



## Cycle Aware Wellington (CAW)

[Home](#)  
[About us](#)  
[Join](#)  
[Events](#)  
[Resources](#)  
[Windy Wheels newsletter](#)  
[Links](#)  
[Contact us](#)

### Windy Wheels newsletter September 2006

#### 22nd September is World Car Free Day



If you cycle sometimes, choose this day. If you don't usually cycle, or only rarely, dust off the bike seat and try it. You could arrange to meet with friends and cycle together as a group. If you know someone with a bike who does not usually cycle, encourage him/her to get the bike out too. Of course, going car free means not only choosing to cycle. You could also choose to walk, run or kayak that day, or take the train or bus.

In fact, select any one of the alternative car free modes, and join in the Green Party, Cycle Aware, Transport 2000 and Option 3 commuter challenge.

There will be a special focus on three routes, with all ending up at the Astoria Cafe in Midland Park at about 8:15am, where Green MP Sue Kedgely and others will celebrate the winners of the challenge.

- 1: Karori Shops to Astoria Cafe
- 2: Johnsonville Railway station to Astoria Cafe
- 3: Wellington Airport to Astoria Cafe

Contact [Paul Bruce](#) for more info.

Studies have shown that congestion and exhaust emissions can be substantially reduced if even a few people choose to leave the car at home once a week.

According to the Victoria Transport Policy institute (Canada), "... traffic congestion is a non-linear function, meaning that a small reduction in urban-peak traffic volume can cause a proportionally larger reduction in delay. For example, a 5% reduction in traffic volumes on a congested highway (for example, from 2,000 to 1,900 vehicles per hour) may cause a 10-30% increase in average vehicle speeds (for example, increasing traffic speeds from 35 to 45 miles per hour). As a result, even relatively small changes in traffic volume or capacity on congested roads can provide relatively large reductions in traffic delay." (<http://www.vtpi.org/tdm/tdm96.htm>). A comparable effect can be seen every time school holidays start and finish. As holidays start, the overall peak-hour congestion is noticeably eased, because there are not those extra car trips of parents taking their children to school.

[www.worldcarfree.net/wcfd/](http://www.worldcarfree.net/wcfd/)

#### Bike to Work Day / Go by Bike Day

We are looking for volunteers to help with our annual celebration of the wheel thing. Go By Bike Day is Wednesday 28 February 2007. Join Marilyn, Robert, Illona and Lou in putting together NZ's biggest and best free breakfast for bikers. Contact [Marilyn](#).

#### CAN-do

CAN's new worker, Simon Kennett, reports that 18/19th November is going to be a get together of cycle advocates around the country. The CAN-do will be held in Wellington. We are looking for suggestions for things to include on the agenda, and a venue. Also looking for billets - contact [Simon](#) if you can help.

#### Stuff we are working on

- traffic calming - pedestrian kerb pullouts are squeezing cyclists. They need to be designed so that they don't stick out into the carriageway so far.  
We need to check what the standards are. Illona and Lou will follow up on this.
- Hutt Rd cycle path exit at Tinakori Rd - this is in a terrible place, behind the bus stop and at a squeeze point. WCC would like to do something about it but they have no money in the budget for the work. This is a high priority for CAW.
- use and administration of the blue bike lockers at Railway stations

- bikes on trains and buses
- footpath widening on the Terrace reducing room for cyclists on the roadway
- need for improvements to the Ngauranga Gorge footpaths and Old Hutt Road cycleway - numerous safety issues
- the possibility of starting a 'bike buddy' programme, where experienced riders accompany newbies
- modernising CAW's structure to increase effectiveness, participation and reduce administration.  
We are meeting in October to sort this out.

### **Ladies' night at VIC Cycles**

Fit, getting fit, or promising you're going to organise yourself soon to get fit? Ladies, now is the time to launch yourself into your cycling seat and sit firmly back on that saddle again to achieve your goals for fun and fitness. Join our "ladies only" evening and you'll get a head start with motivation, education and maintenance tips and tricks.

Whether you're already lean and keen, starting out, or just thinking about returning to the saddle this night is for you. You'll have heaps of fun, get professional training and nutritional advice, pick up the latest tips and techniques for avoiding and dealing with breakdowns, and meet new friends.

It's just a \$10 cover charge for two hours packed full of specialist advice, question and answer opportunities, and hands on learning. Wear comfortable clothes and look forward to discounts and freebies too.

Wednesday September 27th - 7pm start. Contact [VIC Cycles](#)

### **Events**

see [Events](#)

### **News briefs**

**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, 3 October, at 6pm

Where: New venue - The Malthouse, Willis St

What: Want better and safer cycling? Come along, have a drink with some bikers and make a difference. Celebrate our achievements! Expand membership and revise communications strategy.

### **CAW**

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

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

[top](#)