

# The Derailleur

An unofficial publication of Chicago Critical Mass

March 2009

The Derailleur Expenses			
Date	Vendor	Item	Cost
09/28/06	OfficeMax	Printer + Toner	-\$457.71
11/24/06	OfficeMax	Toner	-\$282.27
12/13/06	Donation	DK @ CCM	-\$38.30
01/26/07	Donation	DK @ CCM	\$20.00
01/27/07	OfficeMax	Paper	-\$21.72
02/07/07	OfficeMax	Paper	-\$22.07
02/14/07	Jewel	Film Processing	-\$2.91
02/16/07	Jewel	Film Processing	-\$8.73
02/17/07	Jewel	Film Processing	-\$74.77
02/19/07	Jewel	Film Processing	-\$4.36
02/19/07	La Grange Printers	Trim Derailleur	-\$24.76
02/20/07	La Grange Printers	Trim Derailleur	-\$15.00
03/05/07	OfficeMax	Toner	-\$4.55
03/26/07	OfficeMax	Toner	-\$252.27
04/23/07	Donation	KE online	-\$599.00
04/26/07	Donation	KE online	\$18.00
04/26/07	Donation	KE online	\$96.80
05/23/07	Donation	CH/Art Show	\$50.00
05/24/07	Donation	The Derailleur	\$80.00
05/24/07	Donation	GK @ CCM	\$50.00
05/25/07	Donation	c/o willow naeco	\$70.00
06/03/07	Donation	8005 Edgewater Rd. #206	\$28.83
06/17/07	Donation	Psychlog Sisters mail	\$200.00
07/01/07	Donation	North Riverside, IL 60546-1897	-\$142.45
12/31/07	Donation	Jim @ CCM x 2 in 2007	\$15.00
12/31/07	Donation	RB (Printer + Paper in '07)	\$300.00
(Please do not send cash in the mail.)			
01/30/08	eBay (CLP)	Stamps	-\$36.29
02/01/08	eBay (RL)	Stamps	-\$35.30
02/27/08	Donation	JH Fleeg	\$27.06
02/27/08	Donation	JH Fleeg	\$30.00
02/27/08	Jo-Ann Fabric	Jo-Ann Fabric	-\$39.20
02/28/08	La Grange Printers	Trim Derailleur	-\$80.00
02/29/08	Donation	TheDerailleur@gmail.com.	\$20.00
02/29/08	Indiesuperstore.com	Indiesuperstore.com	-\$260.55
05/29/08	Donation	TA @ Assembly Party	\$20.00
09/20/08	Donation	DK online	-\$67.55
09/24/08	Donation	DK online	\$48.25
09/26/08	Donation	GK online	-\$4.04
10/23/08	Donation	GK online	\$48.25
10/24/08	UPS	Postage	-\$0.59
10/31/08	Donation	For other ways to support The	\$20.00
11/22/08	Donation	Derailleur, go to thechainlink.org/	-\$5.09
12/27/08	Donation	group/thederailleur.	\$10.00
12/27/08	Donation	Man @ CCM	\$20.00
01/30/09	Donation	GK @ CCM	\$20.00
01/30/09	Donation	Jim @ CCM	\$10.00
02/15/09	Donation	DV online	\$19.12
02/25/09	OfficeMax	Paper	-\$113.48
-\$1,213.01			

The Derailleur Expenses			
Date	Vendor	Item	Cost
09/28/06	OfficeMax	Printer + Toner	-\$457.71
11/24/06	OfficeMax	Toner	-\$282.27
12/13/06	Donation	DK @ CCM	-\$38.30
01/26/07	Donation	DK @ CCM	\$20.00
01/27/07	OfficeMax	Paper	-\$21.72
02/07/07	OfficeMax	Paper	-\$22.07
02/14/07	Jewel	Film Processing	-\$2.91
02/16/07	Jewel	Film Processing	-\$8.73
02/17/07	Jewel	Film Processing	-\$74.77
02/19/07	Jewel	Film Processing	-\$4.36
02/19/07	La Grange Printers	Trim Derailleur	-\$24.76
02/20/07	La Grange Printers	Trim Derailleur	-\$15.00
03/05/07	OfficeMax	Toner	-\$4.55
03/26/07	OfficeMax	Toner	-\$252.27
04/23/07	Donation	KE online	-\$599.00
04/26/07	Donation	KE online	\$18.00
04/26/07	Donation	KE online	\$96.80
05/23/07	Donation	CH/Art Show	\$50.00
05/24/07	Donation	The Derailleur	\$80.00
05/24/07	Donation	GK @ CCM	\$50.00
05/25/07	Donation	c/o willow naeco	\$70.00
06/03/07	Donation	8005 Edgewater Rd. #206	\$28.83
06/17/07	Donation	Psychlog Sisters mail	\$200.00
07/01/07	Donation	North Riverside, IL 60546-1897	-\$142.45
12/31/07	Donation	Jim @ CCM x 2 in 2007	\$15.00
12/31/07	Donation	RB (Printer + Paper in '07)	\$300.00
(Please do not send cash in the mail.)			
01/30/08	eBay (CLP)	Stamps	-\$36.29
02/01/08	eBay (RL)	Stamps	-\$35.30
02/27/08	Donation	JH Fleeg	\$27.06
02/27/08	Donation	JH Fleeg	\$30.00
02/27/08	Jo-Ann Fabric	Jo-Ann Fabric	-\$39.20
02/28/08	La Grange Printers	Trim Derailleur	-\$80.00
02/29/08	Donation	TheDerailleur@gmail.com.	\$20.00
02/29/08	Indiesuperstore.com	Indiesuperstore.com	-\$260.55
05/29/08	Donation	TA @ Assembly Party	\$20.00
09/20/08	Donation	DK online	-\$67.55
09/24/08	Donation	DK online	\$48.25
09/26/08	Donation	GK online	-\$4.04
10/23/08	Donation	GK online	\$48.25
10/24/08	UPS	Postage	-\$0.59
10/31/08	Donation	For other ways to support The	\$20.00
11/22/08	Donation	Derailleur, go to thechainlink.org/	-\$5.09
12/27/08	Donation	group/thederailleur.	\$10.00
12/27/08	Donation	Man @ CCM	\$20.00
01/30/09	Donation	GK @ CCM	\$20.00
01/30/09	Donation	Jim @ CCM	\$10.00
02/15/09	Donation	DV online	\$19.12
02/25/09	OfficeMax	Paper	-\$113.48
-\$1,213.01			

Welcome to the March 2009 issue of *The Derailleur*, an unofficial publication of Chicago Critical Mass. This (mostly) Cycling Sisters issue was compiled by willow naeco. THANK YOU: the chainlink, Cycling Sisters, Jane Healy, Lauren Sailor, and Kathy Schubert. To contribute to future issues, host an assembly party, or make a donation, write to [TheDerailleur@gmail.com](mailto:TheDerailleur@gmail.com). Happy Friday!



