

## CONTACTS

### Organisations

Bicycle NSW and BUGS (Bicycle User Groups) Contact Bicycle NSW for details  
Ph.9281 4099  
www.bicyclensw.org.au

Cycling NSW (Racing) Ph.9738 5850  
www.nsw.cycling.org.au

### Cycling Courses

#### Road Safety Education Centres - for Primary Schools

- ▶ CARES Facilities City of Sydney Ph.9519 9465 (Mon-Thurs)  
Bass Hill Ph. 9743 9297
- ▶ Campbelltown Bicycle Road Safety Education Centre  
Campbelltown Ph. 02 464 4376

#### Cycling Coaches/Courses - for individuals, groups, schools, workplaces, etc

- ▶ Tanya Bosch Ph. 9369 1436 M. 0419 217 974  
Email onyabike@ozemail.com.au
- ▶ Matt Geale (Campbelltown) Ph. 0412 95 2626  
Email matt@soular-energy.com
- ▶ Cycling Australia Ph. 9644 3002

#### Cycling Skills Courses - for adults

- ▶ Back on Your Bike Sydney Community College  
Ph. 8752 7555
- ▶ Commute by Bike www.sydneycommunitycollege.com.au

#### Cycling and bike hire - for kids and parents

Sydney Olympic Park  
Ph. 97414 7888  
www.kidsinthepark.com.au

### Resources

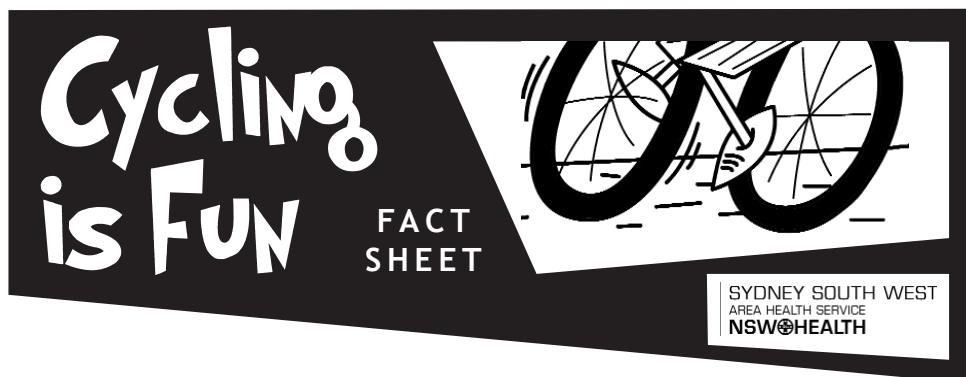
Bike It Sydney Ph. 9281 4099  
(back street guide to inner Sydney) www.bike-it.com.au

Cycling Around Sydney Ph.9281 4099  
25 classic rides around Sydney www.bicyclensw.org.au

Cycling Promotion Fund **Free** Ph. (03) 9755 3557  
(brochures, posters, funding etc.) www.cyclingpromotion.com/promotion.htm

RTA Cycling Maps **Free** Ph.1800 060 607  
www.rta.nsw.gov.au

RPA/Sydney University Bicycle Map **Free** Ph.9515 9055  
hpureception@email.cs.nsw.gov.au



**Health Promotion Sydney South West Area Health Service promotes cycling to maintain good health and as a mode of transport that helps improve the environment by reducing the use of motor cars.**

### Health Benefits

- ▶ Cycling improves cardiovascular fitness, strengthens bones improves circulation, relieves the effects of rheumatoid arthritis and like all physical activity, helps people cope better with stress.
- ▶ Research in Denmark involving 30,000 people followed over 14 years, found that cycling to work decreased their risk of early death by 40%.<sup>1</sup>
- ▶ Another study with 21,000 people in Finland followed over 12 years, found that people who spent more than 30 minutes a day cycling to and from work reduced their risk of developing diabetes by almost 40%.<sup>2</sup>
- ▶ The benefits of physical activity from cycling clearly outweigh the risks of injury.<sup>3</sup>

### Environmental Benefits

- ▶ Cycling uses no fossil fuels and is a pollution-free mode of transport, reducing the need to build, service and dispose of cars.

