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Warning: riding to work could become a habit!

Preliminary results from the Follow-up Survey for 2007 National Ride to Work Day show that 29% of new riders are still riding to work five months later! This is a fantastic result considering the huge increase of registered participants in 2007.

Car-nudgers for Melbourne trams

Melbourne's new trams are to be trialled with a snow plough-like device at each end, to gently nudge away cars that cross the yellow line. An added bonus is that up to three bicycles can be carried inside each wedge (at each end). Source: Going Solar Transport Newsletter #53: <http://www.vlga.org.au/news/items/2008/04/203040-upload-00001.pdf>

BIKES4WORK launched by BFA

The Bicycle Federation of Australia (BFA), Australia's peak cycling group for recreational cyclists, has launched a 'bikes4work' service to help organisations determine whether a bike fleet can benefit them, and then help them establish and run their bike fleet. For further information: www.bikes4work.com.au

Wimmera Mallee Workers Pedal Exercise Message

Health and community workers advocate regular exercise, but often find it difficult to practice what they preach. The Wimmera Primary Care Partnership has bought 17 bikes for its workers to cycle to meetings, to pick up mail or to get their lunch.

[Source: Kinect Australia Active Media Bulletin, April 2008.]

Walk Safely To School Day – Friday May 2

On May 2, primary school children and their parents are encouraged to walk to school and take part in a great national community event. Walk Safely to School day encourages children to develop healthy lifestyle habits and educates children on safe pedestrian behaviour. For more information visit www.walk.com.au

Skinny folk can't rest easy

Some scientists maintain you can be fat and healthy at the same time, according to the Age's Dick Telford: <http://www.theage.com.au/news/health/skinny-folk-cant-rest-easy/2008/03/19/1205602483385.html>

Road works update: Weston Creek bike path and Adelaide Avenue

The Weston Creek to Scrivener Dam bike path has reopened. Daniel Rothenfluh reports that road works are under way on Adelaide Avenue and part of the cycle path is closed. This is at the turn off from Adelaide Avenue going up to Carruthers St (heading towards Woden).

Time to Light up!

In the early evening of 9 April I counted cyclists with and without lights on Commonwealth Avenue Bridge. For the national results, see <http://www.bv.com.au/bikes-and-riding/41282/>. If you're one of the 32% Canberra cyclists without adequate lights, see the Pedal Power-ACT Police media release: http://www.afp.gov.au/media_releases/act/2008/light_up_your_bikes! and the Cycling Promotion Fund's advice about bike lights and why you need them: <http://www.cyclingpromotion.com.au/content/view/254/9/>.

Winter clothing and ACT Government information on Cycling

The Canberra Vikings email newsletter has alerted us to two useful links. The first link has good information on winter clothing: <http://www.roadcyclinguk.com/news/article/mps/UAN/1737/>. The second is Territory and Municipal Services "Cycling information for transport and recreation" page at http://www.tams.act.gov.au/move/cycling/cycling_information.

News from IP Australia

Swipe card data shows that in the first three months of 2008 Canberra based employees made an average of 27.6 cycling journeys to work each weekday. The bike cage includes electrical outlets for recharging lighting systems or electric bikes. It's no surprise that demand for lockers is exceeding supply!

Mobile Bike Doctor

Alistair Bishop has started a mobile bike doctor service. He can pick up your bike, repair it and return it to you. You can contact him by email: themobilebikedoctor@bigpond.com.au or mobile: 0400 488 694.

A great magazine for Canberra Cyclists

Canberra's great cycling magazine, *The Canberra Cyclist*, has lots of information about what's on, cycle touring, bicycles, cycle stories, gear etc. PLUS a calendar which lists the range of rides you can participate in over the coming months. It's mailed to Pedal Power members every two months. For more information, go to <http://www.pedalpower.org.au/> and click on the "Membership" tab.

Items for next newsletter due by Friday 10 May

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(at)pedalpower.org.au), [replacing "(at)" with the "@" symbol]. We apologise for this inconvenience, but we need to reduce our volume of SPAM.

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(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.