



Pedal Update

No 177, Mar - Apr 2007 ISSN 1321-1870



Olly and Ting see page 6



Earth

Calendar

14th Mar Annual General Meeting
- All Welcome

11th Apr BISA BISA Business Meeting- All Welcome

7 pm Normally business meetings are on the **2nd** Wednesday every month, at the Conservation Centre 120 Wakefield Street (Opposite Fire Station)

Join us at Fasta Pasta in Pirie Street at 6pm before the meeting. All BISA members are welcome.

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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 (BFA).

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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. Editor(from Mar 14) : Sam Powrie 8449-9902 editor@bisa.asn.au Deadline for the next issue: 15th Apr.

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

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BISA Committee, 2006/7

Committee Member	Role & Portfolio	Contact
Sam Powrie	Chairperson , Road safety, speed limits, Infrastructure, BFA & DTUP liaison.	8449 9902(h)
Peter Sampson (until Mar 14)	Secretary, bike parking, Engineering, Technical Coordinator & Local Gov't liaison	8226 5590(w)
Ian Graham	Treasurer	
	Web Manager	
Ian Fisk (until Mar 14!)	Editor Pedal Update.	8296 3350(h)
Richard Bentley	Membership secretary, Ride to Work with Peter Sampson	8352-8762(h)
Jeremy Miller	BUG Coordination.	0438 837 372
Peter Sampson	BUG Coordination assistant	8226 5590(w)
Sue Carson	Adelaide Touring Cyclists appointed representative	
Scott Hamon	BUG assistant	8245 8223(w)

Chairperson's Report



Over the last month several members have written in, thanking the BISA Committee for work done in the interests of cycling and for achievements over the last year. These letters have been much appreciated. Sometimes it can seem that the efforts of those on the Committee, especially those of our Editor, Treasurer, Web Manager and Secretary are taken for granted. Their particular roles do not demand that they interact much with Government or the community and their names don't often appear in Pedal Update or elsewhere. Yet they are the backbone of the organization and the essential foundation for any progress we have made. On March 14th, 7pm, BISA will hold its AGM at the Disability Resource Centre, Gilles St, Adelaide. At that meeting several members of the BISA Committee will be resigning, notably our Editor Ian Fisk and our Secretary Peter Sampson. Our Web Manager Mike Brisco resigned a little earlier in the year. All of these people have invested much time and effort in developing BISA's capacity and directions over the last several years and I, the rest of the Committee and I'm sure all of our Members thank them very sincerely for this.

These resignations leave the Committee somewhat depleted with only 5 existing Committee members able to continue. This means we will just have a quorum at our meetings! However the Constitution allows for 10 Members and really, we need at least 3 or 4 additional people on the Committee if we are to manage the organisation's business and goals satisfactorily. If you have ever felt thankful an organization like BISA exists or if you have ever wanted to get more involved, now's your chance! We are especially keen for younger folk to get involved in the work of the organization and can promise some very worthwhile activities and projects over the coming year. We'll be electing the new Committee at the AGM and would be especially keen to hear from anyone interested in the roles mentioned above. If you want to support the organization please come along on the 14th. If you would like to join the Committee you can nominate on the night (you need to be a BIS Member of course) or beforehand (contact me at chair@bisa.asn.au or 8449 9902 a/h).

At the AGM our special guest will be Peter Watts, Manager of DTEI's Office of Cycling & Walking - the people responsible for nearly all of the cycling lanes, paths and other facilities you see around town. Peter will be outlining the plans he and his office have for the coming year and will explain the implementation and longer-term vision of SA's 'Safety in Numbers' Cycling Strategy. I'm sure he will also be pleased to answer any questions you may have regarding where we are heading with cycling and sustainable transport and take onboard any suggestions you may have. I will be presenting an outline of BISA's plans for the coming year and some of the opportunities we will have. We also hope to launch our new web pages on the night! And we will have plenty to eat! So please come! Sam Powrie, Chair.



Port Adelaide Bike Plan

In 2007 Port Adelaide/Enfield Council will review its Bike Plan. This will be an extremely important opportunity for those living in the area to express their views on cycling issues and needs. The Port faces many major changes including significant expressway developments, potential disruptions to cycling routes into the City, hundreds of new houses around the harbour, rapidly increasing traffic and an as yet unfinished Semaphore Road redevelopment (with all-important provisions for new bike paths remaining unclear).

Port residents also have a fantastic opportunity in this review to get behind the proposed Port/City GreenLink along the railway line. This needs to have a high-profile in any new plans for cycling in the area and will be strongly promoted by both BISA and the Port BUG. Anyone interested in participating in the review of the Port Adelaide Bike Plan should keep an eye out for advertisements in the Messenger Newspapers in mid-March and join the Port B.U.G. asap (contact Brian Acland at seawind@adam.com.au). Sam Powrie



Pedal Update

BISA - 2006-07. What Have We Achieved?

