

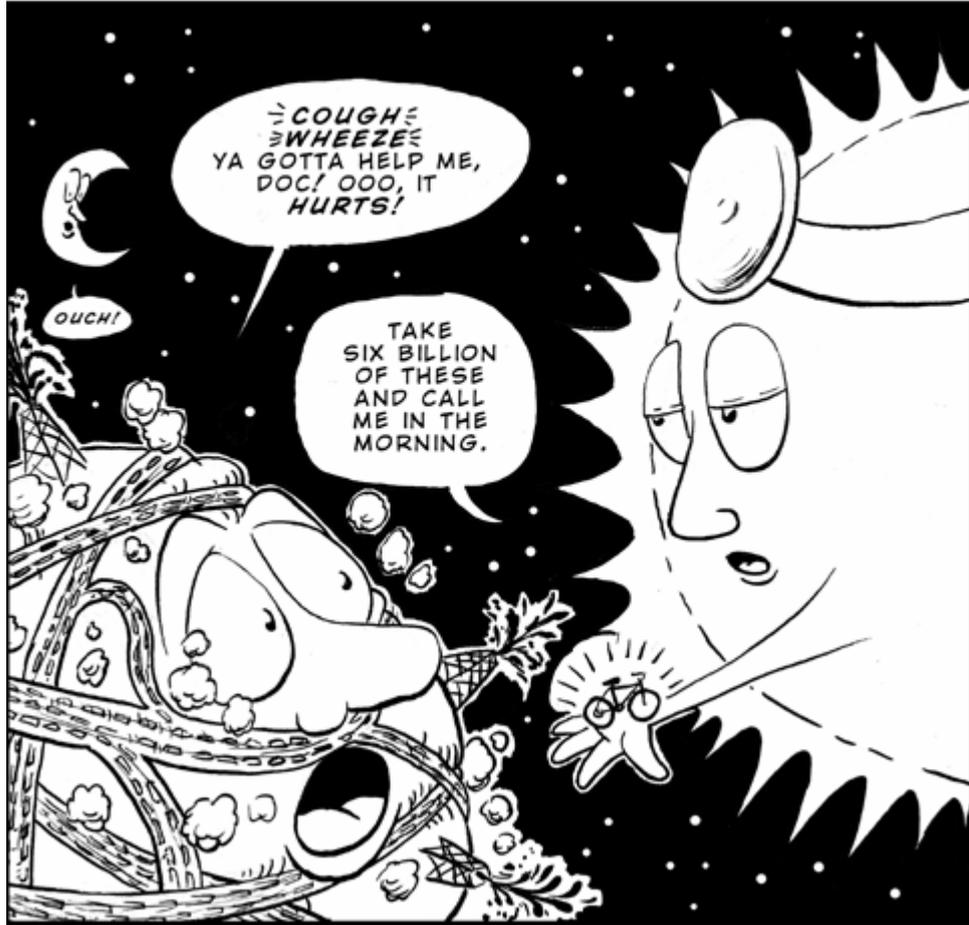


Pedal Update

No 156, Sept-Oct 2003 ISSN 1321-1870

CYCLOTOON

BY NEAL SKORPEN



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Front cover: cartoon used by kind permission of the artist and Jim Joyce, Editor/Founder of Bikexchange.com: The Bicycle Exchange, USA.

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President's Letter



Dear Loyal Members,

When you're a child you don't want to be a child. And then, you never really know when you've grown up. It's my birthday today and I still don't feel grown up. Yet I'm 56!

Whatever you do, as you grow older, never forget to keep on playing. It's not childish to play and have fun.

You can always get your Mum or Dad to start talking if you ask them what things were like when they were kids. They love talking about what things were like then. I dare you to ask them about how they used to ride their bikes when they were kids! Or, even better, as your grandparents! They'll tell you some wonderful stories!

Hey! I've just had a great idea. How would you like to ask your grandparents something about bikes and write about it? We would love to put your story into *Pedal Update* so that we could share it with our readers.

I'm really sad because not many kids can ride bikes these days. The Mums and Dads see how dangerous the roads have become with many people driving their cars very selfishly. I'll bet your parents had never heard about 'Road Rage' until a few years ago!

Wouldn't it be great if we could make all of our roads safe again? So that us kids could ride our bikes everywhere! Maybe the world is heading in that direction. Cheap oil is running out and our cities are becoming so clogged with dangerous cars that something will have to be done. Be ready on your bike.

Because I know you like mysteries, I have put in two photographs for you to look at. My questions to you are: Where were these pictures taken? And, what are the bicycles doing there? Answers – page 14!

All the best, Mike Kokkinn



← Mystery Photo 1



Mystery Photo 2 →

Childhood Obesity - Prevention is the Answer!

There are powerful forces at play in our society that have lead to a steady population weight gain. It has been shown that a decline in energy expenditure rather than an increase in food intake is the dominant factor in our national dilemma. Doctors cannot fix the problem! Obesity clinics do no better and often worse than Weight Watchers. No drug is on the horizon to allow us to safely retain ideal weight

The WHO has called for a societal-level intervention and change. It concedes these will take a long time to introduce and even longer to yield results. Child and youth health profiling show that excessive weight increases are often apparent before children start school. In the seven years 1995-2002, overweight and obese four year old children have increased from 12.9% to 21.5% for girls and 10.6% to 18.4% for boys. In November 2002 the Australian Health Ministers Council decided to establish a National Obesity Taskforce to develop a national action plan. The taskforce has invited sport and recreation organisations among other groups to consider population-based activities and environmental changes that contribute to a healthy weight. While Government always seeks evidence regarding long term effectiveness of any intervention, it is hard to deny the relevance of cycling and bicycle-advocacy that BISA has brought to bear over the past decade.

