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Win a pair of LED lights!

[SCV Imports](#) has donated two pairs of Reelight SL-100 LED lights (rear light pictured at right) that flash whenever you ride - but without batteries, switches, or friction. Leon likes them so much that he bought a pair for his daughter and another pair for himself! [For your chance to win a pair of these lights, click here and complete our on-line survey.](#)



Canberra cycling clubs win Bicycle Achievement Award

The ACT Veterans Cycling Club, Canberra Off-Road Cyclists, and the Canberra Cycling Club were jointly awarded the 2007 “Special Achievement Award for a Bicycle Organisation,” for their work to establish the Stromlo Forest Park cycling facility. More information:

<http://www.cyclingpromotion.com.au/content/view/330/9/>

‘Every time you buy an SUV, God kills a polar bear’

Seen on a t-shirt in Melbourne.



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



Canberra Ride of Silence

Canberra held its first Ride of Silence on Saturday 24 May. Over 200 cyclists rode in silence, to draw attention to cyclists who had been killed or injured on the roads. The picture shows a section of the ride, waiting at traffic lights.



Cycling to Work is on the increase

The number of people riding to work in Australian capital cities increased by 28.9% between 2001 and 2006. More information:

<http://www.cyclingpromotion.com.au/content/view/328/9/>

Cycling – Moving Australia Forward

A report by the University of Melbourne's Nossal Institute estimates that cycling saves more than \$227 million in health costs and \$63 million in traffic congestion costs, each year. Cycling Promotion Fund policy adviser Elliot Fishman said cycling reduced the incidence of sedentary lifestyle diseases. [Adelaide Advertiser 4/6/08, quoted in Going Solar Transport Newsletter 63, and Cycling Promotion Fund. More information:

<http://www.cyclingpromotion.com.au/content/view/329/9/>

Government funds national cycling program

On 4 June, Environment Minister Peter Garrett announced a \$45,000 grant to develop a national cycling training scheme, to encourage more people to cycle. The funds will be used to develop the Austcycle scheme with the support of the Bicycle Federation of Australia, the Amy Gillett Foundation and Cycling Australia. He said, "One of the great barriers to people choosing to ride a bike is a lack of confidence and skill. This new scheme, including the development of a national training curriculum, trainer accreditation and a consistent and recognised standard of cycle training across Australia, will help address that problem and increase levels of cycling in the community."

World class Cycle Centre for Brisbane

Australia's first Cycle Centre will open in Brisbane in July. The centre will provide secure storage for more than 400 bikes, plus showers and change facilities, hair-drying stations, bike repair facilities and a drop off point for laundry. Brisbane has also committed to spend \$25m each year to improve cycling facilities. More information:

<http://www.cycle2city.com.au/>. Source: Cycling Promotion Fund e-newsletter.

Feedback

Last month's comment about a driver involved in a Sydney crash having a "plausible story" drew comment from two readers. Both agreed that "surely that is up to the courts to decide," and one described the incident as "clearly assault with a deadly weapon."

Bikes on ABC radio

The National Interest, on 6 June considered pedal-power as a response to high petrol prices, featuring Brisbane City Council and Elliot Fishman of the Institute for Sensible Transport. More information:

<http://www.abc.net.au/rn/nationalinterest/stories/2008/2267273.htm>.

Does cycling save you money?

A review of the costs of cycling estimates a bicycle's standing costs at \$200 per year, compared with \$107 per week for a small car. Running costs include food (5.4c/km), scheduled servicing (at least 3.8c/km), unscheduled servicing (principally puncture repairs, 3.8c/km), and tyres (1.4c/km). For an average bicycle, which travels only 12 km per week, the overall cost of 53 c/km is similar to that of a small car. At 40 km per week, the overall cycling cost falls to 25 c/km. Greatest savings are achieved if the purchase of a car is avoided. Source: Arundell, Leon, *The Cost of Cycling*, Thinking on 2 Wheels conference, University of SA, 2007.

Can Melbourne overtake Canberra as Australia's Cycling Capital?

"...We have to ask the question: is Melbourne really a bicycle-friendly city or is the dominance of cars here to stay? ... But are we ready for more cyclists and is our reliance on cars so entrenched that we won't be able to change it? Melbourne has great cycling assets ... It should be the cycling capital of Australia." [Rod Moodie, *The Age* 7/3/08, reported in *Going Solar Transport Newsletter* 74]

Architecture firm holds car-free days

"Recently we launched an office car-free day (monthly). Employees are provided with a card (similar to the free coffee cards), and if they don't use a car for that particular day (for travel to, from and within work) they get their card stamped. At the end of the day we have prize draw for all those with stamped cards – with a different prize each month from 'green' suppliers." [John Sprunt, recently of Hayball Leonard Stent Architects, *Going Solar Transport Newsletter* 72].

