



Millie Rooney serves a pancake to a hungry cyclist, at the ANUGreen Ride 2 Uni breakfast on 28 February.



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Canberra commuter cycling up 48%

The number of people cycling into Canberra's CBD has risen 48% over the past four years. The increase is attributed to the growing popularity of cycling, combined with Government initiatives to improve cycling conditions. More information:

<http://www.pedalpower.org.au/advocacy/news.asp#952>.

New cyclist hook turn markings,

Cyclist hook-turn markings have been installed at the intersection of Launceston St and Melrose Drive, to assist cyclists to make right turns. These markings are gradually being installed at traffic lights throughout Canberra. They are used by continuing ahead in the left lane on the green sequence, then facing right and waiting at the marked point until the other lights turn green. Cyclists can make hook turns at any intersection, regardless of whether hook turn markings are installed or not.

Weston Creek community path closure update

The detour around the Yarralumla Creek Bridge section is in place, with signage and a temporary path giving access between Cotter Rd and Lady Denman Drive cycle path, and a lower speed limit on one section of road. The bridge is officially closed until 18 April, but if all goes well it could reopen earlier.

When it comes to physical activity, one size does not fit all

EurekaAlert, 13 February 2008: A University of Alberta study has found that when it comes to participation in physical activity, one size does not fit all. The study uncovered some definite trends and preferences when deciding how and if a person wants to be physically active. Gender, ethnicity and income level influence and choices when it comes to being physically active. Walking was found to be the most common form of physical activity undertaken for exercise due to low cost and ease of participation. To view the full abstract:

http://www.eurekaalert.org/pub_releases/2008-02/uoa-swi021308.php

New bike racks in Civic

Around 100 new bike rails have been installed around the Canberra Centre extensions in Civic. The photo at right shows the new racks being used outside the Griffin Centre.



Michael Milton on Australian Story

Canberra's Paralympic cyclist and skier Michael Milton has been featured in an inspirational episode of Australian Story. You can read the transcript or view the program at

<http://www.abc.net.au/austory/specials/limit/default.htm>

Want to add 14 years to your life? it's easy!

University of California, 6 February 2008: A study by British scientists at the University of Cambridge has shown that four simple, easily defined behaviours – not smoking, activity level, moderate alcohol consumption and fruit and vegetable intake – combine to predict a four-fold difference in mortality risk, adding an equivalent of fourteen years of life. The full article is at:

<http://www.ucsf.edu/synapse/articles/2008/Jan/17/longevity.html>

Australia's cycling capital

The ACT had the highest cycling participation rate (12%) of Australia's States and Territories during 2005-06. Over 1 million (6%) Australians aged 15 years and over cycled during the 12 months prior to interview, with more than twice as many males cycling as females. More than three quarters cycled on average at least once a week. Source: ABS 4177.0: *Participation in sports and physical recreation*.

Vote for bike routes on Google Maps

Take action - encourage Google Maps to add 'bike there' as a choice along with 'drive there' and 'take public transportation there.' Details at

<http://www.petitiononline.com/bikether/petition.html>

\$20 million third party insurance coverage for Pedal Power members

Members of Pedal Power are insured for up to \$20M legal liability to compensate third parties with regard to Personal Injury/Death and/or Property Damage as a result of an occurrence arising from their bicycle riding activities. For details, see

<http://www.pedalpower.org.au/services/content.asp?IntContId=129>. To join Pedal Power, click on the "Membership" tab.

Items for next newsletter due by Friday 14 April

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