

Windy Wheels

May 2007

The news and views letter of Cycle Aware Wellington.

Our Annual General Meeting...

...was held on 1 May at Thistle Hall (corner Cuba and Arthur Streets - deep in the heart of Bypass country). Briefly...

Membership

CAW is in good health... we now have 84 paid up members and 280 people on Friends of CAW. Those still needing to renew their membership can do so [on line](#). (If you don't wish to renew, we would appreciate it if you could drop us a line and let us know why you do not want to continue your membership. You can send comments to PO Box 27120, Wellington or by email to: laingmaguire@paradise.net.nz).

Executive

Coordinators/project managers/co-chairs – Murray Robertson and Stephen Knight-Lenihan

Minutes secretary – Elliott Young

Correspondence secretary – Alastair Smith

Membership/communications person – Teresa Maguire

Treasurer – Patrick Morgan

Webmaster – Elliott Young

Newsletter editor – Stephen Knight-Lenihan

Regional cycle forum rep (quarterly 2 hour meeting) – Andre Cymbalista/Mark Coburn

Road safety reference group rep – Lou Gallagher/Marilyn Northcote

Submission coordinator – Sridhar Ekambaram

Ride/Picnic/Social organiser – Illona Keenan

Volunteer wrangler – Illona Keenan/Andre Cymbalista

Newsletter distribution (hard copy) – Teresa Maguire

Go By Bike Day Coordinator – Mark Coburn

Global Warming, Railway Cottages and Cycling

Famous cycling person Paul Kennett gave a guest talk, describing retrofitting his railway cottage house to reduce energy use and increase self-sufficiency. Paul has kept a very detailed [record](#) of costs and savings of doing various things.

Bike Now

Also at the AGM was Janine Ramsey, the Wellington facilitator of a new programme called *Bike Now*. *Bike Now* aims to reach the 'possibles' rather than the cycling enthusiasts, and is working with the Cycling Advocates' Network. The *Bike Now* goal is to get more people cycling to work more frequently, and to identify the barriers to people commuting by bike.

As an example of how it works, the Tuesday following the CAW AGM a 'focus group' of regular or semi-regular commuting cyclists gathered in Thistle Hall to identify why they would, or would not, cycle to work in Wellington. Issues such as weather and traffic came up – as did the lack of somewhere to change and shower at work, and parking (particularly secure parking).

Bike Now wants to recruit 15 businesses in the Wellington region to participate (minimum size of 10 employees), which requires a volunteer to work with Janine to promote cycling and provide feedback. The programme goes for a year and includes three 5-10 minute surveys to track changes in travel behaviour. Some of the actions which could be taken to boost cycling include:

- **"Bike buddy"** (sometimes also known as bike mentoring) where a lesser-experienced cyclist is paired with a seasoned commuting cyclist who can provide support (which may include some teaching of safe cycling habits) for the journey to and/or from work. The pair can choose to have an on-going cycling arrangement or it may be short term.
- **"Bike bus"** A bike bus is a group of cyclists, riding together for convenience, safety and fun. Just like a bus, there is a scheduled start time and there may even be designated bike bus stops along the route to pick up additional riders. The journey home may be taken individually or as a group.
- **Cycle skills training:** A six-hour long (one day or two three-hour sessions) workshop designed to prepare less confident cyclists to ride to work. On-road training is included, along with advice on such things as clothing, bike maintenance, and choosing routes. *Bike Now* provides this training, either

during or out of office hours, depending on what suits the organisation.

- **Creation of secure cycle parking** at the worksite – this could be in one of several forms, including converting an unused room; installing cycle stands; or an enclosure.
- **Provision of a “cycle fleet”** at the workplace for travel during working hours (to visit clients, attend meetings, personal business, fitness, etc). If people have a means of travel available to them at the workplace, it may mean that they are able to leave their car at home and use another mode to travel to work.

If you are interested in the *Bike Now* project, please contact Janine Ramsey, *Bike Now* Facilitator (Wellington Region), Ph: 027 453 2252, E: janine@pinnacleresearch.co.nz

Draft Parking Policy

CAW has been asked to make a submission on the Wellington City Council's [draft parking policy](#) (submissions are due at the end of June). If you are interested in discussing the issues, or wish to make a submission, please do so ... and also check with Sridhar Ekambaram ph. 477 3191 (sridharekambaram@yahoo.com.au). CAW members have been discussing the issue through the [CAW on-line discussion forum](#).

Cycling Skills Training - Saturday May 19th:

Want more confidence while cycling? Need traffic skills? Flats got you flummoxed? Cycling Skills trainers Marilyn Northcotte and Patrick Morgan are running a day-long adult cycling skills training on May 19th **What:** Adult Cycle Skills Class, 9am-4pm with a break for lunch. **Where:** Lyall Bay School hall, Freyberg Street, Lyall Bay, Wellington. Bring: your bike (road, mountain, or other and not too dirty please), helmet, toolkit and pump if you have them, lunch, and \$30.00 fee. Tea, coffee and bikkies are provided. To register or more information, contact Marilyn marilyn@en-velo.co.nz or phone 938 5885.

What you will learn:

- Classroom session covers adjusting your bike for a good fit, bike maintenance, helmet checks, removing wheels, fixing a flat tyre (yes, a rear flat), gears, traffic principles, where to ride on the road, and managing hazards.
- Practice our skills in the playground: straight line riding, looking over your shoulder, signaling, braking, control skills and group riding.
- Group ride on quiet roads. We finish up with a debrief at a local cafe.

