



## Ride to Work newsletter September 2007

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### Register for Ride to Work Day prizes

Register and go in the draw for a **Trek bike**. Register by 30 September and also go in the draw for a \$7000 **Intrepid Travel Vietnam cycling holiday for 2**. See [www.ride2work.com.au](http://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://ride2work.bv.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

**Lend Lease** is hosting the **CBD breakfast in Civic**, with a special prize of a **Trek bike** donated by **Rideshop** in Lonsdale St. **Australian Ethical Investments** is organising a **Community Breakfast in Bruce**. These breakfasts are supported by **Baker's Delight**. For more information and updates, see <http://www.bv.com.au/join-in/40491/>. Ask your Ride to Work Workplace Coordinator if your workplace is hosting a staff breakfast for Ride to Work Day.

### Commuter Challenges: cars vs bicycles

On Thursday 27 September, bicycles and cars will leave Baker's Delight shops in Dickson and Gungahlin, to travel to the Pedal Power office in Civic. During this week a number of volunteers will compare their travel times when commuting by bike, car and bus. On Ride to Work Day, up to 35 cyclists will challenge car drivers between Woden to Tuggeranong.

### Help Pedal Power to find a new Executive Officer

Pedal Power's current executive officer is sadly moving on, and we're looking for a new Executive Officer. The person will need to keep their feet on the pedals to keep things rolling along but we would also like them to grow our organisation. 15 hours per week for \$31,700 per annum (including GST) plus the scope to work and earn more through projects, sponsorships etc. Go to [www.pedalpower.org.au](http://www.pedalpower.org.au) for more information.

Please pass this on to people you think might be interested.

### Letter from a horse rider

*Being a horse rider I am often pleasantly surprised by the consideration many cyclists show us and our horses when we do meet on paths. When approaching a horse, please slow down and, if coming from behind, yell out that you're approaching as horses are used to voices and prefer them over bells.*

**Pedal Power Ride to Work.** Supported by the ACT Government under the ACT Health Promotion Grants Program. [www.pedalpower.org.au](http://www.pedalpower.org.au) [www.health.act.gov.au](http://www.health.act.gov.au)

*Controlling a rearing horse is not fun.*  
Thanks, Suzie

### **Janie Armstrong and Tom Palmer: world champions**

If another cyclist flashes past you as your pedal to work, it just might be a world champion. Canberra Vikings' **Janie Armstrong** completed the 500m Individual Time Trial in 45.2 seconds at the World Paralympic Cycling Championships, to snare the gold in the LC3 Category. The Canberra Cycling Club's **Tom Palmer** set an Australian record of 1min 2 sec (57.7 km/h) on his way to gold in the men's kilometre time trial at the World Junior Track Championships. Congratulations, Janie and Tom!

### **Blocked cycle lanes**

If you find a cycle lane blocked by car parking etc, don't waste your breath whingeing to another cyclist who can do nothing about it. Call the police on 6256 7777 and tell them. Put this number in your mobile NOW so you have it handy for when you need it.

### **Trial of cycle lane markers**

Roads ACT has recently installed green solar-powered cycle lane markers at four sites on Adelaide Ave as a trial. Do you think they improve safety for people riding bikes? Will they help motorists see the cycle lanes better at dusk and after dark? We encourage you to provide feedback to Roads ACT on the trial, as this may influence extending the use of the markers around the Canberra on-road cycle lane network. Feedback either direct to: Office of Transport, Roads ACT, Locked Bag 2000, Civic Square ACT 2608, or by using the feedback form on the Canberra Connect site:

<http://www.contact.act.gov.au/cgi-bin/canberraconnect.cfg/php/enduser/ask.php>

### **Music and cycling**

For a little light entertainment, covering a range of musical tastes, check out:

<http://www.smh.com.au/news/arts/from-muse-to-music-cycle-went-on/2007/07/24/1185043117359.html>

<http://www.youtube.com/watch?v=XziCmut-KI>

<http://www.youtube.com/watch?v=hQGLNPJ9VCE&NR=1>

### **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](http://www.rotarnet.com.au/canberrawoden).

### **Help find Leszek Wereszka's Diary**

German cycle tourist Leszek Wereszka was killed while riding into Adelaide, after losing one of his diaries at a visitor information booth in Nimmitabel, NSW. If anyone finds the journal, written in Polish, please contact the Adelaide Sunday Mail on (08) 8206 2720. For the full story, see <http://www.news.com.au/adelaidenow/story/0,22606,22268086-5006301,00.html>

### **GutterMonkey**

The GutterMonkey Team has sacrificed hundreds of gallons of coffee to bring you their new website. They invite you to contribute your favourite rides and to swap ideas with other people who are interested in the same rides. See [www.guttermonkey.org](http://www.guttermonkey.org).

### **CPSU follows Pedal Power's lead**

Recent changes to worker's compensation place more onus on individuals to be insured for the journey to and from work. Recognising this, the CPSU has followed Pedal Power's lead in offering insurance cover for the journey to work – see [http://www.cpsu.org.au/news/1188087878\\_15518.html](http://www.cpsu.org.au/news/1188087878_15518.html). Pedal Power members are insured for personal accident and public liability while riding to or from work, and at other times. See <http://www.pedalpower.org.au/services/content.asp?IntContId=129>.

### **Items for next newsletter**

If you have an item to include in the next newsletter, please email it to Leon Arundell by Friday 7 October.

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