

Messenger Dictionary!

LOVE-IN-A-MIST / lvn-mst/ Noun. 1. A Mediterranean plant (*Nigella damascena*) having blue or whitish flowers surrounded by numerous threadlike bracts. 2. That undeciphered, true but who, part of an intimate relationship often confusing and sometimes quite satisfying.

SPED /sped/ VERB: Inflected forms: sped (spd) or speed-ed, speed-ing, speeds
TRANSITIVE VERB: 1. To cause to go, move, or proceed quickly; hasten. 2. To increase the speed or rate of; accelerate: speed up a car; sped production. 3. To wish Godspeed to. 4. To further, promote, or expedite (a legal action, for example). 5. Archaic To help to succeed or prosper; aid.

INTRANSITIVE VERB: 1a. To go, move, or proceed quickly: sped to the rescue. b. To drive at a speed exceeding a legal limit: was speeding on the freeway. 2. To pass quickly: The days sped by. The months have sped along. 3. To move, work, or happen at a faster rate; accelerate: His pulse speeded up. 4. Archaic a. To prove successful; prosper. b. To get along in a specified manner; fare. **IDIOM:** up to speed 1a. Operating at maximum speed. b. Producing something or performing at an acceptable rate or level. 2. Informal Fully informed of or conversant with: I'm not up to speed on these issues yet. **ETYMOLOGY:** Middle English spede, from Old English spd, success, swiftness. See sp- in Appendix I.

SYNONYMS: speed, hurry, hasten, quicken, accelerate, precipitate These verbs mean to proceed or cause to proceed rapidly or more rapidly. Speed refers to swift motion or action: The train sped through the countryside. Hurry implies a markedly faster rate than usual, often with concomitant confusion or commotion: Hurry, or you'll miss the plane! Don't let anyone hurry you into making a decision. Hasten suggests urgency and often eager or rash swiftness: My doctor hastened to reassure me that the tests were negative. His off-color jokes only hastened his dismissal. Quicken and especially accelerate refer to increase in rate of activity, growth, or progress: The messenger's breathing quickened as he neared the end of his routine. The handsome hunk quickened his pace as he drew near the finish line. His ego expansion has continued but is no longer accelerating. Heat greatly accelerates the deterioration of perishable sagwagons. Precipitate implies causing something to happen abruptly or prematurely: Mention of the issue precipitated an angry outburst during the meeting. See also synonyms at haste.



photo: Spillr



photo: Spillr



photo: Sarah Kung



photo: Spillr



photo: Chris Stevens

Presenting Dr. Crank, the Advice Messenger!

Q: Dr Crank, What's your opinion about riding on the sidewalk, Why so many messenger do it when you're not supposed to.

A: Listen dumbass, messengers have a job to do and sometimes in order to get some where quickly it is necessary to ride on the sidewalk. Yes, you're not supposed to do it, but if one is riding on the sidewalk slowly, let's say maybe slightly faster than walking speed, then I say it is ok and as long as one is yielding to

pedestrians then what is the harm? Most experienced bike couriers I know do this. I personally think that it should be legal for cyclists to ride on the sidewalk as long as they do it slowly and safely. Now, get hot rookie.

Now get hot rookie,
 Dr Crank

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



photo: Spillr



photo: Sarah Kung



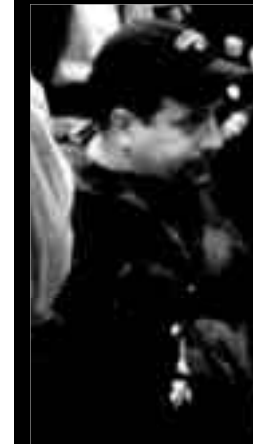
Going to CMWC '03?
 Say hi to this guy
 in Seattle!

Special Quiz: What is the name of this ex-SF messenger and which company did he work for?

FACT OR FICTION? BURNING MAN celebrants to be quarantined

According to health officials, those who make the journey to the desert may not be allowed back in town as soon as they would like. A recent disclosure by the *SF Parasitic Dept.* warns of desert dust as a hazard amongst carriers and those in contact with it. "It's not just about the dirt, it's what's in it." Scientists confirm, parasites in the dirt attach more easily to perspiring skin. Since so many Burning Man participants are often naked, transmission for parastic exposure is heightened. Rumors of a 2 week quarantine at the California border have been confirmed by the DPO and PDP.

