



Ride to work newsletter July 2008

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Last chance to win LED lights!

[Click here and complete our on-line survey](#) before 30 July, for your chance to win one of two pairs of Reelight SL-100 LED lights (rear light pictured at left), donated by [SCV Imports](#), that flash whenever you ride - but without batteries, switches, or friction.

What's on

ACT Olympic Fun Day, 20 July

The ACT Olympic Council is organising a fundraising fun day from 10am to 1pm on Sunday 20 July 2008, at the [Stromlo Forest Park Criterium Circuit](#). Events include fun runs, duathlons, an 18 km cycle for adults and a 10 km cycle for juniors. Entry per event is \$10 (over 14) or \$5 (14 and under), and you will receive a certificate of participation. There will be lots of barrel prizes. Be at the circuit early to register. Entry forms will be available on the day. For more details phone Owen Heness on 62546332 or [click here for more information](#).

Bicycle Maintenance classes Sunday 27 July

Pedal Power's next beginner and intermediate bicycle maintenance classes will be held on Sunday 27 July. For more information go to <http://www.pedalpower.org.au/>, click on the "Member Services" tab and then click on "Bike Maintenance Courses in the left hand menu.

"Real men and women don't wear lycra!" – 2 August

Some of Canberra's best debaters – Mark Carmody, Lee Donnelly, Graham Downie, Judy Flanagan, Katy Gallagher, Rod Katz and Jim Trail – will go head-to-head in The Great Hartley Debaters Challenge, on the topic of "Real Men and Women Don't Wear Lycra in public." All proceeds will go to Hartley Lifecare.

When and where: Saturday 2 August 6.30 pm to 9 pm, Canberra Casino

Inquiries Kay Pendlebury 6297 8587 or wickedfysh@gmail.com

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.



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

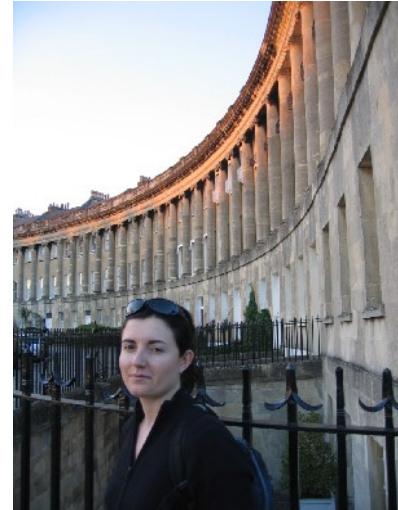
Pedal Power Ride to Work
www.pedalpower.org.au

Supported by ACT Sport and
Recreation Services



Belinda Brandon rides to work

Belinda Brandon (right) works at the Department of Health and Ageing in Woden. When she chats to her workmates she's been surprised to find that many people don't consider cycling more positively, and often have not considered its positives in relation to broader health and social issues.



Q. *Why do you cycle?*

A. I had a bike growing up, but then got into bike riding again as an adult when I started doing a novice triathlon program. I realised that I really enjoyed cycling, the activity itself, the improved fitness and the social aspect.

Q. *Where was your last ride?*

A. My last ride was cycling to work

Q. *How often do you ride, and how far?*

A. I ride to work between 1-3 times per week. It's now a short ride of about 3km, because I work at Woden and live in Curtin.

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

A. Because I have a desk job, my ride to work is a rare chance to get outside during the work day. It inspires me and starts my day on a positive note. I also find that the ride home helps me unwind and let go of the work day.

Q. *Which is your favourite bike?*

A. My road bike is my favourite, as I've had some great adventures on it and I've done more road cycling and I'm more confident on it than on my mountain bike.

Q. *What was your most embarrassing cycling experience?*

A. When I first got clipless pedals and proper cycling shoes – coming off and being stranded on my side unable to clip out at the lights of a major intersection (until rescued by passers by).

Q. *Who mends your punctures?*

A. Me.

Q. *It's raining – bike, bus or car?*

A. It depends how heavy the rain is and how intrepid I feel.

Q. *Lycra or normal clothes?*

A. It can be either normal clothes or lycra for a short commute to work. But Lycra for longer rides.

Q. *What's your favourite cycle journey?*

A. Any ride in or towards the mountains around Canberra.

Q. *What do you take when cycling?*

A. A spare tube, tyre levers, patch kit, plenty of water, banana, vegemite sandwiches and most importantly chocolate.

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

A. A greater understanding in the general community of the range of benefits of cycling to the broader community; including the potential for cycling to contribute to increased physical activity, reduced overweight and obesity, reducing greenhouse gas emissions/reliance on fossil fuels and urban traffic congestion.

