Use clipless pedals to maximize your pedal stroke and close the top and bottom power gaps in your pedal stroke.

Using Your Gears

Learning proper gearing technique takes practice. Gears allow you to crawl over a hill at walking speed, or descend at speeds exceeding 50 km/hr. As novice riders most of us are focused on steering and clearing obstacles and often forget to use the gears. Using your gears will make overcoming obstacles easier, so get in the habit of utilizing your gears.

Gear Selection

Using the right hand shifter will change the rear gear selection and produce small changes in tension. Using the left hand gear shifter will switch the front larger chainrings and produce larger changes in tension.

Don't ride the outside-to-outside gear combinations. Try to avoid riding in the gear positions of the "front big to the rear big" or the "front small to the rear small". These require the most bend in the chain and are often hardest to switch to. Make sure you shift to a different front gear selection before you get to these combinations.

Timing your shift

Get in the right gear before you need it. Shift down to a harder gear at the top of a downhill and drop to an easy gear when you see obstacles or a hill coming up. Try to shift when there is not a lot of pressure on the drive chain (i.e. avoid shifting on the face of hills or under hard pedaling). Letting the pressure off the pedal a bit while you shift will allow the chain to move smoothly to the next gear. On long climbs shift into a harder gear occasionally and stand to give your muscles a rest and allow the blood to circulate through your backend.

Braking Technique

Your front brake has 60% of the bike's stopping power. Most people use the rear brake exclusively, because they are afraid to go over the handlebar. When attempting to stop you should always use both brakes. Always lead slightly with the rear brake first. The key to proper use of the front brake is to shift your weight over the rear wheel as you are braking. The more severe the braking or incline the more you need to shift your weight over the rear wheel.

Where to look

Where you look is where you will end up. That means if you are staring at that really, really big rock or tree in the middle of the trail chances are you will be intimately acquainted with it soon. Always look ahead and focus on where you want to go. The bike will follow your eyes. Follow the trail tracks and choose a line clear of obstacles such as rocks, sand, roots, leaves etc.

Cornering & Steering

Always use the brakes before entering the corner to slow down. Braking while cornering will unbalance the bike and make successful cornering more difficult. Your inside leg should always be up to avoid contacting with the ground, resulting in a spill.

3 Ways to Steer:

1. Use the handlebar to turn
2. Use your body weight to lean into a corner.
3. Steer the bike by pushing on the pedals.

At first you will use the brakes to slow down prior to the corner. With increased experience and confidence you will begin to use your body weight and the pedals to lean the bike through the corner. The ladder method will allow you to carry more speed through the corner.

Clearing Obstacles

Look where you want to go! Always keep your pedals level when clearing obstacles. Shift your weight over the front wheel and push down before reaching the obstacle. At the point of attempting to clear the obstacle shift your weight over the rear wheel and pull up on the handlebar. Once your front tire has cleared the obstacle allow the rear wheel to float over. Learning to clear obstacles is all about shifting your weight.

Provided by Grand River Cycle



TRAIL PROFILE:

The Hydro Cut trails are an internationally known mountain biking destination right here in our community. Born from the hard work of volunteers over many years, the trails have transformed into the core playground for many mountain bike enthusiasts, both local and visitors. The Waterloo Cycling Club works closely with the Region of Waterloo in building and maintaining this amazing network of almost 30 km of single track mountain bike trails. www.waterloocyclingclub.ca/mtb/trails

THE CAMBRIDGE BIKE PARK

LOCATION: Riverside Park

OPEN MAY 1ST WEATHER DEPENDING

HOURS: Dusk until dawn weather depending

FREE- Protective Equipment



Helmets must be worn at Riverside Rails and in the Cambridge Bike Park. Elbow, knee and wrist guards are strongly recommended.

GO SKATE/BIKE DAY

Come out on Saturday June 21, 2014 to celebrate Go Skate Day and Go Bike Day at Riverside Park!






Join us from 2pm to 8pm for various free events including a skateboard competition, bike demonstration and live bands at the Riverside Rails and the Cambridge Bike Park.

Contact dalys@cambridge.ca for more information.

