

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, 6-8 pm for working messengers 21 & over
- The Sports Basement, 1301 6th St., SF, 415-437-1415
- XS Bar, 622 Polk St. \$1.50 Pabst for messengers
- Downtown Dawgs @ The Wall, 1/2 price hot dogs, & 75 cent drinks and cookies and brownies \$1.

NEW SFBMA GOODIES IN!!!! LONG SLEEVE & SHORT SLEEVE T-SHIRTS AND HOODIES.... BLACK ON RED AND RED ON BLACK.

THANK-YOU THANK-YOU!!!! COGNITION THANKS ALLIE OF GODSPEED, SERENITY OF THE CDTS, CAREY DALL, DOWNTOWN DAWGS, JIM DUNN AND THE WHOLE GANG AT CUPID FOR PAYING THEIR YEARLY DUES IN FULL. DUES ARE PAYABLE TO YOUR OFFICERS. RECEIVE A FREE PATCH WHEN YOU PAY HALF-YEAR (\$25) AND A FREE T-SHIRT WHEN YOU PAY A FULL-YEAR (\$50)



photo by Kyle

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.

S F B M A
255 9th St.
San Francisco, CA 94103
415-626-1912

Our Offices are located at 255 Ninth Street.
Our home page is at: www.sfbma.org
 and e-mail is: bernie@sfbma.org

COMMUNITY CALENDAR MAY

- THURS 5/9** SFBMAGENERALMEETING 7PM 255 9TH HELPYOUR NEW OFFICERS GETTHE BALLROLLING
- SAT 5/11** LO-FI RENT PARTY, 1776 MISSION @ 14TH ST 11AM-7PM. DRINK BEER, EAT THE FOOD AND BUY A SHIRT OR TWO
- THURS 5/16** BIKE TO WORK DAY STOP BYONE OF THE MANYENERGIZING STATIONS PROVIDED BYTHE SFBC AND TELLALLTHOSE NOVICE COMMUTERS WHAT'S IT LIKE TO BIKE FOR WORK
- FR--SUN 5/24-26** LASGOPOLOCO, GLASGOW, SCOTLAND. 3 DAYS OF MESSENGER RACING AND DRINKING. CONTACT: GLASGOPOLOCO@AOL.COM FOR MORE INFO.
- FR--MON 5/24-27** WESTSIDE INVITE II MESSENGER EVENT, PORTLAND OR. CONTACTHAZEL AT HAZEL023@HOTMAIL.COM, PHONE #: (503)750-5491.
- SAT-MON 5/25-5/27** RUSSIAN RIVER RIDE AND CAMPING TRIP. MEET NOSMO AND THE GANG AT 9AM @ HARVEY'S, 5TH ST. AND SHIPLEY
- MISSION IMPOSSIBLES/SOFTBALLEVERY SUNDAY 4M, BASEBALLDIAMOND @ CESAR CHAVEZ AND POTRERO ADD YOUR OWN EVENTS! SEND THEM TO BERNIE@SFBMA.ORG BY20TH OF EVERY MONTH.**



SLATHER MY ASS IN CHAMOIS BUTTER AND PUT ME BACK ON MY BIKE

BY ROB (GINGER) SAYBOLT

Racing your bike? Why do it? When you ride miles each day just for work does your ass need to be on that thing some more hours on the weekend? Ernie Foxman back at ProMess asked me "Ever heard of a busman's holiday?" when I told him I was racing on the weekends. Can anyone answer this question?

Ok, so messengers do alleycats. You gotta know the city, be able to handle the bike in traffic and be FAST. And not lose your head when your heart is beating wildly and sweat is pouring off your nose onto the manifest. Alleycat racing takes a lot of skill and some folks are very good at it. The last couple times I did Howard's Mountain Lion I felt pretty confident at the start because I'd been doing well road racing. Well, both times I got my shit served by messengers that knew the city better than I. If you go to CMWC in Copenhagen this summer you'll see it's the real deal.

On the other hand, "Road" cycling has been around for years and has it's own culture. Here are some road cycling terms you might want to know: ROAD RACE: (duh) a long ride with only two checkpoints; the start and the finish. The name often describes the course: Paris-Roubaix is a race between these two towns in France. This granddaddy of the spring classics also has cobblestones and mud thrown in for the extra challenge. Criterium or crit: shortboard downtown (is that redundant?) over and over again, many times/laps. Say like Mo to Bush to Sansome, past the wall, left on Market (watch those tracks), down Market, cut the corner of One Bush, wrong way up Battery to left up Pine, to left on Montgomery and back down Bush. Over an over at full speed (25-30mph), Big ring, No cars or peds in the way. Sweet! The pedestrians like these races because they can stand there on Montgomery or at the Wall and watch you go by again and again and sometimes they'll be treated to a pileup. Crits are fast, short circuits on city streets to entertain the crowds.