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

A. I'd put it towards renewing a few parts of my bike that have worn out.

New reasons to ride to work

Riding to work can lower your risk of cancer

A seven year study found that men who cycled for at least 30 minutes a day had a lower risk of dying from cancer than men who did less exercise or nothing at all. The researchers suggest that half an hour's cycling a day increased survival among these men by 33 per cent. [British Journal of Cancer, 28 May 2008, from Kinect Australia Active Media Bulletin July 2008] To read more, click on:

<http://www.medicalnewstoday.com/articles/108930.php>

How much does cycling benefit your health?

The World Health Organisation is developing a "Health economic assessment tool for cycling" to appraise economic benefits related to walking and cycling. [Click here for more information.](#)

Name your own bike path

Pedal Power would like to suggest appropriate names for bike paths, to facilitate navigation. We particularly want names for the Lake Burley Griffin path, cycle route from Lake Burley Griffin to Belconnen via the 'Aranda/Cook' cycle path and the cycle route to Weston Creek/Stromlo Forest Park along the Yarralumla Creek path.

The ACT naming guidelines are at

http://www.actpla.act.gov.au/tools_resources/maps_land_survey/place_names/place_name_processes. Send suggestions to [advocacy\[at\]pedalpower.org.au](mailto:advocacy@pedalpower.org.au)

More news

Bikes4Work

This consultancy service of the Bicycle Federation of Australia (www.bikes4work.com.au) has been working with the Mental Health Foundation and holding discussions with an ACT government department. It is also developing partnering agreements with carbon emissions management company Carbon Planet (www.carbonplanet.com) and a car-share company.

Court creates confusion about legality of electric bikes.



Under Australia's arcane electric bicycle laws, it is legal to ride an unregistered electric assisted pedal cycle with a 200 watt motor and a top speed well above 50 km/h. Without pedals it becomes illegal, even though its top speed would



be below 30 km/h.

The NSW Supreme Court has affirmed that some unregistered electric-powered pedal cycles are illegal, even with motors under 200 watts. Legality now depends on the bike's appearance and specifications, and on the way in which the bike is used.

Reference: Matheson v Director of Public Prosecutions (NSW) [2008] NSWSC 550 (5 June 2008): go to www.austlii.edu.au and search for "Eazyride."

AustCycle to promote cycling training

The Bicycle Federation of Australia (BFA), Cycling Australia and the Amy Gillett Foundation have formed a new national organisation, AustCycle, to promote cycling training in the same way that AUSTSWIM promotes swimming lessons. AustCycle is developing its curriculum, accreditation, marketing and website, with a view to a formal launch in late 2008. It will initially train several thousand people in NSW. [BFA e-news and Amy Gillett Foundation newsletter Apr-June 2008]

Canberra Cycling – set to improve



The picture above left shows road conditions during roadworks on Morshead Drive near the airport. The new intersection of the De Burgh St and the Civic-Dickson shared path (above right) is a big improvement, but still requires cyclists to bump through two gutters. The intersection is brightly lit, in contrast with the unlit connecting shared paths.

Cycle 4 Climate Protection

New climate change minister Penny Wong has reportedly refused to discuss a proposed Climate Protection Bill - a comprehensive plan to cut Australia's spiralling greenhouse pollution. Climate Action Groups across the country will cycle from Sydney to deliver the bill to her on 21 September at Parliament House in Canberra. [<http://climatemovement.org.au/>]

Useful information

Harassed by a motorist?

With a few very minor exceptions, cyclists have the right to be treated as any other vehicle on the road. It's in the traffic rules. However, sometimes, motorists use their greater weight and speed to threaten or endanger cyclists. If this happens to you, you can do something about it.

The Police Emergency Number is number is 131444. To report an incident you can call the police on 6256 7777, or you can email the details by going to https://www.afp.gov.au/email_forms/act_traffic_info.html.

Keep up to date with Pedal Power

If you want to know about Canberra's cycling events that aren't necessarily work-related, Pedal Power offers a fortnightly e-bulletin. To subscribe, go to <http://www.pedalpower.org.au/> and enter your email address in the "Join our E-Bulletin" box.

Items for next newsletter due by Friday 15 August

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.