## About Cycling Sisters

*Cycling Sisters is a women's cycling group in Chicago. Our mission is to increase the number of women who ride bicycles for transportation and to increase the confidence and*

*comfort of women cyclists. We hold regular workshops on bicycle maintenance and repair, as well as rides, social get-togethers, and other activities. To join our e-mail discussion group, visit [groups.yahoo.com/group/Cyclesis/](http://groups.yahoo.com/group/Cyclesis/) and to join our chainlink group, visit [thechainlink.org/group/cyclingsisters](http://thechainlink.org/group/cyclingsisters).*

Welcome to the March 2009 issue of *The Derailleur*, an unofficial publication of Chicago Critical Mass. This (mostly) Cycling Sisters issue was compiled by willow naeco. THANK YOU: the chainlink, Cycling Sisters, Jane Healy, Lauren Sailor, and Kathy Schubert. To contribute to future issues, host an assembly party, or make a donation, write to [TheDerailleur@gmail.com](mailto:TheDerailleur@gmail.com). Happy Friday!



## About Cycling Sisters

*Cycling Sisters is a women's cycling group in Chicago. Our mission is to increase the number of women who ride bicycles for transportation and to increase the confidence and*

*comfort of women cyclists. We hold regular workshops on bicycle maintenance and repair, as well as rides, social get-togethers, and other activities. To join our e-mail discussion group, visit [groups.yahoo.com/group/Cyclesis/](http://groups.yahoo.com/group/Cyclesis/) and to join our chainlink group, visit [thechainlink.org/group/cyclingsisters](http://thechainlink.org/group/cyclingsisters).*

*the sites where Bianca Ocasio, Amanda Annis, and Isai Medina were killed.*



## Help plan this year's Ride of Silence!

*Join us in the REI meeting room at 1466 N. Halsted St. at 7:30*

*p.m. on March 30 and April 27 to plan the May 20, 2009 ride. Questions? Contact Elizabeth at [rideofsilence.chicago@gmail.com](mailto:rideofsilence.chicago@gmail.com) or visit the Chicago Ride of Silence chainlink group at [thechainlink.org/group/chicagorideofsilence](http://thechainlink.org/group/chicagorideofsilence).*

*(Information and images: [thechainlink.org/group/chicagorideofsilence](http://thechainlink.org/group/chicagorideofsilence); [rideofsilence.org/chicago/](http://rideofsilence.org/chicago/))*

*the sites where Bianca Ocasio, Amanda Annis, and Isai Medina were killed.*



## Help plan this year's Ride of Silence!

*Join us in the REI meeting room at 1466 N. Halsted St. at 7:30*

*p.m. on March 30 and April 27 to plan the May 20, 2009 ride. Questions? Contact Elizabeth at [rideofsilence.chicago@gmail.com](mailto:rideofsilence.chicago@gmail.com) or visit the Chicago Ride of Silence chainlink group at [thechainlink.org/group/chicagorideofsilence](http://thechainlink.org/group/chicagorideofsilence).*

*(Information and images: [thechainlink.org/group/chicagorideofsilence](http://thechainlink.org/group/chicagorideofsilence); [rideofsilence.org/chicago/](http://rideofsilence.org/chicago/))*

# Chicago Ride of Silence – Let the silence roar!

**Wednesday, May 20, 7 p.m.**

*The Chicago Ride of Silence will gather at the Eternal Flame in Daley Plaza at 6:45 p.m. and depart at 7 p.m. The 10-mile route will pass the sites of crash victims. Many sites are marked by Ghost Bikes, which are powerful memorials to fallen cyclists. The Ride of Silence is a free ride, hosted in hundreds of cities worldwide, that aims to raise the awareness of motorists, police, and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.*

**Chicago Ride of Silence 2008 Ride Report:** *Over 100 cyclists gathered around the Eternal Flame in Daley Plaza. We traveled up Lincoln Ave. to the Ghost Bike for Matthew Manger-Lynch. The ride headed south to the Ghost Bike for Tyler Fabeck, then continued to pass*

25

# Chicago Ride of Silence – Let the silence roar!

**Wednesday, May 20, 7 p.m.**

*The Chicago Ride of Silence will gather at the Eternal Flame in Daley Plaza at 6:45 p.m. and depart at 7 p.m. The 10-mile route will pass the sites of crash victims. Many sites are marked by Ghost Bikes, which are powerful memorials to fallen cyclists. The Ride of Silence is a free ride, hosted in hundreds of cities worldwide, that aims to raise the awareness of motorists, police, and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.*

**Chicago Ride of Silence 2008 Ride Report:** *Over 100 cyclists gathered around the Eternal Flame in Daley Plaza. We traveled up Lincoln Ave. to the Ghost Bike for Matthew Manger-Lynch. The ride headed south to the Ghost Bike for Tyler Fabeck, then continued to pass*

25

# Helmet Festooning

Nothing says, “Please don’t hit me!” quite like a festooned helmet. It increases visibility and improves the friendly wave to hostile honk ratio.



It’s easy to decorate vented helmets – twist ties and pipe cleaners can attach all kinds of doodads. Some tips:

- 1) Use waterproof materials. (I once had some fake flowers melt during a heavy rain.)
- 2) Try on your masterpiece at different stages during construction, checking to see that it doesn’t restrict visibility or weigh too much.
- 3) Think about the wind. Make sure everything is secured well and oriented aerodynamically. (Not that there is anything aerodynamic about piling a bunch of stuff on your head.)

