

THE CueSheet

November 2005

The newsletter for affiliated organizations of the League of American Bicyclists



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SABA Is Region 6 Club of the Year

The League of American Bicyclists has selected the Sacramento Area Bicycle Advocates (SABA) for Region 6 club of the year for their tireless work in promoting cycling. In a region that is overstocked with standout clubs, SABA has worked hard to keep Sacramento County at the front of the pack for cycling advocacy. We will be making the award presentation in the upcoming months and encourage all cyclists in the regions to attend the event. We are pleased to acknowledge their work, and look forward to hearing more success stories from across the country. Some recent successes for SABA include

- Securing Complete Streets funding in all transportation projects, which will be funded by Measure A, a 1/2-cent sales tax in Sacramento County. Measure A will be in effect for 30 years and the Complete Streets language is mandatory, not a consideration.
- SABA developed a “buses and bikes” presentation aimed at educating transit drivers on cyclists.
- The area has two Bicycle Friendly Community award winners: Folsom with a Silver designation, and Davis, which just recently earned the first Platinum-level designation.
- SABA has worked with the City of Sacramento to shape policy for manageable traffic flow on central Sacramento city streets. The changes will provide space for cyclists and slow traffic. Two streets were converted in 2004 and more conversions are planned for 2005.
- Their valet bike program has supplied a steady stream of volunteers for bike parking operations.
- SABA is working with funding from the American Lung Association, and assistance from the City of Sacramento and Sacramento County, to promote their Share the Road program.

To help choose between the hundreds of great and active clubs affiliated with the League, we have asked our six regional directors to do the impossible: recognize just one club in each of their regions for making an outstanding contribution to advancing bicycling in the community. If you know of an outstanding club or think that your club deserves recognition for making an contribution to advancing bicycling in your community, send the club name to your League regional director:

- Region 1. CT, MA, ME, NH, NY, RI, and VT to John Allen at jsallen@bikexpert.com
- Region 2. DC, DE, MD, NJ, PA, WV to Ellen Jones at ellenjones@bikeleague.org
- Region 3. AL, FL, GA, KY, MS, NC, PR, SC, TN, VA to Don Sparks at donsparks@bellsouth.net
- Region 4. IL, IN, MI, OH to Michael Abrams at mabrams@wilkshire.net
- Region 5. AR, AZ, CO, IA, KS, LA, MN, MO, MT, ND, NE, NM, OK, SD, TX, UT, WI, WY to Harry Brull at harrybrull@bikeleague.org
- Region 6. AK, CA, HI, ID, NV, OR, WA Amanda Eichstaedt at amandaeichstaedt@bikeleague.org

Join Us for the Club Conference Call!

Join us for a Club Conference Call on Thursday, November 10 at 3:00 PM Eastern time (12:00 PM Pacific time). All club representatives are welcome to take part. We will review the year's activities for yourselves and the League and lay out an agenda for continued cooperation for 2006. To take part, simply dial (605) 990-0200. Your access code will be 1038770#.

Update Your Information for the League's Annual Almanac

Make sure that your information is current with the League for our 2006 *Almanac*, *Tourfinder and Ride Guide*,

This annual issue of our magazine helps you stay updated for breaking news in your area and directs potential new members to your organization's website.

Having current contact information will make it simple for others to contact you. Information for this year's Almanac will be primarily gathered from the information you have submitted to the League.

Take a moment to verify that it is correct, as well as add any upcoming events, by visiting the [Ride Guide](#) on the League of American Bicyclists' Web site at www.bikeleague.org/calendar/eventsQry.cfm.

To post your information, please go to the [Update](#) page on the League's Web site at www.bikeleague.org/update/calendar/index.cfm.

Your Username is the organizations' League ID number, and the password is the last name of your designated contact to the League of American Bicyclists.

If your group has yet to assign a contact, the default password is Representative.

If you are unable to enter your updates, call the League of American Bicyclists at 202-822-1333.