New and Emerging Vehicles Fact Sheet

E-bikes, Mopeds and Motor Scooters



Common name	E-bike and E-scooter	Moped	Motor Scooter
			
HTA classification	Power-assisted bicycle	Motor-assisted bicycle	Limited-speed motorcycle (LSM)
Is this a motor vehicle under the HTA?	No	Yes	Yes
Is this a motor vehicle under the Criminal Code of Canada?	Yes	Yes	Yes
Required to be equipped with pedals?	Yes	Yes	Not applicable - not manufactured with pedals
Key Characteristics	<ul style="list-style-type: none">• May be 2 or 3 wheeled• Steering handlebars• Maximum weight: 120 kg• Independent front and rear wheel braking• Minimum wheel diameter: 350 mm• Minimum tire width: 35 mm• Maximum speed: 32 km/h• Maximum power output: 500 W• No modifications allowed to increase speed or power	<ul style="list-style-type: none">• Gas powered• Maximum engine size: 50 cc• Maximum weight: 55 kg• Independent front and rear wheel braking• Pedals must be operable at all times• Does not attain a speed greater than 50 km/h within 2 km from start• Does not have hand or foot operated clutch	<ul style="list-style-type: none">• Electric or gas powered• Maximum engine size: 50 cc• Maximum speed: 70 km/h• Can attain speed of 32 km/h with 1.6 km• Independent front and rear wheel braking• Minimum seat height: 650 mm• Minimum wheelbase: 1016 mm• Minimum wheel rim diameter: 250 mm• "Step through" scooter design, and handlebar steering
Minimum Operator Age	16	16	16
Helmet	Bicycle or Motorcycle	Motorcycle	Motorcycle
Licence	Not required*	Yes: M1, M2 or M, or Restricted M2 or M with L endorsement	Yes: M1, M2 or M, or Restricted M2 or M with L endorsement
Plates, Insurance	Not required	Registration, insurance and moped plate required 	Registration, insurance and LSM plate required 
Passengers allowed?	Yes, if passenger seat available	No	Yes, if passenger seat available. Passenger must be able to reach foot pegs

Passenger minimum age	16	Not Applicable	None
Passenger helmet	Bicycle or Motorcycle	Not Applicable	Motorcycle
Compliance label	Must have permanent label from manufacturer indicating it conforms to federal definition of a power-assisted bicycle.	Must have permanent label from manufacturer indicating it conforms to federal definition of an LSM if built after Sep. 1, 1988.	
Where Prohibited	Controlled access highways, and where municipalities prohibit.		
Where to Operate	As close to the right edge of the roadway as is practicable.	Within a lane marked for motor vehicle traffic. If travelling slower than the normal speed of traffic at that time and place, then must travel as close to the right edge of the roadway as is practicable.	

Additional Notes about E-bikes
An e-bike is considered a bicycle and must follow the same rules of the road as set out in the Highway Traffic Act (HTA) that currently apply to cyclists.

Pedals
Without pedals, a scooter-style e-bike cannot be deemed to be a bicycle. Removing the pedals makes it an illegal motor vehicle because it does not conform with the HTA definition of a power-assisted bicycle. Operators run the risk of being ticketed for operating a motor vehicle without registration and insurance. E-bike purchasers who have concerns with the pedal location may wish to consider other models and/or styles of e-bikes.

Driving an e-bike while intoxicated
You do not need a licence to drive an e-bike. However, an e-bike is considered a motor vehicle under the Criminal Code of Canada. Anyone operating an e-bike intoxicated could be charged for impaired driving. If convicted, the offender would be subject to the Criminal Code penalties, including a fine or jail time, and a driving prohibition.

Under the Highway Traffic Act, an e-bike is not classified as a motor vehicle, so penalties for impaired driving under the Act would not apply.

Suspended licences and e-bikes
*If your driver's licence was suspended, you may or may not be legally allowed to drive an e-bike. It depends on the particular circumstances that led to the licence suspension. If your driver's licence suspension was related to a conviction under the Criminal Code of Canada, you cannot legally operate an e-bike. If your driver's licence has been suspended under these or other circumstances, it is recommended that you discuss your situation with a licenced legal practitioner before deciding to operate an e-bike.

Illegal mopeds
Mopeds and LSMs are motor vehicles. Under the HTA, all motor vehicle drivers must be licenced, registered, and insured. If a moped has a clutch, MTO will not register it. If you choose to drive the moped on public roadways, you may be ticketed with driving a motor vehicle that does not have registration and insurance.

