

# Cyclists can avoid sudden door prize

BY SIMON HOAD

CYCLISTS need to be aware of their vulnerability.

While cars and bicycles are classed as vehicles under the Highway Traffic Act, every other vehicle on the road is heavier, surrounded by a metal shell, and moving faster. The best way for a cyclist to stay safe is to practice four on-road principles; manoeuvrability, visibility, predictability and communication.

## SHARING THE ROAD

The natural tendency for every new cyclist is to position themselves as far as possible on the right-hand side of the road.

This is not a good idea. Too close to the curb and you can catch a pedal, while gutters, broken pavement and road debris make the right-hand side of the street an obstacle course for bicycles.

Roadsides are also full of visual distractions for motorists such as newspaper boxes, advertising boards and various signs, and a cyclist can easily become lost in the clutter.

Riding on the sidewalk is a second unsafe and illegal option as every driveway or lane entrance becomes just like crossing another intersection.

Motorists turning left or right are not looking half-way up the block to spot a cyclist speeding down the sidewalk.

So where should a cyclist ride? The Highway Traffic Act gives cyclists the freedom to use any part of the lane where they feel safe based on traffic, road conditions and lane width. Position yourself one metre away from the curb.

This provides manoeuvrability to



SUBMITTED PHOTO

Proper hand signals make cyclists predictable, and allow them to communicate with other road users.

take evasive action if a car passes too closely on the left or if there is a road hazard on your right. An added benefit to this position is it brings the cyclist into the motorist's field of vision. Keep the same one-metre distance to the left of parked cars, because it's always better to avoid a sudden door prize.

Staying safe on the road also relies on others knowing that you are there. Remaining in the flow of traffic helps make you visible.

Simple clothing choices such as

bright colours or reflective vests can make you stand out even more. When riding in the evening add light reflecting garments or a small flashing light. Naturally, as a responsible cyclist, you will already have the legal minimum of white and red lights or reflectors front and back.

But just making your presence on the road known visually is not enough. The cyclist has the responsibility of being predictable. Intersections are a particular challenge. One really confusing habit while waiting

for the light to change is putting your foot on the curb. Drivers behind you are unclear about your next action, are you going straight or are you turning?

Please resist the temptation to scoot up on the right side of waiting trucks and cars. You might be in the driver's blind spot, especially if the vehicle turns right. Stop at the intersection in front of the vehicle, well away from the curb or stop a safe distance behind.

A second way to be predictable is

straight line riding. It's simple: by not weaving in and out of parked cars you are communicating to drivers that you are in control of your bicycle and you know where you are going.

Look through the intersection to anticipate your future lane position. Are there parked cars ahead? Use straight line riding while crossing the intersection and keep the same one-metre distance from the parked cars further up the road.

Communication has two parts, letting other road users know what you are doing now and what you are going to do. The most essential thing to remember is clear, strong hand signals.

To signal turning left hold your left arm straight out from the shoulder, rotate your palm back and slightly spread your fingers. Now you have presented a good visual target. Hold this position for about three seconds.

There are two alternatives for signalling right turns. The traditional right signal is the left arm out straight and bent up at the elbow. The other possible method uses the right arm straight out from the shoulder with rotated palm pointing back and slightly open fingers.

Slowing or stopping is the left arm out straight, bent down at the elbow.

It is a bit of an awkward position so be sure to practice. Add your bell or voice as necessary and now you are communicating.

The next edition of sharing the road will guide you through the mysteries of traffic dynamics, turning left and more. Cycle safely and cycle often.

*Simon Hoad is an instructor for the Safe Cycling program, which is co-ordinated by EcoSuperior Environmental Programs.*

## FRONT ROW IN BRIEF

### Laverne & Shirley stars reunite on new sitcom

LOS ANGELES — The leading ladies of Laverne & Shirley are reuniting.

Nickelodeon said Wednesday that Penny Marshall and Cindy Williams will guest star in an episode of its new sitcom Sam & Cat.