Looking back over the past year it is tempting to be distracted by the great challenges Adelaide's transport system faces and forget the achievements that have been made. Cycling development in South Australia sometimes seems extraordinarily slow so it's worth reminding ourselves of the real progress that has been made! In no particular order here's my take on some of this:-

- Secure bike parking in the City Centre is set to take off with moves to install lockups in several of the Council's U-Park facilities and major employers installing lockups for staff use.
- The Office of Public Transport is considering installation of a modular 'swipe-card' lock-up (similar to 'yellow box' built for Adelaide University) on a major public transport route. This will be a 'first' for the City and for S.A!
- The Adelaide City Council is completing its cycling 'ring route' around the Parklands with much redevelopment of existing paths.
- Government has allocated \$1M (mostly 'new' money) to the further development of its very(!) exciting system of Green Travel Corridors outlined in 'Safety in Numbers'.
- Jim Hallion, the Chief Executive of Department of Transport, Energy & Infrastructure has made it very clear to BISA, other Executive Officers and to Government generally that opportunities for cycling development must be taken seriously.
- In cooperation with BicycleSA, the BFA and Pt. Adelaide/Enfield Council, BISA ran two successful BikeAbility training seminars last year.
- We have been successful in encouraging formation of several new BUGs, including one at Parliament House, convened by Greens MP Mark Parnell!

- Most recently, 13 new bicycle lanes have been announced by Minister for Road Safety, Carmel Zollo.

It would be wrong for BISA to claim credit for all such progress, much of it being initiated by others. However it is repeatedly made clear to me and other members of the Committee that it is absolutely essential that Government knows that there is a community voice for cycling that will hold it accountable for on-going progress in some way or other! This is the role that an organization such as BISA can play. So it was especially encouraging to see our Premier, normally silent on pedalling matters, talking positively about everyday cycling in a recent press release. Mike Rann said:

"We have just announced the creation of 13 new bicycle lanes over the next six months to cater for the growing number of cyclists in our city. Our city streets are largely wide and flat making them perfect for cycling, but we are keen to make sure that busy roads in particular are safer for cyclists (BISA's emphasis). We already have a large number of bicycle lanes across the city and will build on this with new lanes along main suburban roads through this latest investment of nearly \$1 million."

Busy main roads safer for cyclists? It seems that our Premier does understand something of the challenges facing those who make the 'cycling choice' after all! Let us hope that we can help him and his fellow Ministers to stay focussed on his objective. You never know – perhaps this time next year we will see Mike Rann an active member of the Parliament House B.U.G.!

Sam Powrie, Chair.



BISA Hosts 'Thinking on Two Wheels' Pre-Conference 'Muster'

Immediately prior to January's 'Thinking on Two Wheels' conference BISA hosted a pre-conference 'muster' at the Brecknock Hotel. About 25 TOTW speakers, delegates and BISA members attended. There was an excellent opportunity to exchange views and to listen to a very informative presentation by Andrew Dixon, one of S.A.'s 9 'climate change messengers' trained in Sydney last year by Al Gore. Based around Al Gore's film, Andrew's message was informative and convincing and left the audience in no doubt at all of the seriousness of the climate change challenge. The evening was also marked by an auction of two signed UniSA team posters with the proceeds going to an injured UniSA team member. It was particularly encouraging to meet

several BISA members on the night and it proved an important 'networking' opportunity for all.

BISA also part-sponsored conference attendance David Engwicht, author of "Mental Speed Bumps". His thesis is that by withdrawing from 'hazardous' streets, pedestrians and cyclists have handed motorised traffic licence to speed, losing in the process the multi-purpose spaces that roads actually are! David advocates a return to the streets and explained how the increased uncertainty imposed on motorists slows traffic down and makes our neighbourhoods friendlier and more liveable. We don't think he was suggesting we start on the SE Freeway (or even South Road). But on the average suburban street or your local main road? Most definitely!

New BISA Editor from Mar 14 AGM

As Mentioned in last year's May/June Pedal Update I have been losing my interest in cycling in recent years. Other activities have taken priority.

Sam Powrie has volunteered to take over as BISA Editor. He has been providing most of the content for Pedal Update for years, so things should not change much! (other than me having more time for other things).

It has been an interesting experience learning how to use Adobe Indesign software. I still have two other newsletters to worry about though! (a Prostate Cancer Support one and the Adelaide Country Music Club's "Country Call"). I also have a number of websites to regularly update.

Thanks to all the contributors through the last 5 years

All the best to Sam as Editor., Ian Fisk



BFA News

Changes to ComCare: The BFA recently expressed serious concern to the Federal Government regarding moves to remove workers compensation benefits from employees of the Federal Government, Australia Post, and companies such as Telstra via amendments to the Comcare workers compensation scheme. The proposals would remove benefits for injuries sustained on a trip to or from work or at lunch-time. Employees would receive no payment for loss of wages or medical expenses that they have been entitled to for many years.

