

NZ Cycling Conference 2007



Are You A Cyclist Or Do You Cycle?

The Language Of Promoting Cycling

Glen Koorey
University of Canterbury, Christchurch

What's this all About?

- Crucial that anyone advocating for a better cycling environment is careful in how they present their case
- Check that others aren't furthering existing mis-conceptions about cycling
- Yet, many times we unwittingly seem to end up "scoring an own goal" ...

(read the paper for more details)

What Prompted this Presentation?

- Some recent Chch CC staff reports:
 - Proposed Speed Limit Changes (50→60kmh)

*"It is understood that the medium support of 57% could be attributed by a campaign conducted through the **cycling fraternity** and had this not accrued the support could have been quite different."*

CCC report, 30 Nov '06

What Prompted this Presentation? cont'd

- Some recent Chch CC staff reports:
 - Moorhouse Ave Safety Improvements

*"Twelve submissions were received in support of the proposal, in particular the improved cycling facilities, including eleven from individual **cycling advocates** and one from Spokes Canterbury Inc."*

CCC report, 20 Dec '06

What does these seem to imply?

- Cycling submissions don't count as much?
 - Although these were same proposals that Police & Comm Board had concerns with
- **All** people who cycle are advocates?
 - How do they know???

No doubt unintentional slight, but...

"Cyclists"



**You Can't
Trust these
Cyclists...**

**Man held over letter
bombings is a cyclist**



"People who Cycle"



The Activity vs The People

- Providing for **cycling**, not cyclists
 - Cycling = activity that virtually **anyone** can do under the right circumstances
 - Cyclists = relatively small bunch of "weird" people who only ever cycle
- Is cycling really a niche activity?
 - > **100,000** people in Chch regularly cycle
- Most "cyclists" also walk, drive, PT, etc

What is "Providing for Cycling?"

- Often a (mis)perception that
"Providing for Cyclists" =
"Providing Cycle Facilities"
- IHT *"5-Step Hierarchy of Treatments"*
- Promotion and Marketing of Cycling
- Other "Cycle-friendly" Strategies and Policies

"Dangerisation" of Cycling

- Need to be careful about highlighting safety concerns of cycling
 - While these need to be addressed, mustn't be main message people hear
- Far better, **positive** reasons to encourage cycling
- "Safety in Numbers" effect means that encouraging more cyclists is safe

ROAD TOLL

Cyclists' horror weekend

Two killed, three injured

Kim Thomas and Robyn Bristow

Cycling groups are pleading for more patience and respect from drivers after two cyclists were killed and three seriously injured at the weekend in a tragic end to national Bikewise week.

The cycling toll included two Rangiora brothers who were taken to Christchurch Hospital with serious injuries yesterday after being clipped from behind by a car on the Rangiora-Oxford Road (State Highway 72) in North Canterbury.

One was believed to have suffered several fractures after being knocked off his bike on a straight stretch of road but police said their helmets prevented more serious injuries.

On Saturday Havelock North woman Hilary Evelyn Haward, 57, was killed instantly after being hit by a truck as she cycled through Taupo with her husband after watching the start of the international Ironman race.

On Friday night an elderly Matamata cyclist died after police said he apparently veered into the path of a car on the state highway outside the town.

The weekend's deaths come at the end of Bikewise week to promote cycling and advocates say they highlight a need for a change in attitude from motorists.

Last year nine cyclists were killed nationwide and 820 injured.

Christchurch policeman and president of the Papanui Cycling Club, Greg Hume, said drivers



Helmets helped: the bicycles belonging to the two cyclists injured near Rangiora yesterday.

in general needed to improve their attitudes and behaviour towards cyclists.

"There are idiots out there who can't empathise and it gets frustrating when it happens time and time again," he said.

"It's a big responsibility to have a driver's licence and if you don't do it right you are taking other people's lives into your hands."

That attitude needs changing."

