

DISCOUNTS for SFBMA Members are available at the following places. Patronize these friendly establishments! And look for *Cognition* at these hot spots!

The following bike shops give 10% discount on parts to SFBMA members:

- Foxy Flyer Bike Shop, 3330 Steiner St., SF, 415-674-1910
- Big Swingin' Cycles, 1122 Taraval, SF, 415-661-2462 (also 10% discount on labor)
- Road Rage Bike Rental and Repair, 1063 Folsom, SF, 415-255-1351 (also 15% discount on labor)
- Freewheel Bike Shop, 1920 Hayes St., SF, 415-752-9195 and 980 Valencia, SF, 415-643-9213
- Pedal Revolution, 3075 21st St., 415-641-1264
- Cycle Sports, 3241 Grand, Oakland, 510-444-7900 (also 10% discount on labor)
- Missing Link, 1988 Shattuck, 510-843-7471, 1963 Shattuck, Berkeley 510-843-4763

Other Established friendly(s)

- Cassidy's Bar, 1145 Folsom, SF, 415-241-9990—\$2 beer specials M-F, 6-8pm for working messengers 21 & over
- The Sports Basement, 1301 6th St., SF 415-437-1415

NEW SFBMA GOODIES IN!!!!
LONG SLEEVE AND SHORT SLEEVE T-SHIRTS AND HOODIES.... BLACK ON RED AND RED ON BLACK. *Really hot looking.*

**COMMUNITY
CALENDAR
FEBRUARY**

- THURS. 2/14** 7P.M. -- SFBMAGENERALMEETING AT 255 9TH ST. COULD BE JUSTTHE PLACE TO TAKE YOUR VALENTINE BEFORE THE "GAME"
- THURS. 2/14** LOVE ON WHEELS DATING GAME & PARTY 6-9 P.M. CURVE BAR, 747 THIRD ST. (ACROSS FROM PAC BELL PARK) \$7 OR FREE FOR SFBMAMEMBERS W/ PAID DUES! BECOME A CONTESTANT ON THE DATING GAME, JUST LIKE THE OLD TV SHOW. OR JUST WATCH AND LAUGH! & LIVE MUSIC AFTER MEETAND MINGLE WITH OTHER SEXY BIKERS.CONTESTANTS HAVE THE OPPORTUNITY TO WIN A ROMANTIC DINNER FOR TWO AND HOT STUFF FROM GOOD VIBRATIONS. EMAIL: LOVEONWHEELS@SFBBIKE.ORG TO PLAY! FREE VEGETARIAN HORS D'OEUVRES; DRINK SPECIALS; FREE BAY GUARDIAN PERSONALS ADS, AND LIVE MUSIC. ALL SEXUALORIENTATIONS AND GENDERS WELCOME! CO-SPONSORED BY THE SAN FRANCISCO BICYCLE COALITION (HYPER LINK "WWW.SFBBIKE.ORG" AND DIFFERENT SPOKES. MONGO'S BARBQ LOUNGE, 11AM-5PM, @TOXIC GOLF COURSE
- SAT 2/16** COURIER DISASTER TECHNICAL (CDT) MEETING. 6:30 P.M., 255 9TH ST
- WED 2/20** COURIER DISASTER RESPONSE TEAM ORIENTATION 1101 TURK/LAGUNA
- THURS. 2/21** 10 AM -2 P.M.,AMATEUR RADO TRAINING FOR DISASTER RESponce-LOCATION TBA
- SAT. 2/23** 9P.M.,THE JOLLY MOLE- CHARBO, MOLTEN GROG AND CHUMP FROM LA, DUBOCE PARK, RAIN TBA
- SAT. 2/23** SFBFB WELCOMING PARTY MEETTHE LAUGHING COW. SEEKING TALENT.SHAPE MAKERS!, MAYBE THERE'S ABALLERINA/O IN YOU! 3:30 CORONAHEIGHTS, BELOW RANDALL MUSEUM .CALL415.864.2588(INFO)