“No commuter, whether they walk, catch a bus, drive or ride a bike, will be covered. A motorist who walks from a car park, trips, and fractures a wrist will not be covered... as will be the rider who comes off her bike and breaks a collar bone on her way to work,” said Peter Strang, BFA Executive Director.

The BFA has made a submission indicating that the changes will leave thousands of cyclists without workers' compensation coverage as they ride to or from work. The changes will create inequity with many pedestrians, motorists and public transport users also disadvantaged and they will undermine efforts of all governments to promote cycling. The BFA's submission noted that the changes would work against a number of important State government cycling initiatives, pointing to Australia's sedentary lifestyle as a cause of an emerging health crisis with regular exercise such as cycling to work being a major solution. The proposed changes will make it harder to encourage riding to work for those in the Federal workforce.

Peter Strang, the BFA's Executive Director is seeking to meet with the Senate Committee ASAP.

Cycling Infrastructure Campaign: The BFA has made another successful step in its cycling infrastructure campaign. In December the Board of the Australian Local Government Association (ALGA) carried a motion at its General Assembly

calling on the Federal Government to provide funding to local government for cycling facilities and adopted it as policy. The motion read:

“That delegates of this National General Assembly request the federal government to provide \$50 million p.a. for four years to fund significant eligible local government projects for the provision of cycling and walking infrastructure. Further: That the recommended focus of the projects would be to provide resources to local communities to enable them to provide infrastructure for cycling and walking, so that those communities would have:

1. Quiet, safe, alternative transport routes
2. Active recreational opportunities for residents and visitors
3. Facilities that will enhance community members' physical and mental wellbeing.”

The BFA will work with the Cycling Promotion Fund and other cycling organizations to ensure that this resolution is endorsed by all political parties for the 2007 Federal Election.

Agreeing on key priorities for the Federal election:

Prior to the AGM in October there was general agreement that the BFA's major election priorities would be:

- The cycling infrastructure campaign (see above)
- A healthy and active routes to school program (HEARTS).

The BFA will now seek to agree on priorities with the rest of the cycling community. Discussions so far have included the infrastructure and schools programs, funding for trails to boost cycle tourism and the National Ride to Work Day program. The BFA are working towards the cycling community speaking together 'with one voice'.



Web Site Report February 2007

At the Committee's December meeting it was agreed that the new web site would be launched by the AGM on March 14th. With generous assistance from Rosalie Day substantial progress has been made with redesign and editing of new content. Rosalie has also assisted in designing a management protocol for the web site in the form of questions we need to ask ourselves each time we change or add material.

The new site will provide a simpler layout, better navigation and be easier to maintain. Webfresher software has been used to create the site. This software will make updating

and adding material much simpler for the Committee or any member taking over the web-master role.

The Committee invites interest from any member who has web page design and management skills and is prepared to maintain our site on a regular basis. Training will be provided in using the WebFresher software. Please contact Sam Powrie at chair@bisa.asn.au or the membership secretary, membership@bisa.asn.au to express interest

Richard Bentley



Photos of world champion trias rider, Hans Rey fooling around on the Cliffs of Moher, Western Ireland.



South Road/Anzac Highway Redevelopment Update

Late last year I reported in Pedal Update on a meeting regarding the South Road/Anzac Highway underpass. BISA has expressed a range of concerns including:-

- need to consider cycling lanes through the underpass
- need for closer examination of risks associated with slip lanes on Anzac Highway.
- use of appropriate bicycle warning signs for motorists given increased speeds, heavier & continuous traffic and the growing popularity of both roads as cycling routes.

BISA is pleased to now hear that cycle lanes will be marked in the underpass as well as on the light-controlled side roads. However we remain very concerned at the general state of South Road for cycling. For most of its length there will still be:-

- no cycling lanes or other cycling facilities at all
- a completely inadequate shoulder with deep gutters and a road surface in poor condition.

The project's web site tells us "all cycle paths and footpaths will provide connectivity with existing paths..." This is certainly not the case for the new cycling lanes associated with the Underpass which will apparently only extend for 100 metres or so on each side along South Road (presumably the length of roadway widening).

Given this very limited provision, it must be asked exactly

In 2005 BISA provided 'community sponsorship' for a funding application to assist the SA Cycling Federation's S.A. pilot of the national 'Skill Cycle' training program. Now established at the SACF's Velodrome, the program will shortly be 'rolled out' in the community, focussing initially on several suburbs in Adelaide's West. As significant resources are still needed to ensure its success, BISA and the SACF's Development manager, Graham McArthur will shortly meet with the Park's Intergovernmental Group, including Ministers Jay Weatherill and Dr. Jane Lomax-Smith.

