



# *Bicycle Access Council* **News & Digest**

[www.BicycleAccess-PA.org](http://www.BicycleAccess-PA.org)

January 2007

## ***Happy New Year!***

As always, ***It's a beautiful day in Pennsylvania!***

This issue of the **Bicycle Access Council News & Digest** begins the third year of monthly communications with members and supporters. You may view past issues that started in January 2005 by going to the **BAC** website.

It's always refreshing to look forward into the New Year to gather energy, courage and excitement regarding what needs to be done for Pennsylvania bicyclists. The Bicycle Access Council has two major goals for 2007 along with the continued service as an information clearinghouse on bicycling issues. The two goals are: Changes to the Pennsylvania Vehicle Code with significant safety language for bicyclists and a printed newsletter for statewide distribution.

### ***Significant changes to the Vehicle Code (Title 75)...***

Proposed Statute Language to be added and modified--

- Safe Passing Distance (four feet minimum).
- Properly Overtaking (passing) Bicyclists on Left.
- Removal of the "far right rule" to re-define the "impeding traffic" law to exclude bicyclists.
- Redefine "Double Yellow Line" Applicability for Overtaking Bicyclists.
- Require PennDOT to replace anti-littering language on vehicle registration and driver licensing forms with updated "bicycle awareness" statutes to remind roadway users about interacting with bicyclists on the roadway.

A final draft of the details for a proposed Bill will be released in February. A presentation will be made to the Pennsylvania Pedalcycle and Pedestrian Advisory Committee in early March to request support. BAC will be seeking legislative sponsors.

### ***All the News Fit to Print...***

Plans are progressing to produce a high quality printed newsletter three times a year for statewide distribution to members, bike shops and other channels of distribution to reach Pennsylvania bicyclists. This will be an expensive project that needs financial support to produce a worthwhile publication.

### ***What's in a name? ...***

BAC is seeking suggestions for a new name of this future publication. To help you *put your thinking cap on*, here is a current list of bike club newsletter titles and other advocacy group publications in no particular order:

THE PEDALLER—Lancaster Bicycle Club	CHAIN LETTER—Suburban Cyclists Unlimited
The HUB—Central Jersey Bicycle Club	InGear—Central Bucks Bicycle Club
PEDAL PATTERN—Potomac Pedalers Touring Club	The Chainlink—Blair Bicycle Club
Quick Release—Lehigh Wheelmen Association	The Spokesman—Harrisburg Bicycle Club
BCP Quick Release—Bicycle Club of Philadelphia	CYCLING TIMES—Berks County Bicycle Club
The Brandywine Pedaler—Brandywine Bicycle Club	<b>RIDEON</b> —Washington Area Bicyclist Association
Spokes Notes—Hanover Cyclers	Florida Bicycle Messenger—Florida Bicycle Assn.

Send your ideas and comments to [ED@BicycleAccess-PA.org](mailto:ED@BicycleAccess-PA.org)

### ***Remember Cold Weather?...***

Don't try breathing only through your nose according to Dr. Gabe Mirkin's December 31, 2006 Fitness and Health E-Zine\*.

People who exercise with their mouths closed aren't working very hard. You can't get enough air through your nose to meet your needs for oxygen when you exercise vigorously. The cross sectional area of the openings in your nose is less than one-tenth the opening in the back of your mouth. That space is so narrow that when you pick up the pace, you could turn blue if you failed to open your mouth.

Your nose clears pollutants far more efficiently than your mouth does, but people with healthy lungs can exercise safely on polluted days. Pollutants that you breathe in through your mouth can be quickly cleared from your lungs. Your air tubes are lined with small hairs, called cilia that sweep pollutants towards your mouth where you swallow them with your saliva and they pass from your body. If you are concerned on high-pollution days, you can wear a mask or exercise away from automobile traffic.

Some people believe that exercising with your mouth open in very cold weather could harm your lungs, because your nose warms the air much more than your mouth does. However, exercise causes your body to produce such large amounts of heat that air taken through your mouth at 40 degrees below zero Fahrenheit will be warmed almost 100 degrees before it reaches your lungs. Breathing air that cold would burn and hurt so much that you would quickly lose interest in exercising and seek shelter.

\* Dr. Mirkin's reports and opinions are for information only, and are not intended to diagnose or prescribe. For your specific diagnosis and treatment, consult your doctor or health care provider. For more information visit <http://www.drmirkin.com>

### ***120 Years Ago, The First Around-the-World Tour by Bicycle...***

Was accomplished by Thomas Stevens. January 7, 1887 marked his return to San Francisco after departing almost three years earlier. The trip was made on a Columbia high wheeler. His account of the trip was published that year. Amazon.com lists the book—not available in English.

### ***Pennsylvania Bicycle Club Conference...***

The *Bicycle Access Council* will host its 5th annual Pennsylvania Bicycle Club Conference on Saturday, March 24, in York, PA. Bicycle Club representatives are invited to attend this meeting to learn about and share their experiences with other Pennsylvania bicycle clubs.

The conference is meant to showcase Best Practices. This is an opportunity for new club officers to gain confidence and insight about their duties and responsibilities and for established clubs to show leadership from experience. A full day agenda of topics will be covered. Details will be sent directly to clubs.

Individuals may also attend who may be interested in starting a bicycle club or learn more about bicycle advocacy. Contact BAC for information on how to register to attend.

### ***A Taxing Thought...***

The Bicycle Access Council is a not-for-profit 501(c)3 organization. Membership dues and donations to the Bicycle Access Council are deductible as charitable contributions in accordance with tax law. A receipt for donations of \$250 or greater will automatically be sent to donors by January 31, 2007.

### ***Mission Statement...***

The Bicycle Access Council is a non-profit advocacy organization that serves as a forum for Pennsylvania bicyclists and as an ombudsman for bicycling issues.

It is the objective of the Bicycle Access Council to make bicycling on roads throughout the Commonwealth safe, respectable and a transportation choice by educating its members and the motoring public.

All funding for the Bicycle Access Council comes from memberships and donations. Annual membership is \$20 per year. BAC does not share membership information.



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