



Pedal Update

No 148, May-June 2002 ISSN 1321-1870



AGM Guest Speaker,
Vini Ciccarello, State
Member for Norwood
presentation of flowers



Ben Wright and David Hayes BUG co-ordinators for Holdfast Bay and Marion Councils at a recent BUG meeting.

Calendar

15th May

Business Meeting

19th June

Business Meeting

7 pm on the 3rd Wednesday every month at the Conservation Centre 120 Wakefield Street (Opposite Fire Station, entry via rear entrance) Join us at Fasta Pasta in Pirie Street at 6:00pm before the meeting.

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Pedal Update

Pedal Update is the newsletter of the Bicycle Institute of South Australia Inc., and is published six times per year. BISA is incorporated in South Australia and is a member body of the Bicycle Federation of Australia.

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Opinions published in Pedal Update are not necessarily those of BISA. The Editor endeavours to ensure that information published is accurate, but recommends that readers contact the authors for confirmation if necessary. PU Editor Ian Fisk 8296 3305 <editor@bisa.asn.au>

Deadline for the next issue: 16 June

BISA on the Web: <www.bisa.asn.au>

BISA's Mission: To promote cycling for transport and to represent all cyclists at the local, state, and national levels by working collaboratively with other interest groups and governments.

Road Hazards?

Call Transport SA: 1800 018 313

BISA Committee

President	Michael Kokkinn	
Secretary	Graham Day	8271 5824
Treasurer	David Wilson	8379 5682
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Web Site Manager	Mike Brisco	8365 7489
General		
	Kath Cooper	8339 3049
	Philip Henschke	8272 3718
	Alan Marriage	8296 5993
	Sam Powrie	8449 9902

President's Report

I joined BISA about ten years ago because I wanted a strong independent voice for cycling advocacy. I was also attracted by the Public Liability Insurance. I enjoyed The Australian Cyclist and I valued the lively local debate that I could follow in Pedal Update. I still believe that there is no better value for cyclists in South Australia.



If that were all, it wouldn't be enough incentive to join BISA. What binds us together is our passion for cycling and the belief that we are:

Cycling for Health; Cycling for the Environment; Cycling for Pleasure

Being a Biologist and being committed to some sort of sustainable future for humanity, I can see the sense of cycling. It has everything going for it. Imagine throngs of cyclists going off to work, riding side-by side and chatting, enjoying the lovely autumn weather right now. At

other times, we may choose to use an efficient and comfortable public transport system. Occasionally we would use our cars.

Instead we have sterile, bitumen pathways with hoards of single-driver cars elbowing one another out of the way all over the State.

My vision is to work towards a sustainable future with cycling forming an important component. I see the challenges for the new committee as being to build up the membership, undertake some effective public education campaigns and to lobby strongly for cycling safety on your behalf.

Here are the Association's Objects and Purposes:

- To promote interest in safety for cyclists and safe cycling;
- To promote good fellowship among those interested in cycling;
- To encourage greater use of bicycles for commuting and leisure as a means of reducing air pollution and the use of non-renewable resources;
- To promote good community health through use of bicycles;
- To encourage, educate and offer advice to members of the Association;
- To promote planning that will facilitate the greater use of bicycles as a viable means of transport;
- To do all things and acts conducive to furtherance of the objects and interests of the Association.

Join us in a process of renewal by participating in our activities and encouraging fellow cyclists to join the Association.

All the best,
Mike Kokkinn

DELIVERIES

Many thanks for all the help from BISA members who pedal deliver Australian CYCLIST magazines to letter boxes all over the city and suburbs.

If you see your deliverers, please offer them a cup of tea and thank them.