Key issues we hope to raise include:-

- The assistance cycling programs could provide in meeting community development goals in the Parks area
- The value of increased physical activity for younger

Riding to Work- a personal journey

I am sure that many people make significant life changes as a result of coincidence rather than any grand plan. For me the decision to begin riding to work came about because Ask Employment appointed me to a position at Ascot Park. At this time my daughters were learning to drive and keen to use my car. As there was a rail station near my work and near my home it was fair to assume that there would be some way of making my way across town by train even if a train change was involved.

Once on the train I was hooked and then I noticed bikes on trains. I had a bike- kept in the shed for 25 years. I could ride to the station in the morning and then ride home at night. Four years on and nearly 20,000km later I have no reason to

how the Anzac Highway Underpass, as well as the 2 or 3 others planned for South Road, will actually help commuters to cycle across the City? The project's web site state's that the underpass "forms part of a broader plan to transform South Road to allow non-stop traffic movement from the Southern Expressway to the Port River Expressway...". So, not only will South Road cycling commuters continue to have to deal with a dangerous, crowded and inadequate cycling route in lousy condition, they will also have to contend with heavier and continuous motor traffic, very probably moving at higher speeds with little care for slower bicycle traffic.

Again we must ask:-

- how does the Government see cycling fitting in to future traffic movement on South Road?
- What long-term provisions for cycling are intended for the route?

Given the lack of 'platooning' (the effect of traffic lights which break-up the traffic stream into groups of vehicles with gaps in between) in this new, 'non-stop' traffic environment, BISA also has grave concerns for the safety of pedestrians and local residents trying to cross South Road in the future. Essentially South Road will become an urban freeway! We will raise all of these issues with the Project Team and the Minister and welcome comments from Members.

Sam Powrie, chair@bisa.asn.au.



Skill-Cycle Update

folk in the general Parks area with a particular focus on fostering cycling activities to achieve this

- The potential the Skill Cycle program may have to ignite community interest in The Parks for resolving some of the difficulties faced.

Skill Cycle focuses on everyday cycling skills as well as sports cycling. It has great appeal for adolescents and young adults, offering the use of a high quality sports bike, insurance and membership of the SACF, training in 'bunch' and regular 'fitness' riding as well as racing skills and associated entrance to the velodrome, all at minimal cost. Further information on Skill Cycle at www.cycling.org.au or Graham McArthur, graham.mcarthur@cycling.org.au.

Sam Powrie



stop. You can calculate the savings in vehicle running costs and gym fees.

In the bigger scheme of things containing greenhouse gas emissions, funding transport infrastructure and managing the cost of increasing demands on our health system due to our reduced activity is firmly on the agenda for all levels of Government.

If you have a bike in the shed you could make a contribution to addressing these issues immediately. I recommend a Sunday ride to your workplace and back for a test run. From there you could say it is downhill all the way. For information-start with "Google".

Richard Bentley



Greetings from some (not so) newcomers to Adelaide

Two years ago my partner Ting and I came from New Zealand to Adelaide, where I'm working as a solar cell scientist. I promised Ian I would write something for PU, but time goes so fast! My apologies for the rather lengthy delay.

Ting and I run our own small carfree advocacy projects, under the name ApproTrans (www.approtrans.org). We've been keeping a rather low profile here, however some of you may have noticed our three recumbents on the city streets.

We have enjoyed most of our time in Adelaide so far, and made good use of the many bike paths. Though the lack of constancy and interconnectedness of the cycle routes has made us frustrated at times. My workplace is sandwiched between South, Regency and Grand Junction roads.

The project consuming all of my spare time "Beijing to Paris

Carfree" is now five months from coming to life. 10 June 2007 will be the one hundredth anniversary of the original "Peking to Paris" motor challenge. The 1907 event captured the imagination of the western world, and made a bold, though incorrect, prediction about mobility being improved by automobiles. On a similar theme we are out to celebrate better mobility in the next one hundred years. Of course this time we will be cycling. Ting and I will be riding recumbents we are building ourselves.

More information about B2P can be found at www.beijingtoparis.com New riders are most welcome, as are donations to the wheelchair charity Motivation that we are fund raising for.

Olly Powell



Cycling Carer Needed

BISA has received a request for assistance from Lesley Walker, Coordinator, Community Living Project. Lesley is organising paid support for a bloke (in his mid 30's) who has an intellectual disability and lives in the Warradale area. He is an excellent bike rider, very fit & very fast. He has a wide variety of interests including art, motor sports & sport in general but he is especially passionate about cycling - recently he rode from Brighton to Henley Beach & back & then wanted to ride back to the airport!

Lesley is searching for a person, about the same age (give or take 10 years), who can work most Sundays (usually 10.00am until 4.00pm) to support him to access a variety of informal community recreational activities (not special 'disability' groups). This assistance would also include participation in a reasonably long ride every 2 or 3 weeks.