–Gin Kilgore

(Information and image: [cyclingsisters.org](http://cyclingsisters.org))

2

# Helmet Festooning

Nothing says, “Please don’t hit me!” quite like a festooned helmet. It increases visibility and improves the friendly wave to hostile honk ratio.



It’s easy to decorate vented helmets – twist ties and pipe cleaners can attach all kinds of doodads. Some tips:

- 1) Use waterproof materials. (I once had some fake flowers melt during a heavy rain.)
- 2) Try on your masterpiece at different stages during construction, checking to see that it doesn’t restrict visibility or weigh too much.
- 3) Think about the wind. Make sure everything is secured well and oriented aerodynamically. (Not that there is anything aerodynamic about piling a bunch of stuff on your head.)

–Gin Kilgore

(Information and image: [cyclingsisters.org](http://cyclingsisters.org))

2



# LADIES FULL MOON MASS



Join your cycling sisters on a Critical Mass for girls, ladies, and anyone who self-identifies as female. Visit [thechainlink.org/events](http://thechainlink.org/events) for information about upcoming Ladies Full Moon Masses.



## October 2008 Ride Report from Julie Hochstadter:

*"Last night's ride was a success! Suzanne, thank you for the chocolate; we needed it to stay warm. Lauren, our fearless leader, led us downtown through some mean, tough, male motorist-filled streets to the amazing*

*Foster Beach Full Moon Fire Party! We had roughly 15 ladies in our group and tried to invite a few during the ride."*

(Information and logo: [thechainlink.org](http://thechainlink.org); photo: [blog.lunapads.com/wp-content/uploads/2008/08/women-on-bicycles2.jpg](http://blog.lunapads.com/wp-content/uploads/2008/08/women-on-bicycles2.jpg))

# LADIES FULL MOON MASS



Join your cycling sisters on a Critical Mass for girls, ladies, and anyone who self-identifies as female. Visit [thechainlink.org/events](http://thechainlink.org/events) for information about upcoming Ladies Full Moon Masses.



## October 2008 Ride Report from Julie Hochstadter:

*"Last night's ride was a success! Suzanne, thank you for the chocolate; we needed it to stay warm. Lauren, our fearless leader, led us downtown through some mean, tough, male motorist-filled streets to the amazing*

*Foster Beach Full Moon Fire Party! We had roughly 15 ladies in our group and tried to invite a few during the ride."*

(Information and logo: [thechainlink.org](http://thechainlink.org); photo: [blog.lunapads.com/wp-content/uploads/2008/08/women-on-bicycles2.jpg](http://blog.lunapads.com/wp-content/uploads/2008/08/women-on-bicycles2.jpg))

emphasize my hand signals.

- Use lots of lighting, reflective tape, flags, etc. to make yourself extremely visible.
- Smile and wave a lot—especially at impatient drivers. They often do a double take, thinking that they must know you!

• Don't take a 4-hour bike ride and think your kids are going to enjoy it. They will—but only if you break it up with stops at the park or playground. Make bike rides something to look forward to by being sure to include fun in the mix.

- Many kids will nap while on a bike ride, so if that's the case, maximize your exercise!

—Jane (10.09.07)

Check out the Cycling Sisters web site and the chainlink's Cycling Families group ([thechainlink.org/group/cyclingfamilies](http://thechainlink.org/group/cyclingfamilies)) for more cycling family information.

(Information: [cyclingsisters.org/node/8025](http://cyclingsisters.org/node/8025); image: <http://www.bv.com.au/womens-cycling/644/>)

emphasize my hand signals.

- Use lots of lighting, reflective tape, flags, etc. to make yourself extremely visible.
- Smile and wave a lot—especially at impatient drivers. They often do a double take, thinking that they must know you!

• Don't take a 4-hour bike ride and think your kids are going to enjoy it. They will—but only if you break it up with stops at the park or playground. Make bike rides something to look forward to by being sure to include fun in the mix.

- Many kids will nap while on a bike ride, so if that's the case, maximize your exercise!

—Jane (10.09.07)

Check out the Cycling Sisters web site and the chainlink's Cycling Families group ([thechainlink.org/group/cyclingfamilies](http://thechainlink.org/group/cyclingfamilies)) for more cycling family information.

(Information: [cyclingsisters.org/node/8025](http://cyclingsisters.org/node/8025); image: <http://www.bv.com.au/womens-cycling/644/>)

trailer, Katie is usually on a trailer cycle, and Will is solo when we do this type of riding. We try to be careful and we go out as a group of 5 (two adults) the vast majority of the time. If I go out alone with the kids in the city, I usually only have Will and the trailer (both girls will be in it, or I will leave one child with my husband).

- One of the hardest things is including public transit in the mix. There are many times when we would like to take the bus or the el home. CTA/PACE buses and Metra won't allow kids bikes on them. The "L" drivers can be a pain about "only two bikes in a car," even when it's 10 p.m. with no one else present! That's a problem when you are traveling with a family.

#### ***Suggestions:***

- Be aggressive about claiming your space on the road. Don't kowtow to impatient drivers if it is safer for you to take over the entire lane. An annoyed driver is paying attention to you—believe me!
- Be meticulous about signaling your intentions while riding. I wear a pair of Glo-Glovs most days to really

trailer, Katie is usually on a trailer cycle, and Will is solo when we do this type of riding. We try to be careful and we go out as a group of 5 (two adults) the vast majority of the time. If I go out alone with the kids in the city, I usually only have Will and the trailer (both girls will be in it, or I will leave one child with my husband).

- One of the hardest things is including public transit in the mix. There are many times when we would like to take the bus or the el home. CTA/PACE buses and Metra won't allow kids bikes on them. The "L" drivers can be a pain about "only two bikes in a car," even when it's 10 p.m. with no one else present! That's a problem when you are traveling with a family.

