



## Cycle Aware Wellington (CAW)

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### Windy Wheels newsletter

**September 2003**

#### Editorial

Spring weather kicks off the new cycling season, and the number of cyclists is exploding.

- Check out our events list for upcoming rides.
- Want safer roads and better a better cycling environment? Read new strategies from Greater Wellington and Wellington City Council. Make a submission or turn up to a meeting.
- Are your bike fixing skills rustier than your bike? Sign up for a maintenance course.
- Like talking about cycling? Come to the big conference in Auckland. CAW will help pay your way.
- Want to give something back to cycling? Get involved in the Green Bikes Trust, or Bike to Work Day.

Remember that people who exercise regularly have the health of someone 10 years younger. So don't be surprised if you get asked for ID next time you buy a drink.

#### Media release August 2003

#### Cycle Aware welcomes Regional Cycling Strategy

Local advocacy group Cycle Aware Wellington Inc. (CAW) welcomes the release of Greater Wellington's draft Regional Cycling Strategy, and encourages all residents to support it.

"Lots of people would like to cycle more, and many parents would like to feel more comfortable about letting their children ride their bikes. Some people want to bike to the shops, some want to keep fit, some find it the best way to get to work. This draft Strategy is aimed at making cycling a realistic choice for more people," said CAW spokesperson Jane Dawson.

"The need for regional co-operation between local councils and Transit NZ is pretty obvious, but there is also potential for regional campaigns to be run more cost-effectively, to make both motorists and cyclists more aware of their responsibilities on the roads. Cycle Aware Wellington believes that this is a really worthwhile investment in the region's future. We are not talking about big bucks - cycling is not expensive!"

The draft Strategy proposes having a regional co-ordinator who would help to develop programmes such as cycling skills training and cycling events, and also help to improve facilities and awareness of cyclists.

"Having a regional co-ordinator makes sense for many reasons. It is one person who can concentrate on the huge variety of cycling issues in the region, keep an overview of local cycling activities, and share that information with the public. It is also important to have someone who can pick up on opportunities offered by new legislation and funding streams."

"The proportion of people commuting by bike in Wellington city has been increasing over the last ten years, while it has been declining in the region - and the nation - as a whole. The challenge for Greater Wellington will be to spread that trend throughout the region."

"We can all benefit from having more journeys done by bike, with less congestion, a cleaner environment, and a healthier community."

The draft Strategy is available from Greater Wellington's website at [www.wrc.govt.nz/pub/view\\_doc.cfm?id=577](http://www.wrc.govt.nz/pub/view_doc.cfm?id=577), or phone 381 7779 for a copy. Make a submission.

#### Wenches with Wrenches, and Blokes and Spokes

*by Marilyn Northcote*

A friend of mind commented that the most valuable tool she took out riding with her was her cell phone. Many others of us in the group admitted with somewhat rueful grins that it was much the same for us as well. It seems that while we were all enthusiastic about riding our bikes we were not so enthusiastic about repairing them.

With this in mind, and with a concern towards self-sufficiency, it occurred to me that a bike maintenance course might be the answer for us all. It was not difficult to organise, as there is a great deal of interest

out there. A quiet word to various cycling groups that I'm involved with, gave me an early indication that interest was high. There is obviously a need for this sort of thing, as I quickly had 15 women for the first class, with a sizable waiting list for the next one. Wenchies with Wrenches was born.

Under the able tutelage of Simon Kennett, we set out to demystify the mechanics of the bicycle. We had various types of bikes to work on: road bikes, mountain bikes, cross bikes, all in varying conditions. We made our way through brake checks and adjustments, cables, pedal checks, headsets, wheels, spokes, derailleurs and chains (cleaning and breaking), right on down to fixing a flat and changing a tube. We spent a very productive 4+ hours in a local school hall at a cost of \$30 per person, coffee, tea, and bikkies included, all agreed it was money well spent!