If you are interested in this work you will need to be a very fit cyclist, have your own bike, be available for work for 6 hrs on Sundays (including during school hols), have a wide variety

of interests & be prepared to assist in seeking out & enjoying community activities such as the free Fringe performances & interesting local events. You can be either male or female. Previous experience with intellectual disability is not essential though you will need to be an enthusiastic rider!

Applicants need a current First Aid Certificate, a Police Clearance Letter or be in process of getting one (Lesley can probably advise on this) & have a driver's licence & car. A bike rack on the back would also be handy.

Here's your chance to get those extra km on the legs, get out and about with a new friend, see the town and get paid for it too! Maybe even start a new career! Please contact Lesley if you are interested.

Lesley Walker, Coordinator.
Community Living Project Inc,
Tel: 08 8384 7866
Fax: 08 8384 5188
Email: lesley.walker@clp-sa.org.au



From Margaret Day

Books by Josie Dew

Those who have enjoyed Josie Dew's cycling stories of her travels in many interesting countries might be interested to know that two more books are hot off the press.

Long Cloud Ride: a 6,000-mile cycle journey around New Zealand.

Saddled at Sea: a 15,000 mile journey to New Zealand by Russian freighter.

Both are published by Little, Brown.

In Josie's words, since she arrived home from her NZ trip, 'I have experienced a surprise with a rear dropout: a mini cyclist has dropped out of my rear dropout area.' Little Molly was born recently.

Nine Thousand Bikes at Christmas

Retailer IKEA gave bicycles to 9,000 employees at Christmas to encourage them to cycle to work. The store will also introduce a 15% travel subsidy to discourage car use.

Source: London Cyclist, the magazine of the London Cycling Campaign.



Contributors

Thanks to the contributors and proof readers for this issue, including:- Richard Bentley, Margaret Day, Ian and Pam Fisk, Jeremy Miller, Olly Powell, Lesley Walker and Sam Powrie

Cycling Safety News

BISA Meets With Minister: On Sunday 7th January an OpEd piece from BISA's Chair was published by the Advertiser. It questioned the Government's commitment to cycling safety following a particularly disastrous week for cycling involving two deaths and one serious injury and elicited the following responses:

1. Press Release:- On 17th Jan. Minister Zollo released the following:-

‘Thirteen new bicycle lanes, catering for thousands of cyclists, will be installed across Adelaide between now and June 30... Road Safety Minister Carmel Zollo said: “This work will build on what is already a wonderful cycling network by installing brand new bicycle lanes in all quarters of the city... We are investing almost one million dollars making our roads safer for cyclists.”

See

<http://www.ministers.sa.gov.au/news.php?minister=14>

2. Radio Interview:- Minister Zollo was also heard in an interview with Grant Cameron on ABC Radio 891 (edited):

Cameron: One of the problems with bicycle lanes that I experience... it's not so much the bicycle lane but it's when the bicycle lane stops and the traffic then has to merge. Why don't we instigate a plan where we perhaps move the bicycles off the roads and have shared carriageways with pedestrians and bicycles?

Minister: Well what we do Grant is encourage motorists and cyclists to share the road because our roads are of course a shared facility and we always say to drivers... a driver's license is a privilege and not an automatic right... I guess we're saying to people that remember that you are sharing the road and everybody does need to be responsible

Cameron: given that petrol prices are ultimately going to go up again and more and more people are perhaps going to be looking at bicycles as a means of transport... do we have any plans in place for future road developments to perhaps incorporate more space for bicycles?

Minister: Well what we're trying to do...is continually improve and implement a comprehensive network...it consists of main roads, bicycle lanes, local streets and off road paths within the Adelaide metropolitan area...it's designed to suit different people's cycling needs and service the entire metropolitan area...it's a mix of facilities that best serves a

very broad community.

‘Safety in Numbers’:

www.transport.sa.gov.au/personal_transport/bike_direct/index.asp

3. BISA Meets With Minister: On 18th January Sam Powrie, BISA's Chair, met with Minister Zollo. Sam discussed with the Minister key issues requiring her attention. These included the need:-

- to address public perceptions of cycling safety as well as actual hazards
- for a particular focus on arterial roads, preferred cycling routes where most (80%) of cycling injuries & deaths occur
- to continue to address driver attitude and skills and provide basic ‘cycling-sense’ training for adult cyclists
- to face up to the lowering of speed limits on most arterial roads
- to focus on providing attractive and useful long-distance alternative cycling routes meeting a broader range of cycling needs (especially via the Green Travel Corridor program)
- to continue to increase the level of funding available for cycling infrastructure.

Minister Zollo welcomed these recommendations, making it clear that all specific ‘improvements’ to the arterial road network (eg; the new underpasses on South Road) would bring with them improvements to the overall routes in question. Whether this means we are to see cycling lanes along South Road remains unclear but it seems the Ministerial commitment is there! Sam also raised the urgent need to address the complete absence of cycling facilities on Grand Junction Road, where there appears to be daily increases in cycling activity. The Minister concurred with need to look at this and Peter Watts indicated that his office was undertaking preliminary surveys to this effect.

