



# Ride to Work News

August 2008:

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	<p><b>This project is funded by the Australian Government Department of Health and Ageing.</b></p> <p><b>Find thirty. It's not a big exercise®</b> Just 30 minutes of moderate intense physical activity on most days of the week is needed for good health. You don't need to do 30 minutes in one go, three lots of 10 minutes is just as beneficial. For more suggestions on how you can 'find thirty' check out <a href="http://www.findthirty.com.au">www.findthirty.com.au</a></p>
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### National Ride to Work Day – 15 October

#### **Environment Minister urges nation to Register and Ride**

Launching National Ride to Work Day on July 26, Environment Minister Peter Garrett called on commuters across Australia to register to take part in National Ride to Work Day on October 15.

"There is no doubting the physical benefits that can be achieved by riding a bike but the environmental benefits can also be significant with around 300 grams of greenhouse gas emissions saved, per kilometre, for every vehicle that is taken off our roads.

"Two wheeled transportation is a great option. With a target of 50,000 participants this year I would encourage as many individuals as well as employers to get involved this year.

"This is a great opportunity for novice cyclists to try riding to work with the support of other more

experienced riders and potentially making cycling the habit of a lifetime." You can register for this year's National Ride to Work Day at [www.ride2work.com.au](http://www.ride2work.com.au).

### **Gear Up and Go for a Cruise.**

*Gear up:* Dig your bike out of the shed and dust it down. If you haven't ridden for a while, chances are the chain could do with some oil and the tyres will need some air. If you're not sure where to start, ask your local bike shop for advice.

*Go for a cruise:* Go for a ride with the kids or invite some friends to ride with you. Check out your bike set-up and make sure you're comfortable.

[Click here to learn Everything you wanted to know about riding to work... but were afraid to ask!](#)

### **National Ride to Work Day breakfasts**

There will be a Community Breakfast at Glebe Park in Civic. We expect that many workplaces will also hold Ride to Work Day breakfasts. For updates on community breakfasts, or to find out how to run your own, go to <http://bv.com.au/join-in/40491>.

### **Help wanted in the lead up to Ride to Work Day**

Please contact Leon on 0431 979 184 or "ridetowork [at] pedalpower.org.au" if you are able to participate in (or help with) any of the following projects:

"Cycle Angels." For the first time in Canberra, you can be a "Cycle Angel" and help direct people to the Ride to Work Day breakfasts. [Click here for more information.](#)

Commuter Challenge: How long does it take to commute by bike, car or bus. [Last year, bikes took less time than cars](#), door-to-door. Will they do it again in 2008? [Click here to read what happened in Sydney's "Great Race."](#)

Group Rides to Town Centres – join (or lead) a group ride to your town centre, either in the lead-up to Ride to Work Day or on the day itself.

## **Calendar**

### **The Great Hartley Bike-Cleaning Workshop – 14 Sept**

Thanks to those who supported the Great Hartley Debate. It was a great night and raised \$3,700. Hartley Lifecare now presents the Great Hartley Bike-Cleaning Workshop.

Learn how to clean your bike properly to prevent wear and enable smooth gear changes.

*Watcha gets:* Experienced bike cleaners. Just about everything provided.

*Watcha pays:* \$20; Who gets watcha pays: Hartley Lifecare.

*Watcha brings:* Bring your bike, a stand or windtrainer if you have one, rubber gloves, spray bottle.

*Where:* Upstairs undercover area at Stromlo Forest Park (the criterium circuit on Uriarra Road)

*When:* Sunday 14 September 2008, 2pm to 4pm

*By whom:* Fyshwick Fresh Fruit Markets cycling team

*Bookings and inquiries:* [wickedfysh@gmail.com](mailto:wickedfysh@gmail.com) or Kay on 6297 8587.

### **Rotary Scenic Cycle Tour of Canberra – 21 Sept**

The Rotary Scenic Cycle Tour of Canberra is on again this year on Sunday 21 September 2008.

There is a family fun ride, or your choice of more difficult rides culminating in the 100km five hills ride.

Pedal Power is a co-sponsor with Canberra Woden Rotary. For more information go to the

Canberra Woden Rotary website at [www.rotanet.com.au/canberrawoden](http://www.rotanet.com.au/canberrawoden) where you can register online. Enquiries: Noel Hart 'nhart [at] netspeed.com.au' or phone 6288 3568.

### **Pedal Power ACT Election Forum – Cycling: What will the Politicians DO? – 7 October**

Do you want politicians to do more to make cycling easy and safe? Do you want gaps in the cycling network fixed, our bike paths properly maintained and cycling better recognised and catered for? Then come along to the **Election Forum** to hear politicians say what they will DO for cycling if elected, and have the opportunity to question them about their cycling policies. If you only turn up to one Pedal Power event this year, then make it this one! With a tightly contested ACT election forecast, we are working hard to get the best possible commitments for cycling from our politicians; but they won't know how important it is unless YOU turn up to the meeting, to show them that people who cycle also vote!

When and Where: Tuesday 7 October at 7.30pm, Johnson Auditorium, Pilgrim House Conference Centre, Corner of Northbourne Avenue and Rudd Street Civic.

Enquiries advocacy [at] pedalpower.org.au

### **Cycle City Fitz's Challenge 26 October**

Online entry is now open for the [Cycle City Fitz's Challenge](#) on Sunday 26 October. With rides from 50km to 207km there's a ride for everyone. [Enter online](#) and save \$10.