(CONT'D ON PAGE 2)

WHEELIN' IN THE PAST

Iris Rising BY AMERICA MEREDITH

1992. Doreen and I were determined to pen the definitive article on being a woman messenger in San Francisco for Mercury Rising. Subjects covered: sexual harassment from dispatchers and security guards; yeast infections; competition with guys; having to overcome stereotypes of weakness; pregnancy, abortion and biking; lower pay, et cetera. Just a bit of a martyr complex going on.

As members of Da Press, we started interrogating our fellow woman messengers and, for further recon, called together a gathering of women messengers at Zeitgeist to trade stories. Any excuse to drink beer. About twenty women showed up and it was the first time many of us had ever even talked to each other. Doreen talked about security guards and motorists taking out their anger and frustrations on women couriers, thinking them weaker. Athena and Charm both complained that girls were afraid to do freestyle biking. I asked Elizabeth her perspective. She replied that we were treated like queens. What?! You can't start a militant feminist separatist movement with that kind of attitude. But she had a point. Even tho things were rough and crazy, and women back then were so in the minority, being a woman messenger does kind of rule. For the same reason that being a messenger rules period: you get to be yourself. You get to constantly challenge yourself, physically, emotionally, and mentally. You get to push yourself to your limits, and, sometimes you get free chocolate.

The good and bad points of being a girl messenger are different then being a woman in popular American culture. You don't have to wear make-up, or even clean clothing, and no one cares. You have to deal with some fun health problems, but you get to be physically fit, strong,

(CONT'D ON PAGE 6)

PRESIDENT'S REPORT



#77 RE-ELECTED!

Look for an active year for the sfbma. The newly elected officers have met twice to devise a rough blueprint to follow for the next year, so expect a strong new direction. We all agreed the sfbma needs some shaking up and after a couple of intense debates some agreement has been reached. Expect at least one new shocking development!! That'll be discussed at the next sfbma meeting. Come support your shiny new bma and put in your input.

DON'T expect four people to do everything, that's neither fair or realistic. We're human and will burnout. That's why we NEED YOU. The meeting is at 255 9th st at 7pm sharp, so get off the barstool or sofa and get on down!! That goes to all the grumpy veterans too, come down and impart some of that wisdom!! The bottom is if I can get my pabst fueled ass there, so can all ya all.

Best wishes an clean dishes,
 Damon#77 prez sfbma.

p.s. Thanks to the 72 people who voted for me in the election especially Paul K. Also, good luck to the messengers in Cleveland and Portland, who are organizing!!! Don't let the bastards grind you down.



Cite by Kyle



Stephen @head of the pack@ Cherry Pie Criterium Photo by Kyle

SLATHER MY ASS IN CHAMOIS BUTTER...

BY GINGER

cont'd from page one

TIME TRIAL: The fastest you can get from A to B by yourself but on any kind of crazy bike you want. Some call TT's rides of Truth because each rider does it alone with no help from teammates. Also, TT's tend to bring out the geek in road racers, with aero wheels, aero tubing on the bike, and aero helmets de rigueur. If you've ever been nearly blown over by the wind coming around Fox Plaza you can appreciate the effects of wind. Over a 10 or 20 mile course every bit of drag means seconds added to your time.

STAGE RACE: combine all these events in any amount and you have a stage race. Usually based on cumulative time for each rider. For example, if Maurice does the RR in 4h10min, the crit in 55min and the TT in 25minutes his total time is 5h30min. If Jr. gets the same time on both road race and criterium (he finished in the same pack as Maurice both times) but does a 27minute TT (perhaps because of the wind resistance caused by his new hat) he loses to Maurice by 2 minutes. In the GC, or general classification, Maurice is first, Jr. second. **Circuit Race:** See: Grand Prix de San Francisco. Coming again in September. Basically, a circuit race is the same as a road race but with long laps, anywhere from 3 to 30 miles each.

CYCLOCROSS: formerly winter training for roadies, but now its own event. Take those skinny tires into the mud, a steeplechase on bikes; see criterium but with barriers you must carry the bike over, often in cold or wet of winter. 'Crossers are known amongst bike racers as a gritty, hardcore lot.

DRAFTING: letting another rider block the wind for you, getting a draft, sucking wheel, etc.

ATTACK: An aggressive burst of speed that hurts the feelings of other riders. Getting dropped: having your feelings hurt by other riders, being left behind, hey guys wait up...

BRIDGE: a daring maneuver in which one leaves the safety of a group of riders in order to join another group in better position, "bridge up to the front group."