The Minister can be contacted at:-

Ph: 8463 6560 Fax: 8204 1960

E-Mail: minister.zollo@agd.sa.gov.au

Post: GPO Box 464, ADELAIDE SA 5001.

Share the Road: www.stopthink.sa.gov.au



For Sale

Road bike:-Trek Alpha 1200, -9 speed, -Shimano Tiagra gears, frame size 58cm.

Rim drive action system that has been used no more than a dozen times

Minoura - RDA 850

Matty Schrapel 0422 285 721 or 8381 5227



Member Survey #1: Setting the Agenda, 2007

In coming editions of PU and E-News we plan to progressively survey your views to ensure we are meeting expectations as an organization and to aid in setting our agenda for 2007-08.

The BISA Committee asks that you respond via email or mail to the questions below. Tear out (or copy or print) this page, fill in your written responses & post to us or just write me a note or email referring to questions 1 - 7 in your responses. Please provide Yes/No answers and add comments as you wish.

Send to: Sam Powrie, BISA Chair,

GPO Box 792, Adelaide, S.A. 5001. or... chair@bisa.asn.au

Please respond by March 10th at the latest.

BISA's mission is purely focussed on cycling advocacy and must reflect your cycling experiences & concerns! So let's hear about them! All information will be strictly confidential!

Q.1: Do you believe BISA is adequately representing cycling issues in South Australia?

Yes/No? What more could we do?

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.....
.....

Q.2: Do you support BISA's demands for increased & more equitable investment in cycling infrastructure (eg; for implementation of a 'Green Links' Network across Adelaide). Yes/No & Suggestions:

.....
.....
.....

Q. 3: Would you attend BISA-organised functions in 2007-08 such as a pre-TOTW Conference Muster, a further Bikeability Toolkit workshop, BISA's AGM, 'Exploration' rides to further survey potential Green Links routes, a Media Training workshop, collaborative events with Bike SA and other organisations such as meetings with national/international guest speakers etc. Yes/No, which specific events & other Suggestions:

.....
.....
.....

Q. 4: What can BISA do to assist your participation in local cycling activities?

(eg; ensure you have a local BUG, form links with your local Council, provide your BUG with a web page, provide you with some training, provide information booklets or position papers etc) Suggestions:

.....
.....
.....

Q. 5: BISA has long sought consistent use of 50km/h speed limits on arterial roads and the increased use of 40km per hour precincts for on local streets. Results are not uniform and there have been few reductions on arterial roads. Do you support our continued advocacy regarding this objective? Yes/No & Suggestions:

.....
.....
.....

Q. 6: BISA is updating our web site. Would you support our use of on-line forms for payment of subscriptions?

Yes/No & Suggestions:

.....
.....
.....

Q 7: We frequently receive comments from colleagues in Government suggesting cycling organisations in S.A must be seen to have a common message and even a common voice. It seems important that that BISA work much more closely with other cycling organisations such as BicycleSA, Adelaide Mountain Biking Club, the SACycling Federation etc. Would you support initiatives that bring cycling organisations into closer working relationships with shared goals, shared representation etc? Yes/ No, suggestions or concerns you may have regarding a 'coalition-based' approach?

.....
.....
.....

Many thanks, Sam Powrie, Chair, chair@bisa.asn.au



New Bicycle User Group for S.A.'s Parliament

Greens MP Mark Parnell and a number of his Parliamentary colleagues have initiated a Parliament House B.U.G, with its launching scheduled for 21st February. BISA applauds Mark and his colleagues for taking this important step towards raising the profile of cycling at this most senior level of Government and setting an excellent example for other work places to follow. In these days of climate change mitigation and need for reduced oil dependence, the 'cycling solution' must be taken much more seriously, with the greatest responsibility being on our leaders to set the example the public needs!

Like any workplace, Parliament House and its employees stand to benefit enormously from better conditions for people choosing to ride to work. Like many other workplaces around Adelaide, Parliament can be assured of a general improvement in employee's levels of fitness and health with less absentees and improved productivity. Parliamentary employees and MPs choosing to cycle to work will feel great all day and

will certainly notice the reduced impact of travel costs on their bank balances. More to spend in the MPs bar perhaps!

BISA understands that there remains considerable scope for improving facilities in Parliament for cycling, particularly in terms of convenient & secure bicycle storage. It's perhaps not too much to hope that, with Mark Parnell's very positive example (no doubt encouraging leadership), the public of S.A. will soon see other MPs, including Members of Cabinet and the Premier setting a good example for the public by riding to work on a regular basis!