Rangiora constable Paul Lindsay said the woman driver of the car involved in the North Canterbury accident told police she was not aware of the cyclists "until she heard the bang".

The woman, who was visibly shocked, did not want to talk to The Press last night.

The accident happened about 11.30am, a few kilometres



Several fractures: emergency service crew prepare a cyclist injured on the Rangiora-Oxford Road to be flown to Christchurch Hospital yesterday.

Photos: Peter Meecham

have veered into the path of a car on Friday night. Despite taking evasive action, the driver of the vehicle was unable to avoid hitting Sturkenboom, van de Wetering said.

Investigations are continuing into the cause of both fatalities.

● The death toll on the country's roads rose to four after a person died when a car carrying five people crashed into

a bank near Mahoenui, 50km south-west of Te Kuiti yesterday. The police have not given the name of the dead person.

Navy sailor Jasmine Annie Bastion, 22, died after the car in which she was a passenger hit a concrete wall near the Devonport naval base in Auckland on Saturday.

»» Otago crash A2

husband, Brinley Haward, were riding mountain bikes in Taupo when they were hit by the delivery truck about 9.15am.

Brinley Haward was admitted to Taupo Hospital in serious condition after being thrown on to a verge by the impact, Hamilton said.

Senior Sergeant Peter van de Wetering, of the Matamata police, said cyclist Gerrardus Sturkenboom, 74, appeared to

have veered into the path of a car on Friday night. Despite taking evasive action, the driver of the vehicle was unable to avoid hitting Sturkenboom, van de Wetering said.

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»» Otago crash A2

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Everyone's a winner at Rotherham. Balaiah girl and show jumper Abbie Fryer, 11, was one of hundreds making the best of good weather at Saturday's Amert A & P Show in Rotherham. Abbie and her prize-winning pet Tammy, left, and Balaiah enjoyed the event showcasing all aspects of rural life. Show secretary Helen Wright said the sun made for a more than pleasant way to spend the day. Christchurch police dog handlers put their dogs through hoops showing the farmers they could order their dogs around with the best of them. Show results will appear in Friday's Farming section and on www.press.co.nz

Nine taken to hospital as vehicles collide head on

Four young men from Gore and Mataura and a Balclutha family of five were taken to hospital after a horror head-on collision between two vehicles near Henley in Otago yesterday.

Sergeant Dave Scott of Dunedin said the crash happened about 1pm on State Highway 1 near Henley, 32km south-west of Dunedin.

The collision was between a southbound Subaru carrying four young men from Gore and Mataura and a northbound Toyota four-wheel drive vehicle carrying a Balclutha family of five.

Acting Senior Sergeant Craig Brown, of Dunedin, who also attended the scene as a volunteer fire officer, said the four in the Subaru were taken to Dunedin Hospital for treatment, with two being flown by the Lion Foundation Rescue Helicopter. All were aged in their late teens or early 20s.

The five occupants of the Toyota were a husband and wife, in their 40s, and their three children, aged between 6 and 13. They were taken to Dunedin Hospital by ambulance.

The seriousness of their injuries was not known but they were not thought to be life-threatening.

The driver of the Subaru was transferred to an orthopaedic ward at Dunedin Hospital yesterday afternoon.

"At this stage we think driver inattention or fatigue has played a part in causing the crash," Brown said.

Both vehicles were extensively damaged and firefighters had to cut the injured occupants from the Subaru.

"They (the vehicles) were pretty badly damaged and nine people were injured, so there were a few everywhere. It took a while to sort out," he said.

—Southland Times and NZPA

PRISONER RIGHTS

Conjugal visits advocated

Civil libertarians are backing the right of convicted crack addict Robert McNamara to father a child while in prison, saying conjugal visits for all prison inmates should be considered.

However outrageous people may find the crime, McNamara is serving seven years in the Rimutaka Prison for his part, along with former policeman Brad Hippen and Rob Schollum, in the rape case of a young woman in 1989.

A prison doctor last year arranged for McNamara's partner to receive a sperm sample from him and was allowed to attend the birth of his son at Tauranga Hospital in January.

