

bicyclism is the philosophy that recognises those who depend on bicycles and such technology for transport and living. It holds that evolution shall be low-speed, bicyclists will lead the way.



people must make bold maneuvers.
Cars are dumb beasts with a limited vocabulary - shepherd them so.

give way to those of the lowest speed.
Bicyclists must uphold respect for self, and all others encountered.

a low-speed consciousness is necessary for future revolutions. Cities will evolve towards a closer, people-oriented rhythm. We are creating that future. Without focus on low-speed travel, our cities circulate at an increasingly violent pace.

institutions are too conflicted with process & development to effect positive changes. Bicyclists & pedestrians must actualise changes to secure a livable future. We must identify & mark low-speed corridors & pathways through the city.

we have the ability to envisage the eco-city glowing beneath the concrete shell. Present this framework to others by: marking landmarks and routes, frequent travel by human powered vehicles, spontaneous sub-critical masses, bold bicycle signalling, friendly attitudes towards menacing cars, and urban modification and marking. Pathways facilitating transit are necessary for the bicyclist vision.

recognise other beings with respect, unity, strength and support. Mutual consciousness, cooperative tactics, and positive energy will inspire others to go low-speed and effect urban solidarity.



critical mass started in san francisco in '92 when 45 cyclists rode home together. The ride is not a race, and conversation is plentiful. Skaters travel comfortably. Critical Mass is something different, a space where people exist without the constant threat of aggressive traffic.

critical mass is decentralised, a disorganised coincidence, wherein hundreds of people are simply riding home... together. Critical Mass has no single ideology. Most simply enjoy riding in safety and comfort. It's whatever you want it to be about. It's a new kind of political space, not about protesting, but about celebrating our vision of preferable alternatives. It's a glimpse of what life could be like in a people-oriented society.

critical mass creates a density which displaces automobiles by concentrating bicycles so thickly no car will fit. This causes social discourse. It's about building a community, meeting people and making new friends. Be open to new ideas.

critical mass rides don't block traffic. They are traffic! We ride together simply to enjoy the comfort and safety of the car free space we create. Critical Mass is a monthly breath of fresh air in an urban core choking on a destructive obsession with the automobile.

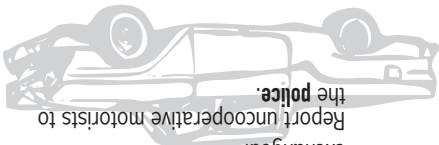
critical mass
5:30pm Last Friday Every Month
State Library, cnr LaTrobe St & Swanston St
www.criticalmass.org.au

free edition

city rider guide

critical MASS

the urbanbicyclist project
urbanbicyclist.org



- scoring the door prize**
Parked cars can be more dangerous than moving ones. Car doors are a number one cause of bike accidents in da city.
- it's illegal to open doors into traffic**
- to avoid doors look:**
 - through car windows for heads
 - in mirrors of trucks and vans
 - at cars that have just parked
 - at cars' tail lights
- riding in the door zone**
If you can't see into cars, ride slower or move out of the door zone, be aware of what's behind you if you have to swerve out.
- take a lane if you're being forced into the door zone**
- if a door opens in front of you!**
Don't waste your time fiddling with a horn or bell, go for your brakes & scream!
- if you get hit**
Move out but don't swing into traffic.
- If you get doored & injured or damage results, it is a traffic accident & details must be exchanged.
- Report uncooperative motorists to the police.

urbanbicyclist city rider guide
bikes are fun

- jumping kerbs is a very useful skill**
Unlike many other bike tricks, this skill can increase your ability to get around the city, particularly if it will open you up to a world of laneways and back street short cuts.
- start in reverse**
Riding over kerbs is functional & easy to learn.
- Start by riding down really small kerbs, as you get better, find bigger ones or even a few steps.
- start small**
Yep we're talking garden variety icy pole stick!
- ride slowly up to your target and lift your front wheel by leaning back gently & pulling up on your handlebars.
- Now that your front wheel is safely over the target, lift your weight off your pedals & push forward to raise your back wheel.
- If you have clip in pedals you can also use your feet to lift the back wheel.
- next work on larger objects**
Such as a stick, a bigger stick, your housemates shoe, a mini kerb, and a real kerb!
- Once you have mastered this, you can move onto even larger objects like elephants & tall buildings.