MARCH

- WED. 3/1** BIKE HUT RE-OPENS DROP BY FOR FREE HORS D'OEUVRES @ SUNSET
- THURS. 3/14** SFBMAGENERALMEETING NOMINATIONS OF CANDIDATES FOR THE APRIL ELECTIONS
- SAT. 3/23** AT LONG LAST!: ANOTHER SFBMAFILM FESTIVAL. WE'VE GOT NEW FILMS AND SOME OLD FAVORITES, PLUS A SPECIAL ROUND OF THE GOLD SPRINTSERIES. MARK YOUR CALENDAR, BECAUSE SEATS WILLGO FAST!
- SUN. 3/24** 11AM CESAR CHAVEZ DAYPARADE AND FESTIVAL. MEETATMAIN AND MARKET. MARCH W/ SOLIDARITY& FELLOW WORKING PEOPLE



CCSF TEARS NEW ASS IN FREMONT!

By Rob (Ginger) Saybolt

Hancock /McGuire/ Cycle Courier team riders have been placing well in the Early Bird criterium series. Most notably is Maurice "Swerv" Harper's 2nd of 104 riders in the Jan. 19 race. Other top finishes include Eric "Quarter" Zapata's two top tens, and Stephan Kizziah's tenth, all out of some hundred rider fields. Godspeed guys Brandon Correia, Bernie Corace, Evan Nance and Mike Rabdau have had respectable finishes in the pack. In fact dedication to racing has been such that Brandon and Stefan made additional round trips from Fremont to get bike shoes and team jersey. Indie 'Team Maestro' members Sean McBride and Bill Wangenstein had 8th and 11th place finishes at Ebird#3.

CCSF team member Jamiel Danesh took 1st at the first e-bird race, his first road race ever, and pulled off another first recently at eb#4 with a very impressive three lap solo into the finish. Jamiel comes to us, very fit, from a triathlon background. We had to convince him to pin his number on his jersey rather than write it on his leg. We expect big things from this guy.

All 'round there's been a lot of learning going on, sometimes the hard way. Jana Roberts (Phil's new bride) was in a pile up with Erika Shoenhoff (Chop's gal) in the first women's race. Also Erik Nelson, formerly of Zap Courier, flew over his bars when mismanaged wheels crossed. I think this is known as early season jitters.

Somewhat easier and perhaps pleasurable was an informational meeting given by former courier and Pro-Mess/Cosmo

(cont'd on page 4)

CRUNCH TIME APPROACHES AT SPEEDWAY

By Howard Williams

Messengers at Speedway have begun responding to Christmas-time actions by management that included two firings heaped on top of their ongoing refusal to bargain with our union.

On December 27, Shop Steward Manuel "Rak" Affonso was dismissed for going to pick up his 2-year-old son during a family emergency. The following week, veteran Roy Robinson was dismissed for missing two days (one of them being the notoriously slow Dec. 31). Management called these incidents "abandonment" of the job and refused to meet with union representatives to resolve the issues.

Speedway owners have consistently refused to bargain with the union, claiming that they have the right to roll the contract over to this coming June. This has exacerbated tensions at Speedway and workers presented the owners with a letter demanding resump-

(cont'd on page 5)

PRESIDENT'S REPORT

HELLO FROM DAMON AND WHAT'S HAPPENING

By Damon Votour

The SFBMA art show was fun, well attended and made even better by last minute submissions. Overall about 12 artists were represented. If ya didn't make it, you missed out. However, another one is in the works and everyone is encouraged to contribute. The next one should be in about 2 months-bear in mind it won't be a wine and cheese affair. The only whine will be you not getting yer stuff on the wall.

Nice Tim and I are working on the SFBMA Film Festival at the end of March. If you have an original film or artwork & would like it shown, call the SFBMA office at 626-1912. We will also revamp the Live Human Auction. For those who were at the last one will remember, it was quite a bit of fun and also raised the most money for the SFBMA eve. Oh yeah, the movies were good, too! All oriented towards our messenger culture & cycling lifestyle and did I mention a keg of PBR?? This one goes down at A.T.A.

(cont'd on page 2)

COGNITION is the newsletter of the San Francisco Bike Messenger Association, an organization dedicated to the improvement of work conditions for SF's Messenger industry.