With a maximum class size of 12 you'll learn heaps. Trainers Marilyn Northcotte and Patrick Morgan have many years of cycling behind them, and have been teaching cycling skills to adults and children since 2001. Marilyn says she's keen to get more people cycling more often. Patrick's on a mission to share the fun and convenience of cycling.

Thanks to the Health Sponsorship Council and the Bike Wise Community Partnership Programme for their support.

Cycling Maintenance Training – Saturday May 26th

OK, admit it! If you're one of those people who doesn't feel confident fixing a flat tyre, but you know it could happen when there's no rescue squad to sweep you off the roadside, our fix-a-flat cycle maintenance course is for you.

What: Cycle Maintenance, Model I; Puncture repair. Learn to fix your own punctures (front and back tyres) in a secure environment with a maximum class size of 10 and Master Mechanic Jonty Ritchie! 10:30 am to 12:30 pm, It's \$40 inclusive with herbal tea, Fair Trade Coffee and Lou's awesome home-made scones.

Where: Revolution Cycles at Northland shops, Wellington.

Bring your own bicycle to work on, a pair of tight gloves if you've got "issues" with bike grease, and your own tools if you've got 'em. A hefty 25% of the course fee goes toward Makara Peak Mountain Bike Park, working hard for your biking entertainment.

To register, or for more information, contact Lou Gallagher: Phone 917 5900; lou.gallagher@esr.cri.nz

Thorndon Quay - Fixing a Black Spot

Cycle Aware Wellington is campaigning to improve the safety for cyclists using Thorndon Quay.

We want to gather information from cyclists, about their cycling experiences on the Quay. Please use this blog (<http://transport.org.nz>) to record your experiences, so that information can be shared and used to influence decision makers.

[Download the petition](#) (44kB pdf), fill it with signatures and then post it back to us.

Why Thorndon Quay?

It is an essential route for cyclists

It links cycling facilities along Hutt Road, into the city and around the waterfront.
It has the highest crash rate of any street or road in Wellington.

The campaign has a variety of different streams:

- * Information gathering
- * Petition - getting loads of signatures
- * Lobbying local authorities
- * Getting buy-in from key stakeholders
- * Getting things changed!!!

Please start blogging your experiences and thoughts. Thanks.

Nov 2006: Problem Sump Gratings (Drain Grates)

Cycle Aware Wellington has been concerned about the hazards posed by sump gratings on Wellington roads. The standard pattern parallel grating is liable to trap bicycle tires and cause accidents. Some sump gratings are sunken below the road surface, creating a hazardous hole. Many gratings are located at points where traffic forces cyclists into the edge of the road and it is difficult to avoid riding into the sump. In addition, there are gratings which are broken, and pose a hazard to small cars and children, let alone bicycles!

In September and October CAW canvassed Wellington cyclists for the gratings that they considered most hazardous. These are documented in the [attached report](#) (440 KB pdf). While CAW considers that all these gratings should be changed to make them more cyclist-friendly, five have been identified as being a high priority for attention.

CAW is following up with WCC staff.

Young Cyclists Urged to Brighten Up

(From eCAN, the Cycling Advocates' Network newsletter... <http://www.can.org.nz>)

New Zealand's motoring and cycling organisations have joined forces to urge young cyclists to brighten up and to urge motorists to make space for cyclists.

"With the return of students to schools and universities, plus the onset of winter, cyclists should brighten up for morning, afternoon, evening, and bad weather riding. High-visibility riding gear and brighter lights are cheap and popular, and every cyclist should use them," says Cycling Advocates' Network (CAN) spokesperson Stephen McKernon.

Mike Noon, the AA's General Manager for Motoring Affairs, says "drivers need to be alert for cyclists, especially at intersections. At this time of year we all need to make a special effort to look out for cyclists - give them at least one and a half metres when overtaking, and if it's not safe to pass then wait."

"Motorists and cyclists both have rights and responsibilities on the roads. They both have a right to safe and enjoyable travel, and both have a responsibility to understand and respond positively to each other's needs," says Mr Noon.

Forty-two per cent of cyclist casualties in 2005 were aged under 24, and 60 per cent of cyclist crashes took place at driveways and intersections, according to Ministry of Transport statistics.

The Road Code says that when riding at night (from 30 minutes after sunset until 30 minutes before sunrise) bicycles must have:

- a red or yellow reflector at the back of the bike;
- a steady or flashing rear-facing red light that can be seen at night from a distance of 100 metres;
- one or two white or yellow headlights that can be seen at night from a distance of 100 metres (one of these forward facing lights may flash); and
- yellow pedal reflectors or the rider must be wearing reflective material.

The Road Code also advises motorists to:

- allow at least 1.5 metres between them and a cyclist when passing;
- wait for a clear space before passing a cyclist on a narrow road;
- at intersections, apply the same rules to cyclists as they would to any other vehicle on the road;
- only drive across a cycle lane when entering or leaving side roads, driveways or parking spaces;
- give way to cyclists if crossing a cycle lane; and
- take extra care around young cyclists.

Further information on sharing the road with cyclists and the rules for cyclists can be found in The official New Zealand Road Code, available at all AA Centres or online at www.landtransport.govt.nz/roadcode.

Next CAW Meeting

When: Tuesday 5 June, at 6pm

Where: Bar Bodega, Ghuznee Street

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

CAW

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CAN Cycle Advocates' Network: www.can.org.nz

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