The people involved are Ruth Beach & Ian Weis:

Graham Brown: Trevor Cakebread: Margy Carty & Tony Wilson: Kath Cooper: Dennis Cox: Margaret & Graham Day: Ray Deed: Allan Dickson: Grant Feary: Bryan Forbes: Todd Griffith: Scott Hamon: Kath Haskard & Warwick Lloyd: Malcolm Healey: Peter Hughes: Stephen Janes: Paul Jewell: Fiona Johnston: Andrew Jolly: Dennis Jury: Janet Kelly: Terry Leach: Bruce & Ann Lee: Ken Macdonald: Wendy Marchment & Lee O'Connor: Deborah Martin: Greg Martin: John Mellor: Geoff Monaghan: Rod Munro: Christoph Neumann: Tanya & Andrew Newhouse: Michael Noske: Clive Palfrey: Dexter Palmer: Adolf Pergler: Ed Pindral: Richard Rowland: Rodney Stevenson: Colin Twelftree: Gerry Velaitis: Mike Watters: Elaine & Philip Whitham: Peter Whiting: David Wilson: Kathy & David Zilm.

So what happens to some of the money saved in this way?

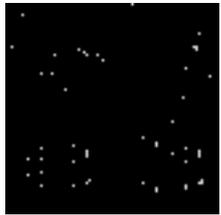
A donation was made to the Intermediate Technology Development Group - East Africa. As a result, ITDG

- EA with support from BISA and UNCHS was able to sponsor nine delegates to attend the first Pan African Bicycle Conference (PABIC) in Uganda in November 2001. This made the Kenyan delegation the largest from outside Uganda. Lilian Macharia wrote, "ITDG - EA would like to thank Bicycle Institute of South Australia for its sponsorship without which we would have been unable to enjoy the benefits of the conference."

This conference was a big deal for the bicycle activists, most of whom had never been in a room with more activists than can be counted on one hand. There was a high level of commitment, high attendance at all sessions and discussions were substantive, productive and stayed on task.

If we think we have problems getting a fair hearing for sustainable transport in this country, please think of developing countries whose need is great. A useful web site is www.itdp.org. Books written by people who have cycled in some of these countries give an indication of the situation. Some recent titles include Dervla Murphy's *The Ukimwi Road*, published by Flamingo, or Australian author Pamela Watson's *Esprit de Battuta*, published by Hardie Grant Books.

So thank you once more to all who help us help others.



Smogbusters would like to thank the Bicycle Institute of South Australia for their involvement in National Smogbusters Day 2002. BISA's donation of cycling magazines to distribute to university students has

helped to make this year one of the most successful in SA.

Smogbusters is a joint initiative of the Conservation

Council of SA and the Federal Government through the Natural Heritage Trust, which aims to raise awareness of car emissions and promote cycling, walking and using of public transport. BISA's support of cyclists in SA has helped to encourage cycling in the state, and we look forward to continuing working together.

Robert Murray-Leach

SA Smogbusters Project Officer

Adelaide City Council – What's happening...

... in Pulteney Street?

The first stage of the Pulteney Street upgrade, from South Terrace to Angas Street, is almost complete. The design for this highly used bicycle route features:

- A bus lane during peak periods (7:30-9:00am, 4:30-6:00pm Mon-Fri) – This is intended to give better priority to public transport but also provides for cyclists, who are legally allowed to use bus lanes.
- An advisory bicycle road treatment adjacent to car parking at other times – Originally formulated as a formal bicycle lane, issues arose with regard to possible confusion about the signage required to legally designate this treatment. The potential confusion arises from the overlap of space with the

peak hour bus lanes and car parking. An advisory treatment has been adopted instead, which provides the same physical space for cyclists but doesn't have the same legal status. It is hoped that this may be reviewed in the future to provide a formal bicycle lane, if an appropriate solution arises.

- High-profile bicycle parking rails (see pic) along either side of the street.



We are also investigating the feasibility of bicycle detectors to activate the traffic signals on minor streets, of a similar design to the detector trialed at the Wellington Square/Tynte Street intersection.

Unlike other detectors, these are reputedly sensitive enough to detect alloy or even carbon fibre bicycles

from the small amounts of steel present elsewhere on the bicycle (eg spokes, bottom bracket).