The actresses starred as 1950s and '60s pals and roommates Laverne DeFazio and Shirley Feeney, workers in a Milwaukee brewery. The sitcom aired from 1976 to 1983 on ABC.

### OWN to air revivals of iconic soap operas

NEW YORK — All My Children

and One Life to Live are returning to TV.

Oprah Winfrey's OWN network says it's acquired the first 40 episodes of the daytime dramas' revival on The Online Network. They'll air Monday through Thursday for a 10-week period beginning July 15.

In a statement Wednesday, OWN president Erik Logan said: "These shows have proven to be very popular with a significant, loyal fan base."

When the two soaps were cancelled by ABC in 2011, fans begged Winfrey to give them a second life on OWN.

She responded by releasing a video message on her website saying she couldn't save the shows because

"there just are not enough people who are home in the daytime to watch them."

### Actors rooted from freedom fighters

LOS ANGELES — Johnny Depp and Armie Hammer fight for justice in their upcoming film, The Lone Ranger, but their ancestors did it for real.

Genealogy research website Ancestry.com revealed Wednesday the two actors descend from historic American freedom fighters.

Hammer plays the Lone Ranger and Depp portrays his Native American sidekick, Tonto.

Yet the site's historians discovered that it's Hammer with the na-

tive roots. The 26-year-old actor is a descendent of Cherokee leader and peace advocate Chief Kanagatucko, who was known as Old Hop or Stalking Turkey because of his age and gait.

Researchers said Depp's eighth great-grandmother was Elizabeth Key, the first slave in the American colonies to sue for her freedom and win. It happened in 1656 in Virginia, where some of Depp's ancestors have lived since the early 1600s.

### Gingrich to headline revamped Crossfire

NEW YORK — CNN said Wednesday that it is bringing the political debate show Crossfire back on the air this fall with Newt Gingrich as

one of the combatants.

The former House speaker and Republican presidential candidate will be one of the four regular hosts of the program, taking the conservative side along with commentator S.E. Cupp of The Blaze.

Stephanie Cutter, a former campaign spokeswoman for President Barack Obama, and Van Jones, a Yale-educated attorney and advocate for green projects, will speak from the left.

"It just feels like the right time for Crossfire to be coming back," said Sam Feist, CNN's senior vice-president and Washington bureau chief. The show will air weekdays but no time slot has been set.

—Filed by The Associated Press

## HOW TO DO 'WHAT TO DO'

What To Do is a free listing of special events in the city and region. Priority will be given to community groups, non-profit organizations and family activities. It is not intended as a free listing for businesses which have other promotional options within the newspaper. Submissions must include date, time, place and admission charge and should be dropped off, faxed or mailed to the Chronicle-Journal by noon Monday. Our address is 75 S. Cumberland St., Thunder Bay, P7B 1A3 or fax us at (807) 343-9409 c/o What To Do.

### theatre

**The Moose Meat Cook-Off**, A New Moon Melodrama by T. T. Lucky, presented by Rob MacLeod's Capitol Players, July 4, 7, 8, 11, 15, 18, 21, 22, 28, 29 & August 1, Mondays & Thursdays at 7:00 p.m. and Sundays at 4:00 p.m. (rain or shine), at the Chippewa Park Pavilion.

**Synopsis:** A new Mountie has been hired to bring law and order to the quaint little village of Chippewa. But someone has other plans for Chippewa and the Mountie that involve anything but law and order.

Old-time melodrama with a Capitol Players twist that is fun for the whole family! Come boo the villain, cheer for the hero and sigh for the damsel in distress.

Tickets prices are adults/teens \$8.00; 65 & over/12 & under \$5.00. Children 5 & under are admitted free when accompanied by an adult. Tickets are available at the door

# WHAT TO DO

on a first come first serve basis.

