



Smart Commute

HAMILTON



In this issue . . .

Upcoming Events:

1. Bike Share Demo and Cycling Expo
2. Rural Routes
3. International Car Free Day
4. Open Streets Hamilton
5. Cycling Safety Tips

Connect with us:

1. New Website Launched!

1 | Hamilton Bike Share Demonstration and Cycling Expo

Tuesday, August 31: 3-6pm

Hamilton City Hall Front Courtyard

On Tuesday, August 31st Smart Commute Hamilton will be hosting a Hamilton Bike Share demonstration with [Bixi](#) and [B-Cycle](#). Both B-Cycle and Bixi are setting up bicycles and a docking station for you to try out their systems! Along with this exciting demonstration, several exhibitors with a focus on cycling will have tables set up with information on their cycling programs.



2 | Rural Routes

Saturday, September 11: 1-3:30pm

HSR bus pick-up is at 1pm sharp @ Bread and Roses Café

Each month of the summer Rural Routes offers an excursion by bus to a local farm for a unique program developed by a host farm and an on-farm market stand. August's excursion brought over 100 participants to Puddicombe Estate to pick pears, browse their store, sample wine and explore the farm. In September we will be heading to [Carluk Orchards](#). Tickets are \$5 for adults and \$2 for children and seniors and can be purchased in advance at the [Bread and Roses Café](#) in the Skydragon Centre. Purchase your tickets soon because they sell fast.

3 | International Car Free Day Wednesday, September 22

September 22nd is International Car Free Day! Join millions of people around the world that will go Car Free for the day. Try taking public transit, cycling, walking or running to work or to do errands. If these forms of transportation don't work in your lifestyle, try tuning up your car or joining a carpool through www.carpoolzone.ca.



Reward yourself by Committing to Commute Car Free on September 22nd

Click [here](#) to Commit to Commute Car Free for September 22nd. By submitting your commitment online you will be eligible to win one of three \$100 Gift Certificates to Adventure Attic in Dundas!



Attend a Car Free Day Event

Check out our [Car Free Day website](#) for more information closer to the event!

Wednesday, September 22 Totally Transit – Free HSR all day

Motivate yourself and encourage your coworkers to try public transit as a way to commute to work. Pick up an orange "Smart Commute Hamilton" wristband from September 16 to September 22 at 77 James St. N. Suite 320. Wear it on Wednesday September 22nd and you will be eligible to ride the HSR for free for the entire day! If you still have your wristband from June's Clean Air Commute, you are welcome to reuse it.



Wednesday, September 22 Bike and Walk to Work Day

Time: 6 – 9:30 am

Location: Downtown Hamilton GO Station (36 Hunter St. E.)

Click [here](#)
to Register!

Meet fellow cyclists and walkers from around the city and explore Hamilton's vast cycling and pedestrian network on a sustainable commute to work. This event is for those who cycle or walk to work already or those interested in trying their route to work for the first time. Join us for **free coffee**, healthy snacks and prizes.

Wednesday, September 22

Parking Space Party!

Time: 11:30am - 1:30pm

Location: in front of the Mulberry St. Café (193 James St. N.)

To celebrate Car Free Day we will be taking over two parking spots in front of the Mulberry St. Café and creating a space where people can have lunch and enjoy the beautiful streetscape. Also, Smart Commute, Open Streets Hamilton and SuperCrawl will be present to promote their events and programs.



Thursday, September 23

Bike/Walk-In Movie at Gage Park

Time: Dusk – 11pm

Location: Gage Park Band Shell

Bike, walk or take transit with a blanket and some treats to Gage Park at dusk for a free kid-friendly movie night celebrating sustainable transportation and lifestyles!



Saturday, September 25

SuperCrawl

Time: 1 – 11pm

Location: James St. N. from York Blvd. to Barton St.

SuperCrawl is an annual event that celebrates the diversity of James Street North, the multi-disciplinary arts community, and the incredible spark that results with the unique mix of cultures, businesses and creative people. From

1-11pm, James St. N. will be closed to traffic from York Blvd. to Barton St. and opened up to live music for all ages, art installations and displays. Check out www.supercrawl.ca for more details.



Sunday, September 26

Open Streets Hamilton

Time: 10am – 3pm

Location: James St. N. from York Blvd. to Guise St.

Following the success of June's event, we will be having another Open Streets! On September 26th, James Street North, from York Blvd. to Guise St., will be closed to automobiles, and open to a festival of people walking, cycling, rollerblading, watching demonstrations, trying a new activity, listening to music and bands, or shopping in the various shops and restaurants along the street.

For more information about the event and how to get involved click [here](#).



4 | Cycling Safety Tips:

How to be seen and heard on the road

Because bicycles are one of the smallest vehicles on the road, it is important for cyclists to be as visible as possible to other road users at all times.

Lighting

By law your bicycle must have a white front light and a red rear light or reflector when you ride between one-half hour before sunset and one-half hour after sunrise. As well, the law requires white reflective strips on the front forks and red reflective strips on the rear stays.



Clothing

Clothing can improve or reduce visibility. Yellow and white stand out best at night; dark colours are difficult to see. Pedal reflectors and reflective material on wrists, ankles, heels, clothing and helmets help others see you.

Dawn and dusk

When riding directly into or away from the sun at these times, leave extra room and be ready for sudden stops or swerves by traffic around you. Be particularly alert at intersections and scan carefully.

Helmet Safety

An approved bicycle helmet can greatly reduce the risk of permanent injury or death in the event of a fall or collision. A helmet works by absorbing the forces of a crash, so if the helmet has been in a collision, it should be replaced even if there is no visible damage.



Be heard

Bicycles are very quiet vehicles, so it is important to warn other cyclists and pedestrians of your approach. By law, all bikes must have a working bell or horn to announce your approach. At times it is just as effective and more courteous to shout something like "passing on the left" when overtaking other cyclists and pedestrians.

Check out the Ontario Ministry of Transportation website for more Cycling Skill tips:
<http://www.mto.gov.on.ca/english/pubs/cycling-guide/index.shtml>

5 | WEB UPDATES



[Connect with us
on Facebook!](#)



[Follow us
on Twitter!](#)

Check out our new website by
visiting: www.smartcommute.ca/hamilton.

You can now follow Smart Commute Hamilton becoming a fan on Facebook, or following us on Twitter. Go to www.smartcommute.ca/hamilton and click on the Facebook or Twitter links to become a fan. You can also email Smart Commute at smartcommute@hamilton.ca.