To meet demand, we organized a unisex version (to include the guys as well), called "Come Together". We are now working on a third session to be held pre-Taupo, details to be confirmed. To register your interest for the next course, please contact Marilyn Northcotte at [marilynnorthcotte@hotmail.com](mailto:marilynnorthcotte@hotmail.com) We will advertise the details of the next course in Windy Wheels and also in Bikenews in the Contact newspaper.

## Help Bike to Work day go off

*by Marilyn Northcotte*

Well, I can't quite believe it, but it's that time again. It's time to start organising and planning for Bike to Work Day 2004. National Bike Week is 14-22 Feb. Bike to Work Day will be Wednesday 18th.

In recent years, Bike to Work Day has continued to grow, and we want to grow it even more this year.

We have a small and dedicated team, and we could always use some extras. For anyone who is interested in helping out in any way (no offers of help too small) please contact me at [marilynnorthcotte@hotmail.com](mailto:marilynnorthcotte@hotmail.com). We will have our first planning meeting in the next week or so.

## Like kids? Like biking?

If there is anybody who would like to talk to a class of 5-8 year olds in Wilton about bicycles (especially in relation to clean air) between 6 October and 7 November, please phone Katie at 473 7995, or leave a message on the answer phone (but not with a person) at 385 6728.

## Road Safety Reference Group

David can no longer be the CAW rep on this, so we need someone to take over. Contact him ([laingmaguire@xtra.co.nz](mailto:laingmaguire@xtra.co.nz)) if you would like to step in. He said it requires attending a (well-catered) meeting every two months.

## Bikers square dance

Twenty bikers, including a couple of CAW members, invaded Civic Square on September 2 as part of the Dance Your Socks Off festival. The dancing was pretty tame, although two trials riders did a few stunts to liven things up.



## WCC launches Safer Roads

Paul Barker and Neesha Vasan from WCC introduced the Council's Safer Roads Project at CAW's September meeting.

The project is rolling out over the next 7 years, and aims to reduce the number of crashes in the city by a third, by 2010. Wellington has been a leader in crash reduction, but has reached a plateau. Half of the crashes happen away from the CBD or main arterial routes. Crashes in the wet or dark are higher than average in many residential areas. There is a high pedestrian risk in the CBD. Crashes mainly happen at intersections.

WCC engineers used to look for crash blackspots and try to fix them. That worked ok, but once they have been dealt with it is hard to reduce crashes further. It was realised that additional funds would be needed to tackle the issue, and that engineering solutions (which can tackle 60-70% of crashes) couldn't do it on their own.

A discussion paper was issued, which CAW put in a (lengthy) submission on. Funding was approved in the last annual plan, and now implementation of the programme is happening.

The first areas to be fixed are Tawa, Ngaio, SH1 (from Basin Reserve to airport) and the CBD (probably done over 2 years).

Possible interventions are

- 40 km/hr limits on all local roads
- school speed zones
- jumps, chicanes, islands
- coloured entrance treatments, raised thresholds, signage for entrance to area
- cycle lanes, shared footpaths, advanced stop boxes
- pedestrian crossings (are there enough, signalise them, in the right places?)
- level of street lighting
- new footpaths where there are none
- intersection improvements (roundabouts, signals, kerb extensions)
- enforcement (on-road, parking, not on footpaths)
- red light cameras (cost \$100,000 and the revenue goes to Government!)
- speed cameras
- education, target local problems, indicating, safe pedestrian behaviour.
- safety around schools, walking school buses, safe routes to schools, patrols, cycle safety, parking restrictions
- education: motorist behaviour (speed, drinking, awareness of cyclists)
- education: cyclist behaviour (visibility, correct lane positioning)

The process involves two meetings in each area with stakeholders (residents and city-wide interest groups), first inviting input and identification of the problems in that area, and then working to identify ways to reduce crashes.

It is important to have stakeholder reps at these workshops, particularly the second.

Dates and places are at [www.wcc.govt.nz/news/projects/saferroads/](http://www.wcc.govt.nz/news/projects/saferroads/).