We are also working with Transport SA and consultants to improve the connection to the Park Lands path leading from Pulteney Street to the City of Unley's Rugby-Porter bicycle route.

... with the free bicycle hire proposal?

The "City Bikes" proposal is progressing well. The concept for this project is that a series of bicycle parking stations are located in the City, from which bicycles can be released upon insertion of a token. The token is returned to the user when the bicycle is returned to the station – similar to airport trolleys.

While Council has yet to approve the current proposal format, we hope to have a full system implemented during 2002/2003.



Special features of the proposal include bicycles designed for City riding, and to reduce theft and maintenance (see pic).

... around the City?

- The Council intends to install bicycle lanes in Morphett Street this financial year, from South Terrace to War Memorial Drive.
- Bicycle lanes have been incorporated into a road resurfacing for Grenfell Street, from East Terrace to Frome Street.
- A "high density" parking rack has been assessed

for use in bicycle parking cages in our U-Parks. These offer a central rail for bicycles to lock to and wheel supports that allow bicycles to be parked alternately higher and lower, reducing the problem of handlebar interactions. These are expected to enable at least twice as many bicycles to be parked – an important factor as locations in U-Parks that provide for safe cyclist access are at a premium.

- Adelaide City Council hopes to have a free cycling map of the Council area available by the end of the financial year. While Adelaide City Council is pleased to be part of the BikeDirect maps produced by BikeSouth, it feels that there is a need for a map with more detail. Adelaide City Council will continue to distribute BikeDirect maps from its Customer Centre at 25 Pirie Street.
- The Halifax Street project has included a wide kerbside lane treatment for cyclists. Not a high-use route for cyclists, the provision of room for cyclists is part of the "every street is a bicycle street" philosophy.
- Over 100 new bicycle rails have been installed around the City this year. The standard rail is the



"inverted D" (see pic) in stainless steel. New parking locations include twelve rails in Victoria Drive, near the University footbridge, to help cater for major events in Elder Park

Kindly provided by Fay Patterson.

CYCLING FOR PLEASURE RIDES

12th May Kauri Park Reserve

Join Richard on a ramble to Seacliff for lunch at the Kauri Park Reserve. Approx 40km Meet at Victoria Square at 10.00am Leader: Richard Tel. 8260 1742

17th - 20th May "The Kapunda Krawl"

For details Ring Helen Tel. 8356 1607
or Richard Tel. 8260 1742

26th May Mt. Lofty Botanic Gardens

Meet at Belair Railway Station at 10.30am

Leader: Anne Tel.8278 7321

9th June Outer Harbour

Adelaide to Outer Harbour then catch a train back to Adelaide. Some dirt & quiet back roads. 40kms

Meet at Victoria Square at 10.00am

Leader: Jilden Tel. 8370 8011

23rd June Barb & Alistair's Progressive Lunch

Leaders Barb - 8556 6092 Alistair - 8323 8012

From the Editor

Thanks to Peter Carter for years of editing Pedal Update and forwarding to me past issues on CD.

Thanks to committee members for chasing up articles for this issue and to those that supplied the content.

To encourage more membership participation/articles/letters to the Editor, small gifts have been arranged. Please contribute to your Pedal Update and you could be a winner! (by June 16 for the next issue)

Ian Fisk

“The human body is the only machine that breaks down when it is not used”

Source: DiNubile 1993

A new project called TravelSmart SA, a joint initiative of State and Local Government, has started at Mitcham Council. Onkaparinga and Marion Councils are also taking part. Travel Smart SA aims to reduce car use by promoting and facilitating sustainable transport alternatives for cleaner air and more livable communities. The TravelSmart SA program will be working with local community, businesses and primary schools.