A recent Editorial in the Medical Journal of Australia (21 July 2003) reports physical activity as a pivotal public health issue in contributing to the prevention and management of at least six of the nation's health priorities: cardiovascular disease, cancer (bowel and breast), mental health, diabetes, falls and injury in the elderly, and musculo-skeletal problems. Readers who would wish to better educate themselves and their children (grandchildren in my case) with the realities and risks of obesity (Body Mass Index >30) and being overweight (Body Mass Index 25-30) are encouraged to view the excellent web-site on the NSW Childhood Obesity Summit (includes a calculator for your Body Mass Index). A wealth of advice is supplied at <http://www.health.nsw.gov.au/obesitysummit>

Dr. Phil Henschke,
Repatriation and General Hospital.

Note: BISA is planning a submission on obesity as well as a set of FAQ pages. One of the latter will deal with the health benefits of cycling. Anyone wishing to contribute (including personal experiences) should contact Mike Brisco, Web-Boss at the BISA web site -(Ed.)

Mike's Bike Tips, Bikes for children, a retailer's experience

When choosing a bike, from a child's point of view, the most important thing is: how cool is it? Will my friends acknowledge this is a cool brand and does it match my \$150 sneakers? This poses a dilemma for parents because if a child thinks a bicycle looks good, or suits the current fashion craze, even if cheap, nasty quality, it will take an effort for a parent to persuade a child otherwise. And it is important you get a child a bicycle they like, so that it is loved and used. Fortunately there is now a fair range of brands and sizes available.

What should parents consider? You should select a bicycle of correct size for your child. Some parents want their child to have a bike to 'grow into', and one even wanted a bicycle he could ride too (his child was age eight), but forget this in favour of safety. Children will try to ride anything, but they do need to be able to safely control the bike, reach the brakes and dismount comfortably and safely in an emergency. One father insisted his boy should not have any hint of slope in the top tube as such bikes 'were for girls', preferring to buy his child a bike with an unsuitably high stand over height with painful consequences. Some parents trying to be economise in the long term find the child has worn the bike out before the child has managed to grow into it. Consider

your child's strength, weight and riding style. Will trainer wheels be needed? How complex a drive-train can your child handle (generally the simpler the better for novices and rough riders). Some boys in particular do give their bikes a hard time and it is worth considering a more up-market, durable bike for a heavy duty active child. More money up front may save you those endless repair bills. So, you have to choose a bike your child likes and will want to ride, particularly in front of their friends.

Accessories such as a cycle computer can encourage a child to ride more, you can add a water bottle and cage, a carrier for taking belongings to school or sport, a decorative bell or hooter, and anything to make the bicycle more visual (flag, reflector, bright clothing) for safety reasons.

If your child is a keen cyclist, consider replacing the saddle with a more up-market, comfortable one, and having lighter weight wheels built. Have your child's helmet correctly fitted at the bike shop and make sure the straps are adjusted properly. Choose the brightest colour possible as a visibility aide.

Mike Elleway.

Louise and the Tintinara BMX Bandits

Louise, teacher at Tintinara Area School, and the local BMX Bandits are seeking information and ideas re. building a new BMX track for the town. BISA members are invited to respond! Louise writes,

'Hi Sam,
Thanks so much for your email. It was really encouraging to receive a positive response! Your tips have paid off for us and we made contact with Port Adelaide/Enfield council. I have attached some notes about our project and some of the

problems we had.... We have been featured in our local press as well and the boys got a real buzz out of seeing themselves. Let us know if you want any more information or have any questions. You can call us at school on 8757 2120 or email me on louise@tas.sa.edu.au and I'll forward them on to the boys.

Thanks, Louise'

...and here's their story...New BMX Track for Tinty

Tintinara Area School has about 100 students from R-10, 2 hours SE of Adelaide on the Dukes Highway [a bit past Murray Bridge and a great spot-Ed]. The "BMX Bandits" are students from the middle school - the group includes students from Year 6-9 - Rob, Tom, Jake, Hayden, Kendrick, Phillip and Ryan [sounds like the James Gang-Ed.] Also involved are myself Louise Cottell (teacher in charge) and Principal, Ms Lesley Murray. This year our Community Studies subject aims to improve the local community and increase authentic projects for students to work with community members.

Originally our students just thought they would improve existing BMX facilities (very poor, run down, two jumps) but then were encouraged to establish a new bike track on an alternative site. Looking around we found a suitable site near the clubrooms, netball and tennis courts at the local football oval. Now students are exploring options for funding and

getting ideas for the design of the track. Students are working with members from Coorong Council, including Ian

Millard and Jim Fairbain and community members, Greg Kennett and Rick Candy.

This has been a great opportunity to find new links in the community, provide boys with an authentic project through their school work, enhance their local community and add to the recreational facilities of the area. They are learning about working together as well as finding out more about the skills needed to design and build BMX tracks. They are using their passions from outside of school and adding to their community. This is important because research shows that students who are actively involved with their community and partake of regular physical activity are less at risk for drug and alcohol abuse and have a more positive self image and better self esteem.

Louise Cottell, Teacher, Tintinara Area School

BISA wishes Louise and the BMX Bandits lots of luck. If anyone can help, please contact Louise at the above address.