Links
For more information about these and other new and emerging vehicles, please see the MTO website:
www.mto.gov.on.ca/english/dandv/vehicle/emerging/index.shtml
Link to the Highway Traffic Act:
www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90h08_e.htm





JUNE 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Kitchener Bikefest Kitchener City Hall 11am to 3pm	2 Bike Fix-It station, Kitchener City Hall 11:30 am to 1:30 pm Ladies Only Mountain Bike Ride King Street Cycle, 6:30pm Waterloo Cycling Club Novice and Intermediate Mountain Bike Ride Waterloo HydroCut, 6:30pm	3 Kitchener Picnic Ride City Hall 12 to 1pm Waterloo Cycling Club Cyclocross rides at St. Jacob's Outlet, 6pm Waterloo County Wanderers New Dundee, 6:30pm Waterloo Cycling Club Group ride Erbville Church, 6:30pm	4 Free Bike Safety Check Kitchener, City Hall 11:30 to 1:30pm King Street Cycles Mountain bike ride, Hydrocut 7pm Waterloo Cycling Club Novice Rides Mountain bike & Road Rides	5 Bike Social Kitchener City Hall 6-8pm Waterloo Cycling Club Cyclocross Ride, McLennan Park, 6pm Waterloo Cycling Club Intermediate/Advanced Road Ride, St. Jacob's Outlet, 6pm Share the Road Cycling Forum at Waterloo Memorial Rec Complex, 7pm Waterloo County Wanderers New Dundee, 6:30pm	6 Cycle CAFKA.14 Contemporary Art Bike Tour, Kitchener City Hall 5:30 to 8:30pm	7 Waterloo Cycling Club Intermediate and Advanced Road Rides in Waterloo, 8am Ziggy's Cycle free flat repair clinics, 9:30am
8 Cambridge Tour de Grand, Churchill Park, Cambridge 8am KW Classic in Hawkesville 7am	9 Bike Fix-It station, Kitchener City Hall 11:30 am to 1:30 pm Ladies Only Mountain Bike Ride King Street Cycle, 6:30pm Waterloo Cycling Club Novice and Intermediate Mountain Bike Ride Waterloo HydroCut, 6:30pm	10 Kitchener Picnic Ride City Hall 12 to 1pm Waterloo Cycling Club Cyclocross rides at St. Jacob's Outlet, 6pm Waterloo County Wanderers New Dundee, 6:30pm Waterloo Cycling Club Group ride Erbville Church, 6:30pm	11 Bike to Work Breakfast at Tannery 8 to 10am Free Bike Safety Check Kitchener, City Hall 11:30 to 1:30pm King Street Cycles Mountain bike ride, Hydrocut 7pm Waterloo Cycling Club Novice rides Mountain bike & Road Rides	12 Bike Social Kitchener City Hall 6-8pm Waterloo Cycling Club Intermediate/Advanced Road Ride St. Jacob's Outlet, 6pm Waterloo County Wanderers New Dundee, 6:30pm	13 Cycle CAFKA.14 Contemporary Art Tour Kitchener City Hall 5:30 to 8:30pm	14 Waterloo Cycling Club Intermediate and Advanced Road Rides in Waterloo, 8am
15 Great Canadian Bicycle Tour Mennonite Meander Ride RIM park, 10am Open Streets Uptown Waterloo 1 to 5pm Cycle for Angels Waterloo Starts at CIGI 2:30pm	16 Bike Fix-It station, Kitchener City Hall 11:30 am to 1:30 pm Ladies Only Mountain Bike Ride King Street Cycle, 6:30pm Waterloo Cycling Club Novice and Intermediate Mountain Bike Ride Waterloo HydroCut, 6:30pm	17 Bike to Work Breakfast Downtown Galt, 8 to 10am Kitchener Picnic Ride City Hall, 12 to 1pm Waterloo Cycling Club Cyclocross rides at St. Jacob's Outlet, 6pm Waterloo County Wanderers Castle Kilbride, 6:30pm Waterloo Cycling Club Group ride Erbville Church, 6:30pm	18 Free Bike Safety Check Kitchener City Hall 11:30 to 1:30pm King Street Cycles Mountain bike ride, Hydrocut 7pm Waterloo Cycling Club Novice rides Mountain bike & Road Rides	19 Bike to Work Breakfast Waterloo R&T Park 8 to 10am Bike Social Kitchener City Hall 6-8pm Waterloo Cycling Club Intermediate/Advanced Road Ride St. Jacob's Outlet, 6pm Waterloo Cycling Club Novice rides Mountain Bike & Road Rides Waterloo County Wanderers Castle Kilbride, 6:30pm	20 Kitchener Twilight Grand Prix, 4 to 8:30pm Cycle CAFKA.14 Contemporary Art Tour Kitchener City Hall 5:30 to 8:30pm	21 Waterloo Cycling Club Intermediate and Advanced Road Rides in Waterloo, 8am BikeDay Riverside Park, Cambridge 2 to 8pm Ziggy's Cycle free flat repair clinics, 9:30am
22 Tour de Waterloo St. Jacob's, 8:30am	23 Bike Fix-It station, Kitchener City Hall 11:30 am to 1:30 pm Ladies Only Mountain Bike Ride King Street Cycle, 6:30pm Waterloo Cycling Club Novice and Intermediate Mountain Bike Ride Waterloo HydroCut, 6:30pm	24 Kitchener Picnic Ride City Hall 12 to 1pm Waterloo Cycling Club Cyclocross rides at St. Jacob's Outlet, 6pm Waterloo County Wanderers Castle Kilbride, 6:30pm Waterloo Cycling Club Group ride Erbville Church, 6:30pm	25 Free Bike Safety Check Kitchener City Hall 11:30 to 1:30pm King Street Cycles Mountain bike ride, Hydrocut 7pm Waterloo Cycling Club Novice rides Mountain bike & Road Rides	26 Bike Social Kitchener City Hall 6-8pm Waterloo Cycling Club Intermediate/Advanced Road Ride St. Jacob's Outlet, 6pm Waterloo Cycling Club Novice rides Mountain bike & Road Rides Waterloo County Wanderers Castle Kilbride, 6:30pm	27 Cycle CAFKA.14 Contemporary Art Tour Kitchener City Hall 5:30 to 8:30pm	28 Waterloo Cycling Club Intermediate and Advanced Road Rides in Waterloo, 8am
29	30 Bike Fix-It station, Kitchener City Hall 11:30 am to 1:30 pm Ladies Only Mountain Bike Ride King Street Cycle, 6:30pm Waterloo Cycling Club Novice and Intermediate Mountain Bike Ride Waterloo HydroCut, 6:30pm	Bike Month in June, is a celebration of bicycling across our community and a chance to encourage more of us to get out and give it a try. There are community festivals, recreational rides, art tours, cycling races, bike to work breakfasts and more across Waterloo Region. Whether you ride to save money, protect the environment, improve your health or just to explore your community, give a Thumbs Up to Bike Month. Calendar colour coded for quick reference! Kitchener - Cambridge - Waterloo				