best bike advice i ever got
without dingy your wheel

the urbanbicyclist project
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Monthly city bike info, tips & news.
urbanbicyclist@urbanbicyclist.org
gpo box 986 melbourne 3001

the urbanbicyclist project supports bicycle travel & those who embrace bicycle dependency for life in our cities.

This is the urbanbicyclist City Rider Guide. It's full of hints & tips for urban cyclists who use bicycles for transport on the streets in traffic.

We've learnt this from experience to help you ride more confidently & freely.

Urbanbicycling is more than just "commuting". You can get around the city like no other vehicle. Now let cycling become an integral part of the way you live.

You don't need expensive gear or training to ride in the city, all you need is a bicycle & an open mind.

Learning to beat traffic & get around is empowering, experience it for yourself.

The urbanbicyclist project supports bicycle travel & those who embrace bicycle dependency for life in our cities.

best bike advice i ever got



for women!

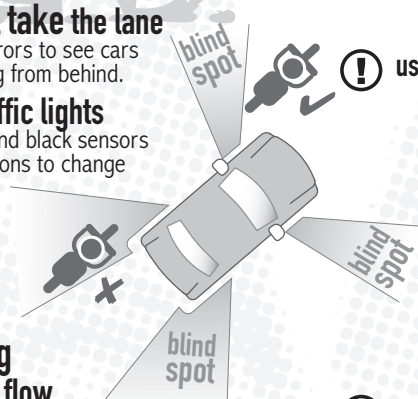
www.cyclingsisters.org

- ❗ **don't get stranded!**
To **avoid being stuck** out late at night. Learn some basic bike maintenance and carry tools.
- ❗ **the bike shop / bike mechanic**
Don't tolerate patronising treatment, **stand your ground**. Sometimes the best solution is to **find a female** mechanic or assistant.
- ❗ **bike fit**
Most bikes are **made to fit men**. Generally, women have **longer legs & shorter torsos**. Look for women's bikes with **shorter top tubes** or get a **shorter stem**.
- ❗ **anatomically correct seats**
Are made for men & **women**. **get the one** that's right **for you**.
- ❗ **biking with kids**
Child seats, trailers & trail-a-bikes (attached to your bike) can be used to **carry kids of varying sizes**.
- ❗ **clothes for riding & work**
Find **crumple tolerant clothes** for transporting to **work**. Find **comfy clothes** to ride & hang out in when you're **not at work**.
- ❗ **start a women's cycling club**
It's encouraging to **ride with other women**. Events can include rides, workshops, races & social events. See www.cyclingsisters.org

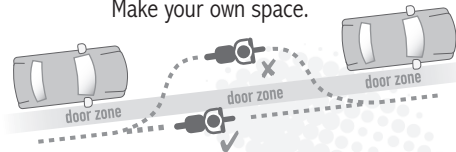
riding in da traffick

just like spike bike

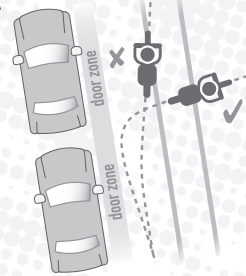
- ❗ **urbanbicyclists** quickly learn to beat traffic to get around safely & quickly. Morons often yell at cyclists from their cars, this is why we have such thick skins.
- ❗ **when riding in traffic be: confident & visible** but prepare for **evasive action!**
- ❗ **use the street make your OWN space**
Look for gaps in traffic. Look ahead & around corners.
- ❗ **take the lane / share the lane**
Depending on lane width and traffic speed use the remaining space or take the whole lane.
- ❗ **on fast roads, take the lane**
Use car mirrors to see cars approaching from behind.
- ❗ **changing traffic lights**
Ride on round black sensors at intersections to change the lights.
- ❗ **positioning in the traffic flow**
be aware of drivers' **blind spots** next to their back doors. Use vehicles for cover at intersections.