#### ***Suggestions:***

- Be aggressive about claiming your space on the road. Don't kowtow to impatient drivers if it is safer for you to take over the entire lane. An annoyed driver is paying attention to you—believe me!
- Be meticulous about signaling your intentions while riding. I wear a pair of Glo-Glovs most days to really



*Jams take place about a 1/2-mile south of Foster Ave. Beach on the lake front.*

### ***2009 Full Moon Schedule:***

*Thursday, April 9th: 7:25 p.m. sunset; 7:00 p.m. jam.*

*Thursday, May 7th: 7:57 p.m. sunset; 7:30 p.m. jam.*

*Sunday, June 7th: 8:24 p.m. sunset; 8:00 p.m. jam.*

*Tuesday, July 7th: 8:28 p.m. sunset; 8:00 p.m. jam.*

*Wednesday, August 5th: 8:04 p.m. sunset; 7:30 p.m. jam.*

*Thursday, September 3rd: 7:19 p.m. sunset; 7:00 p.m. jam.*

*Sunday, October 4th: 6:27 p.m. sunset; 6:15 p.m. jam.*

*Monday, November 2nd: 4:43 p.m. sunset; 4:30 p.m. jam.*

*(Image and information: [spunn.org/comm.shtml](http://spunn.org/comm.shtml))*



*Jams take place about a 1/2-mile south of Foster Ave. Beach on the lake front.*

### ***2009 Full Moon Schedule:***

*Thursday, April 9th: 7:25 p.m. sunset; 7:00 p.m. jam.*

*Thursday, May 7th: 7:57 p.m. sunset; 7:30 p.m. jam.*

*Sunday, June 7th: 8:24 p.m. sunset; 8:00 p.m. jam.*

*Tuesday, July 7th: 8:28 p.m. sunset; 8:00 p.m. jam.*

*Wednesday, August 5th: 8:04 p.m. sunset; 7:30 p.m. jam.*

*Thursday, September 3rd: 7:19 p.m. sunset; 7:00 p.m. jam.*

*Sunday, October 4th: 6:27 p.m. sunset; 6:15 p.m. jam.*

*Monday, November 2nd: 4:43 p.m. sunset; 4:30 p.m. jam.*

*(Image and information: [spunn.org/comm.shtml](http://spunn.org/comm.shtml))*

## COMFORTABLE BRAKING FOR SMALL HANDS

*Are you frustrated because most brakes are made for “gorilla” hands?*

*Here are some ideas to make braking safer and easier for smaller-handed people:*

- 1) Install shims
- 2) Install inline brake levers
- 3) Get adjustable-reach levers
- 4) Try brake levers made for children’s bikes

*(Tip: [cyclingsisters.org](http://cyclingsisters.org); photo: [selloldtoys.com/bike/images/IMG\\_2523.jpg](http://selloldtoys.com/bike/images/IMG_2523.jpg))*



## COMFORTABLE BRAKING FOR SMALL HANDS

*Are you frustrated because most brakes are made for “gorilla” hands?*

*Here are some ideas to make braking safer and easier for smaller-handed people:*

- 1) Install shims
- 2) Install inline brake levers
- 3) Get adjustable-reach levers
- 4) Try brake levers made for children’s bikes

*(Tip: [cyclingsisters.org](http://cyclingsisters.org); photo: [selloldtoys.com/bike/images/IMG\\_2523.jpg](http://selloldtoys.com/bike/images/IMG_2523.jpg))*



stuff for the kids (snacks, jackets, water) and still have room for groceries or dry cleaning. I like the flexibility of being able to pop the trailer off the bike to take into the store with me if a child is napping or if I need to transition to walking mode. I like the fact that in the cold weather months, the kids are snuggled up warm in their little pod. They are also protected from rain showers. I love the fact that I can build exercise into my daily routine while not dumping my kids in a day care situation, plus I don’t have to pay membership fees.

- Most of my rides are in an urban environment—but not Lincoln Park or Loop-type urban. Think more like Logan Square or Hyde Park. Most of my riding is done in Beverly/Morgan Park/Mt. Greenwood/Blue Island. I must admit that I do not particularly like using a trailer in Lincoln Park if I have to ride Clark or Wells (too narrow!).

- My children are presently 4, 8, and 10. We ride all the time in the Loop now. Actually, we ride all over the city on a regular basis—from Hyde Park, to Chinatown, Little Village, Bucktown, Lincoln Park, and even out to Garfield Park or Lincoln Square. Gen is still in the

stuff for the kids (snacks, jackets, water) and still have room for groceries or dry cleaning. I like the flexibility of being able to pop the trailer off the bike to take into the store with me if a child is napping or if I need to transition to walking mode. I like the fact that in the cold weather months, the kids are snuggled up warm in their little pod. They are also protected from rain showers. I love the fact that I can build exercise into my daily routine while not dumping my kids in a day care situation, plus I don’t have to pay membership fees.

- Most of my rides are in an urban environment—but not Lincoln Park or Loop-type urban. Think more like Logan Square or Hyde Park. Most of my riding is done in Beverly/Morgan Park/Mt. Greenwood/Blue Island. I must admit that I do not particularly like using a trailer in Lincoln Park if I have to ride Clark or Wells (too narrow!).

- My children are presently 4, 8, and 10. We ride all the time in the Loop now. Actually, we ride all over the city on a regular basis—from Hyde Park, to Chinatown, Little Village, Bucktown, Lincoln Park, and even out to Garfield Park or Lincoln Square. Gen is still in the



my son (who was riding on his own that day). When I turned around, I totally miscalculated my center of balance and went down with a bang but none the worse for wear. It took me a bit to extricate myself from the bike because of my size but I wasn't hurt; merely embarrassed by my clumsiness. I gave a few pedestrians a scare though!

• I couldn't take my family out by bike for about 4 months postpartum because I couldn't fit Genevieve's baby seat into the trailer with another child. My then 4-year-old needed to be able to fit, too! This really forced a change in my transit options since I always was traveling with 3 kids, but there was no way I could trust Katie to ride by herself in traffic. By about 4 months, Gen was able to support herself enough to be wedged in with some towels next to Katie. Finding a helmet small enough wasn't an issue because Gen was so big at birth. I was very grateful to have my bike back for commuting!

*Preferences:*

• I really, really, really like having a trailer. I can carry

my son (who was riding on his own that day). When I turned around, I totally miscalculated my center of balance and went down with a bang but none the worse for wear. It took me a bit to extricate myself from the bike because of my size but I wasn't hurt; merely embarrassed by my clumsiness. I gave a few pedestrians a scare though!