Survey ... What parents think about cycling

Responses to the questionnaire sent out in the last Pedal Update:

1. What plans do you have for encouraging your child to cycle?

Always wear helmets. Taking them to parks (DG).
Cycle with them. Cycle to nice places (ZS).
BUG rides and ride with them to school (BP).
Bought him a bike at age 3. Cycle with him to school occasionally and on social rides. Set an example by cycling yourself as much as possible, especially for commuting (MH).
Buy them a bike and ride with them from a young age (EE).
Talk to him about safe cycling, ride with him as often as possible and enjoyably (SP).

2. How did your child learn to cycle?

Riding with us (DG).
Riding with us. They found BikeEd a bit boring because they'd done much more exciting stuff with us (ZS).
Children learn by riding with you and from BikeEd at school (BP).
Riding with his parents (MH).
Riding with us (EE).
Took the pedals off his bike and taught him to 'scoot', then introduced pedaling gradually (SP).

3. Any worries about your children cycling?

Motorists backing out of driveways and not taking care with cyclists (DG).
The speed of cars - children have to be vigilant before they are developmentally able to make up for car behaviour - as a result they mostly ride on footpaths but this has some setbacks (ZS).
That they'll crash (BP)!
Main threat is other parents in cars, especially 4WDs. Also, although my son mainly cycles on footpaths (he is 7y.o) cars reversing out of drives are a menace. Main roads are certainly not safe for young kids (MH).
Yes - inattention by drivers and the 2% of drivers who do not see cyclists (EE).
I mainly worry about the thoughtless behaviour induced by car driving (SP).

4. Your Top Three recommendations for action in the new S.A. Transport Plan?

4.1. Bike paths:

Extensive 'bikeways' adjacent to roads (DG).

More designated off-road tracks, paths and bike lanes - not just recreational but on school routes (ZS).
Separate bike lanes and bike paths (BP).
40km/h limits within the metro area (MH).
Reduce the number of 4WDs on the road (EE).
50km/h and 40km/h limits throughout the metro area (SP).

4.2. Safety

Enforcing wearing of helmets - seem to be a decreasing no. of children wearing them (DG).
40km in residential streets (ZS).
Use of bike lights (BP).
Good cycle lanes (MH).
Make residential streets 40km/h as per Unley (EE).
Bike lanes on all main roads and plenty of off-road paths to schools, shops and community facilities (SP).

4.3. Other road users

More bike tracks in the Southern/Hills suburbs (DG).
Driver education, particularly on neighborhood streets and at school times (ZS).
Secure bike parking at school (BP).
Car free zones for say 1km around schools (MH).
Create more bike paths to give safety for kids and bike lanes elsewhere (ie; Duthy St, Unley - EE).
Make drivers responsible for cyclists' safety as they are in Holland and a no. of other EU countries (SP)!

5. Other suggestions regarding children cycling?

[Cycling] bridges over roads to avoid having to cross them. There are so many benefits from cycling - social, environmental, health, fitness, self concept, independence, fun. I just wish it was safer as we have to be so vigilant (ZS).
We need schools to take leadership by initiatives such as 'cycling school buses', providing safe storage for bikes at school, enforcing parking restrictions around schools, teaching bike skills at school etc (MH).
Dedicated bike paths are very important for teaching young children how to ride a bike. Bike Tasmania will put a Power Point presentation on their web site soon with a no. of good Bike Ed and safety points (EE).
For the Government and community to take cycling seriously as an important form of future transport for our children (SP).

Note: BISA plans to establish a 'parent to parent' resource at our web site to assist 'new' cycling parents to benefit from the practical advice and experience of others - stay tuned, Ed.

Walking Buses

Every Step Counts

Counting by fives and tens can be a hard skill to learn, but teacher Robyn Parker of Edwardstown Primary School manages to squeeze in an extra maths lesson on the way to school. Robyn walks to school with a student from her Year 1 class and during their walk; the students practices their counting skills.

Robyn started walking to work early last year. Recently she joined the schools 'Walking School Bus' Program as a volunteer and now regularly walks with a group of 12 children to school. Through her involvement with the Walking School Bus, Robyn has 'come to know the students and parents really well, even their pet dogs'.

According to Robyn, walking to work offers some great benefits, including:

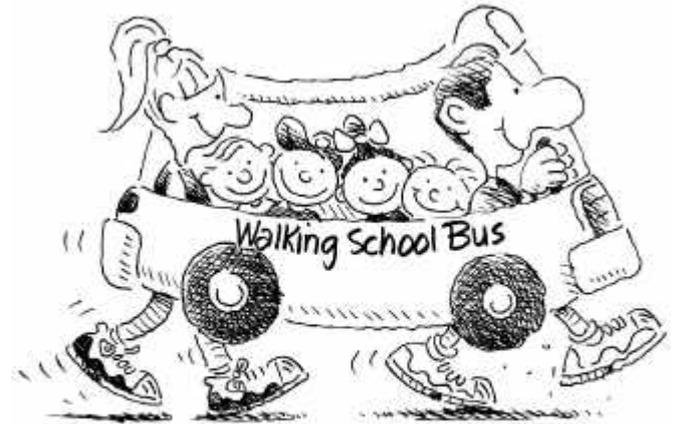
- * Time for reflection about the day ahead
- * Maintenance of fitness and weight
- * More time because exercise is part of the journey to work.

Robyn's actions make her a very positive role model for her students!



Robyn and her Walking School Bus

Walking the Talk



**walk to school
for healthy bodies and clean air**

To mark World Environment Day (June 5) and to recognise the fantastic achievements of the parents, grandparents and children participating in Walking School Buses, Mitcham and Edwardstown Primary Schools each had a celebration.

