



## Cycle Aware Wellington (CAW)

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### Windy Wheels newsletter

May 2005

#### Friends of CAW launched

Friends of CAW is a free email group for non-financial members of Cycle Aware Wellington. Friends of CAW receive regular cycling news from the region, around New Zealand and overseas. You will not receive spam, just the Yahoo ads that enable us to offer this service for free.

To join, send an email to [Friends\\_of\\_CAWgtn-subscribe@yahoo.com](mailto:Friends_of_CAWgtn-subscribe@yahoo.com)

### CAW AGM

#### Committee

The following were nominated or arm-twisted, and elected unopposed:

Chair - Murray Robertson, with David as co-chair until the end of 2005

Secretary - Alastair Smith

Treasurer - David Laing

Membership Secretary - Teresa Maguire

The following positions were not voted on, with the current incumbents deemed to continue in those positions:

Road Safety Ref.Group rep - Lou Gallagher

Regional Cycle Forum rep - Stephen Knight (Jane Dawson as backup)

Newsletter Editor - Patrick Morgan

CAN contact - Alastair Smith

Bikenews co-ordinator - Robert Ibell

Dr Bike Co-ordinator - Robert Ibell

#### Achievements

David regaled the meeting with an exhausting list of CAW activities during the year, commenting that it had been another busy year.

- Bike To Work Day – our best year yet, about 750 attendees, best in NZ. It brought CAW some new members as usual. Thanks to Marilyn for doing a first class job organising it. She is stepping down for next year, and will leave a hole that is hard to fill. Thanks also to those who helped out, and to Wellington City Council and ACC for assistance.
- Dr Bike – has been popular. Our bike doctors have attended Bike the Bays, Bike the Trail (Hutt) and Carterton Green Bike Rally.
- Submissions – were made on Greater Wellington, Wellington City, Hutt City, Upper Hutt and Porirua annual plans. Also on project proposals, and the Urban Design Protocol.
- Council activities – lobbying councils remains a priority for CAW. Meetings were held with WCC officers, but were not as successful in getting changes as we would have liked. We also met with many of the new WCC Councillors. Thanks to Patrick and Robert for organising this. CAW has been represented on WCC's Road Safety Reference Group, and GW's Regional Cycle Forum. For the fourth year running WCC organised a 'Being Cycle Aware' workshop with the traffic Police – thanks to Cristina van Dam for keeping this going.
- Windy Wheels - has continued to be published monthly. Thanks to Patrick for editing it, and for maintaining CAW's website.
- Cycling Skills courses were run again during the year.
- Several CAW members attended the CAN Do national get-together in Nelson in October.
- Thanks to all on the committee for their support!

#### AGM presentation on Unicycling by Ken Looi

Unicycling probably started in the late 1800s. Ken had a tall story about a penny-farthing race and someone sabotaging a back wheel!

In the 20th century, unicyclists were mostly from the circus or performance crowd. In 1973 the Unicycling Federation of America started, followed by a similar organisation in Japan, then Sweden. In 1982 an international federation was formed, and in 2004 the NZ federation was formed.

The Japanese have the biggest population of unicyclists – about 1 million. It is taught in primary schools and there are lots of competitions.

In 1984 Unicon started – a unicycling convention and championships. It is held every two years.

After the mountain bike boom started, people put mtb wheels on unicycles to use them off-road. In 1996 there was the first off-road convention in California, and it is the fastest growing part of unicycling.

Ken started unicycling in 2000, and has since done the Karapoti and Round Taupo.

Unicycles are not technically vehicles, so can be used on either the footpath or the roadway.

Ken showed us different types of unicycle.

Freestyle – has 20 inch wheels, easiest to learn, good for tricks. The most popular. At the world champs they have the equivalent of figure skating on unicycles, with music and choreography. They aim to go for olympic status.

Mountain – has 3 inch tyres, mountain bike wheels. The fastest growing activity. Has good manoeuvrability and low gears. Some have brakes.

Trials – Like freestyle by with fat tyres. These manage obstacles, and do big jumps or drops.

Street – Used for riding down rails or steps, doing 180 degree jumps.