McNamara's partner said a logical approach should be taken to the issue of whether prisoners should be able to father children.

"While imprisonment has prevented a man from having a family, it does not mean that he should not be able to have a family," she said.

Garth McInerney said the idea of conjugal visits was "one of the dumbest things I've ever heard of."

"When people get put in prison, conjugal rights is something they should do without."

A spokesman for Corrections Minister Damien O'Connor said no consideration was being given to the issue.

But said falling still restricted a prisoner's civil liberties and in this case the child was not conceived "in a conventional way" but through providing a sperm sample.

There could be nothing wrong with it, given the length of the sentence and a woman's naturally limited reproduction years, the partner's family rights and the fact they were two consenting adults.

Inmates' rights were governed by international conventions and the Corrections Act and there was nothing in the law to stop what had been done, he said.

The only brick in protocol may surround how the sample was taken out of the prison, he said.

McNamara was granted permission by Corrections to attend the birth in January. He said his two prison escort — something other inmates wanting to do the same could find uncomfortable, he said.

Through a spokesman, McNamara's partner, Joanne Frey, said the couple, who also have a four-year-old son, always planned to have more than one child.

But said conjugal visits should be encouraged for prisoners to help them with their future rehabilitation. Inmates should not feel about punitive measures but helping produce freed prisoners back into society.

"I support the idea that at some stage of an inmate's sentence conjugal visits are appropriate, at the discretion of the Department of Corrections ... I think it's something that should seriously be considered. Other countries have them."

—Otago Daily

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—Southland Times and NZPA



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City 'must' plan for rail link

A Christchurch designer says Canterbury planners must consider building passenger trains for existing rail lines, and is also suggesting a new city rail link could be built under roads.

Industrial designer David Thornley, who designed the city's battery-powered Shuttle buses, spent two years coming up with designs for trains to fit the existing infrastructure.

Lines that currently carry freight trains could be used to connect Christchurch with other towns in the region such as Rangiora, Rangiora, Rolleston, Darfield, Salterston, Ashburton and Timaru, he said.

Passengers entering the city would transfer to a shallow under-road link, built under the road surface, from Moorhouse Avenue to the central bus interchange.

Thornley said the trains, made from extruded aluminium and reinforced polyester glass panels, could be fitted with air conditioning and include an observation deck for scenic views.

The plan would reduce the number of cars on the road, decreasing congestion and reducing harmful emissions, he said.

"It will be a major consideration. We've got to return public passenger transport to the South Island," Thornley said.

"We've got congested roads and we want to go to places faster. We must utilise the existing infrastructure."

Thornley said his idea first within the vision of the Greater Christchurch Urban Development Strategy (GCU) — a planning blueprint for growth and Environment Canterbury's Regional Land Transport strategy.

UDS chairman Bob Barker said Thornley's designs were exciting and should be considered as the region grew. "I am strongly committed to rail and think we should be looking forward to reserve potential routes so we're not selling future generations short," he said.

UDS co-chair and chairwoman of the Regional Land Transport committee Judy Waters said the committee had seen a number of "very reasonable" propositions on rail but they all threw up problems. Design for commuter rail would be about more analysis work was needed.

Retires Joy Miller said she was horrified by the lack of respect for older people.

"Today children are not taught respect or courtesy by their parents," she said. "I am in my 70s and catch the bus into town from Becher and have to stand until you get to the stop. I have had to stand every time except when the bus driver looks at me and gets up."

Ben McNally, who recently moved to Christchurch from Wellington, said the issue was a stum in transport.

"If the bus is going to stop at a busy stop, I am in trouble. I do wear a mobility aid but it is not very comfortable. I think it is a good idea to have a bus stop for people who need it, whether it be people with children, the elderly or the sick."

Tourist drivers 'pose few risks'

Tourist drivers do not pose a big threat on New Zealand roads, despite a recent spate of serious accidents involving travellers, police say.