FEED OR FEED ZONE: Where your friends or teammates will hand you a water bottle as you pass by during a long hot road race somewhere outside of Fresno. Or alternately, where you will beg strangers to give you water.

PUNCTURE: a fancy euro way of saying you got a flat.

Just a short glossary of cycling terms... And the question remains: Why do it? Well it's a good excuse not to go out drinking every night. I've met many cool people too over the



Ginger rides in the comfort zone@ Cherry Pie Criterium Photo by Kyle

years, many of them my teammates. And personally speaking it is my own intention to always be a cyclist of one sort or another. Currently a messenger, I do road racing and cyclocross. I have good intentions to do more touring and riding on the track. Someday I may even try downhill or join the bike ballet. When I'm old I want to still be commuting on my bike and people will say 'hey, look at that old git go!'

COGNITION

President: Damon Votour
Executive Director: Carey Dall
Secretary: Jason Whitehead
Treasurer & Copy Editor: C. Nellie Nelson
Editor: Bernie Corace
Layout: Donny Don Don
Masthead Logo: Louie Seastres

ESTABLISHED 1990

The San Francisco Bike Messenger Association was first started as a humorous, yet-in-er-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, Nellie, Jason and Carey. Attend as many events as you can without becoming obnoxious as starlings.



THANKS TO DOWNTOWN DAWGS FOR ITS CASH DONATION AND DISCOUNTS TO THE sfbma.



“Chasing records doesn't keep me on my bike. Happiness does.”
 -Lance Armstrong

TERROR STALKS THE CITY'S STREETS!!

LO-FI CUSTOMS PRESENTS:

SEE AS..!

CUSTOM BIKES
(IF BUREAU RECOMMENDS CYCLING)

KYLE SHEPARD
(BIKE PHOTOGRAPHY)

EL REY
(PAINTINGS)

And others...

BATTLE TO THE DEATH!!!

THE CREATURE AMONG US

ALL NEW UNDERWATER THRILLS!

STARRING:

MAY 11TH 1776 MISSION ST
11 A.M.-7 P.M. LoFiSF.com



Photo:Sammy G

There I was, downtown, it was almost 6pm. We had a work meeting at our office in the mission at 6:30. I was starving, but I had not idea what to get for dinner between here and there. A burrito sounded good. I bet you're thinking...

mission, burrito, what's the problem, right? Well, it's not really that easy for me. You see, a while back, actually almost 2 years ago now, I ate a burrito from this place down on Mission @ 25th. My dinner tasted great, but for whatever reason I barfed it back up (it was vegetarian even), and I was sick for over a full day after. I haven't been able to eat a traditional burrito since.

Anyhow, I decided to stop by that Chipotle place over there on New Montgomery and Mission. You've seen it, or I'm sure you've at least seen the catchy ads/billboards all over the city and Bart. I ordered a veggie burrito, black beans, no cheese, no sour cream, medium salsa, lot's of guacamole. The cost: \$5.15, a bit pricier than your average Mission burrito. You know, it was really good! I sort of reminded me of this place I used to go to all the time back in Boston, The Big Burrito. Oh, how I miss that place.

So, Chipotle was great, but not in a traditional way (grilled tortilla, greasy orange rice, etc.). I really liked the salsa, I think it was pretty much just corn and jalapenos, the rice was a little bland, and the guacamole was just salty enough for me. Who serves a burrito w/out chips? Chipotle does. I thought that was kind of lame. Even w/out them though, there was enough to eat. I ate even the last few bites, but then I felt a little sick, but not in that horrible way from before. I wonder if this restaurant is a chain or franchise or what.... I bet it is, and I'm not so into supporting that when there are a million independent burrito joints in the city that I have yet to try. It served its purpose though, and I bet until I find out otherwise I'll go there again, on my way home, on my way to the bar, or at lunch. And hopefully NO Barfing!



Bicyclist in Japan Photo by Kyle

What's Cookin'?

BY BECKY MOREY

Iris Rising

BY AMERICA MEREDITH
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and derisive of dieters. You'll probably have to contend with sexual harassment, but, unlike the corporate world, you can tell your dispatcher or whomever to fuck himself. You're allowed to be as emotionally unrestrained as you want. The freedom is pretty exhilarating. Messenger guys span a wide spectrum of attitudes, but I think the overwhelming majority in this City are really open-minded, supportive people. Office workers and security guards? Totally different story. A quick tag to a modeling agency with illustrate the international solidarity between women (ha ha!) And the usual question from clients, "Are you sure you can handle that box?" Omigod, a 10-pound box, eek! I might break a nail! Generally things have improved steadily (altho far from perfect) for women in this City in the last decade. 1990, there might have been one girl at a company, tops. I

personally observed two main camps: the quiet, shy women that would not hang out or have anything to do with the scene after work and the women that partied, had their separate posse of boys, and were completely catty to one another. A pretty unhealthy situation, I must say. I credit Lickety Split Delivery with being the biggest factor that changed this situation and made SF the city with the largest woman messenger population.

