



Ride to Work newsletter November 2007

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Brindabella Challenge 30 Nov-9 Dec 2007

The Brindabella Challenge is Australia's largest variety cycling event, with more than a dozen events ranging from leisurely social rides to Mountain Cross. For more information, see <http://www.brindabellachallenge.com.au/>.

Please forward this link to any interstate friends who may be interested.

Ride to Work Day report

Around 4,000 Canberrans joined an estimated 90,000 people nationwide in cycling to work on National Ride to Work day. 700 attended the main breakfasts in Civic (hosted by Lend Lease), Barton (Australian Department of Environment and Water Resources), Woden (several Departments), Bruce (Australian Ethical Investments) and the ANU (ANUgreen).

Major ACT prizes of Trek bikes, donated by Trek Bicycles Australia and Rideshop, went to Alf Hoop and Sanjeev Sood. Other ACT prizes went to Fiona Styles (best workplace photo), Stuart Doyle (best workplace story), Australian Prescriber (largest % of staff riding to work on National Ride to Work Day on worksite with less than 25 employees), Department of Parliamentary Services (25-100 employees), CSIRO Sustainable Ecosystems (100-250 employees) and the Department of the Environment and Water Resources (>250 employees).

For more information see the Pedal Power Ride to Work page at <http://www.pedalpower.org.au/services/content.asp?IntContId=133> and the National Ride to Work Day pages at <http://www.bv.com.au/join-in/126/>.

Bikes commute faster than cars

On Thursday 27 September, Squadron Leader James Badgery took 20 minutes to cycle from Gungahlin to the Pedal Power Office in Civic. Harry Brown, in a car, took 6 minutes longer. Meanwhile, Andrew Peters took just 11 minutes to cycle from Dickson to Civic via Northbourne Avenue. Rachel Muntz and Karl Nissen took 16 minutes, cycling along the scenic Dickson Bike Path. Sherryl Greathead, in a car, was just behind Rachel and Karl as they arrived at the Griffin Centre, but it took her another ten minutes to find a car park and walk back to join them. More information will be posted on the Ride to Work web page at <http://www.pedalpower.org.au/services/content.asp?IntContId=133>.

Grant to revitalise Ride to Work

Pedal Power has been awarded a \$100,000 "Healthy Active Australia Communities and Schools" grant from the Australian Department of Health and Ageing. This grant builds on the outcomes of our 2007 Healthpact grant. The new grant will allow Pedal Power to further

develop its Ride to Work program, and to link it with National Ride to Work Day which has a track record of encouraging new people to ride to work. More information will be posted on the Ride to Work web page at

<http://www.pedalpower.org.au/services/content.asp?IntContId=133>.

Twilight ride around the embassies and BBQ, 6pm 7 Dec

Where else in the world can you cycle a mere 7.5 km to admire 26 embassies and high commissions; cruise around the edge of a lake; and finish with a barbie next to a Japanese garden by the lake? Instead of riding straight home from work, join us at the Lennox Gardens car park. If you're not working, get out of the house and enjoy a twilight ride that takes in the Chinese Embassy, the PNG High Commission 'longhouse', Don Quixote tilting at a windmill, the ship-like Finnish Embassy, and many others. All this for the ridiculous price of \$18; and that includes the barbie too. For more information and to book on line:

<http://www.pedalpower.org.au/events/details.asp?IntContId=1649> or ring 02 6248 7995.

Bookings close Monday 3 December.

Charity cash gets staff on their bikes

Hannah Edwards reports in Sydney's Sun Herald that about 50 employees at Google's Sydney office are given about \$100 to donate to the charity of their choice for every 20 days they use bicycles to get to work. Also, tenants at a new inner-city development will have access to a set of bikes that they can use to get around town free of charge. "Bike buses" are being formed around NSW allowing cyclists to ride to work in the comfort of a group. The full article is at http://www.pathwaysaustralia.com.au/Publications_Newsletters_Article.asp?Month=9&Year=2007&ArticleID=309.

Cycle Vietnam with CARE Australia

North to South Vietnam, 3-16 March 2008. Raise money for CARE and visit the local project sites to see the difference your fundraising makes. Challenge yourself, make new friends and help make life a better place in Vietnam's poorest communities. For more information, see <http://www.careaustralia.org.au/default.asp?pageid=29> or contact James Daffey at CARE Australia on 03 9421 5572.

New on-line Canberra cycling discussion forum

The Tuggeranong Vikings have set up <http://www.v-mobile.org.au/forum> to allow cyclists to share information, organise events and rides and communicate in a secure environment. All you need to sign up is a username and an email address. It includes a women's and juniors section, calendar, general discussion and banter, classifieds and online resources for cyclists.

Get more fun from cycling - join Pedal Power

Pedal Power runs more than 150 different social rides each year. For more information, see <http://www.pedalpower.org.au/services/content.asp?IntContId=175> and <http://www.pedalpower.org.au/events/index.asp>. For information on Pedal Power membership, see <http://www.pedalpower.org.au/services/content.asp?IntContId=1588>.

Items for next newsletter due 14 December

If you have an item to include in the next newsletter, please use the Pedal Power contact form at <http://www.pedalpower.org.au/contact/> or email it to ridetowork@pedalpower.org.au [using the "@" symbol in place of "(at)". We apologise for this inconvenience, but we need to reduce our volume of SPAM emails.]

If you wish to be removed from this mailing list, please contact the Ride to Work workplace coordinator who forwarded this newsletter to you.