State by State: Advocacy Updates

Colorado In June, Gov. Owens signed the Bicycle Safety Bill into law for Colorado. The bill covers three things. Right turns can legally be signaled with either left or right arm, not just the left arm. When using a crosswalk, cyclists are now afforded the same legal protection as pedestrians; and cyclists are legally able to ride two abreast, when not impeding auto traffic. www.bicyclecolorado.org

Oregon Two bills became law during the 2005 Oregon legislative session. Bicyclists gained new legal rights, including the right to pass on the right and to leave bike lanes when unsafe. Oregon also committed to funding safe routes to school programs. www.bta4bikes.org/info/legis/2005legwrap.html

California on Sept. 9, Governor Arnold Schwarzenegger signed Senate Bill 1087, introduced by Senator Nell Soto (D-Ontario), into state law. As a result, California's highly regarded Safe Routes to School program will continue for another three years with an annual allocation of \$20-\$25 million dollars. The bill was sponsored by the Surface Transportation Policy Project, and supported by the California Bicycle Coalition. www.calbike.org/legislation.htm or www.transact.org/ca/

Illinois League of Illinois bicyclists are planning a video to bring bicycle-related driver's education training to Illinois. LIB is has been successfully fundraising for this, and plans to begin production this year. www.bikelib.org

California cyclists in the Sacramento-area can report hazardous roadway conditions to the Sacramento Area Bicycle Advocates (SABA). The report only takes a few seconds, and SABA will route it to the appropriate authorities. www.sacbike.org

Washington To commemorate the passing of the Safe Passing Bill in Washington, where motorists are prohibited from passing another vehicle when bicyclists are approaching from the opposite direction, the Bicycle Alliance is seeking stories of crashes and near misses that illustrate the point of the safe passing law. The stories are part of a statewide media campaign to educate motorists on the new law. www.bicyclealliance.org

Washington In 2006, Share the Road plates will be available for purchase for all vehicles. \$28 from the sales will be a tax-deductible donation to assist the Bicycle Alliance of Washington in their advocacy efforts. www.bicyclealliance.org

Texas The Austin Cycling Association (ACA) has been distributing helmets to kids during health events. ACA is looking for more volunteers with BikeEd experience to help with fitting helmets and showing the kids safety tips. gmartinez46@austin.rr.com

Texas The ACA is also in the middle of a donation program to get bicycles to victims of Hurricane Katrina. www.austincycling.org

Kentucky The new plate program has exceeded the 900 applications required to guarantee a SHARE THE ROAD license plate for 2006. The plate will be introduced into circulation Jan. 1, 2006. www.sharetheroadky.com

Arizona The Arizona Department of Transportation has published a new Cycle Arizona Bicycle User Map. The map is available to cyclists through Transportation Planner Mike Sanders of ADOT (602) 712-8141. In addition to the map, there are specific maps for the larger Arizona cities, Share the Road materials and Bicycling Street Smarts. azbikeped@azdot.gov

Wisconsin The Bicycle Federation of Wisconsin is developing a pilot program to educate motorists on how to share the road safely with bicyclists. The program has been funded by the Viking Biking Club as well as donations made in memorial of Jessica Bullen (an experienced cyclist who was killed earlier this year in a car/bike crash). The program's short-term goals are to publicize the rights of cyclists and the responsibilities of motorists in as many small town papers as possible. The BFW is hoping to use donated billboard space to bring the Share the Road message to motorists and create public-service messages. A long-term goal of the project is to increase driver's awareness through language in Wisconsin Driver's Education classes and the state DMV manual. For more information, call (608) 251-4456 or email chuck@bfw.org.

What's New at the League?

League Executive Directors Andy Clarke will be in Hilton Head Island, S.C. to attend the South Carolina Bicycle and Pedestrian conference, from Dec. 7-9. He will host a reception with the Palmetto Cycling Coalition on Thursday, Dec. 8. Please attend the reception if you are nearby.

The next round of Bicycle Friendly Community applications are due March

17, 2006. Visit www.bicyclefriendlycommunity.org and make sure your community is included. If your community is interested, but not sure what it needs to do to enter the BFC program, consider hosting a workshop. This four-hour workshop will assess the conditions of bicycling in the community; provide an introduction of issues affecting bicycle safety; create an informed action plan to improve conditions for bicycling; and encourage activity through bicycling

in the community. Visit www.bicyclefriendlycommunity.org/BFCworkshop.htm to find out more about the workshops.

We are currently creating the 2006 League Cycling Instructor Seminar calendar. If your group is interested in hosting an education seminar or has members who have an interest in becoming League Cycling Instructors, contact Bill Nesper at bill@bikeleague.org or 202-822-1333.