POP QUIZ! ANSWERS FROM ISSUE #37



**JUNE '03
 POP QUIZ!!#1**
 JOHN HAS BEEN VERY HELPFUL OVER THE YEARS. WHAT CMWC AWARD DID HE AND WHICH BMA WIN A FEW YEARS BACK?
ANSWER: THE MARKUS COOK MEMORIAL AWARD.

JUNE '03 POP QUIZ!!#1
 WHO'S KID IS THIS?
ANSWER: XIA IS BROILER AND STEPHANIE'S LOVELY DAUGHTER



! NEW POP QUIZ!!

**SPECIAL EDITION
 OCR '03
 POP QUIZ!! #1**
 EVERYBODY KNOWS THAT THESE GUYS ARE TOTALLY EXCELLENT MUSICIANS. CAN YOU NAME WHICH SFBMA BAND THEY ARE?
ANSWER IN THE NEXT COGNITION.



ARE THEY DOING? ANSWER IN THE NEXT COGNITION.

**SPECIAL EDITION
 OCR '03
 POP QUIZ!! #2**
 WHO ARE THESE GUYS AND WHAT THE HELL

QCR CALENDAR AND A FEW HIGHLIGHTS.

QUAKE CITY RUMBLE WEEKEND BY HOWARD WILLAIMS

From August 29 Friday evening to September 1 (Labor Day Monday) night San Francisco Messengers will host the biggest batch of rides and parties here since the 1996 Cycle Messenger World Championships (CMWC)! It's all part of the events coming up the West Coast to Seattle for the 2003 CMWC on September 12-15. LA Couriers hosted events on August 23-24, the weekend previous to ours and Portland Messengers will do the weekend after us on September 7-8 before the CMWC convenes the following weekend in Seattle.

So what's happenin' on Labor Day Weekend? More than any single human being can do! From Critical Mass and the World Welcome Party at the

Tempest on Friday night to the Awards Ceremony at the Get Outta Town Party in Lennon Studios on Labor Day night. You'll get to eat and drink so much that if you don't sweat it out on some of the alley cats then you'll be hurlin' with joy throughout all 72+ hours of ridin' n' partyin'!

Here's the menu: Friday, Aug. 29 -- World Welcome Party at 5 p.m. at the Tempest (Natoma & Mary off 5th & Howard). Bands and bike trick contests. Critical Mass at Justin Hermann Plaza (Market and First Street) 6 p.m. (However, you'll be late to the WWP!)

Saturday, August 30 -- High Noon at Dolores Park: The Godspeed Alley Cat with Uphill Time Trials -- Camping at Rob Hill

Sunday, August 31 -- 11 a.m. Picnic at Pioneer Grove (just south -- that's left when going toward the Ocean -- off JFK Drive at the Stow Lake turnoff). 1 p.m. Richie's Fixie Ride. 1 p.m. The 7th Annual Mountain Lion -- Folsom & Ripley at 1 p.m. Camping at Rob Hill

Monday, September 1 Labor Day -- The ride to Portland starts! For info see Joel Metz of Jetset. More racing: 12:40 afternoon at Levi's Plaza -- Giro de SF. Then the Get Outta Town Party with Awards Ceremony at Lennon Studio from 3pm to 11pm.

What you can do -- Attend the fund raisers - offer your place to an out of town guest -- volunteer on the weekend -- ride & party.

ABBREVIATED VERSION OF EVENTS

FRIDAY 8/29/03:

WORLD WELCOME PARTY
5PM TO CLOSE TEMPEST NATOMA
AT MARY (OFF OF 5TH AND
HOWARD)

QCR REGISTRATION
BANDS: LITTLE ARMY, FREE CLINIK,
CHUM, VZ EXPERIENCE,
BACKWARDS CIRCLES AND
FREESTYLE DURING PARTY

CRITICAL MASS
6PM JUSTIN HERMANN PLAZA
(STUART AT MARKET)

SATURDAY 8/30/03:

GODSPEED ALLEYCAT
START NOON ENDS AT CROWBAR.

