



Ride to Work News

March 2009

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



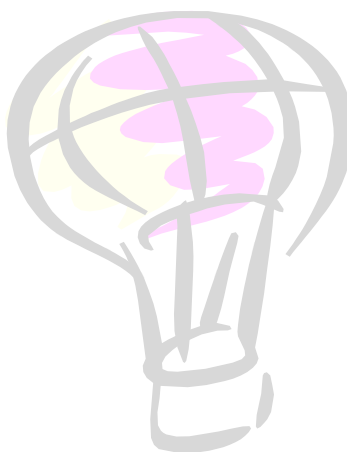
Pedal Power is proudly supported by the ACT Government, under the ACT Health Promotion Grants Program.



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



In this issue:



[Win a patch kit](#)

Ride to Work update

[Breakfast at the Balloons](#)

[Wed 11 March](#)

[Ride to Work lunchtime seminars](#)

[Are you a Hawk or a Fledgling?](#)

Prizes and Competitions

[March competition - keep riding and win a copy of "Cycle Canberra"](#)

[Review your route and win a Ride to Work T-shirt](#)

Calendar

[Australian Ethical Big Canberra Bike Ride, Canberra Day, Monday March 9](#)

[Breakfast at the Balloons, Wednesday March 11](#)

[World N*ked Bike Ride March 15](#)

[Ride to Work Lunchtime Seminars 24 March-2 April](#)

[Bike Maintenance classes March 29 and April 5](#)

[Gear Up Girl Challenge April 5](#)

[Lifeline LifeCycle Sydney to Canberra 2-3 May](#)

News

[ACTION Bike'n'Ride now caters for 20 inch wheels](#)

[IP Australia](#)

[Amy Gillett Foundation Road Users' Code of Conduct](#)

[News from Melbourne, Sydney and Brisbane](#)

Health News – Diabetes and cycling

[Diabetes risk test](#)

[Life! Taking Action on Diabetes course](#)

[Physical Activity and Type 2 Diabetes](#)

[Type 2 diabetes and the effect of behaviour self management programs for prevention](#)

Useful info

[Bike Cage Etiquette](#)

[Don't miss out on Canberra's best cycling magazine!](#)

[Items for next newsletter due by Sunday April 4](#)

Ride to Work update

Breakfast at the Balloons Wed 11 March

Join us from 6.30 to 9am (weather permitting) for breakfast at the balloons on the lawn between Old Parliament House and the lake. The Belconnen Lions Club has kindly offered to provide Ride to Work cyclists with a free orange juice, tea or coffee with a breakfast purchase.

Ride to Work lunchtime seminars

In March and April we will hold a lunchtime seminar at each of several locations around Canberra. Each seminar will cover bike skills, bike fit, nutrition and injury prevention.

The proposed seminar dates are March 24, 25 26 and 31, and April 1 and 2. We will circulate more information when the dates and venues have been confirmed.

Are you a Hawk or a Fledgling?

We need more volunteer "Hawks" for our trial "**Pedalling Partners**" program. With their experience and good vision, Hawks can assist "Fledglings" to get to know their routes to work. When we achieve a critical mass of Hawks, we will invite prospective Fledglings to register.

If you are prepared to be a Hawk, please [email us](#) with your name, gender, age, work and mobile phone numbers, workplace, the suburb that you ride from, the approximate time that you leave and the name of your Ride to Work Workplace Coordinator.

Prizes and Competitions

March competition - keep riding and win a copy of "Cycle Canberra"

To enter, download, complete and return the [March competition form](#). Prizes will include copies of Pedal Power's "Cycle Canberra" book of ride descriptions, for exploring the ACT and Region by Bicycle. Winners will be announced in the April Ride to Work newsletter.

Review your route and win a Ride to Work T-shirt

You've chosen a suitable commuting route, and you know it well. But have you ever taken a thoroughly critical look at it? The Bicycle Federation of Australia has developed a "route-based checklist" that you can use to assess its strengths and the aspects that have room for improvement.

You can download the checklist from <http://www.travelsmart.gov.au/bikeability/index.html#route>

To win a Ride to Work T-shirt, simply complete the checklist for your route, and email it to "ridetowork(at)pedalpower.org.au". The information will be passed to Pedal Power's Advocacy Group and to the ACT Government, to help their bicycle route planning.

Win a patch kit

There's nothing more frustrating than discovering that the freshly-patched tube in your bike tyre has gone down overnight, and needs to be repaired again.

Over the past year, Leon has had this problem with about half of his Weldtite "Cure-C-Cure" patches. Weldtite has been manufacturing patches for a century, and have posted him some of their other types of patches, which seem to work much better.

Are some patches unreliable, or has Leon become careless in his puncture mending?

To win a patch kit, send us an email about your experience with any brand of patches.

Calendar

Australian Ethical Big Canberra Bike Ride, Canberra Day, Monday March 9

See the [Pedal Power website](#) for more details.

Breakfast at the Balloons, Wednesday March 11

See above for details

World N*ked Bike Ride March 15

The World N*ked Bike Ride is coming soon to Canberra. More information:

<http://nakedwiki.org/index.php?title=Canberra>

Ride to Work Lunchtime Seminars 24 March-2 April

Tentative dates for these seminars are 24, 25, 26 and 31 March and 1 and 2 April. More information will be circulated when the dates and venues are confirmed.

