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- Over coming barriers
- Commuting tips
- Pedal Ready
- Social riding groups



Over coming barriers

Fearful of riding in traffic:

- Not borne out by the evidence
- Using/accessing available infrastructure
- Get some cycle skills training
- Ride with a buddy
- Practise, practise, practise



Over coming barriers

Logistics:

Too far to ride

- Part way is ok

Not fit enough

- Build up slowly

Too much to carry

- Driving and dropping
- Panniers and bags



Commuting tips

Ride predictably

- See, be seen, communicate

Be visible

- Use lights and reflectors, and light bright clothing

Give yourself enough room

- Avoid riding too close to the kerb (where the rubbish is) and parked cars and give yourself some wiggle room



Commuting tips

Be considerate of other road users

- Especially pedestrians

Use a bell

- Especially if you are riding in shared spaces

Ambassadorial cycling

- Never pass up an opportunity for a wave or a thumbs up thank you to someone who has watched out for you on the road



Commuting Tips

Bike with a friend (buddy)

- Ideally someone who has experience and good riding habits
- And who can help with route planning

Dress for the conditions

- You do not need special clothes to cycle
- Layers, layers, layers



Pedal Ready

Regional Cycle skills training programme –

www.pedalready.org.nz

- Administered by Greater Wellington Regional Council
- Offers sessions on:
 - Cycling in the city
 - Workplace training
 - 1:1 training
 - Complete beginner/learn to ride



Promotion

NZTA: Bikewise www.bikewise.co.nz

- Bike wise month

Greater Wellington Regional Council- Sustainable Transport

- Active a2b
- Let's Carpool
- Spring to the streets

Other local councils throughout the region



Social rides

- Joyride
- Frocks on bikes
- Shop rides
- Folding Goldies
- Events like
 - Ciclovía
 - Go by Bike Day
- Touring/Guiding
 - Green Jersey Cycle tours
www.greenjersey.co.nz
 - Switched on Bikes
www.switchedonbikes.co.nz