Home Mechanic: Brakes

By Todd McDonald, League Staff

With a little bit of patience, it's easy to keep your bike stopping well and not squealing. More than most adjustments, double-check your brakes before you ride. The middle of a long downhill is the wrong time to discover that your adjustment wasn't as good as you thought it was.

I don't have the space to write about disc brakes, so this article focuses on rim brakes.

For these, there are a couple of adjustments to be made to keep them performing. Pad position is the most important. As the brakes wear, and pad material is worn away, the pad alignment changes slightly.

From top to bottom, the height of the pad should make contact with the surface of the rim. If the pad sits too high, it could wear into the tire and cause a blow out. If it sits too low, it will begin to wear unevenly and brake inefficiently.

If left unchecked, the pad could catch on the spokes and cause the wheel to come to an instant stop. For the caliper brakes on most road bikes, this is about the only pad adjustment that needs to be made.

For cantilever brakes, including v-brakes, attention needs to be paid to the "toe-in" of the pad, or the angle that the pad contacts the rim. If the brake pad contacts the rim flatly, it sets off a vibration. This causes the squealing you hear when brakes are applied.

Brake pads should angle inward slightly. The direction of the angle should have the front of the pads contacting the rim before the back of the pads. A roughly 5-mm difference between the front and rear of the pad is recommended. Too much toe will not allow the brakes to stop effectively.

Next, pull the lever and see if the pads contact the rim evenly. For some older road caliper brakes, there is no external adjuster. To adjust the brakes, the caliper needs to be re-adjusted by loosening the attachment and repositioning the brake to the proper angle.

Many road caliper brakes have a small bolt that allows you to change the angle of the levers without loosening the brakes. It is usually a small allen bolt that sits on top of the brake when you are looking

down on it. Turn the bolt until the pads contact the rim evenly when the brake lever is pulled.

For cantilever brakes, there are tension-adjusting bolts at the base of each lever. The bolts increase and decrease the tension on the return springs for each brake. Making a quarter turn is a significant difference, so take your time. Loosening the tension brings the pad closer, and tightening pulls it away. It is possible to back the bolt out and lose it, so make small adjustments and seek the advice of your local shop if you are unsure.

Once the pads are well-adjusted and even, then adjust the cable that controls how far the brakes travel. Most brakes use a 5mm allen bolt to hold the brake cable to the brake. On a road bike, set up the pads as close as possible to the rim, so a light touch is all that is needed to slow. On a mountain bike, pull the levers closer to the handlebar before the brakes work. Although this feels disconcerting at first, it allows you to reduce the strain on your forearms when braking on rough terrain.

Insurance Renewal Time

It is time for us to begin negotiating the 2006 American Specialty Insurance policy for clubs.

Our goal is to make it the most competitive and attractive policy available to clubs.

Contact Mike Mackin at mackin@bikeleague.org to tell him how we can improve this service.

Patches Are Back!

This is not a misprint. The League has a new patch available!

The League is celebrating its 125th anniversary with a commemorative patch that is in-stock and ready to ship. Supplies are limited, so we encourage you to place your orders now by phone or on the League's website at www.bikeleaguestore.org/leme.html

The cost is determined by the size of your order and could be as inexpensive as \$1 each, depending on the quantity. We have enclosed a sample of the patch for you in this envelope—order patches for your club today!

Need a Thank You for a Club Member?

The League of American Bicyclists will create a commemorative award for your next presentation.

Just e-mail todd@bikeleague.org and we will send your certificate for your next banquet or presentation.

Dates to Remember:

LCI Certification Seminar

October 28 – 30, 2005

Morgan Hill, CA

Contact Bob Eltgroth at

eltgroth@garlic.com or (408) 859-4987

League Club Conference Call

November 10, 2005

3 p.m. Eastern Time

12 p.m. Pacific Time

(605) 990-0200

Access Code: 1038770#

All Club members are welcome to participate.

National Bike Summit

March 1 – 3, 2006

Washington, DC

Registration is now open.

CLUB REP update

National Bike Summit 2006

SAFETEA-LU, the transportation bill signed by President Bush in August, was an enormous success for bicycling. Now, advocates, club members, and cyclists need to make sure the money set aside for bicycling is actually spent on bicycling. The 2006 National Bike Summit will focus on how this money can be accessed, and spent, to improve cycling in America. Register today at www.bikeleague.org.

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