CAMPING AT ROB HILL
EAST SIDE OF WASHINGTON BLVD,
BETWEEN COMPTON AND CENTRAL
MAGAZINE BLVD.

STOPPING CONTEST
TO BE ANNOUNCED



SUNDAY 8/31/03:

PICNIC @ PIONEER GROVE
11AM, GOLDEN GATE PARK--
OFF OF JFK AND 12TH AVE.

MOUNTAIN LION
1PM, MEETS @ FOLSOM AND RIPLEY
ENDS 8TH AND FULTON.

FIXED GEAR ALLEY CAT,
1PM 'TIL 3PM, STARTS @PIER 40.

SKIDS IN GOLDEN GATE PARK
AT PIONEER GROVE AFTER RACE,
JFK/12TH BEHIND LOG CABIN

CAMPING AT ROB HILL
EAST SIDE OF WASHINGTON BLVD,
BETWEEN COMPTON AND CENTRAL
MAGAZINE BLVD.

MONDAY 9/1/03:

SF RAID TO PORTLAND
8-9AM, BAKER STREET AT
PANHANDLE (THE PARK BETWEEN FELL
AND OAK) EARLY RISERS MAY WISH
TO ARRIVE AT 8AM. ASK JOEL METZ.

GIRO DE SF
8AM-3PM. MESSENGER CATEGORY
STARTS AT 12:40PM.
30 MIN. RACE. BATTERY AND UNION.

**LENNON STUDIOS AWARDS
CEREMONY/GOODBYE PARTY**

3PM-11PM, 468 9TH (BACK
ENTRANCE ON DORE ALLEY)
TRACK STAND CONTEST AT PARTY
BANDS: CHIX PACKS, CROSSTOPS,
THE SICK, BLOWN TO BITS,
AND HEADLINING- THE LEWD.

The SFBMA remembers the great leadership and inspiration of #13 Fur, Markus Wesley Cook. A great friend to all. We miss you!

GIRO DI SAN FRANCISCO! BY BRIDGET

PART OF THE PRE-PRE-EVENT OF THE CMWC 2003!!! FOR THOSE OF YOU WHO ARE NOT RIDING YOUR BIKES TO SEATTLE THERE IS THE GIRO DI SAN FRANCISCO! MONDAY SEPTEMBER 1ST. Couriers in particular are encouraged to come out and race in the Giro di San Francisco, a local race that has gone on for almost 30 years! The local bike event boasted 500 starters in 2002 and will be an exciting display of skill and athleticism on Labor Day this year. Both amateurs and pros will race laps around a challenging course of four city blocks, complete with sharp corners on Green, Sansome, and Greenwich Streets, finishing on Battery across from Levi Strauss Plaza. Each event will feature crowd-pleasing mid-race "prime" sprint contests, in which a bell announces to riders that they're racing the following lap for cash or prizes. Pre-registration information at: <http://www.velopromo.com/giro-ent.htm> or register in person at least 30 minutes prior to your event, so like noon.

EVENTS	MILES	LAPS	PLACES	VALUE	FEE	START	LIMIT
Women	4	12	20	6	\$50	\$20	8:00am 50
Mstr 35+	4/5	18	30	6	\$75	\$20	8:40 75
Junior 15-18	18	30	6	\$100	\$20	9:30 50	
Senior 4/5	18	30	6	\$100	\$20	10:20 75	
Mstr 45+&55+	16	26	6	\$100	\$20	11:10 75	
Mstr 35+	123	18	30	6	\$100	\$20	11:50 75
Bike Couriers***30 minutes	6				\$100*	\$5	12:40 50
Women	22	40	10		\$500	\$25	1:10 75
Senior 3	18	30	6		\$100	\$20	2:10 100
Senior 1/2/Pro 44	80	10			\$500	\$25	3:00 120

*** Bike Couriers must register with World Bike Messenger race ID or letter or ID from their messenger company
*at least more cash and prizes will be donated, never fear.