• Please check with the event organizers for more details about the events. In some cases advanced registration or membership fees are required. More information on the Cycling Clubs can be found at www.regionofwaterloo.on/travelwise.ca

Cycling in Kitchener



BikeKitchener.ca



BikeKitchener is a platform for the City of Kitchener to promote and foster a sustainable cycling culture among residents of all ages, backgrounds and abilities. Whether residents are looking for information on cycling routes, safety tips, promotional events or upcoming projects, BikeKitchener provides information, resources, and support to those interested in cycling.

A significant amount of work is underway to make cycling safe and enjoyable for all Kitchener residents. Here is an update on the initiatives underway to support and encourage cycling within the City of Kitchener.



BIKE FRIENDLY COMMUNITY AWARD

KITCHENER WINS SILVER

BikeKitchener has been awarded a silver Bike Friendly Community Award – a step up from the Bronze received in 2013. Josh Joseph, the Transportation Demand Management Coordinator for the city says “It’s nice to have an award to recognize the work we’ve done, to say ‘here’s where we’re at now, and here’s where we want to go’—it provides the inspiration to do more.”

Bike Friendly Communities Award is an Ontario-wide program that provides incentives, hands-on assistance and recognition to communities that support bicycling. It was launched in 2010, by Share the Road Cycling Coalition, in partnership with the Washington-based League. Municipalities are judged for the award in five categories, often referred to as the 5 “Es”. They are engineering, education, encouragement, enforcement, and evaluation.



No biking experience necessary. Open to all ages and abilities. Entrants must live or work in Kitchener.



BikeKitchener.ca



Visit www.bikekitchener.ca/challenge for more information.

GET YOUR FREE BIKE MAP

Pop in to City Hall to pick up your complimentary copy of the 2014 BikeKitchener bike map. The map includes information on bike safety, the current and proposed bike network, and locations of secure bike parking and fix-it facilities.