• I couldn't take my family out by bike for about 4 months postpartum because I couldn't fit Genevieve's baby seat into the trailer with another child. My then 4-year-old needed to be able to fit, too! This really forced a change in my transit options since I always was traveling with 3 kids, but there was no way I could trust Katie to ride by herself in traffic. By about 4 months, Gen was able to support herself enough to be wedged in with some towels next to Katie. Finding a helmet small enough wasn't an issue because Gen was so big at birth. I was very grateful to have my bike back for commuting!

*Preferences:*

• I really, really, really like having a trailer. I can carry

*Qu'elle est cette odeur agréable?*

*A field guide to fragrance by bike*

You can catch whiffs of most of these plants while riding, others are included because their fragrances are choice, and are worth stopping to enjoy.

(\*) signifies very noticeable on a bike when riding

month	identification
March/April:	<b>Scilla</b> --tiny, blue plants, usually scattered in lawns <b>Forsythia</b> --bright yellow shrubs
April/May:	* <b>Magnolia</b> --white/pink showy flowers on a small tree, some are very fragrant <b>Daffodils, Jonquils</b> <b>species Tulips</b> <b>Plum, Quince</b> --small trees with tiny pink/purple flowers
May:	<b>Darwin tulips</b> * <b>Crabapples, Apples, Cherries</b> --pink or white flowers on small trees <b>Horsechestnut</b> --large tree w/showy 'candles' of flowers <b>Rhododendron, Azalea</b> --small shrubs w/wht, pink, yell. flowers, st. fragrant * <b>Lilacs</b> --shrubs w/white to pink to blue, purple flower clusters <b>Viburnum sp.</b> --small to med. shrubs w/pink, white, red flowers <b>Lily of the Valley</b> --tiny white flowers mostly hidden by leaves; small plant

*Qu'elle est cette odeur agréable?*

*A field guide to fragrance by bike*

You can catch whiffs of most of these plants while riding, others are included because their fragrances are choice, and are worth stopping to enjoy.

(\*) signifies very noticeable on a bike when riding

month	identification
March/April:	<b>Scilla</b> --tiny, blue plants, usually scattered in lawns <b>Forsythia</b> --bright yellow shrubs
April/May:	* <b>Magnolia</b> --white/pink showy flowers on a small tree, some are very fragrant <b>Daffodils, Jonquils</b> <b>species Tulips</b> <b>Plum, Quince</b> --small trees with tiny pink/purple flowers
May:	<b>Darwin tulips</b> * <b>Crabapples, Apples, Cherries</b> --pink or white flowers on small trees <b>Horsechestnut</b> --large tree w/showy 'candles' of flowers <b>Rhododendron, Azalea</b> --small shrubs w/wht, pink, yell. flowers, st. fragrant * <b>Lilacs</b> --shrubs w/white to pink to blue, purple flower clusters <b>Viburnum sp.</b> --small to med. shrubs w/pink, white, red flowers <b>Lily of the Valley</b> --tiny white flowers mostly hidden by leaves; small plant

May/ June: **\*Wisteria**--vines with grape-like clusters of flowers, very fragrant  
**\*Viburnum carlesii**--VERY fragrant pink/white flowers on compact shrub  
**Mock orange**--shrub w/ fragrant white flower  
**Buckeyes**--shrubs or trees, upright "candles" of flowers

June: **\*Linden trees**--tree w/ tiny, very fragrant, creamy flowers springing from underside of bracts (looks like a leaf)  
**Sweet Pea**--various colored flowers on pea-like vine, most are very fragrant  
**Hydrangea species**--med. shrubs w/puffy clusters of flowers, some are fragrant  
**Species Roses**  
**Lilies**--white to yellow to red, tall plants w/tubelike flowers, many are fragrant  
**Abelia**--droopy shrub w/tube flowers in pink or red tones, some very fragrant

July: **Hybrid Tea Roses**  
**Jasmine**--white, very fragrant flowers on a loose, woody vine  
**Bee Balm/Bergamot**--med. plant w/clusters of pink to purple flowers; leaves scented, too (used in Earl Grey tea)  
**\*Honeysuckle**--yell/pink flowers, a dense vine  
**Phlox**--med. garden flower w/puffy white/pink/blue clusters, usually fragrant  
**\*Nicotiana sp.**--white, yellow, pink, red, lg.-leaved plants, fragrant especially at night  
**Hydrangea species**--med. shrubs w/puffy clusters of flowers, some fragrant

7

May/ June: **\*Wisteria**--vines with grape-like clusters of flowers, very fragrant  
**\*Viburnum carlesii**--VERY fragrant pink/white flowers on compact shrub  
**Mock orange**--shrub w/ fragrant white flower  
**Buckeyes**--shrubs or trees, upright "candles" of flowers

June: **\*Linden trees**--tree w/ tiny, very fragrant, creamy flowers springing from underside of bracts (looks like a leaf)  
**Sweet Pea**--various colored flowers on pea-like vine, most are very fragrant  
**Hydrangea species**--med. shrubs w/puffy clusters of flowers, some are fragrant  
**Species Roses**  
**Lilies**--white to yellow to red, tall plants w/tubelike flowers, many are fragrant  
**Abelia**--droopy shrub w/tube flowers in pink or red tones, some very fragrant

July: **Hybrid Tea Roses**  
**Jasmine**--white, very fragrant flowers on a loose, woody vine  
**Bee Balm/Bergamot**--med. plant w/clusters of pink to purple flowers; leaves scented, too (used in Earl Grey tea)  
**\*Honeysuckle**--yell/pink flowers, a dense vine  
**Phlox**--med. garden flower w/puffy white/pink/blue clusters, usually fragrant  
**\*Nicotiana sp.**--white, yellow, pink, red, lg.-leaved plants, fragrant especially at night  
**Hydrangea species**--med. shrubs w/puffy clusters of flowers, some fragrant

7

pregnancies). My resting pulse rate was under 70. My blood pressure was excellent. I lost weight (which was a good thing). I had no issues with gestational diabetes.

- I was happier about day-to-day issues. I found that I wasn't as stressed out but was significantly more relaxed than during my previous pregnancies.