## Wellington Regional Land Transport Committee report

by Brent Efford

Here's the highlights of the August 21 meeting. The papers for the meeting can be found at [www.wrc.govt.nz/aw/reports/MeetingAgenda.cfm?MeetingID=4310](http://www.wrc.govt.nz/aw/reports/MeetingAgenda.cfm?MeetingID=4310)

Draft Regional Cycling Strategy: the 'biggie' as far as we are concerned. The draft strategy was welcomed by Jane Dawson in public participation, and I was pleased to second its adoption. The activist pro-cycling stance that the draft proposes for the GWRC and the appointment of a Cycling Co-ordinator did not go down well with some of the RLTC, but in the end the draft was adopted with only 4 voting against. Submissions close on 20 October.

In speaking to the adoption of the strategy, I reminded the RLTC that active modes would not be encouraged simply by the adoption of a strategy in isolation. The tendency of car growth to squeeze out active modes needed to be recognised and tackled, and yet the RLTC's normal business is the promotion of roading projects which will encourage the growth of motor traffic. I don't hold out any hope that these comments had any effect!

Mortality due to motor vehicle air pollution in the Wellington Region:

this report indicates that the mortality rate for motor vehicle pollution here is much less than suggested by NIWA. I am suspicious that the report is likely, if not actually designed, to induce complacency. I hope to get an expert evaluation of it. The air quality monitoring conducted in Wellington is skimpy, designed to justify the 'bypass' and does not take place where large people numbers and bad air quality coincide - e.g. corner of Willis St & Lambton Quay.

## Green Bike Trust needs your support

Here's a great idea looking for a little support. Porirua's Green Bike Trust fixes up old bikes and makes them available for free trips around town. Despite news reports of recent problems, they are still going strong. Plans and projects include:

- 2004 Green Bikes Calendar - sponsor needed
- trialing a coin-operated locking system
- Green Bikes website is coming soon
- Green Bikes Mechanic - sponsor needed
- Green Bikes at Trash Palace, Porirua City and Living Simply, Petone. These are two satellite branches where we collect old and unwanted bikes from, and sell second hand bikes on behalf of the public to get a bit of revenue.
- Basic bike maintenance - our mechanic Peter can teach you how to repair a puncture or a few

other tricks of the trade and we would accept a koha of course.

- Our Red Community Bikes - sponsor required. These bikes are free and are red just like a fire engine and they are available to community organisations. They have gears too, so if you are a community organisation then please contact us.
- Bike hire - we are hiring out bikes at \$1 per week and a \$20 deposit.
- Rap it to Green Bikes - we need someone to tell the world about Green Bikes so why not rap it...

Porirua City Green Bikes Trust is located at Cannons Creek Park, Castor Cres.

Contact: John Poppleton, [greenbikes@paradise.net.nz](mailto:greenbikes@paradise.net.nz), tel 233 0523 or 025 540 722

### Bike for sale

A friend of mine is selling his bike for only \$50. It's only been used on the road before so it's pretty much in near-new condition. The paintwork on the bike frame is brilliant. Here's a picture, so let me know if you're interested...



### How to Not Get Hit by Cars

<http://bicyclesafe.com/>

This page from the USA shows you real ways you can get hit and real ways to avoid them. Remember they ride on the other side of the road, so reverse right and left.

The advice on this page is a far cry from normal bike safety guides, which usually tell you little more than to wear your helmet and to follow the law. But consider this for a moment: Wearing a helmet will do absolutely nothing to prevent you from getting hit by a car! Sure, helmets might help you if you get hit, and it's a good idea to wear one, but your #1 goal should be to avoid getting hit in the first place. Plenty of cyclists are killed by cars even though they were wearing helmets. Ironically, if they had ridden without helmets, yet followed the guidelines listed here, they might still be alive today. Don't confuse wearing a helmet with biking safely. An ounce of prevention is worth a pound of cure. It's better not to get hit.



### Honku (Haiku for Cars)

Most of us are familiar with haiku, the Japanese poems about nature in the form of 7, 5, and 7 syllables. Now New Yorker Aaron Naparstek has come up with "Honku", poems with the same structure about cars and traffic, featured on his website and in his book, Honku: The Zen Antidote to Road Rage.