Tourists have been involved in several high-profile South Island accidents this year, including a smash when a Canadian driver crossed the centre line, hitting another carload of tourists bound for Te Anau.

In another crash, English tourist Robert Johnson died when his car left the road and hit a tree in central Canterbury in Inangahua.

Canterbury road policing manager, Inspector Derek Erasmus, said tourists were an issue in some areas but could not be blamed for a substantial number of crashes.

The Mackenzie County and parts of Southland and Fiordland were often areas where tourists ran into trouble, he said.

Erasmus said tourists were a hard group for police to focus on, although information was placed in rental cars to aid drivers.

Christchurch man Alex Smith, who was driven off the road by an American tourist at Rakaia last month, said he was concerned about the lack of knowledge some drivers had about New Zealand roads.

The woman who collided with him had hired the car only one hour earlier and had never driven on the left-hand side of the road before, he said.

The crash occurred when her car, coming from the opposite direction, began veering towards Smith and did not stop, he said.

"I just kept coming and coming and eventually we collided. I was shocked but so pleased there were no serious injuries."

Alex Smith, accident victim

City buses a horror ride for elderly

Elderly and impaired Christchurch bus commuters say they are often left standing while mules on half fare take up seats.

About a dozen members of the public contacted The Press after reading a story about Lyttelton councillor Charlie Bevan who pleaded with students on his crowded bus to give up their seats for older, full-fare-paying customers.

Environment Canterbury's terms and conditions say that people on a half-fare, such as students, must give up their seats for full-fare-paying passengers.

Most of the readers who contacted The Press said the policy was fair and should be enforced.

Canterbury University physics professor Geoff Stedman walks with the aid of a stick after suffering a stroke.

Stedman told The Press he was often left "hanging on for dear life" until his bus arrived at Cashmere High School and all the students got on.

"Some bus drivers ask someone to stand, most ignore it as the obvious high school child culture is applied," he said.

"I have made a fast, too, especially given that I have a disability, so I generally avoid the Orville bus to work."

Lorraine Thomas, of Redwood, said that despite her having had two hip replacements, she had to stand every time she got up.

Ben McNally, who recently moved to Christchurch from Wellington, said the issue was a stum in transport.

"If the bus is going to stop at a busy stop, I am in trouble. I do wear a mobility aid but it is not very comfortable. I think it is a good idea to have a bus stop for people who need it, whether it be people with children, the elderly or the sick."

LIFE series



EXERCISE: THE SIMPLE STEPS

Fancy a quick snack? Mince pie, perhaps, with cheese?

Enjoy it, by all means, but you're going to pay — it takes 30 minutes of brisk walking to burn off the calories in that one piece of pastry.

That's why while some people go to extreme lengths to control their

burgeoning waistlines — sweating it out for hours in the sauna, chasing the latest starvation diet fad or even stomach stapling — most of us are simply growing rounder.

It doesn't have to be that way. Regular exercise, even gentle exercise, is the safest and most effective way to lose weight, and keep it off.

New Zealand has a ballooning weight problem (7.7% among the fastest growing age groups nationwide). Our biggest worry, though, is our children. We drive them to school, give them electronic games and cellphones in place of cricket bats and tennis rackets, and they grow before our eyes.

Researchers at Otago University, in a two-year study of school-age children, have found that regular lunchtime activities such as skipping, hoola-hoops

or hopscotch help to keep students slim.

The study (conducted in 2004-05) measured the fitness level of 100 Otago children. Activity co-ordinators at selected schools encouraged active play during the lunch hour after school and during holidays.

The programme also involved the promotion of healthy eating, restricting fried and fatty foods in children's lunches to once a week.

The children in the study group showed a substantial improvement in fitness and health after two years.

compared to a similar group of children who were not led to activities or taught about healthy eating.

