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Copenhagen comes to Canberra

The Danish Embassy's *Dreams on Wheels* exhibition highlights the role of bicycles in urban planning. Various Danish bicycles are on display including concept bikes (right) and Copenhagen's famous "City Bikes". The program includes the cycling film "[A Sunday in Hell](#)" and town planners speaking on bicycles and the urban environment.

Location: On the lake at Commonwealth Place (former Portrait Gallery annex)

When: 10am-4pm Tuesdays-Sundays, until 1 June.

On Community Day (Saturday 17 May) Pedal Power's morning ride will arrive in time for the film "Cities for People" which screens at 11.00am. More details:

www.Canberra.um.dk/en and <http://www.pedalpower.org.au/events/index.asp>.



Ride of Silence

Join Pedal Power ACT, Females in Training, ACT Veterans Cycling Club and cyclists worldwide on Saturday 24th May 2008 in a silent slow-paced ride in honour of those who have been injured or killed while cycling on public roadways. Be at Regatta Place, north of Commonwealth Avenue bridge, at 9am for a 9.30 start. The 6 km ride will pass through the Parliamentary Triangle before returning to Regatta Place. The Ride of Silence will take place on open roads and participants will be expected to ride safely and considerately and obey all traffic laws. More info:

<http://www.rideofsilence.org/locations-international.php?i=Australia#Australia>

Keeping left on shared paths

Bicycles, wheeled recreational devices and wheeled toys must keep to the left and give way to pedestrians. Bicycles must keep to the left of oncoming bicycles



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

Supported by ACT Sport and Recreation Services

(Australian Road Rules Ss. 242 and 251). There does not appear to be a rule about pedestrians keeping left on shared paths.

ACT Budget helps keep Canberra 'the cycling capital'

The 2008-09 ACT Budget contains funding for all three of the projects Pedal Power believed would be most effective in getting more Canberrans cycling:

Jerrabomberra Wetlands path, Cotter Rd cycle lanes and directional signage on cycle paths. In addition, a cycle path will be built between the Bushfire Memorial and Stromlo Park, and cycle lanes will be installed on State Circle and as part of roadworks on Tharwa Drive, Athllon Drive and Flemington Road. Well done to Ministers John Hargreaves, Andrew Barr and Simon Corbell who met Pedal Power and recognised the importance of cycling. Well done also to those who emailed the Ministers in support of these projects, and to Pedal Power's Advocacy team.

Crashes in Canberra and Sydney

Two recent events serve as reminders to be careful on the roads, whether you walk, ride a bike, or drive a car.

The Vikings Cycling Club V-Mail reports that on Friday 2 May a bunch of ANU riders was riding in a bike lane when two riders in the middle of the group were struck from the side by a motor vehicle. Three riders came down. Two were taken to hospital and later discharged. The vehicle failed to stop at the scene, and a man has been questioned by police.

In Sydney a driver and a large bunch of cyclists had an altercation. The driver has a plausible story of engine problems on an LPG car. There is a comprehensive coverage on Cycling News:

http://www.cyclingnews.com.au/news.php?id=features/2008/sydney_crash08

Bike Lane Flak

"Melbourne City Council's plan for new separated bicycle lanes on a major East Melbourne road must be overturned," the Master Builders Association says. ...The bike lanes separate cyclists and car traffic with a parking lane. Under the council's \$500,000 plan for the East Melbourne bike lanes, Albert Street will be reduced from a two lane road all day to a single-lane road at all times, except during peak hours. Parking will still be available on the street, except during peak hours. ... Master Builders Association executive director Brian Welch said ... 'it's an unwarranted expense (on behalf of) cyclists who probably don't pay rates at all in this area,' he said." Ref: Clay Lucas, The Age, 19/2/08. [Source: "Going Solar" Transport Newsletter, 29 April].

A small place in Victoria for the humble 2-wheeler

[Kinect Australia Active Media Bulletin, May 2008] The Age, 7 April 2008: The humble two-wheeler has its own place in Sir Rod Eddington's \$18 billion transport blueprint for Melbourne. It is a small place; \$60 million to improve bike paths from Werribee, Williamstown and Footscray, the inner-north, Hawthorn, Richmond and Southbank. The Eddington proposals dovetail neatly with Bicycle Victoria's plan to ease Melbourne's traffic and public transport woes by quadrupling the number of cyclists commuting to work in the city. To read the article, click:

<http://www.theage.com.au/news/in-depth/back-on-track/2008/04/06/1207420199059.html?page=fullpage>.

