



Ride to Work News

December 2008

This project is funded by the Australian Government Department of Health and Ageing.



Pedal Power is proudly supported by the ACT Government, under the ACT Health Promotion Grants Program.



Find thirty®. It's not a big exercise
Just 30 minutes of moderate intensity 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 www.findthirty.com.au

Ride to Work update

ACT Ride to Work Day registrations up 9%
2,260 people registered in the ACT for this year's National Ride to Work Day, up 9% from last year.

For more information see <http://www.bv.com.au/join-in/40706/>. Also, see the photos on the back cover of the December/January Canberra Cyclist.

Right: Sign outside Dame Pattie Menzies House, Dickson

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TravelSmart Workplace Challenge results

Congratulations to **CANFaCS** and the **ANU Legal Office** (under 25 employees), Bovis Lend Lease (25-99 employees), the **Department of Climate Change** (100-249 employees) and the **Department of Finance and Deregulation** (250+ employees), for winning their categories in the [TravelSmart Workplace Challenge](#) for National Ride to Work Day.

Congratulations also to the **Department of Environment, Water, Heritage and the Arts**, for the best ACT Ride to Work photo.

Keep riding and win prizes

Keep a record of how many days you have ridden to work since National Ride to Work Day (15 October), and how far you travel each day between home and work. Further details will be announced in the February 2009 Ride to Work newsletter.

December competition: you choose the prizes

Tell us how important you rate various items of clothing and equipment, by completing a short survey at http://www.surveymonkey.com/s.aspx?sm=EEWTKQAY4z6TEQnBTJqXug_3d_3d. Prizes will be selected from the items that are rated most useful.

Workplace kits

Ride to Work kits, with information for people who are considering riding to work, are currently being distributed to Ride to Work workplace coordinators.

Calendar

Christmas Ride to Work breakfast at Woden, Thursday 18 December.

The breakfast will kick off at 7.45am at Gizmo's Café at the entrance to IP Australia, 47 Bowes St Woden. There will be Christmas prizes, donated by the [Bike Shed](#). The Bike Bus will arrive from Civic at 8.10am, and Symanston-bound riders will depart at 8.15am.

Join the Dickson-Civic-Woden-Symanston bike bus on Thursday 18 December

This is an opportunity for you to try on-road cycling in the genial company of other cyclists. The schedule will be as follows:

Northbourne Ave/Antill St Dickson (Leon Arundell 0431 979 184)	7.15 am
Northbourne Ave/Wakefield Ave Dickson	7.20 am
Northbourne Ave/Girrahween St Braddon	7.24 am
Northbourne Ave/Cooyong St Braddon	7.27 am
Northbourne Ave/London Cct Civic (Peter Strang and Leon Arundell)	7.30 am
Commonwealth Avenue Bridge (south end)	7.37 am
Adelaide Ave/National Circuit	7.48 am
Adelaide Avenue/Carruthers St Curtin	8.00 am
then via off-road bike path to...	
... arrive at Gizmo's Café 47 Bowes St, at the main entrance to IP Australia	8.10 am
Depart Gizmo's for Symanston (Jeff Ibbotson)	8.15 am
Arrive Symonston	9 am approx.

You can join or leave at any point. If you want us to look out for you, [send us an email](#) with your mobile phone number and where you intend to join the bus.

Corinbank 27 Feb-1 Mar 2009

Music, Arts, Celebration and the earth. More info: <http://www.corinbank.com/>

News

Launceston St Cycle Lanes

On-road cycle lanes are being installed in Launceston St, Phillip. The lanes will connect the cycle lanes on Melrose Drive, the off-road path on Yamba Drive, the Yarralumla Creek Drain paths, and the Callum St path to each other. They will also allow cyclists on Launceston St West (in Lyons) and on Wisdom/Kent Sts to safely get to offices, colleges etc on or near Launceston St. An extra pedestrian crossing is being installed at the Yamba Drive traffic lights so that cyclists and pedestrians can reach the westbound cycle lane or adjacent footpath without having to make a two-stage crossing of Yamba Drive as currently applies.

LifeCycle - Tony Shields

Tony Shields (right, cycling with his nephews in the street where he grew up) is Pedal Power's advocacy team leader.

Q. How did you get into bike riding?

A. I got a bike like all my friends in primary school and I took it up again at Uni when I didn't have a car. I cycle because I like the curve of leaning a bike round a corner. I cycle because it's easy, because I can eat more without getting fat and because it is beautifully simple - it is something that an engineer and poet can both agree on. I also cycle because it is part of my volunteer job description.

Q. Where was your last ride?

A. To Civic

Q. Do you ride to work?

A. No. I work from home, and Liz won't let me ride through the house.

Q. How often do you ride, for what purpose, and how far?

A. Once every one or two days. Mainly for getting around, to shops, to meet friends and because it's better than using a car for short journeys. I go mountain biking once or twice a week.

