



MEDIA RELEASE

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Light up for autumn cycling pleasure

Canberrans have been urged to light their bikes up so they can enjoy the mild-weather riding pleasures of autumn.

Pedal Power spokesman, Tony Shields, said modern lights offered remarkably high performance, 'If you haven't shopped for lights recently, you will be surprised at how good they are – even this year's models are better than last year's.'

Mr Shields said there were lights to suit every type of riding. 'There are amazingly good lights for less than \$50 that can make for safe and legal riding after dark. For really serious riders, two or three times this amount will buy you the sort of lights that could almost be mistaken for motor bike lights, they are so powerful.'

'Autumn's the best time to ride in Canberra, but with the end of daylight saving it's easy to get caught in the dark.'

'Australian road rules require cyclists to use lights at night or in any situation of reduced visibility (for details see Section 259 of the Australian Road Rules http://www.ntc.gov.au/filemedia/general/ARR06_Part_11_Part_21.pdf).

'If you're with traffic, like on the increasingly popular on-road lanes between Dickson and Woden, you need to be seen by other road users. A good steady white headlight and a bright flashing red light at the back will do the trick,' said Mr Shields. 'Wear bright clothing as well, preferably with reflective areas.' A delivery driver recently remarked that 'at dawn and dusk reflective vests are far easier to see than other cycling clothing'.

It can be dark riding Canberra's bike paths. Pedal Power suggests LED (light emitting diode) lights will show the way ahead quite cheaply. 'High-powered battery lights will just about turn night into day if you can afford them,' said Mr Shields, 'or new efficient dynamos will never run out of light unless you run out of pedalling oomph.'

The website www.cyclingpromotion.com lists the costs and characteristics of the most popular lights available.

Pedal Power has around 1600 members and its mission is 'More Canberrans cycling, more often for a better community'.

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