Check out the BikeKitchener safety video for top tips on how to have fun, and be safe, while cycling! www.bikekitchener.ca

Bike Fix-Its

Do you ever find yourself cycling through the city, in need of a quick bike fix? This upcoming summer, BikeKitchener is installing three bike Fix-It stations throughout the city. Fix-It stations are bike stands equipped with basic bike maintenance tools, such as air pumps, screwdrivers and more. There is no charge to use these stations and they are accessible 24 hours a day.



Bike Assist

CAA gears up to help when your bike breaks down

Your CAA membership includes CAA Bike Assist, which is Roadside Assistance for your bicycle. If you ever run into a problem, give us a call and we'll help you get moving again or transport you and your bicycle to wherever you need to go, 24 hours a day, 7 days a week.*

For more details, visit. www.caasco.com/bikeassist

*Basic Members receive four tows up to 10km, Plus Members receive four tows up to 200 km within CAA South Central Ontario territory. Bike Assist counts as one of your allotted roadside calls during your membership year. Service will be provided to cyclists where there is a permitted vehicle access, and based on seasonal availability. ©CAA and CAA logo trademarks owned by, and use is granted by, the Canadian Automobile Association.

Want to bike downtown but don't have a place to park?

Use one of our three Secure Bicycle Parking locations for free!



Register online or in person in a few easy steps.



Obtain a security pass card that allows access to the facility.



Lock your bicycle inside of the cage while working, running errands, or visiting downtown.



Visit www.bikekitchener.ca to learn more or visit us in person at City Hall, 5th floor - Transportation Services or call 519-741-2379

BikeKitchener.ca

Did you know?

The City of Kitchener has a goal to double the amount of cyclists every 3 to 5 years.



BIKING IN THE CITY

Plans are underway to extend Kitchener's current network of bike routes on Kitchener roads from 45 km to 159 km.



BIKE TRAILS IN KITCHENER

Kitchener has over 120 km of trails in place and the Multi-Use Trails and Pathways Master Plan aims to create a trail network of 300 kilometers.



DISCOVER THE POWER OF THE SIMPLE BICYCLE

 **BikeKitchener.ca**
#BikeKitchener



THINK GLOBALLY, RIDE LOCALLY

 **BikeKitchener.ca**
#BikeKitchener



EXPLORE YOUR CITY BY BIKE

 **BikeKitchener.ca**
#BikeKitchener

Bicycle Safety

Use the checklist below to ensure equipment is safe and is used correctly.
Remember these safety tips.

Sizing



✓ Can stand clear of frame



✓ Toes can touch ground

Age



✓ Under 10 adult supervision only



✓ 10+ on road only after training

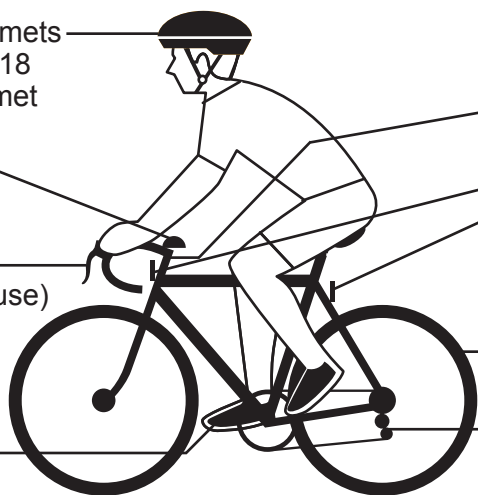
Safety and Equipment

✓ All riders should wear helmets
The law - children under 18 must wear a certified helmet

✓ **The law** - must have a bell or horn

✓ Brakes that work (make sure children can use)

✓ Wear closed toe shoes



✓ Use a bike lock

✓ Handlebars and seat tight

✓ **The law** - must have reflectors, white at front red at rear and a white front light and red rear light for nighttime riding

✓ Tires inflated, good tread

✓ Chain oiled not loose

Learning



✓ Practice stopping



✓ Practice turning



✓ Control speed



✗ Children should **NOT** ride at night



✓ Know rules of the road

Signalling



Left turn



Stop



Right turn



Alternative right turn

Tips for Cyclists

- Be visible. Wear reflective clothing and use lights.
- Communicate. Make eye contact and signal turns.
- Always check over shoulder before turning or changing lanes.
- Be predictable. Ride on the right side of the road with the flow of traffic about one metre out from the curb.
- Riding in the wrong direction is one of the most dangerous things you can do.
- Follow the rules of the road such as stopping at stop signs and red lights.
- Avoid riding on the sidewalk and never ride through a pedestrian crosswalk.
- Be alert. Texting, using your phone and riding under the influence of drugs or alcohol is dangerous.