SFBMA
255 9th St.
San Francisco, CA
94103
415-626-1912

Our Offices are located at
255 Ninth Street.

Our home page is at:
<http://www.messengers.org/sfbma/>

and e-mail is: bernie@sfbma.org





SFBMA MINUTES



PRESIDENT'S REPORT CONT'D

on Valencia St. We'll keep you posted. Also, our esteemed bummy, Kyle Sheppard still amazingly enough has a couple of copies left of his photography book called, Bicycle Messenger. Good photos, good book. Buy it you , Bum.

On the 14th is the evil holiday known as Valentine's Day. Nice Tim from Cupid (fittingly enough) and I will be representing the SFBMA at the SFBC's (SF Bike Coalition) valentine's day party at the Curve Bar(across the street from ball park). they are going to have drinks and some kind of dating game! If you are not already a member of the SFBC- now's a good time to join-and what better way than to do it w/a drink in your hand. You'll see Nice Tim and I at the SFBMA table with our shameless propaganda. AKA this newsletter.

Oh yeah, Nag Nag Nag. Now's the time to start saving \$ for Copenhagen, Denmark & don't forget about Giasgopoioco in Glasgow, Scotland (home of Groundskeeper, AI). Good fun, good racing, good single malt whiskey. Need I say more?

Ok, on to more serious stuff, now. Never has the SFBMA and SFBC worked more closely than now. We are currently working on a joint membership drive where you can join the SFBC and SFBMA at the same time. Stay tuned for more good news on this front. One of the things they've done recently is to get bike lanes on Howard, not Howard Williams, the street!

On 1/26 at SFFD training HDQ 16 of messengers attended an ongoing program to become CDTs, Courier Disaster Technicians. It is in conjunction with NERT Neighborhood Emergency Response Team and the SFFD. It has long been known that us couriers with our street knowledge, our physical endurance and sheer determination to get where we need to go under any circumstances, would be an asset to rescue operations, in the event of an emergency. Think earthquake, fire, etc. The first class lasted 5.5 hrs and was very eye opening & informative. There are 4 more to go before we get out graduation and ID cards. Many thanks to Serenity Enriquez for getting the SFBMA involved. Also, I don't want to hear anyone lament

about not knowing about this free training as it has been mentioned at many SFBMA meetings. Our meetings have and always will be the 2nd thursday of every month @ 255 9th st @ the ILWU local #6 at 7pm. Next one is feb 14th. See ya there.

On the Labor front, First Legal was in court at the National Labor Relation's Board (NLRB) concerning past violations & resistance to becoming a labor shop. The details are many- but the future is clear. Inevitably they will have to bargain w/workers for a union contract. However, it is much too soon to celebrate or draw premature conclusions. I am confident we(workers) will prevail- just need to be patient. There has been times in the last year that our unionization has seemed hopeless-but the light at the end of the tunnel is blinding, now.

On an added note: next month in March at the the SFBMA meeting- nominations are being held for the next elected SFBMA reps. I am undecided whether I will take up the task of being President again. To be honest, I've considered it an honor to be the President of the SFBMA and I sincerely hope I've fulfilled your expectations. I have to admit, being the 2nd President after Howard Williams wasn't easy. He did a great job and should be remebered as getting the whole ball rolling. Sadly, Bernie Corace won't be running for the Executive Director position. In my opinion, he took a thankless job and did the best he could. Mucho thanks Bernie. Whomever has the moxy to step in his shoes should realize that the job entails much more than facilitating meetings. It is also about public outreach and speaking (as Bernie and i have done at City hall, 850 Bryant, Justin Hermann Plaza aong other locales).

If this is my final Presidential Report, take care you Bums.

p.s. Thanks to all the constructive people in our community. Let's keep SF as a role model for the world. Oh and to the Nattering Nabobs of Negativity... have fun! or I will!!(that's a threat)

Love Damon

p.s+: Where's the Bummy Doll?

COGNITION

President: Damon Votour
Executive Director/Editor: Bernie Corace
Secretary: Howard Williams
Treasurer: M. "Rak" Affonso
Layout: Donny Don Don
Masthead Logo: Louie Seastres

ESTABLISHED 1990

The San Francisco Bike Messenger Association was first started as a humorous, yet-in-yer-face, answer to the AMCS; if the owners could have a club, so could we.

