

Cycling to work this summer?

by John Jones (AAGR)

Cycling is an enjoyable way to get to work, but can be a stressful and dangerous proposition if correct safety measures are not taken seriously. In Metropolitan Toronto for example, vehicular traffic has increased 1.5% annually over the past five years, and future estimates show no decline. Like the motorist, the cyclist falls under the jurisdiction of the Highway Traffic Act and must obey all rules of the road or be fined accordingly. If you're enthusiastic and ready to ride, here are a few suggestions:

1. Ensure your bike is in good working condition and sized properly;
2. Wear the appropriate bicycle clothing from head to toe: use an ANSI approved cycling helmet and wear cycling gloves in case of a fall. Invest in a pair of cycling shorts (racing or touring) with a chamois lining to prevent chaffing. Loose clothing will inevitably get caught in the drive train of your bicycle and may cause an accident;
3. Before you begin, map out a route using side streets and bicycle paths where available. Ride at a comfort-

able pace and obey all traffic rules. There is no substitute for common sense.



AES Text Editor Diane De Beaumont cycles to the Downsview office in all seasons

4. Make yourself visible to motorists and do not dodge in and out of parked cars. Always ride with the flow of traffic and stay off the sidewalks;
5. Use panniers, carriers and baskets to transport your goods. There is a definite sense of freedom when you are not wearing a cumbersome knapsack while riding your bike.

Finally, remember these factors when you next entertain the thought of riding your bicycle to work. As employees of Environment Canada, we have a unique opportunity to practice what we preach. Car and parking costs escalate each year, public transit is not always dependable and the move to a cleaner, greener environment makes cycling the socially correct choice. Join the thousands of cyclists that ride to work and have fun.

Note, in Canada: Improper bicycle lighting (\$13.75), no horn, bell or ineffective brakes (\$78.75), failure to obey traffic signs, failure to signal turns and lane changes (\$78.75), careless driving (\$253.75)