Tips for Motorists

- Change lanes to pass.
- Avoid honking your horn as it can be very loud and startle a cyclist.
- Check for cyclists before turning.
- Check for cyclists when opening your car door.
- Be aware of weather conditions and how they can affect cyclists. Give cyclists plenty of room.
- Blocking the bicycle lane with your car endangers cyclists.
- Stay back from cyclists at railway crossings.

For more information:

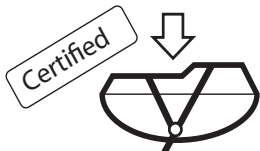
<http://bikesafety.caa.ca/drivers/tips-to-avoid-collisions.php>



Helmet Safety

Use the checklist below to ensure your helmet is safe and you are wearing it correctly.
Fit your helmet everytime you put it on.

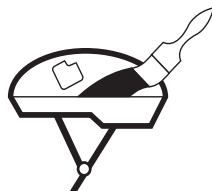
Checking



✓ Has CSA, ASTM, CPSC or SNELL label inside



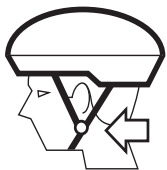
✗ No cracks, dents or damage



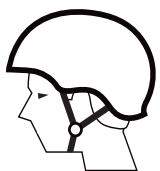
✗ No paint or stickers

Types

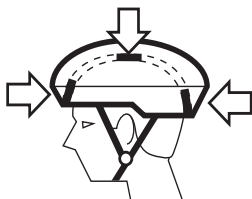
Fitting



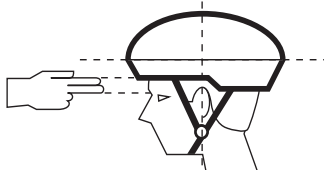
Bicycle Helmet



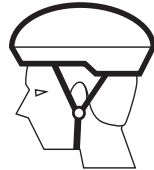
Multi-Purpose Helmet



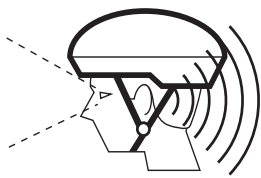
✓ All pads touch
Halo is snug



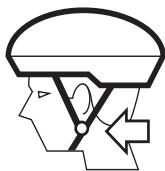
✓ Helmet sits level -
2 fingers above
eyebrows



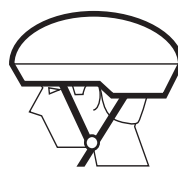
✗ Not too small
or tight



✓ Vision and hearing
are not blocked



✓ Straps form a
v shape under ears -
1 finger between
strap and chin

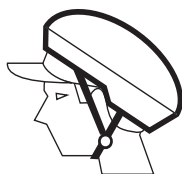


✗ Not too big
or loose

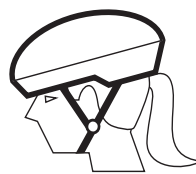
Wearing



✗ Do not wear on
back of head



✗ No hats or
bandanas



✗ No hair
in way

What to wear

- A properly fitted helmet.
- Everyday clothes that are comfortable.
- Be sure to tuck in straps, cords and secure pant legs to prevent anything getting caught in the bicycle's moving parts.

Cold weather: Dress in layers. Gloves and ear warmers are helpful.

Rain: Dress in waterproof clothing and make sure you can be seen.

Night: Wear as much reflective material as possible.

Choosing a bike

- **Frame size:** Size matters. When standing over your bike crossbar, there should be 3cm to 5cm between you and the frame for a road bike and 7cm to 10cm on a mountain/hybrid.
- **Seat height:** While seated, you should have a slight bend in your knee when your foot pushes the pedal all the way down. Beginners may want their seat a bit lower for comfort and security.

Bicycle maintenance and care

- Before you ride do an ABC quick check:

Air: Do your tires feel full and firm? It is easier to control your bike if you have the proper amount of air in your tires.

Brakes: Do your brakes work properly? Test your brakes by squeezing each hand brake individually and dragging your bike along the ground.

Chain and crank: Is your chain well lubricated and running smoothly?
Are the gears shifting smoothly? Your bike will run more smoothly if the chain is well oiled.