WHO WE ARE

We are you, if you are a current or former employee of the SF messenger industry. This includes walker, bicycle, moped, motorcycle, and driver messengers, as well as order-takers and dispatchers.

WHAT WE WANT

We want what is well overdue: appropriate compensation for our efforts. This includes a livable wage, health insurance, sick pay, vacation pay, pension plan, equipment compensation, etc. You know, normal workers' rights.

HOW WE WILL GET IT

We will get it by becoming one unified force, and standing up to the entire industry with our demands. In the past, we have proven that we can stick together to help each other out by holding countless benefits, hosting the best Cycle Messenger World Championships of all time, coming together to pay tribute to fallen comrades, holding toy drives for needy kids, the annual Russian River Ride and even things as simple as creating our own underground social scene each and every day of the week. Now that we have a working agreement with the most powerful union in the Bay Area, the International Longshore and Warehouse Union, we have the experienced backing to stand up in our industry and achieve our goals.

WHAT YOU CAN DO

Volunteer for the SFBMA. You can leave a recording that 415-626-1912. Dues are \$5 each month/or \$50 a year and may be paid to Damon, Rak, Howard and Bernie.

Attend as many events as you can without becoming obnoxious as starlings.

BLIND (AGAIN)

I CAN SEE AROUND THE CURVE
AND I CAN SEE AROUND THE BEND
I CAN SEE WHAT'S COMIN'
IT'S JUST COMIN' BACK AGAIN
ADEPT IS INEPT DISGUISED
CAN YOU CARVE WHAT YOU CAN'T EVEN FEEL?
DO YOU KNOW THE SECRET ALCHEMY
OF ALREADY-FORGED STEEL?
IS THE TRUTH OF LIES WHAT LIES WITHIN?
SO WHAT IF I MISS WHAT I
ACTUALLY SEE?
I CAN SEE AROUND THE CURVE
AND I CAN SEE AROUND THE BEND
I CAN SEE WHAT'S GOIN'
IT'S JUST GOIN'AWAY AGAIN.

JOEL (HILLBILLY) BOSTIC
31, THE DIRTY-ONE



Photo by Kyle Sheppard

Another Editor's note: Rev. Jim is looking for teams or companies of enterprising messengers to host a Goldsprint event, possibly at a shop, a bar or at someone's personal residence. All those most honorable of individuals who deem themselves worthy should talk to the good Rev. for details. Remember, thou shalt reap what thou sows.



Photo by Samir Graphics

What's Cookin' ?

Today was pretty much my first day downtown since my last working day (10/12, but who's counting?) before the dreaded accident that left me with a broken leg. I went to The Wall and 1 Post and they were just as exciting as I remember. It was good to see everyone, though. I had an appointment and all sorts of errands to run. I still have to go to the post office at Fox Plaza, but now I'm eating some lunch here at Ananda Fuara.

If you've never been to or noticed this little place, you should keep your eye out. It's at the corner of Market and Larkin, and it's vegetarian but not vegan. It's usually a bit busier than today—I supposed I missed the lunch rush.

The décor and the people are both a bit queer. I don't know much about their beliefs, but they seem to follow Sri Chimnoy, who is apparently very strong (he lifted 400 lbs over his head on 3/12/99) and well known (seen shaking hands with Whoopie Goldberg). Perhaps I should learn more, but I came here to eat.

I'm certain that the best things on the menu are the neatloaf (a soy-based version of meatloaf, either the sandwich—\$5.75 or the entrée—\$8.25) and the turkey club—\$5.50. However, I know this from non-vegan times of mine, so I won't be ordering those today. I got the BBQ tofu sandwich—\$5.50. I swear I remember this being way better than it is today. I wonder why on earth there's hummus on it, do hummus and BBQ sauce go together? It comes with a salad (green or a daily special) and at least that's as good as always. They make this really amazing lemon tahini dressing: it's the best part of my plate for sure.

