

## so whats in air pollution?

**cars cause 85% of city air pollution.**

Pollutant levels inside cars can be up to 18 times higher than outside.

**particles**
Very small pieces of carbon, grit and tires, that clog up your lungs.

**gases**
Carbon dioxide and carbon monoxide can replace oxygen on your haemoglobin molecules, decreasing cellular respiration and release of energy. These are also major greenhouse gases.

**volatile organic compounds**
Benzene & methane, carcinogenic to humans as well as powerful greenhouse gases.

### air pollution

- carbon dioxide
- carbon monoxide
- volatile organic compounds
- particulate matter
- benzene
- methane
- rubber tyre fragments

Source www.epa.vic.gov.au



## top tricks 'n hints for riding at night

**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!

### 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)
- Carry spare batteries in your 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 hardware stores, boating and cycle shops and road construction sites.

### riding behaviour

- Watch out for drunk pedestrians who may lunge at you.
- Look for car headlights at side streets and from behind.

Riding at night can be LIBERATING!





## critical MASS

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 a decentralised disorganisation, an organised 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.

The aim of a Critical Mass ride is not to block but to be 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.



## top tricks 'n hints for wet weather urbanbicycling

### preparing your bike

- Make your own mudguards using drink bottles or plastic folders.
- Keep a plastic bag stuffed under your seat forwaterproofing when parking in the rain.
- Clean your brakes & rims after rain.

### what to carry

- Get a good waterproof jacket, dont compromise on style!
- Spray your shoes & bag with waterproof sealant.
- Carry a spare pair o socks in a plastic bag.
- Keep a change of clothes at work/uni.

### get a good bag.

- Use plastic bags inside for your books etc.

### riding in the wet

- Watch out for slippery metal grates and covers, especially when turning.
- Beware! Puddles may be deeper than they seem.
- Remember you and others will have a longer braking distance.



**I'M NOT DRUNK**
**I'M ON THE PHONE**

## bicyclism

**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.

**urbanbicyclist**

**shortcut** 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.

**hazard**

**access** **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 fail to pollution, anti-human and an increasingly violent pace.

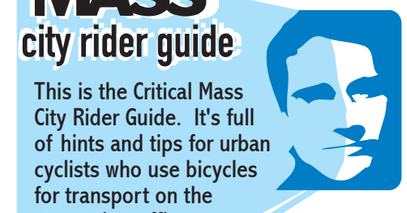
**Institutions** are too conflicted with development to effect positive changes. Bicyclists and pedestrians must actualise changes to secure a livable future. We must identify and mark low-speed corridors and pathways through the city corpus.

**narrows**

**blocked access** **We have the ability** to envisage the eco-city glowing beneath the concrete shell. Present this framework to others by: marking psycho-geographic 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.

**dead end**



## critical MASS city rider guide

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

**We've learnt this from experience, it will help you ride more safely, confidently and 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 and an open mind.**

**Learning to beat traffic and get around is empowering - experience it for yourself, and this guide will help you.**

## accident?

### you will go into shock
Although it is difficult to prepare for this, understand you and others involved will not behave rationally after an accident.

### ensure the scene is safe
before taking further action, you must give assistance to any injured person. Call for police and an ambulance if required. Dial 000 on any phone.

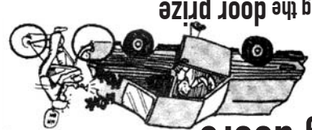
### record the number plate.
Model and colour of all cars involved in the accident. Include a description of the drivers.

### before people leave
collect names and phone numbers of as many witness as practically possible.

### exchange names, addresses,
vehicle registration and vehicle owner details with all involved. Collect insurance details from all motorists involved.

### record all this on paper
### keep a copy for yourself

## top tricks 'n hints for dodging doors in da city



- **scoring the door prize**
  Parked cars can be more dangerous than moving ones. Car doors are da number one cause of bike accidents in da city.
- **it's illegal to open doors into traffik.**
- **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.
- **dont be afraid to 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 and scream! Move out but don't swing into traffic.
- **if you get hit**
  if you get doored and injured or damage results, it is a traffic accident and details must be exchanged.
  Report uncooperative motorists to the police.

**Best OFF the ROAD PERMANENTLY**

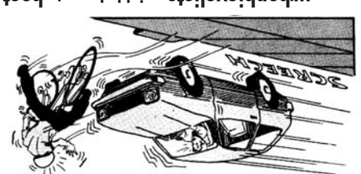
Be aware of whats behind you. Look for any gaps in the traffic pattern and immediate street environment such as spaces between parked cars, kerbs and buildings.

- **positioning in the traffic flow**
  Be aware of drivers' blind spots next to rear doors. Use vehicles for cover at intersections (cross tram tracks at wide angles).
- **take the lane / share the lane**
  Depending on lane width and traffic speed use the remaining space or take the whole lane.
- **changing traffic lights**
  Ride over black circular traffic light sensors at intersections to change the lights.
- **use the street space**
  Use sightlines to find gaps in the traffic and look ahead and around corners.



- **when riding in traffic be:**
  **confident & visible** but
  Prepare for **evasive action!**

**urbanbicyclists quickly learn to beat city traffic to get around safely & quickly**



## top tricks 'n hints for riding in da traffik



## top tricks 'n hints for locking your bike in da city

- **which lock to use?**
  Cable locks are easily cut in da city. **get a good d-lock**, the more you spend, the better the lock. **use a cable as well** for extra security.
- **where 'n how to lock?**
  **don't lock to poles** that can be lifted out of the ground.
  **lock in visible areas** with lots of light and pedestrian traffic.
  **check your lock** before leaving..
- **what does your bike look like?**
  **remove** your lights etc or secure with super glue or cable ties.
  **disguise** your bike with stickers, wrap the frame with electrical tape or old inner tubes.
  **replace quick releases** with bolts or secure with hose clamps.
  **get your bike engraved** (free) by the Bicycle Police 9247 5517
- **if your bike is stolen!**
  **report** it to the police
  visit **pawn shops** with a photo/description of your bike.
  e-mail **the urbanbicyclist project**



## bikes are fun!

| the urbanbicyclist project | bicycles excepted |
|---|---|

**the urbanbicyclist project**
**urbanbicyclist.org**

Thanks: Neil, Guerilla, Luke, Hummel, Mel, Bilbo, The Invigilator, Jenny, Russ Payton, the Bike Saint, her Evil Twin & Andy Singer.

Published by The Urbanbicyclist project
urbanbicyclist@urbanbicyclist.org
PO BOX 696 Melbourne 3000

**stkilda critical mass**
Luna Park 5:30pm Second Friday Monthly

**critical mass**
State Library 5:30pm
Last Friday Every Month.
Cnr La Trobe & Swanston
www.criticalmass.org.au

**urbanbicyclist e-newsletter**
Monthly city bike info, tips and news.
news@urbanbicyclist.org "subscribe"




the urbanbicyclist project
urbanbicyclist.org

critical MASS

city rider guide