- Labor and delivery of Genevieve was relatively easy. She was a huge baby at 24 inches and 10.8 lbs (much bigger than my previous kids). Despite her size, I delivered her naturally using no pain meds and needing no oxygen. Her placenta was very large, which my doctor attributed to the fact that all my exercising was providing plenty of oxygen flow to allow for it to develop so well. This probably contributed to why she was such a big baby, as well.

- Postpartum recovery was easy. I was back up and about within days.

### *The problems:*

- I did fall once, but it was entirely my own fault. I stopped at the top of a hill to check on the progress of

20

pregnancies). My resting pulse rate was under 70. My blood pressure was excellent. I lost weight (which was a good thing). I had no issues with gestational diabetes.

- I was happier about day-to-day issues. I found that I wasn't as stressed out but was significantly more relaxed than during my previous pregnancies.

- Labor and delivery of Genevieve was relatively easy. She was a huge baby at 24 inches and 10.8 lbs (much bigger than my previous kids). Despite her size, I delivered her naturally using no pain meds and needing no oxygen. Her placenta was very large, which my doctor attributed to the fact that all my exercising was providing plenty of oxygen flow to allow for it to develop so well. This probably contributed to why she was such a big baby, as well.

- Postpartum recovery was easy. I was back up and about within days.

### *The problems:*

- I did fall once, but it was entirely my own fault. I stopped at the top of a hill to check on the progress of

20



# Pregnant Cyclists Unite!



As a formerly pregnant cyclist, I'd like to share my thoughts on this topic. I rode up until one day before the birth of my third child. I rode most days, typically about 8 miles, on my commute to and from Montessori School as well as running errands. I towed two kids in a trailer during the ride (a 3-year old and a 5-year old). Lest you think I was some sort of wonder woman, I am not. I am fat, middle-aged, and "Suburban."

## What I found:

- My health was phenomenal during pregnancy. I suffered no blood pressure issues, sciatica, nor heartburn (all of which troubled me during my earlier

19

# Pregnant Cyclists Unite!



As a formerly pregnant cyclist, I'd like to share my thoughts on this topic. I rode up until one day before the birth of my third child. I rode most days, typically about 8 miles, on my commute to and from Montessori School as well as running errands. I towed two kids in a trailer during the ride (a 3-year old and a 5-year old). Lest you think I was some sort of wonder woman, I am not. I am fat, middle-aged, and "Suburban."

## What I found:

- My health was phenomenal during pregnancy. I suffered no blood pressure issues, sciatica, nor heartburn (all of which troubled me during my earlier

19

- July/Aug: **Caryopteris**--small shrub with blue flower clusters  
**\*Tuberose**--white plants, esp. frag. at night  
**Daylilies**--many var., yell-red, some fragrant
- August: **Moonflower**--large white flowers on a loose vine; flowers open at dusk  
**Echinacea sp.** (Coneflower)--purple, pink, white flowers on stiff plants, some fragrant
- Aug/Sept: **\*Sweet Autumn Clematis**--vine covered w/very frag., starry white blooms
- Oct/Nov: **Witchhazel**--small twiggy tree, yellow/green, spidery flowers
- Year-round: **Pine, Spruce, Boxwood**

Tip: If you see butterflies at a plant, chances are it smells good!  
 Tip: White flowers are almost always most fragrant at night



*Did you know that you can share your experiences from tonight's Chicago Critical Mass ride with others? Simply go to [chicagocriticalmass.org](http://chicagocriticalmass.org) and click on Upload Your Own Ride Report.*

8

- July/Aug: **Caryopteris**--small shrub with blue flower clusters  
**\*Tuberose**--white plants, esp. frag. at night  
**Daylilies**--many var., yell-red, some fragrant
- August: **Moonflower**--large white flowers on a loose vine; flowers open at dusk  
**Echinacea sp.** (Coneflower)--purple, pink, white flowers on stiff plants, some fragrant
- Aug/Sept: **\*Sweet Autumn Clematis**--vine covered w/very frag., starry white blooms
- Oct/Nov: **Witchhazel**--small twiggy tree, yellow/green, spidery flowers
- Year-round: **Pine, Spruce, Boxwood**

Tip: If you see butterflies at a plant, chances are it smells good!  
 Tip: White flowers are almost always most fragrant at night



*Did you know that you can share your experiences from tonight's Chicago Critical Mass ride with others? Simply go to [chicagocriticalmass.org](http://chicagocriticalmass.org) and click on Upload Your Own Ride Report.*

8



# How to Carry Stuff on Your Bike

Bikes are great for carrying stuff, even large, heavy loads. Here are some methods:

- Wear a backpack or hang a small bag on your handlebars.
- Put a rack on the back of your bike and attach a free milk crate to it.
- Strap larger things directly to your rack. Make sure objects and bungees are tightly secured. The study of how to secure your load in this fashion is referred

9



# How to Carry Stuff on Your Bike

Bikes are great for carrying stuff, even large, heavy loads. Here are some methods:

- Wear a backpack or hang a small bag on your handlebars.
- Put a rack on the back of your bike and attach a free milk crate to it.
- Strap larger things directly to your rack. Make sure objects and bungees are tightly secured. The study of how to secure your load in this fashion is referred

9



dedicate a bike to a rider you love.

I am building a monument of 1000 miniature ceramic bikes to be publicly displayed in Chicago. The monument serves as a reminder everyone to keep in mind the safety of all the cyclists who are riding the wild streets of Chicago. Would you like to dedicate a bike to someone who has been hurt or killed in a cycling accident? This is free!

**contact: KRamslan@yahoo.com**

This monument will be unveiled publicly on 6/6/2009  
questions? Want to be involved in construction? let me know!

## 1000 Ghost Bikes – a new Chicago monument

You can dedicate a bike to someone who has been killed or injured in a cycling accident. Just send the name and date of the accident to KRamslan@yahoo.com.

You can dedicate as many bikes as you want and it's FREE! This is a monument of love and safety.

(Image and information: bikemonument.blogspot.com)

18



dedicate a bike to a rider you love.

