

# BIKEBRAMPTON.CA NEWSLETTER

VOLUME 2 ISSUE 2

JUNE 12, 2015

Brampton Bicycle Advisory Committee



BikeBrampton.ca

*Biking in Brampton  
builds our Community*



*[Watch Bike the Creek video](#)*

## Special Points of Interest:

- [Bike the Creek free Registration](#)
- [Brampton & area Trail Maps](#)
- [Subscribe to our free Newsletter](#)
- [Newsletter Past Issues](#)
- [Brampton Cycling Safety Tip Sheet](#)

## BIKE THE CREEK, JUNE 20, 2015— REGISTRATION OPEN

Join us for our 2nd annual cycling event that showcases the Etobicoke Creek Trail, Fletcher's Creek Trail, our natural valley lands, parks, storm water ponds, and Brampton's historically significant Bovaird House & Alderlea. We gather at Jim Archdekin Recreation Centre, 292 Conestoga Drive at 8:00am and wrap up by 2:00pm.

[Registration link & details](#)

♦ **16 km Bike the Creek Nature Ride** – 10:00am start (2-3 hrs, with an 11 km

shortcut option available) – northern route

♦ **25 km Bike the Creek City Ride** – 9:30am start (2-4 hrs) – southern route

♦ **41 km Bike the Creek End-to-End Ride** – 9:00am start (3-4 hrs for experienced riders)

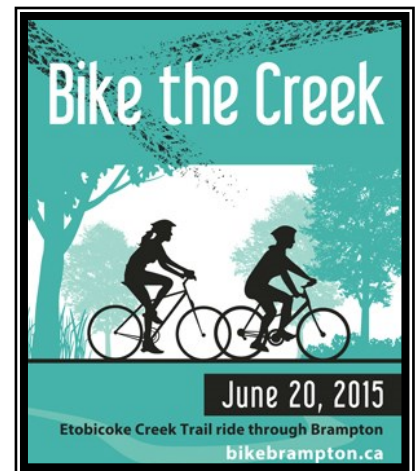
Bike Rodeo for kids up to 10, years, throughout the day.

Experts from Toronto and Region Conservation Authority, Brampton Heritage and Caledon will explain

features and stamp your passport for a chance to win fabulous prizes. Join us for lunch, compliments of Region of Peel & Walk+Roll Peel, following our event.

Brought to you by our partners: Brampton, TRCA and Caledon. We thank our Title Sponsor, Region of Peel, and our Sponsors: CyclePath Brampton, Whole Foods and WIKE, (the bike trailer company).

Come, join us for a fun, free time! [REGISTRATION LINK](#)



## JUNE IS BIKE MONTH

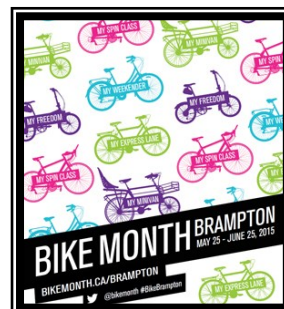
Bike Month in Brampton! From May 25th to June 25th, join us for a packed month of cycling festivities.

Start out with [Bike to Work Day](#) on May 25th at Garden

Square in downtown Brampton for a free breakfast and a chance to win a Norco bike!

For the whole calendar of events, check out this link:

[Bike Month in Brampton](#)



## Inside this issue:

Brampton Kids on Bikes	2
Is a Bike Helmet Worth it?	2
Review of Literature	2
Community Bike Centre	3
Critical Mass celebrates 1st Anniversary	3
Economic Benefits of AT	3
Car-less in 905	3
Brampton Bike Clinic Gears Up!	4

## BIKEBRAMPTON.CA

### BRAMPTON KIDS ON BIKES

The “[Moving Peel Kids Safely](#)” workshop was recently held by the Brampton Kids on Bikes Project team and the Heart & Stroke Foundation.