I had to get up (oh, the service isn't the greatest) to order some dessert. I'm so pleased to see that they have 3 vegan cake options. I love cake, I just made one the other day as a matter of fact, but it's not nearly as good as this one. My options were: mocha fudge, mango and strawberry. They were all about \$3 give or take a quarter, and I don't typically order things if I know I can make them well at home (vain?) so I ruled out the mocha. Mango cake just sounds bad to me for some reason, and the strawberry slices looked the biggest, so I went with that. This slice is definitely making my weirdo sandwich seem more worthwhile with each bite. It's got poppy seeds in it and it's really, really moist and sweet. I have a feeling that they use a lot of refined sugar in their desserts, which I wouldn't use in my own baking adventures, but I can make exceptions for fancy cake and an occasional cherry coke.

Overall, I recommend Ananda, especially for any of you legal vegetarians bummies. I like to run in and order a sandwich before I go to court and then come back and pick it up with my return downtown, since the wait can be long (up to 15 minutes) during the lunch hour. They always have an impressive dessert case, and there are usually several vegan selections. The peanut butter krinkles are tremendous and are packed w/ enough sugar to cause instant tooth decay and make you crazy for a while. There's stuff to lock up to right out front, but you all know how this area is, so lock securely if you'll be inside for a while. For you office folk, there is a menu on line (<http://www.themenupage.com/anandamenu.html>), dine in and take out available.

One more thing while I have everyone's attention... I want to thank the SFBMA and everyone who came up to our benefit show back in November, as well as everyone who's come to visit me and keep me company over the last 3-4 months. I really appreciate it. XO—becky.

LOCATE THE CORRESPONDING STREET NAMES FROM LIST IN THE WORD MAZE BELOW



- | | | | |
|-------------------------|------------------|------------------|----------------------|
| 1. ALAMEDA | 31. DIAMOND | 61. LA PLAYA | 91. POWELL |
| 2. ALEMANY | 32. DIVISION | 62. LAUREL | 92. PRAGUE |
| 3. AMAZON | 33. DOUGLASS | 63. LAWTON | 93. QUESADA |
| 4. ANTHONY | 34. DUBLIN | 64. LEIDESDORFF | 94. QUINCY |
| 5. ARTHUR | 35. DUBOCE | 65. LIBERTY | 95. QUINTARA |
| 6. ATHENS | 36. DUNCAN | 66. LOCUST | 96. RINGOLD |
| 7. AVALON | 37. EDINBURGH | 67. LONDON | 97. RITCH |
| 8. BALMY | 38. EUREKA | 68. MADRID | 98. RIVERA |
| 9. BAYSHORE | 39. EXCELSIOR | 69. MARIPOSA | 99. SANTIAGO |
| 10. BELDEN | 40. FAIRFAX | 70. MC COPPIN | 100. SHERMAN |
| 11. BILCOCKE | 41. FEDERAL | 71. MC KINNON | 101. SHIPLEY |
| 12. BOARDMAN | 42. FILLMORE | 72. MENDELL | 102. SHOTWELL |
| 13. BOSWORTH | 43. FRANCE | 73. MICHIGAN | 103. SHRADER |
| 14. BRAZIL | 44. FRANCISCO | 74. MONTEREY | 104. SPRUCE |
| 15. BUENA VISTA | 45. FREELON | 75. MORAGA | 105. STANYAN |
| 16. CABRILLO | 46. FULTON | 76. MOSCOW | 106. STEVENSON |
| 17. CARLTON B. GOODLETT | 47. FUNSTON | 77. MUNICH | 107. STILLMAN |
| 18. CEDAR | 48. HARRIET | 78. NAPLES | 108. SUNSET |
| 19. CENTRAL | 49. HARTFORD | 79. NEWCOMB | 109. THE EMBARCADERO |
| 20. CHINA BASIN | 50. HENRY ADAMS | 80. OAKDALE | 110. THIRD |
| 21. CLARA | 51. HIGHLAND | 81. ORTEGA | 111. ULLOA |
| 22. CLAREMONT | 52. HOTELING | 82. OSGOOD | 112. VALLEY |
| 23. CLARENDON | 53. ITALY | 83. PARS | 113. VAN NESS |
| 24. CLAYTON | 54. JUNIPER | 84. PARKER | 114. VARNEY |
| 25. CLYDE | 55. KANSAS | 85. PENNSYLVANIA | 115. VICENTE |
| 26. COLLINGWOOD | 56. KEZAR | 86. PERSIA | 116. WALLER |
| 27. COLUMBIA SQUARE | 57. KIRKHAM | 87. PIERCE | 117. WALNUT |
| 28. COMMERCIAL | 58. KOSSLING | 88. PLAZA | 118. WAWONA |
| 29. DE BOOM | 59. LAGUNA | 89. PORTOLA | 119. WEST PORTAL |
| 30. DEWEY | 60. LAGUNA HONDA | 90. POTREIRO | 120. WOODSIDE |