PRESIDIO CAMPING FOR SF'S QUAKE CITY RUMBLE WEEKEND BY JOE CORIO

Lovely views and well equipped camp sites are just part of the allure of Rob Hill.
Photos: John Seagrave

Rob Hill Campsite (just east side of Washington Blvd, between Compton and Central Magazine BLVD) in the Presidio has been reserved for event participants (bikers of the world.) Starting Noon, Saturday, August 30, 2003 thru noon, Monday, September 1st (Labor Day).

The site accommodates up to 60 people and includes portable toilets; picnic tables, BBQ grills and a central campfire ring. Tap water is available. Not much else within a mile/back down the hill. It is located in a grove of eucalyptus trees high above Baker Beach; a fine spot for locals and guests our to share the hospitality of mother nature and one another.

All are welcome, NO RESERVATIONS NEEDED, easy in and outs, come and go, bring yer sleepin bag, some beans and beer to share!

Info: call Joe at
415.668.3126

Also looking for: Old blankets or tarps to share, Soup Kitchen Cooks/Contributions, Fire wood, Staffing for short shifts of gear watching, (Security) during weekend events



THE 2003 MOUNTAIN LION

The Mountain Lion would be San Francisco's longest running Alley Cat except that it's more than an alley cat! First run in 1997 a few months after the 1996 CMWC was hosted in San Francisco, the Mountain Lion has been run every year since and serves as an historical link between the West Coast's first CMWC and this year's return of the World Championships back to the Coast.

The 2003 Mountain Lion will begin 1 p.m. Sunday August 31 at Folsom & Ripley on the north slope of Bernal Heights and reach the Finish Lion in Golden Gate Park. As in all 6 previous rides, the 2003 ride will feature checkpoints on the City's three highest points: Mount Sutro, Twin Peaks and SF's highest peak Mt. Davidson (925 feet; about 300 meters). Also included are 2 other checkpoints to be named on the day of the event; this year one checkpoint will require a brief but intense survival skill similar to that accomplished by a Mountain Lion. In other words -- to win the Mountain Lion you must be the Mountain Lion!

Prizes will be awarded for 1st and Dead Fuckin' Last (DFL). If 4 or more Fixie Riders, Women Riders and Veteran Messengers ride there will be an award for 1st in each of those categories. At least the first 30 of THOSE WILL COMPLETE THE COURSE WILL RECEIVE FINISHER' PINS! TO FINISH THE RIDE IT IS STRONGLY RECOMMENDED THAT YOU CARRY A LOCK.

The ride is named the Mountain Lion for a few reasons. As previously mentioned it features checkpoints on the City's highlands. Also the Mountain Lion (a.k.a. Puma, Cougar, Panther, Catamount and more names than any other American animal) is an cat native to this region. It was found in San Francisco before Spanish settlement and still roams highlands and forests throughout the Bay Area. Mountain Lions have been seen a few hundred meters from the north end of the Golden Gate Bridge as well as the outer reaches of Stanford campus, the Oakland and Berkeley hills and of course the mountains that we see from the ride's checkpoints. The ride is also a contact with the rural and natural heritage that still defines our universal humanity.

But the most important reason for the name is that the unique character of this American animal is expressed in the ride. Like a Mountain Lion, the rider who completes this event must use resourcefulness, navigation skills, endurance, climbing abilities, a bit of nerve and even some survival practices.

In consideration of the great abilities demanded of the riders, the organizers and volunteers of all 6 previous Mountain Lions have always provided kick ass rides with cool prizes at post-event parties. This year will be different: it will be better!



DESCRIPTION OF THE RAID CALIFORNIE OREGON BY JOEL METZ

The Raid Californie-Oregon, while being a separate event from the quake city rumble, does have its start time within the days that the QCR is happening. The raid is a 700 mile race/ride from san francisco to portland, oregon, one half messenger-style alleycat, one half randonneur-style fast touring. No fixed course, no fixed checkpoints, no sag wagon. Once the riders have left SF, it's their responsibility to get themselves to Portland as fast as they can under their own power. I wish them (and me!) luck.