Sam Powrie



Mark Parnell



30 000 cyclists get green traffic light wave in Copenhagen - 26 October, 2006

Cars and especially buses have for years had the benefit of a green traffic light wave on the roads. But now it is the cyclists turn to enjoy a smooth ride through the city without stopping at red light. This week the first 'green wave' bike route has been inaugurated to the satisfaction of 30,000 cyclists, who use the bike lane on one of Copenhagen's busiest streets, Nørrebrogade.

"My ambition is to turn Copenhagen into the best bicycle capital in the World. An obvious step is to regulate traffic to the benefit of the Copenhagen cyclists," says Technical and Environmental Mayor of Copenhagen, Klaus Bondam.

The green wave is the first of its kind and traffic light is adjusted to give cyclists a continuous ride if they travel 20

km/h. "It is a rational and sensible speed to pedal, as both children and elderly can keep the pace," says Klaus Bondam.

The green wave stretches over a distance of 2.5 km and it will only take 7½ minutes to travel the distance whereas longer before. The green wave also means that it does not pay off to travel faster as the cyclist eventually will encounter red light.

The green traffic light wave is regulated towards the city between 6.30 and 12.00 and out of the city between 12.00 and 18.00. "At the moment we are looking for new stretches, where green waves are possible solutions to improve conditions on Copenhagen's many cyclists," says Klaus Bondam. Everyday the Copenhageners cycle 1.2 million kilometres.



Letter to Editor

I recently received a letter stating that "Bicycle Helmet Laws Promote Skin Cancer". The individual had "twice been given a ticket by the Police for wearing a straw hat while riding a bicycle -- I want to be able to legally ride my bicycle and at the same time protect myself from skin cancer caused by ultraviolet radiation."

He finished with the following statement. "The technical specification of the bicycle helmet needs to be modified so that it explicitly provides for the same protection from UV radiation as the hats recommended by the Cancer Council of Australia."

Your editor feels that that is a reasonable request!

Over the years I have overcome the lack of sun protection by bike helmets by wearing a cover with a brim over my helmet. The cover includes cloth that covers my ears and neck. Sun screen is applied to any exposed skin. Others just wear a wide brimmed hat under their helmet, or a "French Foreign Legion" or Legionnaire type Cap with its extra cloth covering the sides and back of the neck. (Ed)



Legionnaire (Flap) Cap



Cycling for Pleasure Rides

March 5 - Evening Rides In Comfort and every two weeks
Meet Brighton Railway Station Car Park 1800 (6.00pm)

March 11 - A Ride in the Hills Meet at Woodside Council Chambers at 10.00 a.m., Some hills. Some dirt. 40 kms. Bring lunch. Liz 8390 1638

March 19 - Evening Rides In Comfort and every two weeks
Meet Brighton Railway Station Car Park 1800 (6.00pm)

March 23-25 - A weekend of riding around Mount Gambier. Friday March 23 to Sunday March 25. 3 nights accommodation with rides on Saturday and Sunday

April 2 - Evening Rides In Comfort and every two weeks until ? Meet Brighton Railway Station Car Park 1800 (6.00pm)

Their on-line rides program only goes up to April 2 so nothing past that time is here!

Alice Springs is the proposed destination for an August Trip. 5 day rides are proposed by Margaret Day.

please check the website for more information.

www.cyclingforpleasure.org

Gordon Lindqvist has taken over looking after their website, have a look!



Adelaide Touring Cyclists Inc.

The Rides Program for 2007 included too much to fully detail here. Some of the rides are:-

Thursday Rural Rides March 8, 15, 22 April 5, 12, 19 and 17. Usually meet Woodside Swimming Pool at 9.30am. Ring Phil on 8390 3005

Sunday Morning Rides March 18, 25 April 15, 22 & 29

The A and B 50km Series Sunday March 11

26 to 29 March Midweek Long Weekend! More details Alan or Mary Phone 8263 7651

Thur 5 April Wirrabara Forest Easter Long Weekend Camp Detlief sigatt@dodo.com.au ph 8825 2110

Please check the website for the latest program..

EVERY THURSDAY NIGHT - THE 30-30

Meet at 6.00 pm at Henley Beach Square (near the Jetty). Distance 30km - Speed Fast / Very Fast; Average of 30kph. To

Semaphore and Glenelg and back to Henley Square. Best have your racer for this one. Insist upon sweating. Ride practises riding as a team. May break into a slower and faster group if numbers allow. Ph: Michael Dwyer 8294 0709.

We are principally about loading up our bikes with panniers and all gear for touring locally and the rest of the world too. We do day rides: bitumen and dirt at various paces. And weekends and extended tours, generally unsupported. Monthly club meetings at Thebarton, 1st Wednesday of the month, with talks and discussions on cycling related topics. Check out activities on our web-site at 'adelaidetouringcyclists.org' for more information and contacts.