PUZZLE NOTE: YOU HAVE TO CIRCLE ACCORDINGLY LAGUNA or LAGUNA HONDA

Messenger Dictionary!

BIKE LANE \ˈbik lan\ noun
Separate but unequal facility constructed more out of guilt than a sincere desire to be helpful. By law such lanes must end wherever they become the slightest bit inconvenient to other road users. Often confused by motorists as emergency parking for a quick nip into the shop.

CRANK \ˈkranjk\ noun. 1: For many motorists, any cyclist 2: One who suffers painfully the stupidity of others. 3: Otherwise, the bar that connects the pedal to the chainwheel. Like so much of life, it's all about leverage. (See "The Advice Messenger," page 3)

ROOKIE \ˈruk-el\ noun 1: A first year messenger. 2: An experienced messenger who by his/her often foolish mistakes can be assumed to be lacking in experience. (See "The Advice Messenger," p. 3)

Inspired by "The Pedaller's A-Z" on www.bikereader.com <<http://www.bikereader.com/>> used with permission of Bike Reader's Scott Munn. Thanks, Scott.

Presenting Dr. Crank, the Advice Messenger!

Q: Should I use a rack or carry everything in my bag?

A: Listen, dumbass, let me ask you a simple question. Who is the better messenger, the one who is fast or the one who is fast and carries big, heavy things really far? Let us remember that the job of a bicycle messenger is to carry packages from point A to point B; often a package can be a lot bigger than even the largest courier bag. Take it from someone who has worked with and without a rack and with one the largest, best-built courier bags I know of: a rack allows you to do things that can not be accomplished with a bag, and allows you to do them easily. Try taking some really big, heavy box on your bike as far away as Sausalito or South San Francisco in a courier bag, assuming it will fit, let's see how fast you get there with that weight on your back as opposed to on your bike. Trust me I've tried doing it both ways; the rack is easier and faster. But Dr. Crank, you say, I'm never asked to do that at my job. That's my point: The good messengers are asked to do that from time to time and do it. So stop thinking racks aren't cool and they're going to slow you down; a few ounces of weight should not slow you down that much if

you are a strong rider and the money you will make by doing some nicely priced vehicle jobs will totally make up the money you would have made by being a little bit faster without that slight increase in weight. Now get hot, rookie.

Q: Should I learn how to fix a flat myself or take to a shop?

A: Listen, dumbass, if you need to take your bike to a shop to have a flat fixed, why don't you just sell your bike and rent one from one of those bike rental shops around Pier 39? That way you can remove all pretensions of being a real biker or bike messenger and be the complete pretender poser that you are. Make sure as well to get a bike with one of those maps of the city attached to the handlebars since you probably don't know your way around anyway.

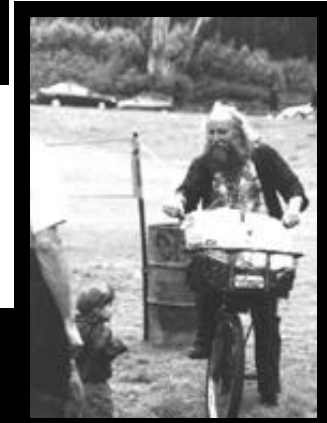
All bike messengers should know how to fix a flat tire, and for that matter, do most general repairs to their bike and carry the tools with them needed to do so. If you don't know how, buy a book on bicycle maintenance or take one of the classes on the subject offered at any of several local bike shops. Now get hot, rookie.