I am building a monument of 1000 miniature ceramic bikes to be publicly displayed in Chicago. The monument serves as a reminder everyone to keep in mind the safety of all the cyclists who are riding the wild streets of Chicago. Would you like to dedicate a bike to someone who has been hurt or killed in a cycling accident? This is free!

**contact: KRamslan@yahoo.com**

This monument will be unveiled publicly on 6/6/2009  
questions? Want to be involved in construction? let me know!

## 1000 Ghost Bikes – a new Chicago monument

You can dedicate a bike to someone who has been killed or injured in a cycling accident. Just send the name and date of the accident to KRamslan@yahoo.com.

You can dedicate as many bikes as you want and it's FREE! This is a monument of love and safety.

(Image and information: bikemonument.blogspot.com)

18

To take this a step further, in many mystical traditions the physical act of love is understood as a metaphor for the spiritual union of Human with the Divine. Can you ride as if you and the road are One?

The mudra of **the single upraised digit is a reminder of this oneness:** unity in Christ Consciousness, being at one with the Tao, La illaha Il' Allah, Adonai Echad. Thus, when someone makes this gesture at you, you should understand that they are **wishing you the experience of this ecstatic union.**

The **horn that is honked** as the mudra is made **is a meditation bell.** Like a church bell, like the call of the muezzin's voice, **it calls you into this sacred space of union, of you, your bike, and the road, as one.**

**Thus, when the motorist honks his horn, raises the single digit, and makes his sincere invocation, you have but one response: to smile, to wave, and return to the joy of riding your bike.**

*(Meditation suggested by Lauren Sailor: [bicyclemeditations.org/road.html](http://bicyclemeditations.org/road.html); image: [mayumioda.net/images/art/S088.jpg](http://mayumioda.net/images/art/S088.jpg))*

17

To take this a step further, in many mystical traditions the physical act of love is understood as a metaphor for the spiritual union of Human with the Divine. Can you ride as if you and the road are One?

The mudra of **the single upraised digit is a reminder of this oneness:** unity in Christ Consciousness, being at one with the Tao, La illaha Il' Allah, Adonai Echad. Thus, when someone makes this gesture at you, you should understand that they are **wishing you the experience of this ecstatic union.**

The **horn that is honked** as the mudra is made **is a meditation bell.** Like a church bell, like the call of the muezzin's voice, **it calls you into this sacred space of union, of you, your bike, and the road, as one.**

**Thus, when the motorist honks his horn, raises the single digit, and makes his sincere invocation, you have but one response: to smile, to wave, and return to the joy of riding your bike.**

*(Meditation suggested by Lauren Sailor: [bicyclemeditations.org/road.html](http://bicyclemeditations.org/road.html); image: [mayumioda.net/images/art/S088.jpg](http://mayumioda.net/images/art/S088.jpg))*

17

to as bungee science, a term believed to be coined by Lauren Salmi and Alex Wilson.

- Baskets can be attached to your rear rack and to your handlebars. A heavy load on your handlebars makes steering difficult.

You can build yourself a customized basket bike by adding supporting tubes that rest on your bike frame and attaching baskets directly to these tubes. This way you can carry more weight without affecting your steering.

- You can purchase panniers (bags made to be carried on your bike rack). Some bags are waterproof and some convert to backpacks. Visit your local bike shop for examples.

10



*You can grill while you bike!*

to as bungee science, a term believed to be coined by Lauren Salmi and Alex Wilson.

- Baskets can be attached to your rear rack and to your handlebars. A heavy load on your handlebars makes steering difficult.

You can build yourself a customized basket bike by adding supporting tubes that rest on your bike frame and attaching baskets directly to these tubes. This way you can carry more weight without affecting your steering.

- You can purchase panniers (bags made to be carried on your bike rack). Some bags are waterproof and some convert to backpacks. Visit your local bike shop for examples.

10



*You can grill while you bike!*





- For touring, a rack can be attached to the front of some bikes, to which you can attach smaller panniers.

Many bike tourists use a handlebar bag with a clear plastic top, through which to see your map.

- Use an Xtracycle – a bike with an elongated back end. It has carrying capacity similar to a trailer but with no extra wheels. Check out [xtracycle.com](http://xtracycle.com).



- Trailers are the best way to haul very large loads by bicycle.

Some trailers are small and more nimble, which is convenient if

you frequently carry medium-sized loads or light, bulky objects.

A common one is the BOB Yak model.



11



- For touring, a rack can be attached to the front of some bikes, to which you can attach smaller panniers.

Many bike tourists use a handlebar bag with a clear plastic top, through which to see your map.

- Use an Xtracycle – a bike with an elongated back end. It has carrying capacity similar to a trailer but with no extra wheels. Check out [xtracycle.com](http://xtracycle.com).



- Trailers are the best way to haul very large loads by bicycle.

Some trailers are small and more nimble, which is convenient if

you frequently carry medium-sized loads or light, bulky objects.

A common one is the BOB Yak model.



11

There are days when you dominate the road. It does your bidding. You groove on your control.

There are other days when the road is your master. You submit to its demands. You get a perverted pleasure from the pain of your burning legs, your oxygen-starved lungs screaming for air.

In any of these instances though, you, with your bike, and the road, are lovers. The term “get off,” as we all know, is a slang term that means “to derive pleasure.”

Thus, the encouraging, if crude, words, **“Get off the fucking road” can be understood as “Enjoy yourself as you and the road make beautiful love together.”**



16

There are days when you dominate the road. It does your bidding. You groove on your control.

There are other days when the road is your master. You submit to its demands. You get a perverted pleasure from the pain of your burning legs, your oxygen-starved lungs screaming for air.

In any of these instances though, you, with your bike, and the road, are lovers. The term “get off,” as we all know, is a slang term that means “to derive pleasure.”

Thus, the encouraging, if crude, words, **“Get off the fucking road” can be understood as “Enjoy yourself as you and the road make beautiful love together.”**



16

# Get Off The Fucking Road

There may be a day while you are riding your bike. A motorist passes you and calls out, **“Get off the fucking road!”** You may be puzzled. **What do these words mean?**

The key to understanding this motorist’s cry is to realize that the road does not copulate with itself. Rather, it is you who is partnered with the road.