Lynn Breedlove (of Tribe 8 fame) used to work at Western (which back in the 80s was known as "Dykes on Bikes" because it was a rare company that hired multiple girls at once!) She was disgusted by the constant sexual harassment (from management, co-workers, clients, and idiots on the street) and the lower pay that woman messengers typically earned. So she started her own company: Lickety Split Delivery, which would be almost all-woman. Proving that they are not sexist, LSD did hire men from time to time, especially if they dressed in drag. This environment brought many women into our scene, providing them with a rookie job and set the stage for heightened consciousness of gender issues.

Being a rookie woman is a pretty daunting experience. The fact that many women come and go rapidly from their bike jobs doesn't mean that they are weak; maybe they just don't see the point of putting up with ridiculous treatment and sleaziness. Me, I was too psyched to be phased by creepy, hubba-smoking dispatchers or crappy pay for doing more work for the first year or so. Unaccustomed to ladylike behavior as we were, my partner in crime, Melissa and I used to cheerfully be some of the very few girls that would guzzle 40-ozers of King Cobra in Merlin Alley. Then one Halloween we joked about dressing in drag and realized there was nothing about our outfits that we could change that would make us look MORE like boys. Yuck! So I started wearing skirts and dresses for a change.

Time and time again I did observe hard-working women messengers do the shitwork: the heavy boxes, the overtime tags, and still make less



Check out the ladies! from the archives of Mercury Rising photo: Jill Haley

money than more recently hired rookie guys. I definitely saw that happen to Melissa at Now, where Wheels pretty much killed our work ethic, since under him there was no point in trying to hurry. He helped me discover my slug nature. I remember that when Zap first went free-call, Leena hated it. She was a good, fast, longtime messenger who had too much a sense of responsibility to the company to let any tags get old. So she would clean up all the lame tags while the guys would laze around the Wall, waiting for hot rushes. Those stories are typical and yet this myth of women being too weak or whiny to be messengers persisted. Or getting things easy (cos they were women—hee!)

Doreen and I never finished our mighty opus. But I think we got folks thinking. Around that time, Lickety Split started the "Wimpy Women's Rides." Some people now hate that name, but whatever (they were hella wimpy rides). A chance to ride and not have to prove anything, take it easy, and enjoy yourself. The wimpiest one was when Natasha and I road across the Bay to Meredith's houseboat and we spent the afternoon in her bed, eating ice cream and watching "Quicksilver."

In the band scene, women tended to stay back in the shadows, but a happy exception born in the mid-90s was the Joy of Six. It featured Dee Dee, Christa, Jill, Miranda, Belinda, and Victoria (messengers, ex-messengers, and their buddies.) They were hell of raunchy and loud and developed an enthusiastic following. Joy of Six recorded a track on the Pothole CD, played CMWC, and tragically broke up not long after. Out of their ashes arose Stellar and then subsequently Wett. And then of course there's the aforementioned Tribe 8, outspoken dykes of riot grrl fame. Slowly more and more women were hitting the scene. A common occurrence was someone would get a job at LSD, realize you couldn't make any money, and move to another courier company so as to pay rent. The cattiness quotient went down as folks felt more community and less threatened by each other.

Then Markus had the genius idea of having a Women's Issue of *Mercury Rising*, complete with a pink cover <gack>. It was something of an embarrassment because of the condescending nature of the project and the small amount of material actually written by women, especially compared to previous issues. In fact the majority of the early issues were predominantly written by women: Melissa, me, and many others.

Just like CMWC. Meghan was president of CMWC 96, Jeni was treasurer. The folks organized enough to do the shitwork were mostly messenger women, ex-messengers like Kate, and interested office-folk, like Linda and Maria. Limor and I were peripherally involved in the organization of CMWC, doing work but trying to avoid meetings. We decided to start a bike team for our all-woman household on Treat Avenue. Our cat Glue embodied the spirit of the house so thus Team Glue was born. We figured there was not a chance in hell we'd win, but \$ prizes were being offered for last place. So we have kept our fine team going, making a place for women against racism (ha ha).

Steph and I have hosted a multitude of strange events, including a few alleycats, and one Team Glue Wimpy Women's Ride. Maria, thinking a more positive name was needed, began a series of monthly All Chicks Ride. The first one had a good turn-out, 20 women, and Maria even made a zine for it. A posse of girls who might not all necessarily hang out with each other for too long otherwise (our fine community has become more femme-friendly, but it's also grown much more cliquish (good and bad mixed up again). These kept going for a while, were fun, then sputtered out. It's just a matter of time before folks think of something new to take their place.

