

BIG SHOULDERS REALTY • WEST TOWN BIKES • CICLO URBANO
 PRESENTS
 A NARRATED ARCHITECTURAL & HISTORICAL TOUR
 ON BICYCLES AND IN COSTUMES

WEST TOWN

**FREE!
GRATIS!**

10:00AM SATURDAY 31 OCTOBER 2009
HUMBOLDT PARK MEET AT THE INTERSECTION OF CALIFORNIA AND DIVISION
 BY THE WEST PUERTO RICAN FLAG ON PASEO BORICUA.
 THIS TOUR IS FREE FOR ALL TO ATTEND. PLEASE BRING AND WEAR YOUR HELMET AND
 DRESS FOR ALL WEATHER CYCLING. WE RIDE RAIN OR SHINE. THIS IS NOT A SALES OR
 MARKETING EVENT AND IN NO WAY PROMOTES THE SALE OF REAL ESTATE OR ANY
 COMMERCIAL SERVICES.
 VISIT [HTTP://WESTTOWNBIKES.ORG/](http://westtownbikes.org/) OR [WWW.BIGSHOULDERSREALTY.COM](http://www.bigshouldersrealty.com) FOR MORE INFORMATION.

What is Critical Mass? A free fun bike ride that happens on the last Friday of every month in different cities all over the world. It's also a movement to promote the use of bicycles as a viable means of transportation. It's an open event that invites individuals to express themselves creatively; socially, politically, artistically, vocally, etc. to an audience of friends, neighbors, coworkers, and fellow citizens. It's a wonderful party parade of the freedom of travel and your own power and belief part of the environment of the places you pass through. It's a celebration of the city and people, not machines. Critical Mass is a free market of ideas so Critical Mass is what we'd love to see at it. Critical Mass is a fantastic time!

(The Derailleur, June 2003)

THE DERAILLEUR

AN UNOFFICIAL PUBLICATION OF CHICAGO CRITICAL MASS



OCTOBER 2009

Break The Gridlock (BTG) is a Chicago-based organization dedicated to supporting a vibrant network of grassroots activists and advocates who work to reduce dependency on the private automobile, encouraging the use of more appropriate transportation solutions. BTG promotes leadership and organizational support. People who believe in BTG's goals are encouraged to become members of BTG. Members provide not only financial support for BTG, but also increase our voice and the voices of our Member Organizations. All Bikes NFP, and Working Bikes. Break The Gridlock is a recognized charitable 501(c)(3) organization. Dues and other cash donations are tax-deductible.

Membership: \$100; Red Light: \$500. Member support: \$25; Advocate: \$50; Activist: \$01(c)(3) organization. Dues and other cash donations are tax-deductible.

Break The Gridlock

ALWAYS WELCOME. SANTA HAS COLORFUL CRITICAL MASS BUTTONS FOR THE KIND PEOPLE WHO DONATE. THANKS FOR YOUR SUPPORT!



WELCOME to the October 2009 issue of The Derailleur. This issue was compiled by Willow Naeco. Thank you: Mr. Bike, Lee Diamond of Big Shoulders Realty, Bob Kastigar, and Lowell Nelson. Images modified from bbc.co.uk, Lattifa Kerbal at freeeventgraphics.net, keepdesigning.com, kickasspoker.com, photobucket.com, school-clipart.com, and silhouetteclipart.com. Send feedback to TheDerailleur@gmail.com.

CRITICAL MASS IS OUT FOR BLOOD!

CM99 is the LifeSource blood donation code for Critical Mass. Use this code every time you donate blood through LifeSource.

Giving blood makes me feel better physically and mentally. I have given whole blood, platelets, and ALYX.

blood returned to the donor. The two most common types of apheresis donations are platelets and plasma.

Whole blood is just what you'd think—like a vampire would do—while platelets and plasma are apheresis donations, which take a little more time than whole blood.

ALYX is an apheresis donation type at LifeSource. ALYX is able to safely remove twice the number of red cells that a traditional whole blood donation will provide.

Apheresis donation is a special kind of blood donation in which whole blood is withdrawn, a desired component separated and retained, and the remainder of the

Remember, CM99.

—Lowell Nelson

Critical Mass Blood Drive November 2, 2009

Please join Chicago Critical Mass (CCM) riders on November 2 at the Thompson Center to donate blood at LifeSource. (Donate sooner if you can.) Time: 7 a.m. to 6 p.m. Location: LifeSource, 100 W. Randolph St. Contact: lifesource.org or 877.543.3768. Mention code CM99 and LifeSource will give credit to CCM for your donation! If you've never donated blood before and are nervous/don't know what to expect, contact me (TheDeraillleur@gmail.com). I've had great experiences donating blood and look forward to helping save lives in this simple way. *P.S. Santa has CM99 buttons for people who donate blood through LifeSource.*

If you are unable or unwilling to donate blood or if you are deferred, please consider joining the CCM Kiva team to improve lives in a different way. For more information about Kiva loans, visit kiva.org/team/chicagocriticalmass.



Not ready for Bike Winter? No worries; Bike Winter volunteers are ready for you. Attend a Bike Winter event for a free balaclava or gaiter. Visit bikewinter.org for cold-weather riding tips, events, and more!