Mitcham Primary School now has five regular Walking School Buses that walk separate routes while Edwardstown Primary School has three!

Alison Collins,
TravelSmart SA Project Officer, City of Mitcham,
Phone: 8372 8887 Fax: 8372 8101

BISA Plans Cycling Resource for People with Special Needs.

Many children, young people and adults with disabilities enjoy cycling, an active pursuit they can share with their siblings, parents and friends. For many it is their first opportunity for really independent mobility. Cycling is an affordable, independent and valuable form of transport for all of us, and often more so for people with disabilities.

BISA would like to develop a web page on cycling for people with special needs. The page would include: cycling

stories and experiences from all ages; a set of frequently asked questions (FAQs) providing information; lots of great pictures; lots of links to similar pages and maybe manufacturers' web sites - maybe even 'special needs' bike reviews from BISA members. If you would like to help or have ideas or something (anything!) to contribute, please contact Mike Brisco, Web Manager via the web site or myself, Sam Powrie (kabir@chariot.net.au).

Kids' Section

Ben on a Bike

My name is Benjamin Hall and I am 12 years old. I go to St. Augustine's primary school. I have a brother and a sister and their names are Luke who is six and Ruth who is one. My brother also rides his bike to school. My sister really enjoys go for rides and sometimes I ride on my mum's bike and she sits on the back in her seat.

I have been riding since I was 4 years old. I started with a toddlers bike, then I progressed up to a small bike, a 20 inch wheel bike, to the 26 inch mountain bike which I have now. I like riding my bike to school and to places like Clare. I ride because I get plenty of exercise. The thing I hate about riding is going up the hills and getting used to changing the gears. Also bad drivers beeping at me for no reason. The thing I like most about riding is when you go down long hills very fast.

I think there should be more kids riding to schools than getting driven by their parents and that cars shouldn't come so close.

Memories of a cycling childhood.

From the age of 6 months I had the opportunity for a lot of bicycle travel - several types of trailers, child seats, 'trailer bikes' and tandems. Memorable were the robust Dutch wicker basket, festooned with Nepalese bells (some called it Alys' palace), and the semi-recumbent tandem on which I laid out in front, with a great view. This looked so comfortable that onlookers thought it was easy ("easy rider") and everyone said they wanted a go. By these means I traveled around SA, interstate and even internationally, with the benefit of fresh air, ever changing views and experiences and a wealth of wonderful friends. Interesting bikes with children on them are instant friend-makers! I went on many large scale touring rides, such as those run by Bicycle NSW and Bicycle Victoria and had a wonderful time.

Helpful tips for cycling children are:

- have ready access to food and drink
- wear more clothes than you think you'll need (to eliminate wind chill) and...
- tie your toys on!

Alys Boote Cooper

The Day We Rode To The Top Of Mt. Kosciuszko

On March 28 2002, my family and I rode up the old summit road to the top of Mt Kosciuszko. It had just been repaired with big lumpy gravel that made it very hard to ride on. We stopped half way up at Snowy river for a rest because there was a **GIGANTIC** hill coming up. We had lunch at Seaman's Hut. It was so high up now it was getting really cold. When we got to the top we had to walk the last Km because no bicycles allowed. The ride was 8km all up hill and was really hard work.

I felt really proud that I had made it to the top. The ride down was really bumpy and we got sore hands. We didn't have to peddle because it was all down hill.

We got back and went to a Mexican Restaurant.

Joseph Waugh, aged 8



Kids' survey - What you think about bicycles.

1. Why do you like to ride your bike - what's the best thing?

Going really fast (Gerald).
Because you can ride fast and slow (Kieran).
Skidding! (Cormac).
Going fast (Nora and Niall).
Because I gain strength (Bryn).
Because my favourite thing to do on a bike is to ride to the shops and get some lollies and ride back down the hills (Tarn-Asha).
Riding with friends (Sarah).
Going down hills (Connor).
Going down Mt Lofty or Norton Summit Road (Jonathan)
It keeps me fit, and it's fun (Tom)

2. Where do you ride?

BMX track, long rides to Bellerive, to school (Gerald).
At the bike bumps (Kieran).
On the footpath (Cormac).
To school and up and down the street (Nora and Niall).
To school, bike holidays and Vine St (Bryn).
To shops, and to school, and on the Riesling Trail, and bike holidays on my Hitch-Bike (Tarn-Asha).
In parks (Sarah).
On the bike path and footpath and in the forest (Connor).
Everywhere (Jonathan)
I ride all around cause I like to ride (Tom)

3. Do you ride to school?

Nearly all the children said 'yes'!
Two said that they didn't.

4. What is your longest ride?

Road from Carnelian Bay in the inter-city bikeway to Berridale and return - 16km (Gerald).
6km' (Kieran).
Five km' (Cormac).
Port Elliot to Middleton - 4km, (Nora and Niall).
200km over 5 days in the mid-Nth of SA (Bryn).
20km on the Riesling Trail (Tarn-Asha).
Eight km (Sarah).
Nine km in the Wirrabara Forest (Connor).
80 km, Tour Down Under ride (Jonathan)
Campbelltown along the Linear Park bikeway for about 12kms (Tom)

5. What scares you when you're riding your bike?

Going down steep hills and crashing into stuff (Gerald).
Big dips (Sarah).
Cars (Bryn)
Nothing! (Kieran, Cormac and Connor).