So S.F., always known as a place that bends and twists genders, is a town where women messengers actually can be women. And if you want to dress in drag on Halloween, you can get treated like a queen.

SFBMA ELECTION RESULTS

TOTAL BALLOTS CAST: 115 —
BREAKING LAST YEAR'S RECORD OF 114

FOR PRESIDENT	
DAMON VOTOUR	72
THOMAS MILLER	33
OLIVIA (WRITE-IN)	3
JAMIE "TWO-FIVE" (WRITE-IN)	2
RICK CONDRIAN (WRITE-IN)	1
BONES (WRITE-IN)	1
NO VOTE CAST	3
DAMON IS RE-ELECTED	
FOR EXECUTIVE DIRECTOR	
CAREY DALL	65
SABRINA DEMIO	27
AARON LALONDE	8
MICHAEL CRANE (WRITE-IN)	2
JAMIE TWO-FIVE, OLIVIA, NATO GREEN, HOWARD WILLIAMS, NOSMO, JEANETTE AND YOSEMITE SAM (WRITE-INS) EACH RECEIVED	ONE VOTE
NO VOTE CAST	6
CAREY IS ELECTED	
FOR SECRETARY	
JASON WHITEHEAD	56
SABRINA DEMIO	32
MICHAEL CRANE	20
LARS (WRITE-IN)	1
JAMIE TWO-FIVE (WRITE-IN)	1
NO VOTES CAST	5
JASON IS DECLARED AS THE WINNER	
FOR TREASURER	
C. "NELLIE" NELSON	70
MANUEL "RAK" AFFONSO	21
JOE SCRIPPS (WRITE-IN)	7
FLORIDA (WRITE-IN)	2
LARS, GREENSPAN, MICHAEL CRANE, NOSMO, HOWARD, MEGHAN MACK (WRITE-INS) EACH RECEIVED	ONE VOTE
NO VOTES CAST	9
NELLIE IS ELECTED	



Courtesy of Operation Courier

MEET THE NEW SFBMA OFFICERS

Hey! I'm Carey and I'm your new SFBMA Executive Director, replacing the much accomplished Bernie Corace. For those of you who do not know me, I'm the short, loud little fuck with the obnoxiously long chin whiskers.

I work at Western Messenger on the driver board, and I ride a blue Mondonico road bike. I'd like to get feedback from folks on the following questions (so stop me on the road and let me know what you think): What do we have to do to get more people involved in SFBMA activities (not just meetings, but parties, rides, etc.)? What kinds of debauchery organized by the SFBMA do people like the most? How do people feel about the driver messengers? Should we make more effort to get them involved in the world of the SFBMA? Should we encourage them to resurrect UBADD (United Bay Area Delivery Drivers) instead? Hunt me down and let me know what you think!

Jason Whitehead Secretary, SFBMA... Hello everyone. For those of you who do not know me, I'm Jason, your new SFBMA Secretary. I've been a courier since April of '96, most of that time spent at Speedway/Ultra Ex. Now I work for All City, the company formerly known as ACME, now owned and operated by long time veteran messenger Stephan Kizziah, who I'm sure many of you know. So let me start off by saying NO, I'm not a foreigner, as I've apparently been accused of being. I was born right here in the good ole US of A in Georgia, which admittedly some people may consider a foreign country. I hope to do and will try to do a great job as secretary and I promise to talk faster than Howard Williams when reading the minutes. So, all of you make sure to come to the meetings.

Nellie Nelson, Treasurer...First off, thanks to everyone who voted for me last month! I really look forward to having access to, uh, I mean responsibility for, the SFBMA's funds.

On a more serious note, our SFBMA treasury is not as healthy as it has been in some past years. One departing officer has been emphasizing that the SFBMA is "more than just a clothing line." We need more folks doing smaller shares of work, instead of a few folks doing most of the work. On the money side of things, we definitely need more people to pay dues, too! To make this more appealing, we are lining up some goodies for people who are up to date. One of these is a 20% discount at the Sunshine health food stores downtown; more goodies are being discussed, and as always, you get a free t-shirt for paying a year's dues in full (\$50). Regular dues are \$5 / month, payable to any officer, or at monthly meetings. Help butter the bread that keeps your SFBMA up and running!