DRESSING FOR COLD & WET

From Mr Bike's *Urban Bikers' Tricks & Tips*, a 250-page paperback, at bookstores & mrbike.com

Start with a sweatshirt or jacket. When colder, add t-shirts, light sweaters, long underwear, and tights. Light layers let you remove outer clothes if you warm up. When very cold, many don't need much insulation on torsos and legs—but need more on ears, hands, and feet where blood flows less.

Ski goggles: less likely to fog.

A balaclava or hooded sweatshirt covers head, neck and ears and fits under helmet.

Wool scarf, cotton turtleneck, or neck gaiter keeps icy air from blasting down your shirt.

Mittens or "lobster" gloves keep fingers together to keep them warmer.

Waterproof (rubber or synthetic) boots.

Waterproof jacket or (to sweat less) loose or vented jacket, waterproof poncho, or cyclist's rain cape (attaches to thumbs and thighs to prevent billowing).

Fenders keep you and your bike cleaner and drier.

When cold but dry, wear loose-fitting, average-weight pants like jeans.

When colder use long underwear or two pairs of tights. In wet, wear synthetic underwear with one or two pairs of tights. Dark colors hide grime.

Plastic or rubber shoe covers.

Dressing in layers for cold weather

BASE LAYER

Wear fabric that wicks moisture away like polypropylene, polyester, nylon or silk—**not cotton.**



MIDDLE LAYER

Wear an insulating/wicking layer like wool or fleece that holds heat. Overlap clothes at the neck, wrist, waist and ankle to seal out wind.



OUTER LAYER

Use water-resistant and wind-resistant materials like nylon to keep you warm and dry in wet conditions.



Working Bikes Cooperative

workingbikes.org

The Working Bikes Cooperative is a not-for-profit tax-exempt 501(c)3 organization which diverts bicycles from the waste stream in Chicago by repairing them for sale and charity.

Each year Working Bikes gives away over 5,000 bicycles locally and internationally. It distributes about 500 bicycles and wheelchairs in the Chicago area alone to City programs, refugees, and day camps.

Working Bikes is primarily volunteer-driven. All its operations are funded through the sale of bicycles at its storefront. Working Bikes uses that money to provide bicycles to charity organizations within Chicagoland and to ship bicycles to the Gulf Coast, Ghana, Tanzania, Angola, Cuba, Guatemala, and Peru.

Working Bikes desperately needs volunteers to repair bicycles, prepare and pack bikes for shipping overseas, organize and help customers in the Working Bikes Store, pick up donations, network with other organizations, and help spread the word. By volunteering your time at Working Bikes you aid an organization that is doing good work both locally and internationally.

In the countries to which Working Bikes ships, a bicycle can often mean the difference between work and unemployment. The bicycle is the primary means of vehicular transportation for the majority of the population and is used both for personal transportation and for carrying cargo. Due to wage differences, a bicycle worth \$20 in Chicago can be worth the equivalent of \$1,000 in Africa.

Working Bikes is now located at 2434 S. Western Ave. in Chicago. (Big red brick two story building at the SW corner of 24th Pl. and Western Ave.) Bicycle sale hours are Sat. and Wed. 12-5 p.m. Volunteer hours are Mon. and Tues. 5-9 p.m. and Wed. and Sat. 12-5 p.m. Call (312) 421-5048 for more information.

JOIN THE CHICAGO CRITICAL MASS KIVA TEAM

loans that change lives: kiva.org/team/chicagocriticalmass

How does Kiva work?

1) Lenders like you browse profiles of entrepreneurs in need and choose someone to lend to. When you lend, using PayPal or a credit card, Kiva collects your funds and then passes them along to one of their microfinance partners.

2) Kiva's microfinance partners distribute your loan funds to the selected entrepreneur. Often, Kiva's partners also provide training and other assistance to maximize the entrepreneur's chances of success.

3) Over time, the entrepreneur repays their loan. Repayment and other updates are posted on Kiva and e-mailed to you.

4) When you get your money back, you can re-lend to someone else in need, donate your funds to Kiva to cover operational expenses, or withdraw your funds.



BARBARA BAIYEJUSA'S GROUP, PUB (KAYUNGA, UGANDA)

Barbara is the leader of her lending group in Kayunga. She is a hardworking and determined lady with a bar business that she has been running for over 10 years in the same location. Her bar operates mostly in the evenings when most of her customers are done with their day's chores until the wee hours of the night. She admits that some of her customers are unruly after consuming a few bottles but due to the experience she has in the business, she knows what to do when such a scenario occurs. Barbara works so hard to ensure that her children can access the best of education to the last level by paying their school fees with much ease. She needs a loan to help recapitalize her business by stocking more crates of sodas, beers, and wines since buying in bulk reduces the costs.



THE CHAINLINK IS A ONE-STOP RESOURCE FOR CHICAGO CYCLISTS TO FIND RIDES AND ROUTES, SHARE INFORMATION, AND CONNECT WITH OTHER CYCLISTS. THE CHAINLINK NOW HAS A MARKETPLACE! YOU CAN EASILY BUY, SELL, AND TRADE WITH YOUR FELLOW CHAINLINKERS AND LOCAL CYCLISTS. TO POST AN AD IN THE MARKETPLACE, OR VIEW ITEMS FOR SALE, PLEASE SELECT THE MARKETPLACE TAB AT THE TOP OF THE PAGE AT THECHAINLINK.ORG.

the chainlink
a chicago bicycling online community

www.thechainlink.org