



Ride to Work News

October 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

National Ride to Work Day – 15 October.

Ride to Work on Ride to Work Day.
Don't forget to register
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Cycle Angels wanted!
Don't own a bike? NO PROBLEM!

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To join or leave this mailing list ...



National Ride to Work Day – 15 October.

Ride to Work on Ride to Work Day.

You've done your preparation; so why not celebrate your first ride at a Ride to Work Day breakfast. You've achieved something you've dreamed of – fitting more exercise into your day, helping to save the planet and saving money. You won't look back!

Don't forget to register

You can register on-line at www.ride2work.com.au, for a chance to win great prizes including a TREK bike. Quote your special workplace code, to help win the Ride to Work Workplace Challenge.

National Ride to Work Day breakfasts.

There will be a big Breakfast at Glebe Park in Civic, featuring Mary Porter MLA. The Heart Foundation and Diabetes ACT will be attending. ACTION will have a mobile Bike'n'Ride bus bike rack for you to practise on.

The Cashews will provide entertainment at the breakfast. Alison Procter and Pete Lyon are a local acoustic pop duo with a growing following of Canberrans, new and old. With finely crafted songs and an outstanding stage presence, their gigs are down-to-earth celebrations of local belonging, landscapes and human potential.

National Ride to Work Day breakfasts (cont)

The Department of the Environment, Water, Heritage and the Arts, a major sponsor of National Ride to Work Day, is also providing a free workplace breakfast between 7.30am and 9.30am on the northern forecourt of the John Gorton Building, for its own riders and for cyclists who work in the area and have registered on the Ride to Work Day website, but don't have their own workplace breakfast to go to. Questions about the breakfast can be emailed to Gordon McAllister.

Australian Ethical Investments will host a community breakfast in Fern Hill Park.

Many workplaces will hold their own breakfasts. For updates on community breakfasts, or to find out how to run your own, go to <http://bv.com.au/join-in/40491>.

Cycle Angels wanted!

We still have places for two Cycle Angels, to help direct people to the Ride to Work Day breakfast in Glebe Park. If you can help, please contact Leon Arundell on 0432 979 184 or email "ridetowork" [at] "pedalpower.org.au"

Don't own a bike? NO PROBLEM!

As a special offer Row'n'Ride will deliver a bike for you to ride to the National Ride to Work Day breakfast, and collect it again after the day – all for only \$30. That's a \$9 saving! They also offer a 33% Ride to Work discount on the first month of bike hire (normally \$150) until 31 December 2008. For more information see their website, or phone Rohan on 0410 547 838.

Calendar

Ladies Racing Night 22 October

The Canberra Vikings are holding a full evening DEDICATED to women's racing, from complete beginners to elite A grade riders, at Stromlo Forest Park. From 5:30pm there will be a come 'n' try event which is open to women and girls from 14 years upwards, with any type of bike. This will be twenty minutes of basic skills to get you riding around the track with others safely, then you will get to test your new skills on the track.

Event details: www.vikingscycling.org.au/events.

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.

Trekfest - Ride the Bicentennial National Trail.

Trekfest will mark the 20th birthday of the Bicentennial National Trail with 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. For more information, see <http://www.nationaltrail.com.au/trekfest.html>.

News

Being fit 'halves risk of early death'

WOMEN who eat right, exercise and never smoke tobacco more than halve the risk of dying from cancer or heart disease, a long-term study released today said. By 2004, 8882 of the women in the group had died, 1790 from heart disease and 4527 from cancer. The authors calculated that smoking alone accounted for more than a quarter of the deaths. More than half of the fatalities, 55 per cent, could have been avoided if, in addition to not using tobacco, the women had stayed slim, avoided fatty foods and exercised regularly. To view the full article, click on:

<http://www.news.com.au/heraldsun/story/0,,24359437-5005961.00.html>

[Herald Sun, 17 September, 2008, quoted in Active Inform, October 2008]

Leon Arundell rides to work.