Bike Maintenance classes March 29 and April 5

Pedal Power's Beginner and Intermediate bicycle maintenance classes are held on the last Sunday of each odd-numbered month, with "Beginners 2" classes held on the following Sunday. The next Beginners & Intermediate classes will be held on Sunday 29 March, and the Beginners 2 on Sunday 5 April. More information, see the [Events Calendar](#) on the Pedal Power website.

Gear Up Girl Challenge April 5

The Canberra Gear Up Girl Challenge will have a 20km and a 60km option. [Click here to register.](#)

Lifeline LifeCycle Sydney to Canberra 2-3 May

Participate, sponsor or volunteer, and help Lifeline Canberra to prevent youth suicide.

<http://lifecycleaustralia.org.au/>

News

ACTION Bike'n'Ride now caters for 20 inch wheels

ACTION bus bike racks bikes now accommodate single rider, two-wheel bikes with a wheel size of 20 inches (51 cm) or larger, including most BMX, road bikes, hybrid bikes and mountain bikes. More information: http://www.action.act.gov.au/bike_n_ride.html

IP Australia

IP Australia now has its own Ride to Work Intranet page! Over 20 people ride to work each day.

Amy Gillett Foundation Road Users' Code of Conduct

Safe cyclists:

stop at red lights
indicate intentions in traffic and ride predictably
keep left and ride no more than two abreast
wear visible clothing and have lights on their bike
wear a helmet

Source: [Amy Gillett Foundation](#).

Safe drivers:

exercise caution driving near cyclists
allow 1 metre clearance when overtaking cyclists
check mirrors before opening doors
indicate intentions and drive predictably

News from Melbourne, Sydney and Brisbane

NEW bicycle commuter routes and the inclusion of special lanes in all large-scale road projects are expected to be part of the first major bicycle plan for Melbourne since the early 1980s. ...

[Clay Lucas, The Age, February 23](#). [Spotted by Terry.]

TAKE a good look Sydney - this is the traffic chaos for years to come as the city's streets are dug up to create a network of bike lanes. [Justin Vallejo, Daily Telegraph, February 20, 2009](#).

[Spotted by Terry.]

BRISBANE city-fringe dwellers have been told to get on their bikes and stop making excuses.

International design and planning company EDAW has released a "No Excuse Zone" map of Brisbane, which urges residents living within a 9km radius of the CBD to ride bikes to work. ... [Torny Jensen, Courier Mail, February 25](#). [Spotted by Hanna.]

Health News – Diabetes and cycling

Diabetes risk test

It is estimated that for every person known to have type 2 diabetes there is another who has it and is unaware. Using the [diabetes risk test](#) can lead to earlier diagnosis of type 2 diabetes.

Physical Activity and Type 2 Diabetes

If you have diabetes, you will be interested in the Diabetes Australia-Vic fact sheet:

http://www.diabetesvic.org.au/Portals/0/Physical_Activity.Arwen.pdf

Type 2 diabetes and the effect of behaviour self management programs for prevention

Type 2 diabetes is predominantly the result of lifestyle factors, such as a sedentary lifestyle and not maintaining a healthy weight. A systemic review of 10 cohort studies focusing on moderate intensity physical activity and risk of type 2 diabetes included a total of 302,221 participants and 9,367 incident cases¹. The results showed that **those regularly engaged in physical activity of moderate intensity had an approximately 30% lower risk of developing type 2 diabetes** compared with sedentary individuals. There was a similar reduction of risk associated with brisk walking (2.5 hours per week). Importantly, the results remained significant even after adjusting for body mass index (BMI). A weight loss of 5-10% through brisk walking or moderate physical activity is encouraged to manage type 2 diabetes or decrease the risk of developing it.

The Finnish Prevention Program was a 3-year lifestyle intervention program on physical activity and healthy eating. In total, 522 middle-aged, overweight subjects with impaired glucose tolerance were randomised to either usual care (control group) or an intensive lifestyle (intervention) group.

The intensive lifestyle intervention group developed long-term beneficial changes in diet, physical activity, and small weight loss. The changes reduced diabetes risk by 58% compared to the control group.

The Greater Green Triangle Program was based on the Finnish program and focused on feasibility of delivery through general practice. A goal setting approach was used to motivate individuals to progress from intention to actual behaviour change, based on the Health Action Process Approach. The intervention included 237 individuals aged 40-75 years with a moderate or high risk of developing type 2 diabetes. General practices in Hamilton, Horsham and Mount Gambier referred their clients to the program.

The outcomes from this study revealed a 60% reduction in type 2 diabetes through a lifestyle modification program.

GPs and other health practitioners are ideally placed to link clients to lifestyle modification programs.

Source: [Kinect Australia](#) *Active Inform* bulletin, February 2009.

Useful info

Bike Cage Etiquette

Some suggestions from Chris Mill:



Don't claim a parking spot in the cage unless your bike is in it. It is not appropriate to lock your favourite spot with a lock so others cannot use it.



Treat other bikes with respect, and only touch or move them if you really need to do so to get your bike or equipment out.

If you have any additional suggestions, please email them to "ridetowork(at)pedalpower.org.au"

Don't miss out on Canberra's best cycling magazine!

Every two months, Pedal Power members receive their copy of the *Canberra Cyclist*, 32 pages packed full of news about what's happening in Canberra's recreational cycling community, and including Pedal Power's lift-out Rides Calendar. [Click here to find out more.](#)

Items for next newsletter due by Sunday April 4

The next Ride to Work newsletter will come out in early April. To submit an item, please use the Pedal Power contact form at <http://www.pedalpower.org.au/contact/> or email it to ridetowork(at)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{at}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.