Distance/touring – One gear, 36 inch wheels (use an antique car wheel). Can go 20–25 km/hr. Panniers can be attached front and back, or you can wear a backpack. Easy to pack the bike for travelling! Also good for starting conversations.

Competition – Legal wheel size is 24 inch, has regular tyre, 125mm cranks. Used for track and field events. Races are 100m up to 10 km, and other events include backwards riding, high jump, long jump.

Unicycles are also used for team sports, e.g. hockey (big in Germany, Switzerland) and basketball (Puerto Rico). Also used in performances, e.g. juggling acts, circuses. Some use a 'giraffe unicycle' which is chain driven.

Ken started in December 2000 when he bought his first unicycle (a 20 inch). Unicycles usually take about 15 hours to learn to ride. You don't tend to damage yourself when you fall off because you land on your feet. It is like learning to ride all over again, though. The entrance to the Stadium is a good place to learn - lots of rails to hold onto. You can also use a fence or a netball court. It does take longer to get going without holding onto something.

You put your hand on the front of the seat to give control and pull it up for jumps.

Several shops (On Yer Bike, Johnsonville Cycles) have them, or you can go to [www.unicycle.com](http://www.unicycle.com) for info.

Ken advised staying away from suspension as it tends to break. A 20 inch should cost about \$150–200. In 2001, Ken graduated on his unicycle (good pictures!).

In 2002 he did mountain bike races in NZ (Moonride, Round Taupo). Then he went to Nepal. The unicycle was a good way to weave through markets. He was intending to go to Iceland, but broke his ankle. In 2004, he toured in Vietnam and Cambodia.

He recently completed a 24 hour challenge, riding round the Basin Reserve 814 times. He now knows all the potholes there!

Thanks for the great talk, Ken.

### Workshop - The Cycling Toolbox

Stephen Knight, Advocacy Manager for Bike NZ, is organising a series of regional workshops on changes in transport management and their significant for cyclists. These workshops are aimed at giving local advocates some of the knowledge and tools they need to get things happening for cyclists in their communities.

The workshop for the Wellington region will take place on Sunday 19 June, 9:00-1:30, Sport Wellington Region, 113 Adelaide Rd, Wellington.

We'd like to have as many people in CAW attending as possible. This is a great opportunity to find out how 'the system' works and how you can most easily use it to your advantage in improving conditions for cycling in the region. If you've thought about getting a bit more involved in CAW but aren't sure you have the background knowledge and skills, this is a chance to acquire them!

If you have any queries about the workshop, or would like to register your intention to attend, please contact Stephen Knight, tel 916 1873, [stephen@bikenz.org.nz](mailto:stephen@bikenz.org.nz)

### Submission on Draft Annual Plans

Our Annual Plan submissions are on our website at <http://www.mountainbike.co.nz/politics/caw/resources.html>

### Air New Zealand has removed its handling fee for bikes

"The following changes have been made to our existing baggage polices. Removal of handling fees on Domestic, Tasman and Pacific Island flights for items such as bicycles, surfboards, hang-gliders and windsurfers. Any oversized item presented at check in will be included in the passenger's 20kg + 3kg allowance and excess will be charged as normal (back to 20kgs) once the passenger exceeds this allowance. Length restrictions and charges for the carriage of domestic pets will continue to apply.

### News briefs

**V8 Proposal** CAW made a submission opposing WCC funding the proposed V8 event. It's on our website under 'resources'. Now it looks like the wheels have fallen off the event.

**Cycling Events** Check "Events" on the CAW website

**Discussion forums** Go to [www.mountainbike.co.nz/forum/](http://www.mountainbike.co.nz/forum/) for online discussion on advocacy, events, touring and more.

### **Next CAW Meeting**

**When:** Tuesday, 7 June, at 6pm

**Where:** Note new venue: Wellington City Council Committee Room, Wakefield St

**What:** Want better and safer cycling?

**CAW** Cycle Aware Wellington, [www.caw.org.nz](http://www.caw.org.nz), [caw\\_wgtn@hotmail.com](mailto:caw_wgtn@hotmail.com) Tel 972-2552, PO Box 27120, Wellington

Secretary: [Alastair Smith](#)

*Windy Wheels* is edited by [Patrick Morgan](#)

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

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