Have you not had a day, where you get out there on your bike, and there is the road before you, warm, inviting? It feels good, it smells good, it almost seems to *taste* good to be on it. Some days you start out eager, knowing what lies ahead. Other days you start out a little reluctantly – surely you have better things to do – clean the house, mow the lawn – but here you are anyway, your bike and the road together, and after a little bit you know it’s going to be a good time.

15

# Get Off The Fucking Road

There may be a day while you are riding your bike. A motorist passes you and calls out, **“Get off the fucking road!”** You may be puzzled. **What do these words mean?**

The key to understanding this motorist’s cry is to realize that the road does not copulate with itself. Rather, it is you who is partnered with the road.

Have you not had a day, where you get out there on your bike, and there is the road before you, warm, inviting? It feels good, it smells good, it almost seems to *taste* good to be on it. Some days you start out eager, knowing what lies ahead. Other days you start out a little reluctantly – surely you have better things to do – clean the house, mow the lawn – but here you are anyway, your bike and the road together, and after a little bit you know it’s going to be a good time.

15

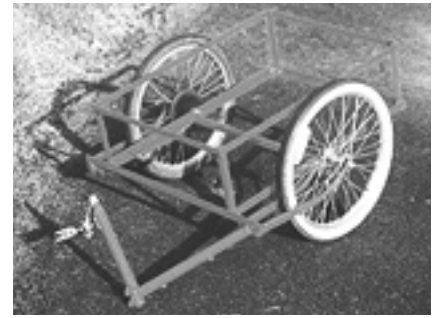


Bikes at Work ([bikesatwork.com](http://bikesatwork.com)) makes a flatbed trailer available in three sizes and that can carry up to 300 pounds.

Examples of things that have been carried by folks in Chicago on this type of trailer: 20 bicycles; washer and dryer; 1927 farmhouse sink (heavy!); piano; queen-size bed; various furniture including large dresser, sofa, etc.

For free instructions on how to make your own trailer, visit [re-cycle.org/trailer](http://re-cycle.org/trailer).

—Sarah



(Information: [cyclingsisters.org](http://cyclingsisters.org); images: [handbaskets.homestead.com/000801\\_0414\\_0353\\_lslp.jpg](http://handbaskets.homestead.com/000801_0414_0353_lslp.jpg), [rat-patrol.org](http://rat-patrol.org), [toughtraveler.com/lug/HandleBar\\_Bag.JPG](http://toughtraveler.com/lug/HandleBar_Bag.JPG), [bikesatwork.com](http://bikesatwork.com), [re-cycle.org/trailer](http://re-cycle.org/trailer))

12



Bikes at Work ([bikesatwork.com](http://bikesatwork.com)) makes a flatbed trailer available in three sizes and that can carry up to 300 pounds.

Examples of things that have been carried by folks in Chicago on this type of trailer: 20 bicycles; washer and dryer; 1927 farmhouse sink (heavy!); piano; queen-size bed; various furniture including large dresser, sofa, etc.

For free instructions on how to make your own trailer, visit [re-cycle.org/trailer](http://re-cycle.org/trailer).

—Sarah



(Information: [cyclingsisters.org](http://cyclingsisters.org); images: [handbaskets.homestead.com/000801\\_0414\\_0353\\_lslp.jpg](http://handbaskets.homestead.com/000801_0414_0353_lslp.jpg), [rat-patrol.org](http://rat-patrol.org), [toughtraveler.com/lug/HandleBar\\_Bag.JPG](http://toughtraveler.com/lug/HandleBar_Bag.JPG), [bikesatwork.com](http://bikesatwork.com), [re-cycle.org/trailer](http://re-cycle.org/trailer))

12





2,712 cities, towns, and municipalities in 83 countries have already committed to VOTE EARTH for Earth Hour 2009, as part of the world's first global election between Earth and global warming. Your light switch is your

vote. Visit [earthhour.org](http://earthhour.org) for more information.

**Come to the Earth Hour Party to Vote Earth on Saturday, March 28, 2009 at 7 p.m. at 1113 W. Webster, 2nd floor.**

There are lots of bike racks on the block. Please don't lock to the neighboring fence. 3 blocks from Fullerton Red or Brown Line or 3 blocks from Armitage in between Fullerton and Armitage bus lines.

13



2,712 cities, towns, and municipalities in 83 countries have already committed to VOTE EARTH for Earth Hour 2009, as part of the world's first global election between Earth and global warming. Your light switch is your

vote. Visit [earthhour.org](http://earthhour.org) for more information.

**Come to the Earth Hour Party to Vote Earth on Saturday, March 28, 2009 at 7 p.m. at 1113 W. Webster, 2nd floor.**

There are lots of bike racks on the block. Please don't lock to the neighboring fence. 3 blocks from Fullerton Red or Brown Line or 3 blocks from Armitage in between Fullerton and Armitage bus lines.

13

We turn off the lights at 8:30 p.m. for at least an hour. BYOB Potluck. Your host, Kathy Schubert, will make her famous spinach lasagna. We make the statement that we're saving energy. And if you don't want to sit in the dark, bring a beeswax candle – they don't pollute like ordinary candles. Kathy will light one that's shaped like a koala.



This is also an opportunity for you to give 15-year-old miniature schnauzer Joey, the dog who rides a bike and wears a helmet, a hug. She really needs it since she's deaf and probably very blind but she loves to be stroked.

**Required RSVP and questions:**  
**[kangarookathy@yahoo.com](mailto:kangarookathy@yahoo.com)**

*(Information and images: Kathy Schubert.)*

14

We turn off the lights at 8:30 p.m. for at least an hour. BYOB Potluck. Your host, Kathy Schubert, will make her famous spinach lasagna. We make the statement that we're saving energy. And if you don't want to sit in the dark, bring a beeswax candle – they don't pollute like ordinary candles. Kathy will light one that's shaped like a koala.



This is also an opportunity for you to give 15-year-old miniature schnauzer Joey, the dog who rides a bike and wears a helmet, a hug. She really needs it since she's deaf and probably very blind but she loves to be stroked.

**Required RSVP and questions:**  
**[kangarookathy@yahoo.com](mailto:kangarookathy@yahoo.com)**

*(Information and images: Kathy Schubert.)*

14