### **Ride the Bicentennial National Trail**

The Bicentennial National Trail ([www.nationaltrail.com.au](http://www.nationaltrail.com.au)) runs 5,300km from Victoria to North Queensland. To mark its 20th birthday, the BNT is conducting Trekfest, an ambitious publicity event. Trekfest will comprise a number of small, self-reliant trekking groups that will converge on Canberra on 2 November 2008. Cyclists will cover more than 200km, and each day will be featured in radio or TV interviews. If you are interested in being a part of this celebration then please contact James Elsbury on 0428 622 105 or 'trekfest [at] grapevine.com.au'.

### **Life Cycle ride from Campbelltown to Canberra – 2-3 May 2009**

This ride has been postponed from October 2008. Details will be made available at: <http://www.lifecycleaustralia.org.au/>.

## **News**

### **Tony Stubbs rides (or walks) to work**

Tony Stubbs is the CEO of the ACT Division of the [Heart Foundation](#), a long-standing supporter of Ride to Work.

Q. How did you get into bike riding?

A. Growing up in Canberra in the 70s my brother and I rode everywhere - the pool, oval and the bush - was the best way to get around. I cycle now to keep fit and train for Triathlons.

Q. Where was your last ride?

A. I rode in a Duathlon down at Jervis Bay with my brother - 10km - great roads and scenery.

Q. How often do you ride to work, and how far is it?

A. As I live 15 minutes walk to work I normally walk. However in summer I was riding around the lake and then finishing at work.

Q. What do you enjoy most about riding to work?

A. Exercise is such a great way to start the day - you feel good after a shower - sets up your day and usually I solve a few problems involving work on the way in.

Q. Which is your favourite bike?

A. I have always had Giant bikes - I really like the feel of them.

Q. What was your most embarrassing cycling experience?

A. Well like most people who first get clip on shoes for the first time I had an incident with them. Was going very well but as I got tired I forgot when I came to some traffic lights - I couldn't get my feet out and was miles from a pole - so I fell in front of many cars - as if in slow motion.

Q. Who mends your punctures?

A. Up until last year the bike shop did - but my goal this year was to learn and I can say I achieved my goal.

Q. It's raining – bike, bus or car?

A. Usually walking!

Q. Lycra or normal clothes?

A. A bit of both - bottom half lycra - top normal.

Q. What do you take when cycling?

A. water and spare tube.

Q. What single thing would most improve matters for Canberra cyclists?

A. wider spaces on the shoulder of roads for cyclists.

Q. If you had \$200 of bike shop vouchers, what would you buy?

A. some more riding gear - lycra for the top but also shoe warmers and better gloves.

### **Letter - safe and courteous overtaking in bike lanes**

*My major cycling concern is not cars but other cyclists. I find when I am riding down Northbourne Avenue on my way to work I am overtaken by other cyclists at speed and at close range. It is not*

only aggressive and intimidating, but I fear it will cause an accident as cars are likely to have to move suddenly into another lane to avoid hitting riders that are two abreast as the impatient rider overtakes. My second concern is how close and suddenly the other rider passes me. I think it is very arrogant. Riders as well as car drivers need to get real about taking responsibility for how they behave. (Name withheld at writer's request).

### **Ride to Work Survey, and LED light winners!**



Thanks to all who completed the Ride to Work survey. We expect to publish the results in time for the September newsletter.

The winners of the the [Reelight SL-100](#) lights, donated by [SCV Imports](#), were Anusha Subramaniam (left, with Pedal Power Office Manager Kevin Tran) and Meredyth Mackay (right, with Pedal Power Executive Officer Leon Arundell).



### **Even the Americans are riding to work.**

In a country famous for its love of cars, rates of bike use in some cities are significantly higher thanks to recognition by urban planners of the environmental, economic and health benefits. "Ridership is increasing exponentially," said Scott Bricker, executive director of the Bicycle Transportation Alliance, an advocacy group. More information:

[http://www.cyclingresourcecentre.org.au/news\\_item.php?item=84](http://www.cyclingresourcecentre.org.au/news_item.php?item=84).

### **Bristol UK's first "cycling city" as part of £100m UK cycling package**

Bristol wants to double the number of people cycling over the next three years, by creating an on-street bike rental network, establishing a 're-cycling' scheme to provide free bikes to those in deprived communities, building a state-of-the-art facility for cyclists in the city centre providing showers, bike parking and lockers, creating a dedicated cycleway to link the suburbs with the city centre, and more than doubling the number of children receiving cycling training.

More information: [http://www.cyclingresourcecentre.org.au/news\\_item.php?item=83](http://www.cyclingresourcecentre.org.au/news_item.php?item=83).

### **Fly to work!**

A German inventor has built a flying bicycle, called a flyke, that can reach airborne speeds of up to 45 kph. At only 10,000 Euros, it's the "must-have" commuter vehicle for 2009. [Click here for more information \(in German\)](#).

### **Bicycle storage solutions**

[Bicycle storage solutions](#) offers a one-stop-shop service for user friendly & secure bicycle parking solutions for offices, schools, transit hubs and retail centres. They can design, supply and install bike racks, cages and sheds. For more information [see their website](#) or phone 0434 060 855.

## **Useful information**

### **Join Pedal Power and support cycling**

Pedal Power's [Advocacy Team](#) continues to do a remarkable job in promoting better facilities and support for cycling. Even if you don't join the Advocacy Team, your Pedal Power membership will provide them with moral and financial support for their activities. [To find out more about Pedal Power membership, click here](#).

### **Items for next newsletter due by Friday 12 September**

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@pedalpower.org.au](mailto:ridetowork@pedalpower.org.au).

### **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@pedalpower.org.au](mailto:ridetowork@pedalpower.org.au), [replacing "{at}" with the "@" symbol].

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