



Ride to Work newsletter October 2007

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Last Chance to Register for Ride to Work Day prizes

... and go in the draw for a **Trek bike**. See www.ride2work.com.au. Prizes are also on offer for the **TravelSmart Workplace Challenge**. For information, see <http://www.bv.com.au/file/file/RTW/NRTWD07/TravelSmart%20Workplace%20Challenge.pdf>.

Primary and secondary schools registered in National Ride to Work Day can participate in the same way as other workplaces, and gain recognition for outstanding participation by **staff**. By ticking the **National Schools Challenge** box when you [register your ACT school](http://www.ride2work.com.au) at <http://ride2work.bv.com.au> you'll also have a chance to win a special prize hamper for the most **students** riding to school on the day. For details see *National Schools Challenge* on the [TravelSmart Workplace Challenge](http://www.bv.com.au/file/file/RTW/NRTWD07/TravelSmart%20Workplace%20Challenge.pdf) information sheet at <http://www.bv.com.au/file/file/RTW/NRTWD07/TravelSmart%20Workplace%20Challenge.pdf>

Ride to Work Day Breakfasts

The **Civic** breakfast will be from 7.30am to 9.30 am in Narellan St (off Genge St, which links Lonsdale St and Gus's, and passes the new Griffin Centre), hosted by **Lend Lease**, with a special prize of a **Trek bike** donated by **Rideshop**.

In **Bruce**, **Australian Ethical Investments** is hosting a Community Breakfast. These breakfasts are supported by **Baker's Delight**. For more information and updates, see <http://www.bv.com.au/join-in/40491/>. Government Departments including Environment, AFFA, Finance, DFAT, FaCSIA, DoHA, Centrelink and IP Australia will be holding in-house or communal breakfasts.

Ask your Workplace Coordinator if your workplace is hosting a Ride to Work Day breakfast .

Bicycles commute faster than cars

On 27 September the Commuter Challenge demonstrated that bikes are faster than cars. James Badgery cycled 13 km from Gungahlin to Civic in 20 minutes, overtaking Harry Brown (car) at Macarthur Avenue and arriving 6 minutes ahead of him. Andrew Peters rode from Dickson via Northbourne Avenue in 11 minutes, while Rachel Muntz and Karl Nissen took 16 minutes to get there via the scenic Dickson bike path. Sherryl Greathead (who would rather have been cycling) drove past the Griffin Centre after Rachel and Karl had arrived. It took her another 10 minutes to find a park and walk from there to the Griffin Centre.

Rotary Scenic Cycle Tour of Canberra – Sunday 14 October 2007

Bike rides for all ages and abilities - family fun and serious challenges. There is a route for you and your family with great morning teas (two locations) and sausage sizzle at the finish. Further details: www.rotarnet.com.au/canberrawoden.

Ride To Work mentors wanted

The hard workers at ANUgreen and the Canberra Environment Centre are setting up a program to encourage more people to ride to work and they are looking for some ride to work mentors. Being a mentor will involve the occasional ride into the city or ANU with someone, but more importantly just being a contact to answer bike questions. You would really just be someone to give them advice on the best bike shops, the good bike path routes, what lights to buy. If you're interested in spreading the good word, contact Adam Taylor at: u4257731@anu.edu.au.

Latest Cycling Statistics

According to the 2006 Exercise Recreation and Sport Survey, cycling remains the fourth most popular form of exercise, after walking, aerobics/fitness and swimming. 10.1% of the adult population cycles, with almost twice as many males (13.2%) as females (7.2%). Participation is highest (17%) in the 35-44 age group. Participation in cycling has remained stable over the last five years. For more information, see <http://www.ausport.gov.au/scorsresearch/research.asp>.

New cycling facilities at IP Australia

New IP Australia facilities include secure under-cover bicycle parking, new shower rooms. Additional new lockers will also be installed in the near future.

Woden cycling to work seminar

On 25 September National Ride to Work Day Ambassador Geoff Leeper and Pedal Power Vice President Leon Arundell presented a seminar to staff from FaCSIA, DoHA, Centrelink and IP Australia. Thanks go to Melinda Tynan for arranging and chairing the seminar.

Free bicycle maintenance classes

Join Pedal Power and qualify for a free basic bicycle maintenance class. For details, see <http://www.pedalpower.org.au/services/content.asp?IntContId=1588>.

Items for next newsletter

If you have an item to include in the next newsletter, please email it to Leon Arundell by Friday 16 November.

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