Reader contribution – “Drafting” and Cycle Rage

Whilst riding to work along a suburban road I passed a fellow cyclist who proceeded to speed up and tuck in my behind me on my back wheel. I moved aside to allow him to pass. He responded by tucking in behind me again, so I moved aside again and he responded in kind. I moved aside once more, turned and said "mate, please don't sit on my tail" to which he replied "it's a free world mate I'll ride where I want" and slipped in behind me again. I repeated my move to the side and said more sternly "don't sit on my tail" to which he offered the equally stern reply of "it's a free f*%^\$n world mate and I'll ride where I want".

Some out there may be thinking this cyclist was entitled to ride in my draft, but he also failed to respect the fact that I was not comfortable with his actions and subsequently put me in danger. So Mr Tailgater, if you are reading this, it is not your right to be a hazard and put other cyclists in danger.

“Drafting” and the Road Rules

Australian Road Rule 126, *Keeping a safe distance behind vehicles*, states: A [rider] must drive a sufficient distance behind a vehicle travelling in front of the [rider] so the [rider] can, if necessary, stop safely to avoid a collision with the vehicle.

Flash Cycle Jacket

"A cycle jacket which changes colour as the cyclist brakes has won a global design contest. Michael Chen's jacket uses an accelerometer to sense movement, changing LEDs on the back from green when accelerating to red when braking. A tilt switch makes LEDs in the arm flash amber if the wearer lifts an arm to indicated turns." [MXNews 11/4/08, quoted in *Going Solar Transport Newsletter* 73].

Life Cycle – Peter Strang

Peter Strang was the Cycling Advocate for Pedal Power for five years until mid 2007. He has worked as the Bicycle Federation of Australia's Executive Director since 2003. He is now working with Pedal Power again on the 'Revitalising Ride to Work' project, which commenced in June 2008.



Q. *Why do you cycle?*

A. I have always ridden a bike – since I was a little kid. I ride mainly because it is fun and a good way to get some exercise. It is also often the quickest way to get around, as well as having a low environmental impact.

Q. *Where was your last ride?*

A. I rode to the Fyshwick markets (with panniers) to do my weekly shopping

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

A. I ride most days; sometimes only a few km but as often as I can I do a longer ride on the weekend.

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

A. I like to get around town quickly and easily, and enjoy a bit of speed when the conditions are suitable.

Q. *Which is your favourite bike?*

A. I have four bikes and I like them all. I really enjoy my road bike. It is not a really flash one, but I recently put some new wheels on it – they are great.

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

A. I fell off a couple of months ago on a bike path near Woden. Fortunately no-one saw me but it really hurt. I still have the bruises to prove it.

Q. *Who mends your punctures?*

A. I hate mending punctures – I usually put a new tube in (I can do that myself).

Q. *It's raining – bike, bus or car?*

A. If it is raining really heavily I might drive, otherwise I have some good wet weather gear – but keeping shoes dry is always a problem.

Q. *Lycra or normal clothes?*

A. If I am going to a meeting around town, I wear my normal work clothes, which are usually pretty casual but sometimes I wear a suit. On my road bike lycra is mandatory.

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

A. The most enjoyable trip I have done was cycling along the Danube in Germany last year – that was really special.

Q. *What do you take when cycling?*

A. A spare tube, tyre levers and a pump – these things seem to be insurance against punctures. For a longer ride I take water and some food.

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

A. There is still plenty of infrastructure that could be built but the overpass at Russell (intersection of Parkes Way and Kings Avenue) will help a lot of people.

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

A. A new pair of padded shorts and a few spare tubes.

Don't let a flat tyre get you down

Pedal Power offers beginner, intermediate and advanced bicycle maintenance classes for members. For more information, go to <http://www.pedalpower.org.au/> and click on the "Membership" tab.

Bicycle Museum for sale

The Directors of the Canberra Tradesmens Club are seeking Expressions of Interest in the collection of the Canberra Bicycle Museum. More information: <http://www.canberrabicyclemuseum.com.au/>

Bike Hire in Brisbane

Brisbane City council has called for proposals for a bike hire scheme similar to those in Paris and Barcelona. ...There'll be bike (stations) every 300m in the inner parts of Brisbane. Lord Mayor Campbell Newman said the initial stage of the project would have 2000 bikes at 150 stations across innercity Brisbane. [Sara Elks, *The Australian*, 19/5/08, reported in *Going Solar Transport Newsletter 74*].

Items for next newsletter due by Friday 11 July

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.