Little baby birds that are just walking on the road or on the footpath (Tarn-Asha).
Semi-trailers (Jonathan)
Traffic on main roads because it might skid. (Tom)

6. Tell us about your bikes?

It has action figures on it. It's red. The chain doesn't come off, it has 2 wheels and goes fast - about 30km/h fastest speed (Gerald).
I can do lots of tricks with it (Kieran).
The colour's brown (Cormac).
Red colour, no training wheels, it has a bell (Nora and Niall).
It has 24 gears and front suspension, 26 inch wheels, 14 inch frame (Bryn).
It's a mountain bike and works really hard. Sometimes I pretend it's a horse (Tarn-Asha).
It's metallic with glitter on the spokes (Sarah).
It's a mountain bike with 18 gears, new brakes and a side stand (Connor).
21 gears and a good lock (Jonathan)
I've ridden on a very little bike I got it when I was 5. Now that I am 10 I ride a big bike that I got lent. My big bike has gears so I can get up hills (Tom)

7. Do you have a cycling hero?

3 children said "Stuart O'Grady"
2 children said "Lance Armstrong"
1 child said "Evan Mayo" (Basque rider I think)
1 child said "Robbie McEwan"
1 child said "Me!"
1 child said "I got bike riding off my Mum and Dad and I'm really starting to like it " [I think this means Mum and Dad are cycling heroes! - Ed.]'

A Big Thank You to All Our Junior Journalists!

BISA thanks all those children who have contributed to this edition of Pedal Update. We'll be sending out a 'special something' to you. Kids who didn't get their stories or pictures off in time are always welcome to send them in, and we'll still send you something special as well. Post to Sam Powrie, Kid's Editor, 25 Coppin St, Semaphore, SA, 5019, or... E-mail: kabir@chariot.net.au'

Pedal Update received survey forms, stories, photos and drawings from 11 children and their parents and from as far away as Tasmania. We plan to have a special children's page at the BISA web site so that we can record more children's viewpoints to build up a broad picture of the cycling experiences of children in S.A. - Ed.



Connor Powrie



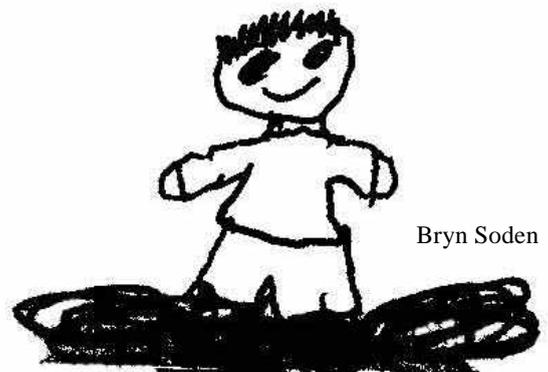
Tam-Asha Soden



Gerald Evans



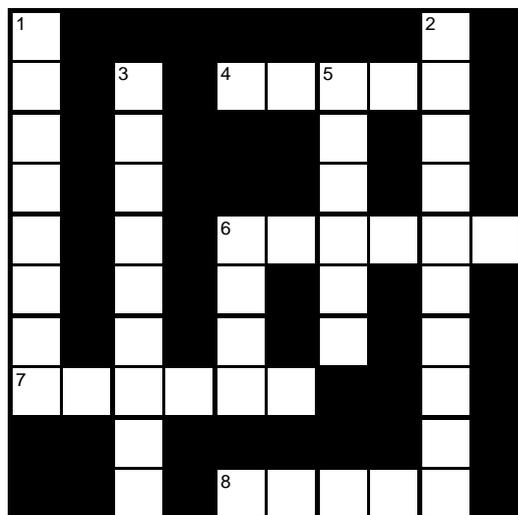
Kieran Hopkins



Bryn Soden

MIKE'S EASY CROSSWORD

(answers page 14)



Across

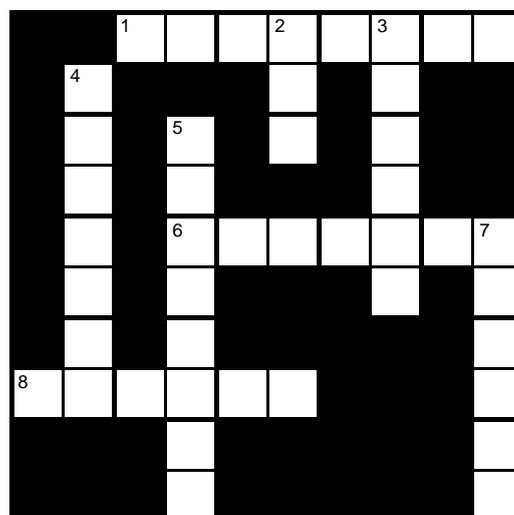
- 4 If only this shiny metal rod could speak! (5)
- 6 You'll need them going down a steep hill (6)
- 7 Horse riders use one too (6)
- 8 Mountain bikes have lots of these (5)

Down

- 1 These bike bags carry all your gear (8)
- 2 On your bike these are bright, so the cars see you at night (10)
- 3 This Tour is Adelaide's famous cycling event (4,5)
- 5 This famous Stuart tours in France (6)
- 6 There's one on the front door and one on a bike (4)

MIKE'S ANAGRAM CROSSWORD

(answers page 14)



Across

- 1 **Cecil, try** on three wheels (8)
- 6 To get first place in this type of cycle race you must **usurP it** (7)
- 8 Beware you have one to protect your head from **the elm** (6)

Down

- 2 **Go C** and turn your little spikes on my bicycle chain (3)
- 3 Where the clown rode his unicycle until he made the **cur siC** (6)
- 4 If you ride one you may pass **cecil By** (7)
- 5 This famous Australian cyclist was **no mapper** (8)
- 7 If two of you are on the same bike you may be caught on a **dam neT** (6)

Long Distance Rides: Kids Can Do!