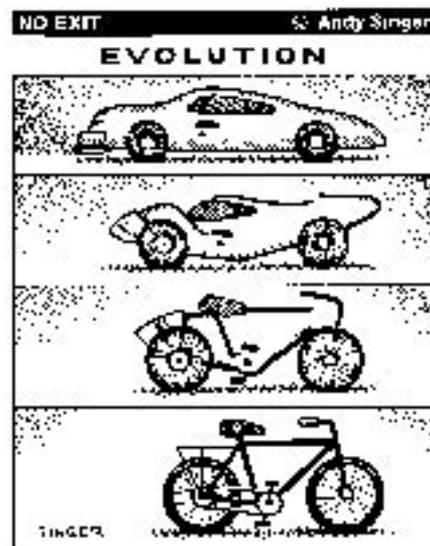
Green Travel Plans

One of the first TravelSmart initiatives will be to develop and implement Green Travel Plans for workplaces. Mitcham Council is aiming to undertake one for its own workplace.

Green Travel Plans (GTPs) provide a package of measures to reduce car use and promote more sustainable alternatives eg public transport, cycling, walking, car-pooling and telecommuting. GTPs are tailored to meet the needs of specific sites eg workplaces, schools, hospitals.

GTPs are being increasingly adopted by public and private sector organisations throughout the U.K. and US. They are a response to increasing road congestion, reducing parking availability and the significant negative environmental, health and economic impacts of high car use.

GTPs are relatively new in Australia; however there is a growing support in the public and private sector through the TravelSmart Programs in WA and Victoria. Local governments are adopting plans, realising that to encourage others they must first go through the process themselves.



Benefits of Travel Plans include:

- An improved local environment by reducing the emissions of greenhouse gases, noise, dirt and fumes
- Reduced traffic congestion on local roads, especially at peak time
- Equality of opportunity for employees, regardless of car availability and ability to drive
- A healthier, fitter, more productive workforce that take less sick leave
- Reduced costs associated with vehicle provision and maintenance
- Growth in journey times is avoided for employees and local population
- Land space is better utilised for improved facilities and environment rather than car parks
- It is a quantifiable way to measure the reduction in greenhouse gas emissions

For more information about the TravelSmart program contact Alison Collins on 8372 8887 or acollins@mitchamcouncil.sa.gov.au



The Combined City of Holdfast Bay and City of Marion Bicycle User Groups

For approximately 6 months now the BUGs of Holdfast Bay and Marion have been meeting jointly with a goal to enhance the objectives and principals of the groups.

The group meets on the second Wednesday every month with the venue alternating between the two cities.

Check the BUG contacts on Page 7 for details.

The next issue of PU will have details on some of the present projects and future ambitious projects in the pipeline.

Onkaparinga

Willunga to Marino Rail Trail is progressing, the section from Main South Road to Wheatsheaf Road will be up graded via a new bridge over the creek, partially filled cutting and sealed trail to Doctors road. Other works on the trail included a shelter and rest area at Pedlar Creek Road, this has been a 'work for the dole' project and has been welcomed by the local community. Pedlar Creek residents have really got behind the project offering secure places to store equipment, a regular chat with the odd cup of tea and biscuits.

Further good news for regular riders of the Victor Harbour Road section, is that this short stretch of the trail is scheduled for reconstruction. The uncontrollable cracking of the seal (which often threatened to swallow passing cyclist) will undergo extensive work to resolve the problems. (Any cyclists found will be returned to their rightful owner)

Next financial year will see the section linking with the Southern Expressway completed, along with interpretative signage.

Check out the new BikeDirect Maps to help you find this great ride

Beach Road Shared Use Path has been upgraded, the previous 1.5 metre path has now put on some weight and expanded its girth to 3 metres of seal. This path now provides great links from Elizabeth road to the Noarlunga Centre, which includes connections at the Expressway and High school. Also on a good note, TSA future plans include bicycle lanes for Beach Road, so we can expect some pressure on the Noarlunga Centre for

bicycle parking to be forthcoming.

Bike Ed – Council supported yet another round of successful Bike Programs, Applications are now in for the next round. This one of the toughest duties of for the LABP coordinator. Getting out and 'sweating it' away with the Instructors and kids can be gruelling work, all the scanning and signalling is endless, not to mention potential paper cuts from handing over certificates.