Carrying things on your bike

- Use a backpack, bike rack, bike bags or a basket. Don't carry things on your handlebars; it can throw off your balance or get caught in the moving parts.

Cycling in Waterloo



Waterloo Advisory Committee on Active Transportation - Top Priorities

Priority One - Trans Canada Trail (Part of Laurel Trail and Iron Horse Trail)

Priority Two - Complete the new WaterLoop (Part of Laurel Trail, Forwell Trail)

Priority Three - West Connector Trail

Priority Four - Create a trail linkage between Hillside Park and Bechtel Park

Priority Five - Walter Bean/Grand River Trail

Priority Six - Establish a way-finding signage system

Priority Seven - On-going trails rehabilitation

Proposed way-finding signage in 2014



Getting around Waterloo

Since the approval of the City's Transportation Master Plan in 2011, staff is shifting their thinking towards a "facility" based implementation philosophy for Active Transportation in Waterloo. For example; treating the Trans Canada Trail as a single well connected facility rather than many separate trail segments. The advantage of the philosophy aligns more with how cyclists and pedestrians experience a route. Users want more consistent facilities from beginning to end with good signage, maps, and a surface type that will evolve with their needs.

Waterloo has over 150 km off-road trails and approximately 60km of on-road cycling lanes. This network together with other facilities and initiative helped Waterloo obtain the Silver award for Bicycle Friendly communities in 2011. Staff, through the Waterloo Advisory Committee on Active Transportation are building on that success.

The City of Waterloo, as part of the 2012-2014 Active Transportation program, is making improvements to two high priority Active Transportation routes and continuing to rehabilitate City wide trails segments that require capital replacement.

The goal for the City of Waterloo is to strive towards obtaining the gold level Bicycle Friendly Community, while ensuring our overall City wide Active Transportation network is well maintained.

Throughout the development of the City of Waterloo's Transportation Master Plan, the Waterloo Advisory Committee on Active Transportation acknowledged that Waterloo has several excellent high profile and culturally significant trails:

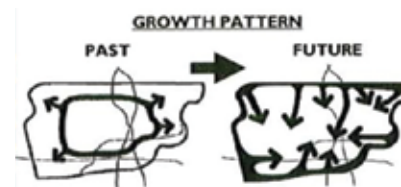
- Iron Horse Trail
- The Laurel Trail
- The Trans Canada Trail
- The Forwell Trail
- The Walter Bean/ Grand River Trail

These Trails are very recognizable to residents in Waterloo and it's important these routes are kept in good shape and evolve over time to meet the changing needs of the community.

For example:

- are treated as well connected networked facilities
- keep up with the intensification of Uptown
- are evaluated on an annual basis to ensure the facility is in good condition
- evolve to meet the expectations of a growing number of Active Transportation users
- and continue to offer a range of mobility types while providing users with sustainable, and intelligent alternatives to the automobile over time.

The City of Waterloo has constructed many excellent trails over the years – reaching outwards and responding well to active new development. This type of trail building will continue to a certain degree as Waterloo approaches its' build out limit, however staff are looking inwards, to align with the growth pattern of the City's approved Official Plan.



Focus is evolving from outwards reaching trails to more of an inward networked facility based approach that ensures the integrity of our most culturally significant Active Transportation routes are well maintained and improved over time.

Bicycle Parking

Bicycle parking and storage is an integral part of Waterloo's Active Transportation system. Providing bicycle parking infrastructure in the context of the overall network provides users with end of trip facilities for commuters or recreational cyclists.

Last year (2013) staff replaced all racks that were located at City facilities with new consistently designed racks and added (11) inverted U racks to Willis Way in the Uptown. The City also installed two new secure bicycle lockers at the Uptown Parkade.

Staff have undertaken surveys of cyclists in Waterloo and are listening to the great feedback we get each year with respect to desired rack types, locations of new and existing racks and how to grow the inventory.



Cycle For Angels

The 2014 Cycle for Angels is on Sunday, June 15th in Uptown Waterloo at 2:30. This family-friendly, 3 km ride promotes safe cycling and remembers those killed or injured while cycling. Last year over 300 people, from ages 5 to 75, participated in this police-escorted ride through Uptown. The ride starts at the CIGI parking lot on Caroline Street. Wear a white shirt to show your support and bring your helmet!