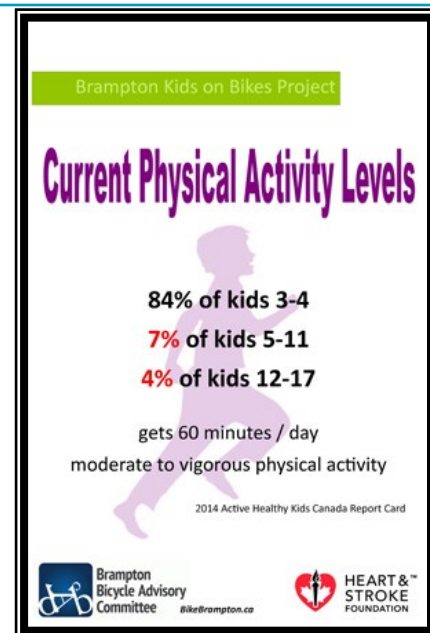
Stakeholders gathered to hear the latest research on school travel planning and how York Region Catholic and Public

School Boards are sharing the resources of a School Travel Planner. Peel stakeholders discussed what are our next steps to **reduce congestion** and **increase the activity level of our youth**.

The [Brampton Kids on Bikes](#)

[Project Final Report](#) has been published and is well worth the read, since parents, administrators, teachers and municipalities are all concerned about this issue.

*“You changed my life after your [Brampton Kids on Bikes] presentation. My kids walk to school now. I was the parent who would have driven my children to university. I want to start a walking school bus program at my kids’ school.”* Brampton parent, Mar 26, 2015



*Bike helmets can be cool!*

### IS A BIKE HELMET WORTH IT?

**You bet it is!**

It is Ontario law that every cyclist under the age of 18 must wear an approved bicycle helmet. Parents or guardians shall not knowingly permit cyclists under 16 to ride without a helmet.

MTO indicates that “to provide maximum protection, the helmet should fit level and square on your head. It should fit snugly and not slip

when you move your head”.

The Bicycle Helmet Safety Institute performed a helmet test in 2010 on a range of US approved helmets from \$10 – \$200+. Surprisingly, they found no significant difference in impact studies that would lead to a recommendation based on price level!

[Read more..](#)

*“The best helmet is one that fits properly, is worn correctly and has been manufactured to meet strict safety standards.”*

*Ontario Ministry of Transportation*

### A REVIEW OF KIDS ON BIKES LITERATURE...

The volume of literature, research and reports on the topic of student active transportation is quite frankly, staggering. There are already comprehensive suggestions about how to fix this problem.

Similar to many communities

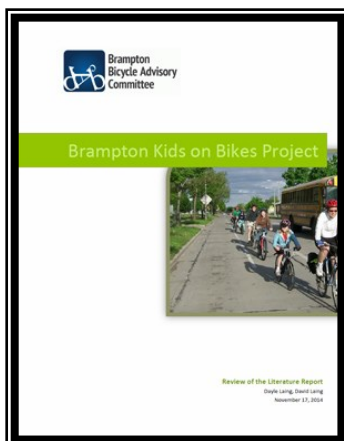
across Canada, Peel is facing a youth health crisis fueled significantly by inactivity. Increasing participation of school-aged children in active transportation to and from school is the most efficient & cost-effective method of combating this crisis. Yet despite efforts by numerous agencies over

the past 10 years, rates of participation in active transportation continues to decline.

Did you know that the Boards of Education’s Mathematics focus could be enhanced by students arriving at their school alert and energized?

[Read more.](#)

*“the exercise you get from transporting yourself to school reflects on your ability to concentrate for about four hours into the school day.”* Professor Niels Egelund, Aarhus University, Denmark, Danish Project Mass Experiment, 2012





## COMMUNITY BIKE CENTRE BRAMPTON



[Community Bike Centre - Brampton](#) is a new initiative that aims to provide access to reconditioned bikes to families while providing bike mechanics training and opportunities for personal growth through bicycle related activities. The Centre provides a supportive, non-judgmental and community friendly space for anyone interested in cycling to learn, explore, build a bike, or mentor a newbie!

[Read answers to Frequently Asked Questions](#)

[Donate your used bike to BikeWrX.](#)

Your used bicycle will help empower local youth and the community with basic bike mechanic training. Bikes will be reconditioned to provide families in need or sold to the community to raise funds for BikeWrX. [Read how you can donate!](#)

[PedalWise](#), coming to Brampton this summer! Be matched with a cycling mentor to increase use of bikes for short trips. Participants will be able

to borrow bicycles and safety equipment. Did you know that, for short trips, cycling is frequently the quickest way to get to your destination?

