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**Over 130 emails support our cycling projects**

Over 130 positive emails have been sent to ACT Ministers in support of our three projects for the 2008-09 ACT Budget: a sealed Jerrabomberra Wetlands cycle path, to complete Lake Burley Griffin's East Basin circuit; more directional signage for Canberra's cycle paths; and cycle lanes along the Cotter Rd between Weston Creek and Stromlo Forest Park.

That's great, but we need to keep the support flowing in. Please spend a few minutes to send an email to [hargreaves@act.gov.au](mailto:hargreaves@act.gov.au), [barr@act.gov.au](mailto:barr@act.gov.au) and [stanhope@act.gov.au](mailto:stanhope@act.gov.au) (and copy to [advocacy@pedalpower.org.au](mailto:advocacy@pedalpower.org.au)). It doesn't have to be a work of art, just a sentence or two is enough. For more information and a "template" for your message:

<http://www.pedalpower.org.au/advocacy/news.asp#1752>.

**Weston Creek bike path closure**

The community path between Scrivener Dam and the Yarralumla Woolshed is closed until Friday 18th April, for essential maintenance on the wooden bridge over Yarralumla Creek. Yellow Pages map references are from map 58 A12 to map 67 I6.

An on-road detour for cyclists will be put in place along the Cotter Road and appropriate warning signs, speed limits and detour signs will be erected.

Cyclists who wish to remain on dedicated paths may use the path around the edge of Curtin and alongside Yarra Glen, Melrose Drive and Hindmarsh Avenue to obtain access to Weston Creek.

For updates, see <http://www.tams.act.gov.au/move/roads/temproadclosures>.

**Cordon Count volunteers needed for early March**

The Pedal Power cordon count will be held on a Tuesday, Wednesday or Thursday in early March. We count all people cycling into Civic/Acton between 7:30am and 9:00am. With cycling on the increase, we are keen to see the numbers. If you can volunteer to be a counter, please contact [rbracewe@bigpond.net.au](mailto:rbracewe@bigpond.net.au). You'll get coffee and pastry afterwards!

### **ANU Ride 2 Uni Breakfast 28 Feb**

There will be another free Ride 2 Uni pancake breakfast from 8 to 10 am on Thursday 28 Feb, in Union Court.

### **Corinbank Festival Feb 29 - Mar 2**

This environmental sustainability festival at Corin Forest Mountain Recreation Park (<http://www.corin.com.au/>) will feature free MTB tours including all gear, pedal-powered dodgems, pedal-powered percussion garden, tallbike jousting, freakbike boot camps, a guided mountain bike expedition and the Australian premiere of the feature film B.I.K.E. Rat Patrol Oz (<http://www.rat-patrol.org/RPOz/RatPatrolOz.html>) will challenge participants to ride their unique bike creations. Children under 12 years enter free, and there will be a dedicated 'no queue' entrance and racks for bikes. Tickets and more info: [www.corinbank.com](http://www.corinbank.com)

### **London to become cycling paradise?**

[From World Carfree News:] Mayor Ken Livingstone announced plans to create 12 bicycle 'motorways' throughout London and into the suburbs, to the tune of £400m. It will be the largest investment in cycling in London's history, and a part of an initiative to stimulate 400% growth in cycling by 2025.

[www.guardian.co.uk/uk\\_news/story/0,,2254928,00.html](http://www.guardian.co.uk/uk_news/story/0,,2254928,00.html)

### **Does your bike cage have swipe-card access?**

Terry George of IP Australia has arranged to get data on usage of their bike cage, based on the number of electronic swipes in and out. If other workplaces have bike cages with swipe-card access, we may be able to get a much better Canberra wide picture, with not much effort.

### **Australian Ethical Big Canberra Bike Ride – Canberra Day 10 March.**

Bring family and friends to Blundell's Cottage at 8am for an 8.30 start, and join 1,000 other cyclists riding down Anzac Parade in Canberra's biggest community ride. Choose either a 15 km or 25km signed route along the streets of inner Canberra and the Parliamentary Triangle. Morning tea will be provided halfway at the Dickson Tradies Club. At the finish you can buy BBQ food, drinks and yummy Chameleon ice cream. Enter by 5 March to save up to \$10. For more info and to enter: <http://www.pedalpower.org.au>. Email this on to others who want to join in the fun.

### **Ride to Work Day update**

Final ACT registrations for Ride to Work Day exceeded 2,000 – 297% more than 2006 and including 382 new riders. For more information: <http://www.bv.com.au/join-in/30057/>

And put Ride to Work Day 2008 - 15 October - in your Diary now!

### **Cycling Resource Centre**

The Cycling Resource Centre is a new repository of best practice information and road crash and other data, relating to cycling planning, policy, programs and projects: <http://www.cyclingresourcecentre.org.au/>

### **Men riding to work; Fit and fat better than unfit and unfat; Outrunning depression**

#### **Men: ride to work to keep your weight down**

Men who cycle to work are significantly less likely to be overweight and obese than with those driving to work, according to research published in the January edition of

Preventive Medicine. The results also suggest that men who use public transport to get to work are also significantly less likely to be overweight and obese.