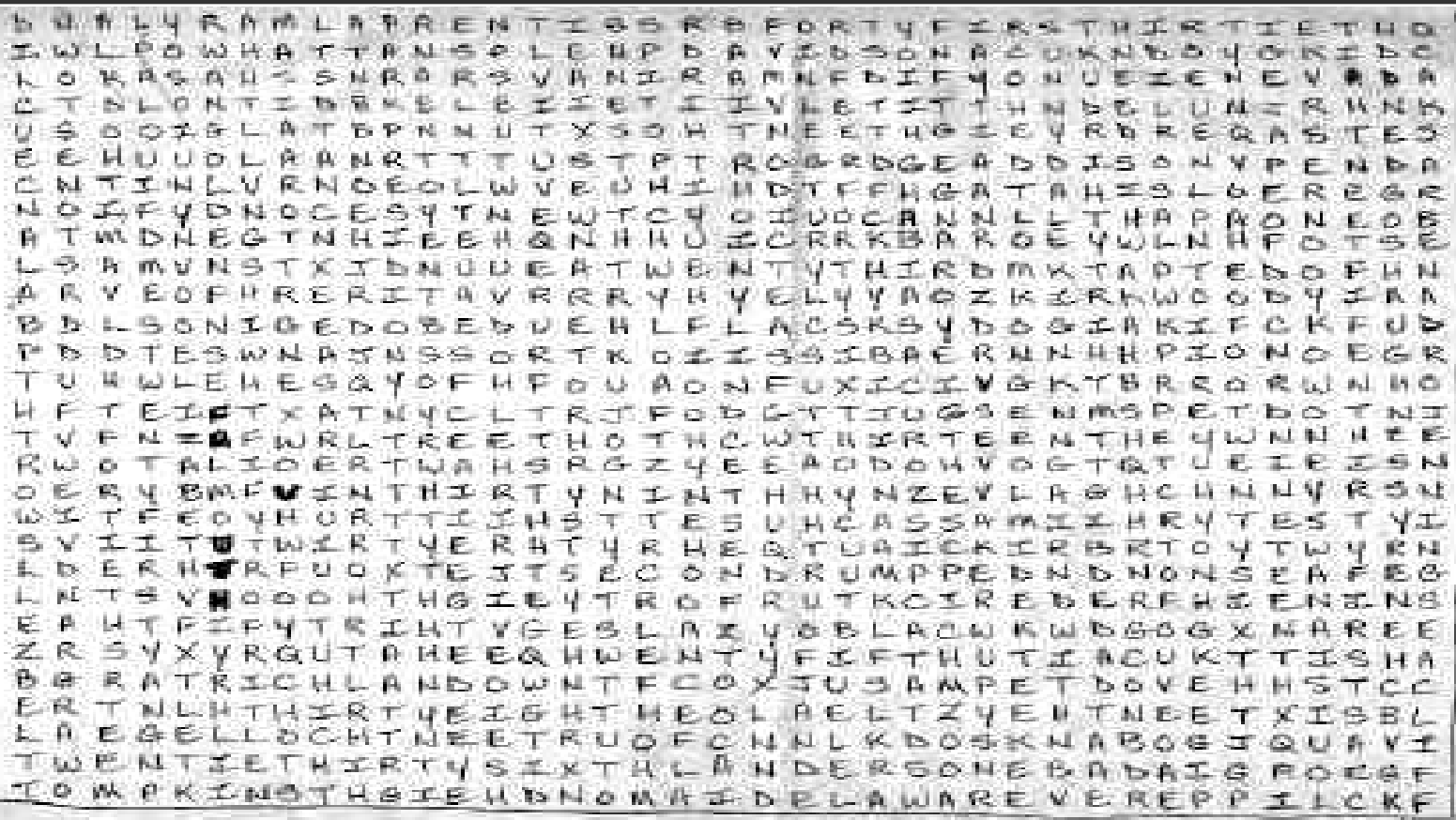
SFBMA Executive Director, Carey Dall



SFBMA Secretary, Jason Whitehead



Nellie Nelson, SFBMA Treasurer



"THE STREETS OF SAN FRANCISCO: PART II" By Gary G. S...