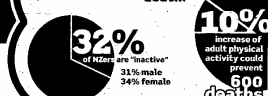
Other New Zealand schools are taking steps to ramp up fitness programmes and curb growing obesity among the nation's youth, with some banning vending machines selling high-sugar fizzy and fruit drinks from school property and developing innovative ways to incorporate fitness into the school routine.

As the Otago University study shows, such programmes do work.

Facts



Inactivity is ranked second to smoking among all preventable risk factors or early death.



10% increase of adult physical activity could prevent 600 deaths

2600 deaths a year can be attributed to physical inactivity.
(more than four times the death on NZ roads)

PUT YOUR BEST FOOT FORWARD

Get started with a progressive walking routine.

Week one:

Start with 10 minutes a day. Minutes are 45 seconds then return = 10 minutes

Week two: 2 minutes out, 47 minutes back = 12 minutes

Week three: 3 minutes out, 57 minutes back = 15 minutes

Week four:

The number of calories burned during evening is dependent on body weight, intensity of workout, conditioning level and metabolism.

Body weight (kg)	59	68	85
Cardioing	828	358	421
Swimming	177	311	329
Yoga (aerial)	336	281	345
Rugby	566	704	863
Walking	267	246	304

Calories burned per hour

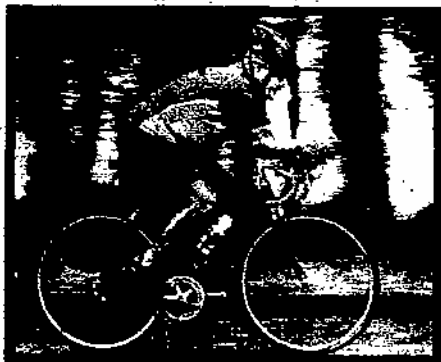
Exercise profile



Michael Bond clocks an average of 900km a week.

At an age when many seniors are gearing down, Michael Bond is pedalling hard in the opposite direction. Press, open the garage door and unlock my gates, and have everything ready. While I'm doing my brekky, I'm cooking tonight's soup, so everything's ready when I get back." Bond hits the road by 7:30 am, and returns around 2:30 pm. On rainy days, he mounts his bike on a wind trainer and cycles indoors for three hours, watching television to break up the monotony. Bond credits cycling with keeping him trim and dealing with the usual stresses of life. He has shed 16kg since he first took it up.

Exercise profile



Michael Bond clocks an average of 900km a week.

At an age when many seniors are gearing down, Michael Bond is pedalling hard in the opposite direction.

The 73-year-old retiree clocks an average of 900km a week on his bike, cycling every day without exception — rain or shine.

"I hope to be doing it for another five or six years. As long as I'm fit, I'm going to keep going," he says, with a steely look of determination.

In the past 31 years, Bond says, he has parked his bike only twice. The first time was 14 years ago when he was knocked off his bike by a car.

The second time was eight years ago after another collision with a motorist.

His day typically starts at 5:10 am. "I turn the kettle on, go and pick up my (Christchurch) Press, open the garage door and unlock my gates, and have everything ready. While I'm doing my brekky, I'm cooking tonight's tea up, so everything's ready when I get back"

Bond hits the road by 7:30 am, and returns around 2:30 pm.

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HOW FAR DO YOU WALK EACH DAY?

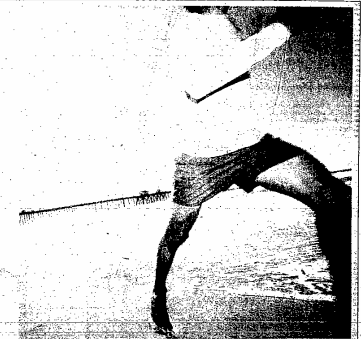
TAKE YOURSELF A Pedometer COURTESY THE PRESS. These nifty little devices measure every step, whether it's walking, running, so you can keep tabs on how much exercise you are getting.

The Press has 20 to give away to readers. To be in the draw, send your healthy living tip to us at editor@press.co.nz, or via the post to The Press, Cathedral Square, Private Bag 4722, Christchurch. A selection of readers' tips will also be published in the special Life Liftout on Tuesday, March 13.