Lots of people don't believe that kids can do **BIG RIDES**. Here's proof they can! These 5 brothers from the US rode 240km in 4 days (and nights) to raise about \$5,000 for charity. Pretty good, eh? I'm sure many Aussie kids can ride further though... want to send us a story about your **BIG RIDE**?

The brother's story is at: www.tfn.net/~gfloyd7/cmn



Parents' Viewpoints

Andrew's View

The plans I have for encouraging my kids (12, 6, & 2) to cycle are many and varied. The first step was keeping our family as a one car household. With their mother working various shifts (she is a nurse), getting the kids to their various activities (sport, school, music, church) means either: - dropping mum off and using the car

- organizing a ride for them with someone else (perhaps from their team)

or...

- riding our bikes.

Indeed the third option is always preferred for all nearby excursions, even if they involve various destinations or are at night (the kids love an opportunity to use their bike lights).

The second step was encouraging them to ride from as early as possible and whenever practical (i.e., to school). We didn't have a bike seat for our eldest (more's the pity), but both his younger brother and sister have/are using it (one present my daughter received for her first Christmas was a pink Dalmatian bike helmet). Luke (the 6 year old) also got to travel further, and when necessary, in heavier traffic, thanks to the a tag-along bike. In fact he loved it when he went to kindy on it. Got lots of attention. Getting them to ride to school does make the boys stick out a bit. Except when BikeEd has been on, they are often the only kids who ride.

Finally last year Benjamin (my eldest lad) expressed an interest in going on some longer rides with me. I had a tendency to spend a day alone in the saddle from time to time. So we did a 20km run in the nearby foot hills then a day ride of 75km. With him showing continued interest I then planned a series of day rides away, where we ride for the day, stay a couple of nights and then ride home, with the rest of the family joining us by car. Back in January we rode to Clare. Easter saw us in Murray Bridge, and this week we did the 240km round trip to Port Elliot. We are now planning on gearing up so we can go further a field, with he and I camping out and the rest of the family joining us on the second or third day out. One interesting thing to come out of this is the way Luke talks about when he will be old enough to join us, as if this is some right of passage.

As you can see most of the kids cycling education has come from my wife and I. However Benjamin has done the BikeEd program this year, and got a lot out of it (and passed on some of it to both his brother and I). His brother did not enjoy it when BikeEd came to the school. Firstly he couldn't

be in it, and secondly due to the fact that the bike racks were full and he couldn't park (unfortunately things now seem to have returned to normal).

Three things that would make cycling safer for both my kids and for me:

1. Driver - and specifically car driver - education. Ben made an observation during our Clare ride that he felt more comfortable with the trucks than the cars. To paraphrase, truckies showed greater road responsibility, and I couldn't disagree with him. Rights seems to be a central part of our society, Responsibility only gets used in the context of blame. What we need is to teach all road users to be responsible road users.

2. My second request would be for all 60km or higher roads to have bike lanes, and for parking on those roads to be banned unless a parking recess is provided. Also those parking recess' should not be closer than 10m from any side road. The simple fact is that to get to many places cyclists young and old sometimes need to use these roads. Parked cars force the cyclist to weave in and out (young cyclists weaving is not good). In addition cars wishing to enter these roads from side streets often have to encroach a great deal to see around parked cars thus endangering themselves, cars already on the road, and of course the cyclists.

3. Finally, we the need to educate cyclists and the parents of young cyclists. We often hear about how parents won't let their kids ride because they don't think it's safe (often the same parents double-park bull-bar toting vehicles in front of schools). BikeEd is great for the kids, and it does send home some literature for parents to read, but I doubt many do. We need to be educating parents re. safe cycling possibilities for their kids. What are the risks? What are their responsibilities (how many times have you seen a kid not wearing a bike helmet)? Get them thinking about the way the roads/paths in their area are set up.

Just a last thought. Schools are currently getting rid of bike racks in their yards because they aren't being used. For the sake of a generation who we are told are tending towards obesity, for the sake of an environment that is begging for relief, for the sake of neighborhoods that struggle to be communities, we need our kids to ride/walk/use public transport and thus educate our own generation!

Andrew Hall.

Bob's View

To us as a family cycling has always been important. From a very young age my son was carried in a modified car seat attached to a Karrimor rear rack, long before specialized child carriers were readily available. When the time came for Nic to get his first bike we were living on a farm, so his first attempts at riding took place where the only hazards were fences and sheep: the latter a considerable improvement over many licensed drivers.

Later in town, and later still in the city, Nic's early rides were in company with one or other of his parents. We rode wherever we needed, abreast when safe although the general rule was that Nic rode behind me and a little to my left. This allowed me reasonable surety as to where Nic was, he would shadow my position on the road and he had reasonable forward vision. We had both an oral and visual signal system and I would always ride so that Nic had enough room should car doors or other hazards threaten. When three of us rode together Nic would ride between Lyn and me.

We encouraged safe, defensive riding, while letting Nic know that he had a right to use the road.

From a fairly young age we allowed Nic to ride locally alone. He rode to school from Year 1 as well as to after school activities. We would ride together for a few days to survey the route, discuss problems and find solutions, then he was on his own. After music lessons or such, particularly

if it was dark or busy, I would meet him and we would ride home together.

