

London

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## 90 Minutes To Safer Bicycling for Children

Saturday, June 3

Start anytime between 9 am - 2 pm at the White Oaks Public School west parking lot, 565 Bradley. Kids CAN-BIKE, a 90 minute safe cycling program for children 8-13 years old provides instruction on bike handling skills which are important for safe cycling.

Trained instructors will introduce children to the key bike handling skills and training required for children who are beginning to ride independently on the road. Bring your bike, helmet and wear suitable shoes. Bicycle mechanics will be on hand to do any minor adjustments or repairs. A parental signature (waiver) is required before starting.

Presented by: Bicycle Festival Committee

### **Early Cycling Exhibit Tour** Sunday June 4

2 pm London Regional Art and Historical Museum (LHRAM). Join Rick Wolfe for a tour of his collection of turn-of-the-century bicycles and motorcycles at the London Regional Art and Historical Museum. Highlights include a 1896 Ladies Bentwood, a 1911 Harley-Davidson, and two high wheel ordinaries among many others. The exhibit is on until July 31st and will be part of London's Vintage Sports Days happening July 21-23, 2000.

### Inline Skate Tour Saturday June 3 and Sunday June 4

8 am, Starts from soccer field off Greenside Dr., east side of Greenway Park. weather permitting. Join the Forest City Rollers Inline Skate Club for a tour around the park 10 - 12 kilometers.

Presented by: Forest City Rollers Inline Skate Club, Keith Gare - Coordinator Information: 679-0428, www.forestcityrollers.com

### **Bicycle Ride to Ilderton** Sunday, June 4

9:30 am Saturn Playground, Greenway Park east of Wonderland Rd. Enjoy the pleasure of group cycling on a 50 kilometer ride to Ilderton. No charge with this flyer.

Use multi-gear bicycles, in good working order. Water bottle, snack, spare inner tube, air pump and change for phone are recommended.

Pre-register: 439-1906
Presented by: The London Cycling Club

### London Covent Garden Market Breakfast and Bicycle Tune-Up June 5 through June 9

7 - 9 am London Covent Garden. If you are bicycling, transit riding, inline skating or walking to work or for recreation, stop by for a free breakfast, and/or a bicycle tune-up courtesy of several London bike shops. Prizes for those who register and interesting exhibits.

On the 6th visit Steve Bauer, international racer and Canadian Olympic Champion at the Heart and Stroke Foundation display.

### Inline Skate Clinic Monday June 5 - Friday June 9

7 - 9am, London Covent Garden Market. Inline skate clinic with expert information on skate maintenance, wheel rotation, safety, stopping and braking.

Presented by: Forest City Rollers Inline Skate Club, Keith Gare - Coordinator, IISA Certified Level 1 and 2 Inline Skating Instructor.

Information: 679-0428

### Ride the Bicyle Paths From Richmond Street to Springbank Monday June 5

6 - 8pm, Starts at Ross Park, east side of Richmond St. south of Thames River bridge; bike to Springbank Park and return.

An easy guided ride on bike paths along the scenic Thames River with interpretive stops to point out historical and natural points of interest. Enjoy this popular part of the bicycle path system from the University of Western Ontario all the way to Springbank Park.

Presented by: D. Lahti, London Bicycle Festival

### **Recumbent Bike Talk** Tuesday June 6

7 - 9 pm, Crouch Library Centre,
550 Hamilton Rd. Join Steve Robson,
author of "The Home Builders Guide to
Recumbent Bicycles" and builder of several
recumbent bicycles and road bikes, for this
informative lecture on creative ways to
recycle old bikes into recumbents and other
wheeled vehicle designs.

### Clean Air Week's Environment Day City-Wide Special Event Wednesday June 7

During the week of the Bicycle Festival, community members are invited to report their reduction in single occupancy vehicle usage. Join the Clean Air Challenge – either on the Wednesday June 7 or for the whole week, June 5 – 9. Support our challenge with other Canadian cities on a "car miles saved per capital" basis. Not only cyclists, but also bus riders, carpoolers, inline skaters, telecommuters and walkers can contribute to less traffic and pollution. Tell us your results by using the form on the bottom of this page or by signing in at the Covent Garden Market.

## **Bicycle Ride - North London**Wednesday June 7

9:30 am Greenside Dr. parking lot, east side of Greenway Park. Enjoy a leisurely ride of 15 kilometers through Gibbons Park and UWO with stops along the way with an energetic retired group of folks whose motto is "Life is not a spectator sport."

Pre-register: 438-7888
Presented by: Huff 'n Puff Pedal Pushers

# Bike Paths and Routes in London:

Info Session

Wednesday June 7

12:15 - 1:30 pm, Committee Room 3, City Hall Lobby, 300 Dufferin at Wellington St.

Learn about the bicycle path and route system in the city and what extensions and improvements are being planned for the future. Share your thoughts and ideas with the London Bicycle Advisory Committee and City staff. You can bring your lunch.

Presented by: London Bicycle Advisory Committee

### Ride the Bicycle Paths Wednesday June 7

East of Wellington Rd. 6:30 - 8 pm. Starts at parking Lot East of Wellington Rd., South of Thames River bridge; bike to Hamilton Rd. at Gore Rd. and return.

An easy guided ride on bike paths along the scenic Thames River through the east side of the city. This is your chance to experience this more natural and less used part of the bicycle path system.

Presented by: G. van Oosten,
Bicycle Festival Committee

### Inline Skate Tour Wednesday June 7

6:30 pm, Starts from Victoria Park Streetscape, weather permitting. Join the Forest City Rollers Inline Skate Club for a tour of 12 - 14 kilometers on streets and paths.

**Presented by:** Forest City Rollers Inline Skate Club, Keith Gare - Coordinator Information: 679-0428

## The Joys of Bicycle Touring Thursday June 8

7:30 - 9 pm London Central Public Library Auditorium, 305 Queens Ave. Learn about the joys of bicycle touring with this illustrated talk by Howard Pulver, author of "Bicycle Tour Guides for 21 Locations Across Ontario". Tips will be provided for enjoyable guided or self guided bicycle tours including where to find trip planning information, how to prepare for the ride, what to take with you and the best places to ride in Ontario.

This information will be of interest to cyclists who are inexperienced as well as those who would like to learn more about bicycle touring and find new locations to explore.

### Indoor Cycling Class Friday June 9

5:30 pm only - Good Life Fitness Centre, Galleria London, 355 Wellington St. Enjoy an instructional session in "power pacing" indoor cycling by special arrangement. This exciting new fitness activity can keep you in shape the year round.

Pre-registration required by May 31, 2000. Limited numbers.

Register by calling 433-0601 and mentioning the "London Bicycling Festival Cycling Class"

Presented by: Good Life Fitness Centres

Meeting Saturday June 10

VELO Ontario - TORONTO. Attend Ontario's new province wide bicycling advocacy organization meeting to promote education, information, touring and safety.

For more details call G. van Oosten 685 2682 or email issie@yesisee.com

### Clean Air Challenge

Keep this personal Clean Air Challenge diary for a day or a week and return promptly.

Please record kilometres per person using transportation alternatives to the single occupance car for a week

June 5 to June 9, 2000.

#### Send your diary to:

Thames Region Ecological Association 1017 Western Road, London, Ontario N6G 1G5 Phone: 645-2845 Fax: 645-0981

Good luck on your clean air challenge.

Public Transit Bike Inline Skate Car Pool Walk/Run Other