Life Cycle – Gregg Berry

Gregg has been a Ride to Work coordinator for six years or more. His Ride to Work circulation list has grown to more than 250 people.



Q. How much riding have you done?

A. I began riding to work in 1989. We bought a house close to my work (10 km away) so it was feasible to ride to work, and I've been riding to work 4-5 days a week every since. With occasional trips to the shops, family bike rides, training for and participation in triathlons, mountain bike events, road races and long distance endurance rides, it adds up to more than 110,000 km.

Q. What do you enjoy most about riding?

A. I like doing my bit for the environment, and at the same time I enjoy the freedom, fresh air and exercise.

Q. Which is your favourite bike?

A. My Trek Top Fuel 98 mountain bike - it's very comfortable and handles beautifully.

Q. What was your most embarrassing cycling experience?

A. Coming off while stuck in my cleats at a busy intersection in Manuka, in full view of lunchtime diners who cheered and clapped - and I was wearing a suit.

Q. It's raining – bike, bus or car?

A. I try not to ride when it rains, coz it messes up the bike and increases the amount of maintenance work I need to do. Also, I am quite capable of falling off and making a mess of myself in perfectly fine conditions, so I don't like to tempt fate by riding in the wet. If it rains, I usually catch the convenient and quick bus to work.

Q. Lycra or normal clothes?

A. It's lycra for me. I find it very functional and comfortable. I wore ordinary clothes for the first few years of riding to work, but once into lycra I couldn't go back.



Q. What's your favourite cycle journey?

A. The Simpson Desert Bike Challenge (left) - 580 km and 700 sand dunes in four and a half days, from Purnie Bore in the west to Birdsville in the east. It's a fantastic challenge in some of the most spectacular and demanding surroundings you could ever hope to ride through.

Q. What do you take when cycling?

A. At the very least I take tyre levers, a spare tube, pump, chain breaker and a SRAM Power link for joining a broken chain.

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

A. More respect and understanding from car drivers.

Q. Who mends your punctures?

A. I mend all my family's punctures. I find it very relaxing and therapeutic fixing punctures at night in front of the TV. I also find it surprising that bike riders, who I like to think are environmentally aware, think it's OK to litter the road sides with discarded tubes. Why don't they at least take them home and bin them if they can't be bothered patching them?

[Editor's note: Gregg has a standing invitation to watch TV at my place, while mending my punctures.]

Just for fun!

Click on "Weigh up your lunchbox":

<http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html>.

Check out the bicycle road sign at

http://www.english.com/recent_detail.php?imagenam=head-crush-sign.jpg&category=CHINGLISH&date=2007-08-20.

Ride to Work Day follow-up survey results.

Last month we reported that 29 per cent of new riders nationally were still riding to work after six months. In Canberra the number is even higher, at 35 per cent. Half of these "new" riders ride to work one or two days per week. Long-term cyclists are most likely to ride five days per week. The main barriers to riding more often are weather and commitments.

Treadmill Tots

The Age, 4 May, 2008. Children as young as three have personal trainers and mini-exercise machines to help fight childhood obesity, but health experts say they need to go out and play, not hit the treadmill. Louise Baur, from Sydney's Children's Hospital, said structured exercise for youngsters risked creating "battery-farmed children", who were not encouraged to use their imagination. Professor Baur said fears about "stranger danger" led to more children being kept indoors when they should be out playing. "I feel angry that we live in a world where we make it harder for kids to do what they've done for millennia - play." Read the article:

<http://www.theage.com.au/news/parenting/australias-treadmill-tots/2008/05/03/1209235223027.html>. [Source: Kinect Australia Active Media Bulletin,

May 2008].

Discount subscription to "Australian Cyclist"

Australian Cyclist (<http://www.australiancyclist.com.au/>) is the bi-monthly national colour magazine for cyclists. It has great articles on new cycling products, gear, bike reviews, lobbying news, and touring both in Australia and overseas. Pedal Power members can save 37% off the newsagency price, and have it delivered direct to their letterboxes! For more information, go to <http://www.pedalpower.org.au/> and click on the "Membership" tab.

Items for next newsletter due by Friday 14 June

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 ...

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