Leon Arundell is the ACT Ride to Work manager, and Pedal Power's Executive Officer. He also helps out at the Australian Bicycle History Centre.

Q. Why you ride?

A Cycling helped me to survive nine years of depression, working for an organisation that constantly required me to break the law. My Agency Head's personally reaffirmed the Public Service Commission position that my views were worthless. There were times when my twice-daily fix of exercise was all that kept me going.

**Q. Where was your last ride?**

A. A quick trip to Hackett to pick up some brochures.

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

A. I mostly work from home. I ride in to the Pedal Power office three days per week. It's about 4km.

Q. Which is your favourite bike?

A. My Alex Moulton AM2. It's fast enough to keep the carbon fibre set honest, you can ride it in normal clothes (even a long skirt), it can carry four supermarket bags, it has simple gears, and its suspension smooths out the bike paths.

Q. What was your most embarrassing cycling experience?

A. Arriving for a photo shoot at Old Parliament House, I picked up my bike to mount the steps, and toppled over backwards with my bike on top of me.

Q. Who mends your punctures?

A. Me. But I have a lot less punctures since I switched to Kevlar-belted tyres.

Q. It's raining – bike, bus or car?

A. Usually Bike. If the rain is heavy, I will wait for the storm to pass.

Q. Lycra or normal clothes?

A. For a long ride I'll wear padded lycra cycling knicks. Otherwise it's normal clothes.

Q. What's your favourite cycle journey?

A. The Dickson to Civic cycle path. I've ridden it more than 6,000 times, and I never tire of it.

Q. What do you take when cycling?

A. A puncture repair kit, and a couple of plastic bags in case I buy something at the supermarket.

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

A. If the Government required new developments to demonstrate that they would reduce Canberra's average travel distances. This would bring more destinations within cycling distance.

Exercise trumps obesity gene: study

OVERWEIGHT people can no longer blame it all on their genes, with a US study finding that physical activity can help people genetically prone to obesity keep the weight off.

The study of a group of Amish people found those who had an obesity-related gene called FTO, but were very physically active weighed about the same as others who did not carry the gene.

Dr Soren Snitker of the University of Maryland says the study gives some perspective on how the obesity epidemic has evolved, as modern conveniences have reduced the need and opportunity for physical activity.

To view the full article, click on: <http://www.abc.net.au/science/articles/2008/09/09/2359463.htm> [ABC Science, 9 September, 2008, quoted in Active Inform, October 2008]

Ride to Work winners.

Three workplace Coordinators have won vintage Ride to Work Day T-shirts, for completing our on-line workplace facilities survey. They are Peter Lindeman (DFAT), Simon Dwyer (Tuggeranong Vikings) and Karen Civil (ACT Department of Territory & Municipal Services).

Bike beats car from Downer to Woden.

At 8 am on 25 September Leon Arundell, Robyn McCluskey and Daniel Arundell left their Downer home to travel to Woden, each posting a letter at the GPO in Civic along the way.

Leon took only eight minutes to ride his bike to Civic via the back streets. Robyn, driving the family car in Northbourne Avenue's morning traffic, took nineteen minutes. Daniel caught a bus on Northbourne Avenue, and arrived at the GPO three minutes later. By then Leon was on the Adelaide Avenue on-road bike lane, passing the Prime Minister's Lodge.

Leon arrived at Woden Baker's Delight at 8.35 am.

Robyn made up time in light traffic along Adelaide Avenue, but had to queue up to get a parking voucher. She parked her car at 8.39 am, and arrived at Baker's Delight at 8.45 am. Daniel, on an ACTION Intertown bus, arrived five minutes later at 8.50 am.

**Useful information*****Over 200 rides to choose from.***

Pedal Power members have a choice of over 200 rides to choose from each year, ranging from leisurely social coffee rides to the gruelling Fitz's Challenge. [Click here to find out more.](#)

Items for next newsletter due Friday 14 November.

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).

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