Aldinga Esplanade – In the 'not so positive tone' it has been a difficult task to implement the proposed bicycle lanes for the extensive length of the Esplanade at Aldinga. Several local residents are not so appreciative of Councils initiative to traffic calming. This is now subject to a report for Council approval before we can venture any further. The simplest things aren't always easy.

Back on to the good stuff – Another successful '**Taste the Race Tour**' resulted in so many cyclists cycling to watch the Tour Down Under it was impossible to count. An estimated 300+ fellow enthusiasts cycled to soak up the exhilarating atmosphere and sunshine at Willunga for stage 3. The W2M Rail Trail provided great access for families and the like to give up their car addiction for the day and get amongst it. A BIG thank you goes out to the Bicycle SA members who provided guided rides from the outer reaches of the City.

OK, that's it, for now, stay upright and may the wind always be on your back.

Darran Hampstead, Bike Logistics
- LABP coordinator for City of Onkaparinga

AGM Guest Speaker.

Vini Ciccarello, State Member for Norwood, is a passionate cyclist. She rides everywhere, she does not have a driver's license.

She spoke about her experiences as a cyclist including an accident some years ago in which she was hit from behind by a bus. It took quite some time before she had recovered both physically and emotionally enough to get back on a bike.

While a lot has been achieved for cyclists in Adelaide there is still a lot more that needs to be done. Traffic lanes are being re-instated on some main roads, but these are often narrow / on the shoulder / full of glass & other rubbish....

Cycling is not taken as seriously as it should be.

In too many instances cycling lanes in Adelaide - have a lane on part of a main road, but then it ends. It may

restart again further along, but what are we supposed to do in the meantime?

She spoke about riding on footpaths, acknowledging that she often did it herself, as it was often the safest and easiest option both for her as a cyclist and for people in their cars.

She would like to see riding on footpaths made legal, with councils then being given the right to exclude certain area- eg shopping centres etc where there is pedestrian traffic. She noted that cycling on footpaths is allowed in some other states in Australia.

She noted needs of different cyclists. Some prefer being able to take the direct route, riding on main roads. Others (herself included) prefer quieter back-roads / side streets where possible.

Thanks to Neil Murray for the summary.

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
Flinders Medical Centre	Mike Brisco		8204 4105
Gawler	Darren Mik	8524 3141	8418 9628
Glenelg/Brighton,	Janet Kelly Tony Hansen	8294 9374 8358 2401	8204 3085
Norwood, Payneham and St Peters	Keneatha Pick		8364 6451
Marion	David Hayes		8375 6887
Mitcham	Margaret Day	8271 5824	
NRG-Flinders/TerraGas HQ	Gerry Velatis		8372 1904
Onkaparinga	Darran Hampstead		8384 0666
Port Adelaide	Dave Hemmings	8242 4129	8449 6777
Prospect	Ruth Beach	8269 5052	
Stirling	Kath Cooper	8339 3049	
Tea Tree Gully	Clive Palfrey	8395 2363	
Telstra	Ian Turvey		8308 0144
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		8290 4333
Women's and Children's Hospital	Kevin Duffy		8204 6455

BISA membership form

Bicycle Institute of SA Inc., GPO Box 792, Adelaide SA 5001

Membership includes Third Party insurance.

	Yes, I want to join BISA. My membership will include third party personal and property insurance, free legal advice on cycling matters, a subscription to Australian Cyclist magazine and Pedal Update newsletter.		
	Membership renewal (please include any corrections to your address, etc.)		
(tick box)	1 year	2 years	Name
Individual	\$35	\$70	Address
Household	\$45	\$90	Post Code
Organisation	\$560	\$100	Work Phone Home Phone
Concession	\$30	n/a	Email Address
Send cheque of money order. Overseas prices on application	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?			

Bicycle Institute of South Australia Inc



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