Have a question for Dr. Crank, our all-knowing advice messenger? Send it along to Cognition.

POP QUIZ!! ANSWERS FROM ISSUE #25

POP QUIZ!! #1: TRUE ENOUGH, THIS MESSENGER MAY LOOK FAMILIAR, BUT CAN YOU GUESS HIS STAGE NAME?
ANSWER: HE DOESN'T HAVE ONE!

POP QUIZ!! #2!
EVER WONDERED WHAT Jr.'s LEGAL NAME IS? GUESS AND PERHAPS BE A QUIZ WINNER!
ANSWER: IT'S Jr.



! NEW POP QUIZ !!

FEB '02 POP QUIZ!! #1
THIS MESSENGER MAY LOOK ROUGH 'N TOUGH, BUT CAN YOU GUESS WHAT INSTRUMENT HE PLAYS?
ANSWER: IN THE NEXT COGNITION

FEB '02 POP QUIZ!! #2
HOW MANY YEARS HAS HOWARD BEEN A MESSENGER?
ANSWER: IN THE NEXT COGNITION

CCSF TEARS NEW ASS IN FREMONT!
BY ROB (GINGER) SAYBOLT (cont'd from p. 1)

dispatcher Chris "Tractor" Tavenner for the (cat) 5's guys. No doubt the famous Eddie B. book was cited for race tactics and World Cycling Productions provided visuals. Three years ago it was with the mentorship of Tractor that I got off to strong start in road racing. Now a new group of riders are appreciating his experience.

We have a new sponsor in Godspeed Courier. The Godspeed logo will appear on our arm warmers, and jackets. Presently I don't know whether to hope business picks up or stay slow so these guys can rest up for the races.

Also, as our '02 season begins, McGuire real estate has taken over our secondary title sponsor position and we become Hancock/MCGUIRE/ Cycle Couriers.

Finally, lantern rouge prize goes to Mike Eno of Western whom I couldn't find in the standings but was undoubtedly there. Better luck next time Mike



photo by Early Bird guy



Freeman Veteran Messenger of the Year
 Photo by ? (this is a secret quiz)

NERT BUMMIES ATTACK! BY SERENITY ENRIQUEZ

Bicyclists beware, training has started for the Courier Disaster Response Team. Over 18 cyclists showed up to the first of three NERT (Neighborhood Emergency Response Team) classes on the rainy Saturday morning of January 26th, 2002.

Cyclists learned about the 1906 and the 1989 Great Quakes, and how to shut off their utilities along with hazard mitigation. Great turnout guys and dolls! For lunch, some messengers pooled resources to cover the bummies without lunch, which was very bummie-like.

So now, we need to keep meeting and discussing all of our ideas. In the event of an earthquake, all couriers and cyclists will meet at the tennis courts in Alamo Square Park at the junctions of Fulton and Steiner. If possible, please bring your helmets for disaster safety. Our next CDRT meeting will be held on February

20, 2002 at 6:30pm, and I would love to see YOU there. Those interested in taking NERT classes so that you can join the Courier Disaster Response Team, please visit www.sfnert.org or call Lt. Patti Yuen at 415-558-3456. For more information about the Courier Disaster Response Team, visit www.it.isdangerous.com or call Serenity Enriquez at 415-430-1269x 8768. Pedal hard and ride safe!

COURIER DISASTER RESPONSE TEAM ORIENTATION
 Thursday, Feb 21st, 6:30pm, 1011 turk st (cross laguna/gough)
 Learn how rewarding it can be to help others in an earthquake or other disaster at this orientation to the Courier Disaster Response Team. You'll get an idea of what it takes to be a first responder and what skills you

can learn through the CDRT training. All interested bikers are welcome.

You only need to attend one orientation to get involved. Attendees must bring photo id as the orientation is in the Office of Emergency Services building AMATUER RADIO TRAINING FOR DISASTER RESPONSE

Saturday, Feb. 23, 10-2pm in the Presidio (exact location TBA)
 The Courier Disaster Response Team highly recommends that all cyclists who intend to volunteer with the city's first response team obtain an amateur radio license. This free training will give you an overview and point you in the right direction.