- | | | | |
|---------------------|-------------------|---------------------|---------------------|
| 1. MARISSON | 31. FORTY-EIGHTH | 61. MASSACHUSETTS | 91. SPRING |
| 2. ALLIANCE | 32. FORTY-FIFTH | 62. NEBRASKA | 92. STONE |
| 3. ANDERSON | 33. FORD - FIRST | 63. NEVADA | 93. STONESTOWN |
| 4. ANDERSON | 34. FORD - FOURTH | 64. NEW HALL | 94. SUNNYDALE |
| 5. BALANCE | 35. FORTY-SECOND | 65. NEW TRENCH | 95. TENTH |
| 6. BANKS | 36. FORTY-SEVENTH | 66. NINTH | 96. THIRD |
| 7. BARKVELD | 37. FORTY-SIXTH | 67. OGDEN | 97. THIRTEENTH |
| 8. BARD | 38. FORTY-THIRD | 68. ORANGE | 98. THIRTIETH |
| 9. BROTHERHOOD WAY | 39. FOURTEENTH | 69. O' SHANNONNESSY | 99. THIRTY-EIGHTH |
| 10. CHENERY | 40. FORTY | 70. PACHECO | 100. THIRTY-FIFTH |
| 11. CLIPPER | 41. FREDERICK | 71. PINNA | 101. THIRTY-FIRST |
| 12. COLLEGE | 42. GALVEZ | 72. PALDU | 102. THIRTY-FOURTH |
| 13. COMMONWEALTH | 43. GATES | 73. PARK | 103. THIRTY-NINTH |
| 14. CUSTER | 44. GEORGEA | 74. PARK PRESIDIO | 104. THIRTY-SECOND |
| 15. DAVIDSON | 45. GOLDEN | 75. PHELPS | 105. THIRTY-SEVENTH |
| 16. DELAWARE | 46. GORDON | 76. POLAR | 106. THIRTY-SIXTH |
| 17. DELMAR | 47. HALTHORNE | 77. POWHATTAN | 107. THIRTY-THIRD |
| 18. DIAMOND HEIGHTS | 48. HUDSON | 78. PRENTISS | 108. TOMPKINS |
| 19. EIGHTEENTH | 49. ILLINOIS | 79. PUTNAM | 109. TWELFTH |
| 20. EIGHTH | 50. IOWA | 80. QUINN | 110. TWENTYETH |
| 21. ELEVENTH | 51. JERSEY | 81. RANDALL | 111. TWENTY-EIGHTH |
| 22. ELIZABETH | 52. JORDAN | 82. REVERE | 112. TWENTY-FIFTH |
| 23. ELLSWORTH | 53. KANSAS | 83. RICHARDSON | 113. TWENTY-FIRST |
| 24. EUCLID | 54. KENWOOD | 84. RICHMOND | 114. TWENTY-FOURTH |
| 25. EUGENIA | 55. LAIDLEY | 85. SARGENT | 115. TWENTY-NINTH |
| 26. FALMOUTH | 56. LAKE | 86. SECONDS | 116. TWENTY-SECOND |
| 27. FIFTEENTH | 57. LA SALLE | 87. SEVENTEENTH | 117. TWENTY-SEVENTH |
| 28. FIFTH | 58. LOUISIANA | 88. SEVENTH | 118. TWENTY-SIXTH |
| 29. FIRST | 59. MARINA | 89. SEVENTEENTH | 119. TWENTY-THIRD |
| 30. FORTIETH | 60. MARLAUD | 90. SIXTH | 120. WHITNEY |

PUZZLE NOTES: U HAVE 2 CORNER THESE STREETS ACCORDINGLY: PARK OR PARK PRESIDIO / STONE OR STONESTOWN. All numbered roads are "7500 ft. pt. 3" are AVENUES.

Messenger Dictionary!

GEAR \ger\ noun 1: The mechanical system which allows power to be transmitted from a bike's pedals to the back wheel. A device that grants one greater gain from less exertion. 2: A metaphor for finding the right degree of effort to all situations. (See the Advice Messenger)

FIXED-GEAR \fikst ger\ or TRACK BIKE \trak bik\ noun 1: A bike lacking gears and a freewheel that welds rider and steed in uniquely intimate relationship where one moves or stops only at the consent of the other. 2: A symbol for the tyranny of fashion over function. (See the Advice Messenger)

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!

"If you never confront climbs, you're missing the essence of the sport. With ascents comes adversity. Without adversity there's no challenge. Without challenge, no improvement, no sense of accomplishment, no deep-down joy." -Betsy King

Presenting Dr. Crank, the Advice Messenger!

Q: Dr. Crank, I've noticed that a lot of bike couriers use track bikes. Should I use one?

A: Listen dumbass, if looking cool is your primary concern then by all means ride a track bike. If, however, you want to get the job done in the right manner, then ride a geared bike. In case you haven't noticed, SF is a hilly city. The track bike was, what a surprise, designed for a track, which is flat. While a track bike may work well for a flat city like, let's say New York or D.C., S.F. is not flat. Ever heard of such places as Nob Hill, Telegraph Hill, Pacific Heights, Bernal Heights, Diamond Heights, Mt Davidson, Mt. Sutro, etc., etc. These places have names like this because they are on or at the top of steep climbs, places you need a geared bike to get to. Of course, many of the guys who ride track bikes would argue that they do not get sent up any hills or even more absurd that any hill that can not be

climbed on a track bike can be walked up just as quickly. I would ask why then have I passed these spectacular gentlemen walking their track bikes up hills while I am riding mine. If you are riding a bike that is only capable of reaching certain sections of the city, I would compare that to a carpenter coming to work with a saw capable of cutting only one type of wood. Us bike couriers are always insisting that the job is a skilled one, one that cannot be done by just anyone. Well, if the bicycle is to be as viable a delivery tool as it can be the bike should actually be able to reach every section of the city, not just the flat ones. To do otherwise is to perpetuate the myth that bike couriers are more interested in hanging out and looking cool rather than working hard and getting the job done. Now get hot, rookie

