



Ride to Work News

<http://www.pedalpower.org.au/rtw/index.htm>

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"Be active for life" Ride to Work

is sponsored by



www.pedalpower.org.au



www.health.act.gov.au/healthpact



Heart Foundation

www.heartfoundation.com.au



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Hello pedallers

In this month's newsletter, you'll find:

Canberra Festival of Cycling Update
Ride to Work Needs a New Coordinator
4WHEELS4SEAN
Brisbane_s Bike Week Goes National (almost)
I Want to Ride my Bicycle
Life Cycles: Jo Winter.

May the wind always be at your back.

Leon

CANBERRA FESTIVAL OF CYCLING UPDATE

The Launch of the Festival of Cycling was held on Wed 16th October at Veterans Park in Civic. It was good to see so many Ride to Work people there - not only 'locals' from Civic, but contacts from Belconnen, Woden and even Tuggeranong. The Minister for Urban Services launched the new Pedal Power book "Cycle Canberra: Exploring the ACT and Region by Bicycle," and drew one of the Ride to Work 'Lucky Door Prize' tickets from the official 'Canberra Connect' cap.

The Fitz's and Tharwa Challenges were held on Sunday 27 October, in perfect weather, with even a tailwind to help us up the hill on the return from Tharwa. As usual, I was passed by lots of Fitz's riders, who had covered the extra 60 km in less than an extra hour!

Other Festival of Cycling events include:

- 2/3 Nov. OzHPV Challenge
- 2/3 Nov. Binalong with Neville Reece
- 3 Nov. Tuggeranong Bike Festival www.vikingscycling.org.au
- 8 Nov. ACT Road School Cycling Championships, Weston Park
- 9 Nov. Adult Bike Skills Day with John Armstrong (see attached flyer)
- 10 Nov. Tour de Femme

For complete and up-to-date information, check out

www.pedalpower.org.au/events/cfc/bikewk02.htm

RI DE TO WORK NEEDS A NEW COORDI NATOR

I wish to stand down as ACT coordinator before the end of the year, in order to have more time for my family and to pursue my other interests.

This doesn't mean that I will abandon Ride to Work. I think it's a great program, and I will be happy to continue to contribute, but in a smaller capacity.

As the new Ride to Work Coordinator, you get to work with a great bunch of people. The coordinator's main role of the is to coordinate the efforts of the dozen or so people who have taken on the various tasks that keep the program working. You will also have the opportunity to work with Healthpact, the Heart Foundation and Pedal Power to prepare next year's grant application. That means you will be able to shape the design of Ride to Work for 2003_04 and beyond.

We also need people to fill the following roles:

Workplace Contact Mentor, Russell/Barton area
Web Page Reviewer (no web skills necessary)
Publicity (press releases etc.)
Sponsorships (seeking support)
Bike Maintenance Session Coordinator
Heart Week Co_ordinator

If you'd like to join this group, or would like to know more, please contact Leon Arundell at ridetowork@pedalpower.org.au.

4WHEELS4SEAN

Announcing two new fundraising activities by the 4WHEELS4SEAN charity to benefit cyclists in need because of a severe disability acquired while cycling.

A fundraising dinner is on the Canberra Festival of Cycling program for 16 November. The guest speaker will be Michael Tomalaris of SBS World Sport, there will be music, other entertainment, lucky door prizes and the chance to bid for some great auction items that have been donated.

Tickets are only \$50 and just by coming along you will be helping to raise money for cyclists in need - in return we promise to make it a great night! Why not put together a table and join us for a big night out for the Canberra cycling community?

A raffle is also being held with prizes worth more than \$14 000 in total. First prize worth \$3256 includes a full XTR groupset from Shimano 'their top of the line mtb components' and second prize includes a Raceline road bike worth \$2495 from Maladjusted. There are 12 prizes in all with goodies to appeal to cyclists and outdoor lovers of all persuasions - full details are available on our website and everywhere that tickets are sold.

Tickets are \$5 and on sale until March 2003 or until sold out. You can buy tickets at some local bike shops - including Maladjusted, Rideshop, the Bike Shed, Canberra Cycles. We will also be selling tickets and displaying some of the prizes at various cycling events over the next four months.

4WHEELS4SEAN was established in response to the plight of Canberran Sean Fitzgerald who became a quadriplegic in a cycling accident more than two years ago, and the charity's first fundraising aim is \$50 000 for a specially modified car to give Sean more mobility and quality of life. To obtain raffle tickets to sell at your club or workplace, get more info about the dinner or read more about 4WHEELS4SEAN, please visit our website at <http://polarismtb.com.au/4w4s/> or email 4w4s@polarismtb.com.au

BRI SBANE_S BI KE WEEK GOES NATIONAL (ALMOST)

This year's Brisbane Bike Week (<http://www.bq.org.au/events/bikeweek/bikeweek.html>) was held from 20 to 27 October. It included the Corporate Challenge Shield, in which companies of all sizes competed to get the highest proportion of staff cycling to work during Bike Week,

This year the CSIRO Sustainable Ecosystems laboratory in Brisbane challenged the other seven laboratories. The Canberra laboratory at Gungahlin accepted the challenge, as did Alice Springs and Darwin. We eagerly await the results.

I WANT TO RI DE MY BI CYCLE

From John Markoff, in the New York Times, 10 Oct 2002

You don't need rock_hard calves, shaved legs, or a dresser full of unitards to love cycling: According to the U.S. bicycle industry, bikes designed for commuters rather than racers are the next big thing.

Of the estimated 17 million bikes sold in the nation last year, over 20 percent were "comfort bikes" - up from 13.6 percent in 2000. These affordable cruisers generally come equipped with fenders, a rack, lights, and chainguards.

Some call it a temporary trend and attribute it to the tight economy; some say fears about air travel are keeping people closer to home. But one of the companies behind the new commuter bikes, California-based SimpliCity Cycle, hopes it is a sign of a long_term shift in thinking: Bike commuting has long been common in Asia and Europe, but has never achieved similar popularity in the traditionally car-crazed culture of the U.S.

(cont)

The \$4.2 billion bike industry is now stepping up its lobbying efforts to secure funding for better bike routes and road renovations to make bike commuting a more practical option.

LIFE CYCLE: Jo Winter

Joseph Winter works as an engineer in DFAT.

Jo rides a basic road racing bike that he has built up himself. He has been riding for about twenty years, and into work for the past sixteen years. Jo rides from Kippax most days (about 37 km round trip) and uses the DFAT gym to do stretches and strength exercises.

Jo rides the Cotter loop most weekends and enjoys outdoor activities such as skiing, bushwalking and scuba diving.

THANKS FOR THE SUCCESSFUL LAUNCH OF THE CANBERRA FESTIVAL OF CYCLING

Well, we did it. Thanks to everyone's help in getting this together. It was a great morning, the Minister came and the Action Bus came, as well as the launch of the new "Cycle Canberra" book (<http://www.pedalpower.org.au/about/cyclingcanberra.htm>) and the new 'Cycle Safe' brochures. More than 200 cyclists came, and hopefully the message that "Cycling is for Everyone" was a spread a bit further. Thanks again for your support.

Don't forget to participate in some of the other events that are still on, finishing off with the inaugural Urban Polaris event in Canberra. If you don't know what that is, have a look at the Canberra's Festival of Cycling brochure. (<http://www.pedalpower.org.au/events/cfc/bikewk02.htm>)

Annemarie Driver
Co-ordinator
Canberra's Festival of Cycling

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