Go to www.facebook.com and search "Together We Ride for Angels"



Share the Road Cycling Coalition

This year Share the Road Cycling Coalition is launching a new program designed to increase cycling amongst post-secondary students across Ontario.

Through UCycle, Share the Road will partner with universities, colleges, municipal stakeholders and the local business community to engage with students about safe cycling and to promote cycling to destinations on and off campus. This unique program is funded by the Ministry of Health and Long Term Care and is being offered to a limited number of municipalities as a pilot between January 2014 and March 2015.

Waterloo Cycling Club



Promoting cycling in Waterloo Region since 1967

RIDE RACE LEAD

Example of proposed trail crossing improvements in 2014

Please visit www.waterloo.ca/atprogram for more information.



Open Streets

Open Streets Uptown Waterloo is a series of community afternoons inviting everyone to come walk, ride and play in our vibrant urban centre along King Street. For four weekend dates during the summer, King Street will be transformed into a thriving centre of fun and connection. Featuring impromptu parks, art alleys, sports demonstrations, community information booths and your favourite Uptown West businesses and eateries, Open Streets is created by the community, for the community.

These are our streets. Let's share them together.
Sun., June 15, Sat., July 19, Sun., Aug. 17, Sun., Sept. 14
www.openstreetsutw.ca

PARENT CYCLISTS

Have fun Bike safe

Riding a bike is an important life skill that every child should have the chance to learn.
You are your child's first teacher.

Where to ride safely

Use bike lanes or bike paths if available. Drivers may not be expecting to see cyclists riding on sidewalks. Sidewalks are primarily for pedestrians. However, young children are allowed to ride on sidewalks.

Children younger than 10 years are not always able to make safe choices. Your supervision is needed.

Find out how bikable your community is, visit
www.bicyclinginfo.org/pdf/bikabilitychecklist.pdf

How to ride safely

The most important skill you can teach your child is to ride in a straight line.

The second most important skill is the shoulder check. Always look over your shoulder before turning.

Equipment

- A bicycle that is the right size for your child is easier for them to control
- Provide a backpack, basket or bike rack to carry gear
- No helmet! No riding!

Be a role model

- Wear a helmet
- Obey traffic rules
- Go for family bike rides

SECURING YOUR BIKE



1. Always lock your bike when you must leave it unattended.
2. Buy the best locking system you can afford. Few, if any, are as expensive as a new bike. Choose a locking system that cannot be easily cut, such as a U-shaped lock or a heavy duty lock with a strong chain or cable.
3. Avoid parking your bike in the same location every day so a thief can't just come back with the needed tools. If you're parking in an open area, make sure you secure your bike to a large fixed object in a well-lit area such as an anchored bike rack. If possible, park your bike where there is natural surveillance.
4. When locking to a post or fixed object, try to secure the bicycle's frame and both wheels. Be sure the bicycle and lock can't be simply lifted over the top of the post. It's not enough to secure only the front wheel, as the rest of the bike can be easily stolen. Don't forget to remove accessories that can easily be stolen such as your seat, bags, lights or bike computers.
5. Point the keyhole of your lock toward the ground so it's harder for a thief to work quickly on the lock. Keep the lock off the ground so a thief cannot crush the lock.

6. Protect your investment; keep your receipt of purchase, take photos of your bike and record your bicycle's make, model, and serial number. This may help to recover your bicycle if it's stolen and will be helpful with filing an insurance claim in case of loss or damage.

YOUNG CYCLISTS

**Ever tried riding your bike to school?
The park? The store?**

**Talk to your parents/guardians
and give it a try sometime.**

Riding tips

- Ride in a straight line, in the same direction as traffic
- Ride with two hands on the handlebars, unless signalling a turn
- Always look over your shoulder before turning
- Get off your bike and walk across intersections (it's illegal and unsafe to ride in crosswalks)
- Use a bell and say "passing on your left" to warn others



**Cycling is fun, healthy, and
good for the environment.**

**Regular physical activity can
help you learn better too!**

**As you get older you may be
able to go places on your own.**

Before you ride

- ☐ Wear your helmet every time
- ☐ Check that you have air in your tires
- ☐ Check that your brakes work
- ☐ Put your gear in a backpack, basket or bike rack

Have fun. Bike safe.

**Check out the Young Cyclist Guide at:
bit.ly/1eNn60M**



519-575-4400 (TTY 519-575-4608)
www.regionofwaterloo.ca/ph

Available in accessible formats upon request.

bikesafety.caa.ca