Q. What do you enjoy most about riding?

A. The leaning into corners.

Q. Which is your favourite bike?

A. The one I am riding right now.

Q. What was your most embarrassing cycling experience?

A. I've erased it from my memory.

Q. Who mends your punctures?

A. Me unfortunately.

Q. It's raining – bike, bus or car?

A. Depends how much I can be bothered finding my wet weather gear.

Q. Lycra or normal clothes?

A. Lycra for mountain biking; otherwise normal clothes.

Q. What's your favourite cycle journey?

A. Riding to have a beer or go out to dinner. It's filled with happy anticipation.

Q. What do you take when cycling?

A. Myself - oh and my bike.

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

A. Politicians doing what we say! More seriously, the Greens-Labor agreement will provide a big funding boost over the next four years to get the facilities to get more Canberrans cycling. Completion of the projects already funded will also help.

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

A. Can you trade them in for cashews? How about citrus tarts and cream?



More News

Irish cycling groups set the example

The seven Irish cyclist advocacy groups have combined to form a new lobbying body called "Cyclist.ie" to raise the profile of cyclist issues and campaign for action. More information: <http://www.cyclist.ie/>. Representation of Australia's cycling advocacy groups is currently divided between the Bicycle Federation of Australia and the Bicycle Coalition.

Bike numbers boom in Melbourne

THE number of people riding into the city in the mornings has increased by 43 per cent in the last year according to the City of Melbourne's latest Bike Account Census.

An average of 6,800 cyclists are riding into the city between 7am and 10am in 2008, compared to 4,770 riding in the same morning peak period in 2007.

More information: <http://www.bv.com.au/change-the-world/10288/> [Active Media Bulletin, Nov 08]

Exterior Airbags to protect pedestrians and cyclists

I don't think Australian Traffic Engineers will take the idea seriously ... but it's certainly worth a read:
http://media.fietsersbond.nl/botsvriendelijkeautos/presentation_english_ECF.pdf

Fit fatties healthier than slim lazies

The Age, October 28, 2008

A slim couch potato has poorer health prospects than an overweight person who exercises regularly, according to an expert who is urging Australians to end their weight-loss fixation.

"It's all about exercising to lose weight but the fact is many overweight and obese people don't lose weight when they start a regime and so most of them stop," said Professor Adrian Bauman, director of the Australian Centre for Health Promotion.

"It's about health, not weight, but people don't seem to get it."

Read the full article: <http://www.theage.com.au/news/lifeandstyle/health/fit-fatties-healthier-than-slim-lazies/2008/10/28/1224956001682.html> [Active Media Bulletin, Nov 08]

Intense activity curbs breast cancer risk

Calgary Herald, October 31, 2008 [Active Media Bulletin, Nov 08]

Vigorous activity, from running to chopping firewood or scrubbing floors, protects women against breast cancer, new research involving more than 30,000 women shows.

But the benefit was found only in lean or "normal"-weight women, and not heavier ones.

Overall, the most active women had about a 13 per cent lower risk of post-menopausal breast cancer compared with the least active. But the findings suggest physical activity in mid to late adulthood is important "for influencing breast cancer risk," the researchers conclude. The study was published this week in the journal Breast Cancer Research.

Read the full article: <http://www.canada.com/calgaryherald/news/story.html?id=c4e29bc0-f117-4dbb-9f41-eea9b2902708>

Bike'n'Ride goes cool!

If you ever mistakenly thought ACTION Bus Bike'nRide was uncool, check out this video:
<http://www.activelivingbydesign.org/communities/featured-community/bike-rap>

How safe is your city? Put it to the bicycle test

Wed Oct 8, 2008 By Fiona Ortiz (from the CRC Newsletter)

BUENOS AIRES (Reuters) - Using hidden cameras and cheap bicycles as bait, an Argentine publicist set out to gauge crime in different neighbourhoods of Buenos Aires. Pasik speeds up the videos, sets them to music and puts them on a website (<http://www.lapruebadelabicleta.com>).

Useful info

Teaching your child to ride

Riding a bicycle for the first time can be an exciting challenge, especially when a child graduates from trainer-wheels. Bikewest has put together a fact sheet that helps parents teach their children the art of riding a two-wheeler: [Teaching your child to ride](#) (pdf 150kb)

Personal Accident Insurance for bike riding

Pedal Power members get automatic personal accident insurance coverage, for whenever they are riding their bikes for recreation in Australia or New Zealand. [Click here to find out more.](#)

Items for next newsletter due Sunday 1 February 2009

We're taking a summer break! The next Ride to Work newsletter will come out in early February 2009. To submit an item for the December newsletter, please use the Pedal Power contact form at <http://www.pedalpower.org.au/contact/> or email it to 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, [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.