These findings do not apply to women, and it is unclear why using public transport to work is only associated with healthy weight for men in particular. Walking to work was not found to be associated with overweight and obesity in either men or women.

For more information contact Sheila Pham, Sydney South West Area Health Service, Health Promotion Service on 9828 6948 or 0423 880 177.

#### **Fit and fat better than unfit and unfat, study finds**

The Star, 4 December 2007

MEN and women who were fit, but were overweight or obese, had a lower mortality risk than those of normal weight but low fitness levels, a study in the *Journal of the American Medical Association* showed. Exercise expert Steven Blair of the University of South Carolina and colleagues tracked about 2,600 people age 60 and up, over 12 years. Those in the lowest fifth in terms of fitness had a death rate four times higher than participants ranked in the top fifth for fitness. "Being fit provides protection against mortality in these men and women 60 and older, whether they're normal weight, overweight or obese," Blair said.

To view the article, click on: <http://www.thestar.com/living/Health/article/282512>

#### **Outrunning Depression**

Bend Bulletin, December 20, 2007: University of Texas researchers recently showed that 30 minutes of aerobic exercise three to five times a week could cut the incidence of depressive symptoms almost in half.

Individuals assigned to running on a treadmill or riding a stationary bicycle reduced their incidence of depressive symptoms by 47 percent over 12 weeks. Those who participated in lower-intensity physical activity showed a 30 percent reduction in symptoms, while those who did stretching and flexibility exercises averaged a 29 percent decline.

"The effect is similar to what you find with antidepressant medications," says Dr. Madhukar Trivedi, director of the school's mood disorders research program.

A Duke University study found that patients who did aerobic exercise were more likely to recover than those who used psychotropic medication, says clinical psychologist Dr. Michael Conner. He tells his patients, 'If you don't want to be on drugs your whole life, exercise may be the key.'

Dr. John Bartholomew, a professor of kinesiology and health education, acknowledges that patients with depression tend to withdraw rather than seek out new activities. "We have to wonder if the idea of exercising vigorously for 30 minutes a day is really that appealing to anergic (lacking energy), disheartened, depressed patients," wrote Dr. Murray Stein, a professor of psychiatry at the University of California.

Read the full article:

[http://www.bendbulletin.com/apps/pbcs.dll/article?AID=/20071220/NEWS0107/712200310/1006&nav\\_category=](http://www.bendbulletin.com/apps/pbcs.dll/article?AID=/20071220/NEWS0107/712200310/1006&nav_category=)

#### **Riding to whose left?**

An astute reader has questioned the meaning of the Australian Road Rule, quoted in the December newsletter, that bicycle riders on shared paths must keep to the "left"

of oncoming bicycle riders – does this refer to the side of the path judged by the rider to be “left”, or the side judged by the oncoming bicycle rider to be “left”?

I suspect that it is meant to mean “left” as judged by the rider.

If you know of any legal decisions on this issue, please send information to [ridetowork\(at\)pedalpower.org.au](mailto:ridetowork@pedalpower.org.au) [replacing “(at)” with the “@” symbol].

### **Recycling bike gear and inner tubes**

IP Australia's Ride to Work coordinator has installed a box to allow people to recycle their unwanted cycling stuff (in reasonable condition) for others to take. The John Gorton Building has used a “tube exchange” for punctured and repaired inner tubes.

Why not try these ideas at your workplace?

### **Pedal Power's got you covered**

Staff of Commonwealth and ACT government agencies no longer have workers' comp cover for injuries sustained going to or from work. However if you're a Pedal Power member, you're covered if you're injured by coming off your bike on your way to or from work (or whenever you're riding anywhere in Australia or NZ for that matter). You're covered for loss of earnings and non-Medicare medical expenses. For details, see <http://www.pedalpower.org.au/services/content.asp?IntContId=129>. To join up, click on the “Membership” tab.

### **Items for next newsletter due by Friday 7 March**

To submit an item for the next newsletter, please use the Pedal Power contact form at <http://www.pedalpower.org.au/contact/> or email it to [ridetowork\(at\)pedalpower.org.au](mailto:ridetowork@pedalpower.org.au), [replacing “(at)” with the “@” symbol]. We apologise for this inconvenience, but we need to reduce our volume of SPAM.

### **To join or leave this mailing list ...**

To join the list for this newsletter, contact your workplace Ride to Work coordinator or email your workplace details to [ridetowork\(at\)pedalpower.org.au](mailto:ridetowork@pedalpower.org.au), [replacing “(at)” with the “@” symbol].

To leave this mailing list, please contact the Ride to Work workplace coordinator who forwarded this newsletter to you.