- ❗ **if you hug the gutter you'll get Squeezed out!**
Don't weave in and out of empty car parking spaces to stay close to the gutter, keep a straight line. Make your own space.



- ❗ **know whats behind you**
Look for gaps in the traffic pattern & immediate street environment such as spaces between parked cars, kerbs and buildings for a hasty exit from da traffick.
- ❗ **use hook turns at intersections**
if a normal right hand turn leaves you exposed.
- ❗ **cross tram tracks at wide angles.**
Good riding helps more than fatter tyres for staying upright over tracks.



riding in wet weather

complete series online

- ❗ **preparing your bike**
invest in a good set of mudguards to keep you and your bike clean.
make your own mudguards using drink bottles or plastic folders.
Keep a **plastic bag** stuffed under your seat for waterproofing when parking in the rain.
squeeze your brakes gently before stopping to clear water off the rims.
clean your brakes & rims after rain.
- ❗ **what to carry**
Get a good **waterproof jacket**, don't compromise on style!
spray your shoes & bag with waterproof sealant.
carry spare socks in a plastic bag or just wear sandals.
Keep a **change of clothes** at work/uni.
- ❗ **get a good bag**
Use **plastic bags** for your books etc.
- ❗ **riding in the wet**
watch out for slippery metal like grates & covers, especially if turning.
beware! Puddles may be deeper than they seem.
Remember you & others will have a **longer braking distance**.
Getting hairy? Turn your **lights on!**

get out of the bike lane!

i parked in a bike lane and all i got was this lousy sticker

- ❗ **are they allowed to do that?**
Parking in bike lanes is not illegal per se but if a car is double parked (\$60) or in a no stopping (no standing - \$100) zone then it is illegally parked.
- ❗ **what you can do!**
phone your local council on the 24 hour numbers below.
in dangerous situations call 000 ask for police.
- city of melbourne 9658 9638** 24hr
(CBD, Southbank, Carlton, North Melb, Kensington, Flemington, East Melb)
- city of yarra 9205 5555** 24hr
(Richmond, Fitzroy, Collingwood, Abbotsford, Clifton Hill)
- city of port phillip 9209 6777** 24hr
(St Kilda, South Melb, Port Melb, Albert Park, Middle Park, Elwood)
- city of stonnington 8517 0533** 24hr
(South Yarra, Prahran, Windsor, Toorak, Armadale, Malvern)
- ❗ **police** can monitor problem areas call 9247 6666 for your station.



dear driver "can't park 'ere!"

You are illegally parked in a bike lane. This endangers others by forcing cyclists into traffic. You may receive a fine for \$60 - \$100. **Do not park here again!**

riding at night

urbanbicyclist.org



- ❗ **bikes can get you home long after the trams 'n trains have gone to sleep.**
Don't be afraid to go out in the early hours of the morning. There are few cars and the streets are empty! It can be safer than walking, especially through useful shortcuts like parks and laneways.
- ❗ **lights**
Use front beam lights to see and flashing lights to be seen. Lights on your helmet are more visible.
Buy lights that take standard battery types. (AA or AAA)
Don't buy lights that require a screwdriver to change batteries.
Keep spare batteries in a puncture kit.
- ❗ **being reflective**
Add reflective material, tape and stickers to your helmet, clothing, shoes, bike and bags.
Reflective tape, fabric and stickers can be sourced from fabric shops, hardware stores, boating and cycle shops and road construction sites.
- ❗ **riding behaviour**
Steer wide of people. Watch out for **drunk** people who may **lunge** at you.
Look for car headlights at side streets and from behind.
Riding at night can be **LIBERATING!**