*"The bicycle is a curious vehicle. Its passenger is its engine." John Howard*

## BRAMPTON CRITICAL MASS CELEBRATES 1ST ANNIVERSARY

Attracting the more warmly dressed and brave cyclists, this friendly gathering celebrated its first anniversary with a fitting tribute:

**"cycling for cake"**

We start the last Friday of every month from Gage Park, at Main & Wellington.

For our anniversary, we selected a ride to La Cakery, a fabulous cake shop on the southeast corner of Queen &

McLaughlin. Judge for yourself... well worth the cycle for these calories!

Join us for our next ride on June 26th at 6:15pm. We set out at 6:30!



## ECONOMIC BENEFITS OF ACTIVE TRANSPORTATION

Brampton Bicycle Advisory Committee submitted a document outlining our priorities for **Brampton Budget 2015**. **1.** Reduced congestion - better flow of people,

### CAR-LESS IN 905...

BikeBrampton member Kevin Montgomery told Toronto Star reporter Tess Kalinowski how he and his family have dared to exercise their options, trade in their 2 cars for more time together.

Kevin uses his folding bicycle to commute daily to downtown Toronto via GO transit.

[Read more...](#)

goods, services **2.** Reduced collisions - eventual reduction in auto insurance rates **3.** Reduced road construction, maintenance and repair costs **4.** Easing of Parking congestion **5.** Enhancing and making the downtown core vibrant

for residents, workers & retail **6.** Safety in school zones **7.** Improved productivity of Brampton staff who deal with safety & congestion issues daily **8.** Improved health of workers (air quality & fitness) – impact on em-

ployer benefit & public costs **9.** Attractiveness of Brampton as a place to work, live and play **10.** Attractiveness to Brampton's goal for research-based university location **11.** Cycle Tourism – benefit to Brampton retail businesses & employment [Read more...](#)



*Kevin on GO Train with his folding bike, photo by Rick Madonik, Toronto Star*



*Kevin & his kids board ZUM bus, photo by Rick Madonik, Toronto Star*

# bikebrampton.ca

Brampton Bicycle Advisory Committee



**BikeBrampton.ca**

*Biking in Brampton  
Builds our Community*

info@bikebrampton.ca

<http://bikebrampton.ca/>

[Like us on Facebook](#)

[Follow us on Twitter](#)



## SUBSCRIBE TO OUR NEWSLETTER

If you have not already done so, you are invited to [subscribe](#) to our newsletter. It's free!

Get involved, leave us comments, come out to our events, even volunteer on our committee!

BikeBrampton meets once per month to discuss raising awareness of the benefits of cycling for active transportation in the City of Brampton.

*Biking in Brampton builds our Community*

*Catch the trend...*

[#bikethecreek](#)

[Watch our Bike the Creek video](#)

## BRAMPTON BIKE CLINIC GEARS UP SUCCESSFUL 1ST GRADUATES

The first group of Brampton youth completed a bike mechanic course conducted by volunteer professional bike mechanics from Brampton Bicycle Advisory Committee / Bike Brampton.

Funded by the **Region of Peel Human Services Community Partnerships**, the mechanics carefully selected 5 sets of top quality tools that will be used as this pilot venture unrolls into a permanent and ongoing opportunity for graduates to mentor other youth.

The **Boys and Girls Club of Peel** identified our original students, who showed dedicated participation in all 6 of the intensive sessions. Held at **McHardy Court** in Brampton's west central end, students used drop sheets and cleaned the space immaculately at the end of each evening.

BBAC members and others in the community generously donated bicycles for the participants to work with. All the bikes found good new homes at the end of the course. One bike even found a fresh life after one of our members retrieved it from a watery grave in the creek! Broken parts were replaced and damaged ones repaired.

Read more...

[Read more...](#)

**Congratulations to our 1st Graduates!!!**



*Graduates of Brampton Bike Clinic receive their Certificates at our BBAC meeting.*

*"This is an opportunity to learn a trade, get a job in retail or as a mechanic in a bike shop."*

*Brampton Bike Clinic participant*