While many of the honku point out the problems of car-owning and car-driving, its purpose is definitely not to be in indictment of the car culture. Rather, it seems largely to be a vehicle for motorists to bond with each other about their frustrations with traffic and parking. For example:

There are only three  
types of drivers - the insane,  
the morons, and me.

My Ford Explorer  
on a never-ending quest  
for a parking spot.

Monster S.U.V.  
He rides around so proudly.  
Really small penis.

### Cycling Conference - "Cycling Strategies...and How to Implement Them"

Another national cycling conference is being held this year, on October 10-11, in North Shore, Auckland. CAW will assist members to attend, by helping with the registration fee. A total of \$500 has

been allocated, to be divided among however many people apply. Apply to CAW's secretary, Geoff Thomas, [geoff.thomas@vuw.ac.nz](mailto:geoff.thomas@vuw.ac.nz), tel 463 6247.

The keynote speaker will be Steven Norris, UK Government's Chair of the National Cycling Strategy Board, and former UK Minister for Local Transport and Road Safety.

To register for the conference, contact Paul Doherty: [pd@cycling-support.org.nz](mailto:pd@cycling-support.org.nz), Tel: 09 436 2640  
More info at <http://www.bfa.asn.au/canflyer.pdf>

## Events

**Surf to the Summit time trial**, Sunday 14 September  
Makara Beach to Johnsonville, 14 km. More info at [www.wvcc.org.nz](http://www.wvcc.org.nz)

**Car Free Day**  
Monday 22 September. More info at [www.carbusters.org/wcfd](http://www.carbusters.org/wcfd)



**Critical Mass ride**  
Critical Mass will be meeting at 5.30pm Friday 26 September at Civic Square. Come along for a fun ride around town. Maybe the Greens will bring chocolate cake again this month.

**Petone Ecofair**  
CAW has been asked to have a stall at the Petone Ecofair, on Saturday 11 October. Contact CAW if you would like to help.

**Wheels Beside Water**, Sunday 12 October  
Kapiti Coast café cruise and treasure hunt, a choice of 10, 30 or 50 km rides. More info at [www.kapitibush.org.nz](http://www.kapitibush.org.nz)

## Cycling Skills for the City

Are you a city cyclist or thinking about it? Does riding in traffic put you on edge? Increase your confidence and develop your skills on and off the road, from basic bike maintenance through to safe riding practices and finish off with a group ride around Wellington! Bring your bike, your helmet and lunch. The next courses are:

Onslow College, tel 477 1118, [www.onslow.school.nz](http://www.onslow.school.nz)

Wednesdays 7-9pm for 4 weeks, + 1 Saturday morning.

Term 4: starts 15 Oct, W 425, \$40.00

Tutor: Marilyn Northcotte

Wellington High School, tel 385 8919, [www.whs.school.nz](http://www.whs.school.nz)

2 Saturdays, 15 Nov and 22 Nov.

9am-2pm (2 weeks) Room: W8 \$48.00

Tutor: Marilyn Northcotte

## Hokey Spokes

This is the coolest product I've seen in a while. They're computerized lights you attach to your spokes that generate fabulous designs as the wheels spin. Check out the pictures at [www.hokeyspokes.com](http://www.hokeyspokes.com).

## Next CAW meeting

When: Tuesday, October 7, 2003, at 6pm

Where: Senior Citizens Room at the City Library on Victoria St. Take the steps up to Clark's cafe and then turn left to go past the lift doors.

## Contacting CAW

Cycle Aware Wellington, [www.caw.org.nz](http://www.caw.org.nz), PO Box 11-964, Wellington

Secretary: [Geoff Thomas](mailto:Geoff.Thomas@vuw.ac.nz), tel 463 6247

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The deadline for the next issue is Tuesday 14th October 2003.

Contacting CAN Cycle Advocates' Network: [www.can.org.nz](http://www.can.org.nz)

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