Bru @ the Horeshoe Pits @ Chris and Maria's Going Away Alley Cat
 Photo by Kyle Shepard

HELP SPEND CITY MONEY!!!
MAKE LOCKING UP EASIER!!!

The DPT will be installing up to 350 new public bike racks (those inverted "U" shaped posts) this year. They are contracting the SFBC to locate and survey sites. If you can suggest a new place for a rack it will help bikers lock up more easily. Rack locations need to have a sidewalk at least ten feet wide in front of a public building or business. Please call SFBC at 415-431-2453 ext. 8 to leave a voice mail with the exact address of your suggestion. -John Seagrave

CRUNCH TIME APPROACHES AT SPEEDWAY BY HOWARD WILLIAMS (cont'd from page 1)

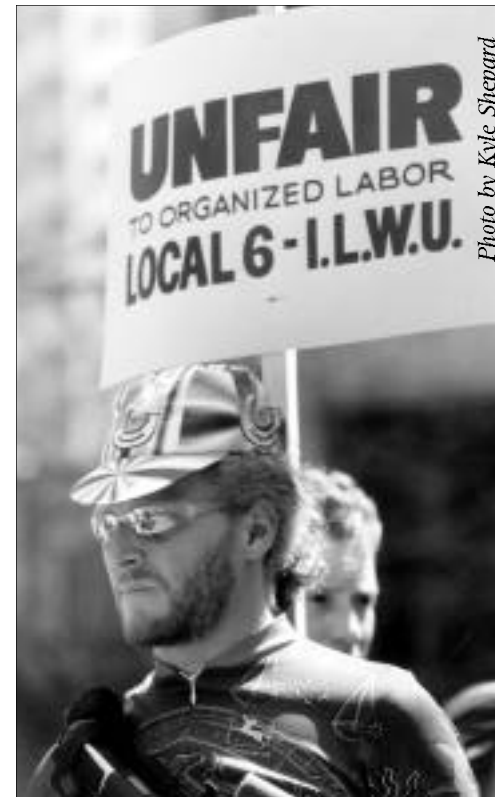


Photo by Kyle Shepard

tion of the contract talks. Owner Lori O'Rourke responded to the letter by saying she will wait for the National Labor Relations Board to tell her she has to negotiate. The ILWU filed unfair labor practice charges with the Board, accusing Speedway of refusal to bargain in good faith. The Board will begin hearings on the case in April.

Further actions are due to be taken shortly after this issue of Cognition goes to press. The activist messengers at Speedway are looking to coordinate with other messengers throughout the industry.

Stay tuned.



Messengers in the News!

They made the paper! Votour, Metz and Zo! Follow the ultimate critics as they put bags through a hefty inspection process. These images (pixelated, here, fine there) and the story's on the web at <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2002/01/27/LV169800.DTL>

Word from the Royston family... It's been snowing and Xia Royston enjoys a snowflake day in Oregon! Visitors are encouraged and it is clearly very fun! Photo by Stephanie Broiler



Joel CMWCing. Don't forget Copenhagen 2002! www.messengers.org for more info Photo by Kyle Shepard

Love on Wheels!
 Valentine's Day Party and Dating Game

You could win a romantic dinner for two, and meet your match in the Love on Wheels dating game! Or just watch, laugh and mingle with other fabulous bicyclists. Don't be alone! bike yourself over to the Curve Bar this Valentine's Day!

All sexual orientations welcome. For a chance to be a contestant, please email loveonwheels@sfbike.org

Free hors d'oeuvres, drink specials, fabulous prizes, live music and free Bay Guardian personals ads!

THURSDAY, FEBRUARY 14, 6-9 PM
 CURVE BAR 747 THIRD ST., AT KING
 \$7 OR FREE FOR SFBMA MEMBERS WITH BRID DUES.

www.sfbike.org www.sfbma.org **GUARDIAN**

LOVE ON WHEELS DATING GAME & PARTY
 6-9 P.M.
CURVE BAR, 747 THIRD ST. (ACROSS FROM PAC BELL PARK)
\$7 OR FREE FOR SFBMA MEMBERS W/ PAID DUES