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

FOR MOST OF YOU, EVERY DAY IS BIKE TO WORK DAY (AND BIKE FOR WORK DAY). SOMETIMES IT CAN BE A LITTLE LONELY BEING A CYCLIST IN SAN FRANCISCO. BUT MAY 16TH IS THE DAY THE WHOLE WORLD IS INVITED TO JOIN US. THE SFBC IS HOSTING ENERGIZER STATIONS ALL AROUND THE CITY THROUGHOUT THE DAY. DROP IN AT ONE OF THEM, GET A SNACK OR OTHER FREEBIE, AND CHAT WITH ONE OF THE HOT VOLUNTEERS. "ENERGIZER" STATIONS ARE AT THE FOLLOWING LOCATIONS:

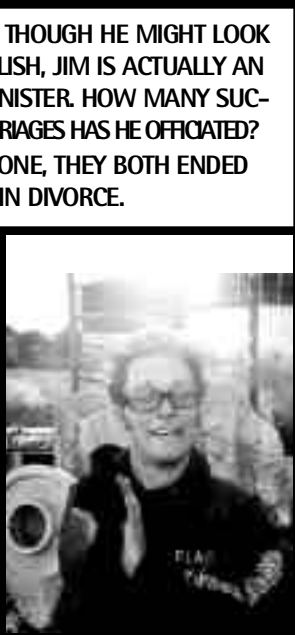
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|---|---|--|--|--|
| MORNING COMMUTE - 7:30AM-9:30AM | SOMA: FOLSOM @ 7TH STREET | RICHMOND: CABILLO @ ARGUELLO | MID-MARKET: DUBOCE BIKEWAY @ MARKET | FOR MORE INFO, TO REGISTER FOR BIKE TO WORK DAY (AND GET A CHANCE AT WINNING A PRIZE FROM RIDES); OR TO VOLUNTEER, SEE WWW.SFBIKE.ORG OR CALL 431-BIKE EXTENSION #1. |
| BIKE DAY CENTRAL: MARKET @ BATTERY (OPEN 'TIL 2:00PM) | SOUTH BEACH: BIKE HUT @ PIER 40 (8:00AM 6:00PM) | INNER SUNSET: IRVING @ 9TH AVENUE | EXCELSIOR: MISSION @ OCEAN AVENUE | |
| MISSION: VALENCIA @ 17TH STREET | CIVIC CENTER: CITY HALL - POLK STREET STEPS | MISSION: VALENCIA @ 18TH STREET | BAYVIEW: JOE LEE REC. CTR MENDEL @ 3RD | |
| MID-MARKET: MARKET @ 12TH STREET | PRESIDIO: MAIN POST, HALLECK & LINCOLN | UPPER HAIGHT: PANHANDLE (FELL & MASONIC) | | |
| SOMA: CALTRAIN STATION - 4TH & TOWNSEND | | | | |

POP QUIZ!! ANSWERS FROM ISSUE #29



POP QUIZ!! #1: THOUGH HE MIGHT LOOK A LITTLE DEVILISH, JIM IS ACTUALLY AN ORDAINED MINISTER. HOW MANY SUCCESSFUL MARRIAGES HAS HE OFFICIATED? ANSWER: NONE, THEY BOTH ENDED IN DIVORCE.

POP QUIZ!! #2: THIS BIKE MONKEY ONCE WAS A FOREIGN SCHOLAR. CAN YOU NAME WHAT COUNTRY BEN WAS A STUDENT IN? ANSWER: BEN STUDIED IN CYPRUS!



! NEW POP QUIZ!!

MAY '02 POP QUIZ!! #1 THIS KNUCKLE-DRAGGER NICE TIM MIGHT LOOK LIKE A CAVEMAN, BUT HE ACTUALLY HOLDS A DEGREE FROM USF. ANSWER: IN THE NEXT COGNITION



MAY '02 POP QUIZ!! #2 JAMIE IS TAKING HIS WHITE-ASS BACK TO HIS NATIVE LAND. CAN YOU NAME WHAT CITY AND COUNTRY JAMIE IS MOVING TO? ANSWER: IN THE NEXT COGNITION