Any worries? Yes, lots. When riding together, however, we rarely had major difficulties although there were a few unpleasant moments; an adult and child riding together seemed to encourage more consideration than a solo cyclist sometimes does.

My greatest fear was that Nic would not be seen. He learnt to ride before the benefit of bike paths or lanes, both of which I consider a major asset in learning to ride in the city in that they indicate to motorists a likelihood and give cyclists a designated, legitimate place on the road. (This can be a disadvantage when paths and lanes are seen as the only legitimate place for cycling. Personally I claim space regardless. As an encouragement to cycle, however, I think paths and lanes are important.)

What would I like to see? It is said in the Netherlands that motorists are considerate of cyclists because they too cycle. Maybe raising the minimum age at which a licence to drive is issued might help here. So too would lower speed limits; a 50 kph maximum on all arterial roads, 40 kph or less on local use roads in residential areas. Some encouragement, heavy if necessary, to improve the attitude of some (in Australia, too many) drivers.

Bob Mealing, Forestville, SA

Kids and Parents - Don't Miss This! Australian International Pedal Prix.

September 20-21 - Sturt Reserve, Murray Bridge, starting midday Sat.

2003 marks the running of the 18th Australian International Pedal Prix. Held annually at Murray Bridge, the event has continued to grow and is now one of the largest of its kind anywhere in the world. This year's event takes place on the weekend of September 20 and 21, 2003. There will be some 200 teams from around Australia in the grueling 24hour marathon. Spectators welcome.

Teams design, construct and ride a human powered vehicle (HPV) - mechanically similar to a bicycle, the driver sits in a "recumbent" position and uses pedals to propel the machine - FAST!

Also - don't forget Velofest, November 16th!



More info: <http://www.pedalprix.com.au/>
Bill Standing, h 8272 2294

Cycling News

Free Media Training workshop! Calling All BUG Members and Interested Cyclists..

To make Australia a really bicycle friendly country requires a strong support base at the national, state and local level. It is vital that there are processes in place to promote cycling, broaden its image and to win better conditions for bicycle riders.

A big barrier to cycling in Australia is the perceived danger. Many of you would have heard people who do not cycle say that cycling is dangerous. Many of their views have been shaped by media reporting. Positive news stories about cycling in local and regional papers are effective in changing some of these perceptions. Getting more people cycling makes it ultimately safer. It is also easier to lobby Governments to improve conditions if there is broad community support and interest in cycling. The Cycling Promotion Fund (CPF) has engaged Sally Dillon, a former editor of Lonely Planet, an experienced journalist and committed cyclist, to develop a media kit for BUG's and Club's which provides them with information, strategies, tips

and story starters on how to get media coverage, be it for good news stories, or to highlight some serious issues in your community and of course to lift the profile of your organization to increase your support base.

The media kit will be free to all BUG's and Clubs! The CPF will also run short workshops in all major cities around Australia and follow up email support will be provided. We would like to run a workshop in Adelaide in October or November under the combined auspices of BISA and BicycleSA. All BUG members, members of Cycling Clubs and others interested in promoting cycling who would like to participate in this workshop are invited to express their interest ASAP! If there is enough interest we may be able to combine this media workshop with other speakers and events and make a good day of it.

Please contact Sam Powrie at kabir@chariot.net.au or on 8449 9902 ASAP.

Connecting Cycling Conference: Canberra - November 2003

Connecting Cycling: A Conference on the Integration of Cycling with Travel Behaviour Change Programs, will be held in Canberra, Thurs. 20th - Fri. 21st November 2003.

FURTHER INFORMATION Peter Strang, Executive Director, Bicycle Federation of Australia Tel: (02) 6249 6761 Email: execdirector@bfa.asn.au Web: www.bfa.asn.au

ASSOCIATED EVENTS

Tuesday 20th November, Meeting of the Australian Bicycle Council

Wednesday 19th November, Training session for cycling facility design.

Saturday 22nd, Promoting cycling to Government workshop. October 8th to November 23rd, Canberra Festival of Cycling, in and around Canberra, with over 40 cycling-related events organised by Pedal Power ACT and other local cycling groups. The conference will be one of the highlights of the Festival.

Department of Transport's Draft Transport Plan – BISA submission

BISA recently made a substantial submission to TransportSA's Draft Transport Plan. It covered most of the key concerns that had been put forward by members including need for lower speed limits, for more comprehensive on and off-road cycling facilities and for more constraints on motorist behaviors. Some of the recommendations - while perfectly reasonable from a cycling point of view - may well prove quite challenging for the car-bound. We hope to have this document available at the BISA

web site soon. We anticipate its main value to be as a starting point for BISA's development of a number of well researched and persuasive Position Papers representing the experience-based views of every-day cyclists. To this end, once the document is posted, we invite your comments on any or all aspects of it. Please check the web site and send comments to Mike Brisco, web master or the Editor, Pedal Update. A limited number of paper copies of the submission are available from Mike Kokkinn, BISA's President.

BUG UPDATE: Child Friendly Initiatives - Port Adelaide Council.

The Port Adelaide Council in collaboration with the Semaphore community and Semaphore BUG have come up with an innovative and exciting plan for the second stage of the Semaphore Road Redevelopment. Stage one, now about 10 years old, dealt with the strip from Military Road to the Esplanade and included on-road bike lanes and a 40km/h speed limit. Stage two deals with the whole length of Semaphore Road and provides for both on-road AND OFF-ROAD bike lanes and paths on both sides of the road for its entire length! Hopefully it will also see an extension of the

40km/h limit as well. This will be the first provision of such innovative, comprehensive and child-friendly cycling facilities in a local Adelaide shopping and residential precinct, and will set a welcome precedent for other Councils to follow!