TOMORROW HEALTH: SUPER-SIZE CRISIS

Get out of LIFE?

that have been researched, and in The Press today! and health problems connected



To Put Things in Perspective...

- ~ **9** cyclist deaths on roads per year
- Average of **37** pedestrians and **361** motor vehicle occupants killed / year
- ~ **300-500** premature deaths / year in NZ due to motor vehicle emissions

**2600 deaths a year
can be attributed to
physical inactivity.**

(more than four times
the death on NZ roads)

A bit of a Fuss in Christchurch...

Stalled cycleway project upsets pedallers

By Bryan Hunt

A FREEZE on cycleway projects in the city won't be lifted following a decision by the Christchurch City Council yesterday.

In June the council voted to halt tendering of all projects involving cycleways pending the outcome of a seminar to review the cycle strategy and its implementation.

Cycling advocacy group Spokes Canterbury is appalled at the decision, especially after presenting a petition calling for reinstatement of the cycling strategy and the lifting of the moratorium, signed by about 1500 cyclists.

Freeze on building cycleways to stay

The Christchurch City Council has voted to maintain its controversial freeze on building cycleways, which has outraged cycling advocates and

look closely at the hazards cyclists faced in a considered way.

Cr Sue Wells said she was "absolutely dumbfounded" by opposition to lifting the freeze, and said councillors who wanted to keep it in place were stalling for political gain.

The mayor agreed the moratorium had to be lifted, and said if the council maintained the freeze it would be "sweeping down the river of procrastination. Maintaining the freeze sends all the wrong signals."

However, councillors voted 6-3, with one abstention, to maintain the freeze.

The report presented to the council showed the number of reported cyclist crash injuries in

"I can't vote to put children on a cycleway I know is unsafe."

Chch City Councillor

"To put a major cycle route down Riccarton Road and Blenheim Road is just crazy. If we're going to have cycleways, we're going to have to do it properly."

Chch City Councillor

The "On vs Off-Road" Wars

- Cyclists' key concern wasn't about this debate, but the ***process*** Council used
 - Debate on best cycle provision is healthy
- Some potential traps:
 - *"What if we provide an on-road cycle facility, then a cyclist has a crash there?"*
 - *"Why should we provide anything for cyclists; they can't even agree on what they want?"*

Name Calling...

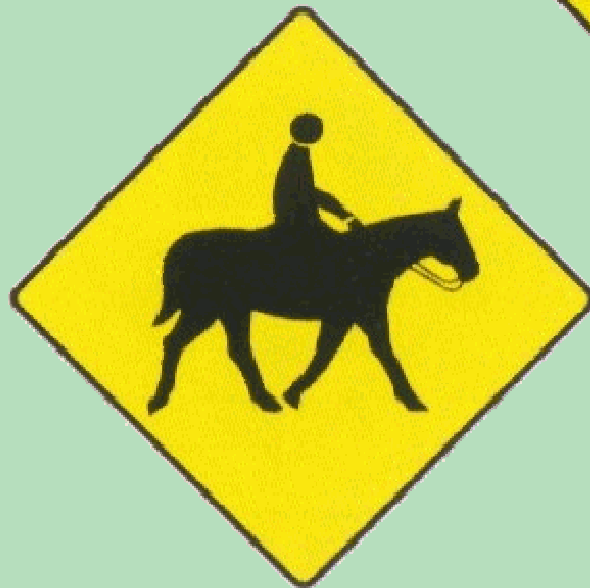
- *"Vulnerable Road Users"*
- *"Alternative modes"*
- *"Slow modes"*
- *"Transport disadvantaged"*
- Absence of motor vehicle
= *"Measure of Social Deprivation"*

Try ***"Active Transport Users"***...

A "Vulnerable Road User"?



One of these Things is Not Like the Others...



Cyclists are People Too!



Thank You!