### film

**KidzFlix**, every Sunday. KidzFlix is hosted as an ongoing fundraiser for Paramount Live, a non-profit organization striving to increase the attendance to these movie screenings in order to raise funds for the installation of an access lift to the main theatre. For a full schedule, visit: paramounttheatre.ca. Admission to each screening is \$5 per ticket. Full concession is available.

**Environmental Film Network** screens a new EFN film every third Wednesday of the month at the Paramount Theatre, 24 S. Court St. Visit: <http://efilmnetwork.wordpress.com> or email: [environmentalfilmnetwork@gmail.com](mailto:environmentalfilmnetwork@gmail.com). Films to Inspire and Empower! Info: Deanna 475-3631.

### museums

**The Duke Hunt Museum**, 3218 Rosslyn Road, 577-3141 or 939-1262

• Opening of the *Russ Wanzuk Automotive Collection and Farm Heritage Building*, Saturday, 1-4 p.m. Doors open at 12 noon. A sampling of the Russ Wanzuk Auto Collection featuring racing memorabilia, racing

cars, classic cars, and toy cars. The opening of the new agricultural building featuring a display of antique farm machinery. Entertainment will include: Lois Garrity, Hugh Wilson Sr., George Davis, Rob Donaldson and Gary Becotte, Vickie Anniuk, Road Worn Chaps, Rusty Notes on the Kakabeka Tired Iron Club. Admission is by donation at the door. Refreshments available. Info: Lois 577-3141 or 939-1262.

**Northwestern Ontario Sports Hall of Fame and Museum**, 219 S. May St. (beside City Hall), 622-2852; e-mail: [nwosport@tbaytel.net](mailto:nwosport@tbaytel.net) or visit: [www.nwosportshalloffame.com](http://www.nwosportshalloffame.com). Open Tues.-Sat., 12-5 p.m. Admission by donation.

• Keep the baseball fever alive by taking in an exhibit highlighting the region's rich and proud baseball history. View artifacts dating back to the beginning of the last century including a jersey & trophy from one of the region's earliest leagues. Learn about the contributions to the game by the women of Northwestern Ontario. Re-live the glory days of the 60s & 70s when local teams dominated senior little league in Canada and teams such as the Port Arthur Giants & Club 17 entertained fans on the local diamonds. Discover the history of our professional leagues and see 'Jack' the mascot from the Whiskey Jacks. Learn about the history of some local stadiums & ballparks and see an original Babe Ruth autographed baseball.

**Thunder Bay Military Museum**, 317 Park Ave. Open Tues. & Thurs., 7-9 p.m. & Sat., 10 a.m.-12 p.m. Or call 343-5175 for tours. Admission is free and donations are appreciated. The Thunder Bay Military

Museum is a Tri-Service Museum (Army, Navy & Air Force) with a mission to preserve and interpret the Military Heritage of Northwestern Ontario from its beginning to the present. This museum includes remembering not only units, but also the military persons of the area. The goal of our mission is to promote and foster an awareness of the long military heritage of Northwestern Ontario, its residents and understanding of related military history.

**Thunder Bay Museum**, 425 E. Donald St. Open Tuesday through Sunday, 1-5 p.m. Info: 623-0801. Adults & seniors \$3; children ages 6-17, \$1.50; children under 6 are free. Visit: [www.thunderbaymuseum.com](http://www.thunderbaymuseum.com).

• **Summer Theme Camps:** Spaces are limited for the annual theme camps, July 8-Aug. 23, 9:30 a.m.-3:30 p.m. every week-day. Register at 623-0801.

• **Exhibit: Two Views - Photos by Ansel Adams and Leonard Frank.** Images depicting the Japanese Internment Camps during the Second World War. A new exhibit from the Japanese Canadian National Museum.

• **Exhibit: The History of Grain Elevators.** An exhibit of the Friends of Grain Elevators.

• **Exhibit: What Lies Beneath: Canadian Shipwrecks of Lake Superior.** Photos, video and artifacts on almost 100 wrecks. Opens in early July.

### What To Do lineup:

# Half-price wings!

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