Semaphore BUG Correspondent.

To join Semaphore BUG contact Dave Hemmings: daveh1@adam.com.au'

(contributor: Sam Powrie)

Letters

Dear Ed,

In the Standard Messenger, (30 July 2003, page 7 - "Strategies to Improve Traffic Flow"), the Walkerville Council says it wants Transport SA to increase the speed limit on Walkerville Terrace, despite Transport SA determining that the route has an arterial bike lane providing access from The Levels to the city. Walkerville Council is also pushing for part of the bike lane to be removed. That I fear will happen. You know how most of the few bike lanes

disappear at intersections, where it is most dangerous for cyclists. That is, cars turning left across kerb-side/cyclist travelling straight ahead, or cyclist jammed between 2 rows of traffic and only centimetres away from motor vehicles, or no room at all if the vehicles are wider (bus, truck, 4WD drive etc). Please forward this on to any cyclists who may want to lobby to keep this rare bike lane intact.

Heather

Cycling for Pleasure Program

Sept 7th: A ride along the top of the Southern Adelaide Hills ranges - Some hills. **Meet** Woodcroft Shopping Centre / Cnr. Bains & Panatalinga Rds, 10.00am - Approx 40km. **Leader:** Jenny 8383 6140

Sept 21st Patisserie Ride - Calorie Burn - Calorie Load. Success measured in "C's" not "K's". **Meet:** Vic Square, 10.00am - Approx 40kms. **Leader:** Chris

Oct 5th, 2 Bikeways and a beach. Ride to Kingston Park for Lunch. **Meet:** Vic Square, 10.00am - Approx 40km. **Leader:** John K 8449 5513

Oct 11th to 19th. Our annual trip is to **Bendigo** and beyond. Details - Richard on 8260 174

Oct 19th Can't go on the annual trip to Bendigo? Come and join us for a fun ride to ????. **Meet:** Brewery Car Park opp Entertainment Centre. 10.00am - 25 to 30kms. **Leader:** Helen S. 8356 1607

Nov 2nd - A flat easy gentle ride followed by our **AGM** **Meet:** Vic Square, 10.00am - 25 to 30kms

Answers to Crosswords and the Photo Quiz

Mike K's Mystery Photos, p. 2 – Both were taken in the Netherlands. Photo 1 is of a houseboat, with a child's bike left outside. Photo 2 is of a hotel – the bikes mean you can take your bike into the hotel, and park it in your room!

Easy crossword, p. 10 1 panniers; 2 reflectors; 3 Down Under; 4 spoke; 5 O'Grady; 6 bell; 7 saddle; 8 gears.

Anagram crossword, p. 10: 1 tricycle; 2 cog; 3 circus; 4 bicycle; 5 Opperman; 6 pursuit; 7 tandem; 8 helmet.

Bicycle Users Group (BUG) Contacts

Council Area/Organisation	Contact Person	Home	Work
Adelaide	Philip Thorpe	8224 0150	8112 5040
Adelaide Institute of TAFE	Yvonne Ladd		8207 8623
Burnside	David Wilson	8379 5682	
DSTO Edinburgh	Andrew Messner		8259 6316
Flinders Medical Centre	Mike Brisco		8204 4105
Gawler	[vacant]		
Glenelg/Brighton (Holdfast Bay)	Janet Kelly	8294 9374	
Norwood, Payneham, St Peters	Keneatha Pick	8364 6451	
Marion	Craig Cooper		8375 6636
Mitcham	Ben Wilson		8372 8853
NRG-Flinders/TerraGas HQ	Gerry Velatis		8372 1904
Onkaparinga	Darran Hampstead		0403 312 447
Port Adelaide	Dave Hemmings	8242 4129	8449 6777
Stirling	Kath Cooper	8339 3049	
Tea Tree Gully	Clive Palfrey	8264 1545	
Transport SA	Peter Larsson	8364 5212	8226 8214
University of Adelaide	Environment Officer		8303 5182
Unley	Ashley Campbell	8297 6249	
Waite Campus, Uni of Adelaide	Jelle Lahnstein	8362 8223	8303 7260
Westpac TMC	Rod Munro		8369 1642
Womens & Childrens Hospital	Kevin Duffy		8161 6455

**Want something done/fixed/repaired on your local bike routes?
For your voice to be heard, contact your local BUG!! If there isn't one, get one going!**

	Yes, I want to join BISA. My membership will include third party personal and property insurance, free legal advice on cycling matters, subscriptions to Australian Cyclist magazine, and Pedal Update Newsletter		
	Membership Renewal (please include any corrections to your address etc)		
Category (tick box)	1 year	2 years	Name
Individual	\$35	\$68	Address
Household	\$45	\$85	Postcode
Organisation	\$50	\$95	Work phone Home phone
Concession	\$30	N/a	Email address
Send cheque or money order.	Signature		
What knowledge or skills do you have that could be of use to BISA? (e.g engineering knowledge, event organisation, political skills, etc)			
Where did you get this application form ? - <i>back of Pedal Update.</i>			

Reminder: Subscriptions fell due in May. Subscribe now and help BISA work towards better cycling in SA

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Pedal Update

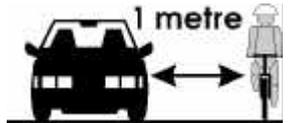
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