ALL OTHER RIDES PLEASE SEE WEBSITE www.adelaidetouringcyclists.org



Cycling for Pleasure Group and Adelaide Touring Cyclists are corporate members of BISA. They provide great cycling experiences. However the accuracy of this information and the safety of their ride programs are entirely their responsibility.

Quick round up of Bicycle User Group matters

In early February I gave a presentation to a TravelSmart working group on setting up BUGS and potential activities to kick-start participation and BUG involvement.

One of these activities is a "Bike Buddy" scheme where a more experience cyclist assists a new cyclist in the business of riding to work on a regular basis.

This could involve assistance finding a safe route to work, schemes and workshops that aim to build confidence and motivation through building bike skills and defensive riding techniques.

In addition, continuing to focus on the Ride Friday concept (where riding on the last Friday of every month is encouraged), is an excellent way to cross promote the "Bike Buddy" scheme,



while growing a critical mass of cyclists at a workplace.

One focus this year will be re-establishment of the Adelaide University BUG. There is an excellent opportunity to work on encouraging active transport options and cycling lifestyles in younger members of our community, and influencing future transport choices.

Feel free to contact me to discuss these ideas further bugs@bisa.asn.au

Jeremy Miller



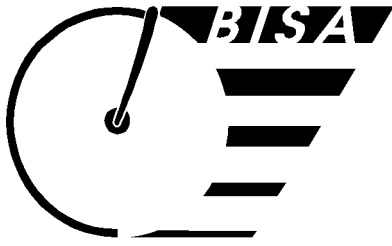
Bicycle User Group (BUG) Contacts

Council Area/Organisation	Contact Person	Home	Work
Adelaide	Johan Louw		8203 7405
Adelaide Institute of TAFE	Yvonne Ladd		8207 8623
Burnside			
DSTO Edinburgh			
Flinders Medical Centre	Mike Brisco		8204 4105
Glenelg/Brighton(Holdfast Bay)	Neil Phillips		8229 9922
Marion	Craig Cooper	0402 335 911	8375 6636
Mitcham	Trudy Wellby		8372 8853
NRG-Flinders/TerraGas HQ			
Onkaparinga	Vinh Ngo		8384 0536
Option West(Regency Park Centre)	Sam Powrie		8348 6000
Port Adelaide	Brian Acland	8242 0866	
Regency Inst of TAFE	Michael Southren		8348 4549
Stirling	Kath Cooper	8339 3049	
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
Women's and Children's Hospital	Kevin Duffy		8161 6455

**Reminder: Subscriptions fall due in May. Subscribe and help BISA work towards better cycling in SA
Do it Online, check our website**

BISA membership form:- Bicycle Institute of SA Inc., GPO Box 792, Adelaide SA 5001

Yes, I want to join BISA. My membership will include free legal advice on cycling matters, 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	\$45	\$88	Address
Household	\$55	\$105	Post Code
Organisation	\$65	\$125	Phone(h) Phone(w)
Concession	\$40	n/a	Email :-
Number of persons (if Household)			
Age range of applicant (please circle): < 18 18-30 31-40 41-50 >50			
Send cheque or money order. Overseas prices on application Other Payment option details on Web site.		Signature	
What knowledge or skills do you have that could be of use to BISA? (e.g. engineering knowledge, letter writing, political skills, etc.)			
If you would like to support BISA's advocacy efforts by making a donation, please add it to your membership payment and write the amount here: \$ _____			
Please circle your choices		<ul style="list-style-type: none"> • I wish / do not wish to receive cycling related information by email. • I wish / do not wish to receive my copy of Pedal Update in electronic format. 	



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Planning to Cycle in Charles Sturt 2006-2025: Bike Plan Review:

The City of Charles Sturt and the Office of Cycling & Walking are reviewing the Charles Sturt Local Strategic Bike Plan. You are invited to have your say at a charette-style forum on Wednesday 7th March. Come and discuss your concerns about the existing bike network, missing links, barriers to cycling and ways to improve and encourage cycling.

When: Any time between 4pm - 8pm on Wednesday, 7 March 2007.

Where: The Civic Centre, 72 Woodville Road, Woodville.

Door prize! Courtesy of local bicycle shops.

Written submissions: Before Friday 9 March to: QED Pty Ltd, City of Charles Sturt LSBP, PO Box 7088 Hutt Street Adelaide 5000 or emailed to council@charlessturt.sa.gov.au

Information: www.charlessturt.sa.gov.au

Enquiries: please phone Theresa Nottle 8408 1111.



Nomination Form for BISA Committee 2007/8

AGM. 14 March, 2007

I, _____ (Member's name)

of _____ (Member's address)

being a current financial member of the Bicycle Institute of South Australia Inc. nominate

_____ (Nominee's name) for the position of _____

for election at the 2007 Annual General Meeting.

_____ (Nominator's signature)

I accept this nomination _____ (Nominee's signature)
to reach BISA by 14 Feb 2007