<sup>1</sup> Anderson LB, Schnohr P, Schroll M, Hein HO. All-cause mortality associated with physical activity during leisure time, work, sports and cycling to work. *Archives of Internal Medicine* 2000; 160: 1621-1628.

<sup>2</sup> Hu G et al. Occupational, commuting, and leisure-time physical activity in relation to risk for Type 2 diabetes in middle-aged Finnish men and women. *Diabetologia* 2003; 46: 322-329.

<sup>3</sup> British Medical Association. *Cycling towards health and safety*. Oxford: Oxford University Press, 1994.

## CONCERNS

## SOLUTIONS

|  |   |
|--|---|
| <i>Fear of traffic and road conditions</i> | ▶ Use quieter streets<br>▶ Lobby for lower speed limits and dedicated bike lanes  |
| <i>Lack of fitness</i>                     | ▶ Just start and build up slowly, it's not a race!  |
| <i>Lack of confidence</i>                  | ▶ Ride with others who have more experience, or join a cycling course   |
| <i>Risk of injury</i>                      | ▶ Wear a helmet, ride carefully and pick the quietest route   |
| <i>Where to ride?</i>                      | ▶ Use RTA cycleway maps or back street guides such as 'Bike It' (see back page)   |
| <i>Where to put the bike?</i>              | ▶ Ask your local council and employer to install secure bicycle parking racks   |
| <i>What bike to choose?</i>                | ▶ Visit your local bike shop or the cycling promotion fund website:<br><a href="http://www.cyclingpromotion.com/promotion.htm">www.cyclingpromotion.com/promotion.htm</a> |

## WHAT'S BEING DONE TO ENCOURAGE CYCLING

**Bicycle NSW's Bicycle User Groups (BUGs)** are voluntary organisations that encourage and lobby for cycling. They organise social rides, assist inexperienced riders, provide advice on cycling issues and lobby for better cycling facilities.

**Local Councils** have Bicycle Plans and build local bicycle infrastructure.

The **Roads and Traffic Authority (RTA)** builds regional cycleways and off-road bicycle lanes, and produces maps and brochures that promote cycling to work.

**Cycling proficiency courses** increase the skills and confidence of beginner and intermediate cyclists (see contact list on back page).

**Bike shops** often provide information on cycling such as what bike to buy, bicycle equipment and maintenance services.

## SOME STATISTICS ABOUT CYCLING

- 🚲 Building cycling into daily life is more likely to be sustained than gym-based exercise prescription schemes.<sup>4,5</sup>
- 🚲 Almost half the households in NSW have at least one bicycle. The number of bicycles owned by Sydney residents increased from around 800,000 in 1991 to 1.2 million in 2000.<sup>6</sup>
- 🚲 More people were riding to work in 2001 compared with 1996, and especially in the inner city areas of Sydney (2.5%).<sup>7</sup>
- 🚲 29% of people with a driver's licence have cycled on the road in the last year.<sup>8</sup>
- 🚲 People riding a bike are exposed to 2 to 3 times less air pollution (volatile organic compounds) compared with people driving cars on the same road.<sup>9</sup>

### Special Road Rules For Cyclists

- ▶ Cyclists are allowed to ride two abreast, no more than 1.5m apart.
- ▶ People riding a bike are allowed to take up a whole lane. (Riding in the gutter is dangerous and leaves no room for avoiding obstacles and invites being squeezed by cars!)
- ▶ Cycling on the footpath is permitted where indicated by signage, if the cyclist is under 12 years old, or if an adult is accompanying a younger cyclist.
- ▶ Bicycles are allowed to travel in bus lanes and transit lanes.

<sup>4</sup>Hillsdon M, Thorogood M, Anstiss T, Morris J. RCTs of physical activity promotion in free living populations: a review. *Journal of Epidemiology and Community Health* 1995; 49: 448-453.

<sup>5</sup>Sevick MA, Dunn AL, Morrow MS, Marcus BH, Chen GJ, Blair SN. Cost-effectiveness of lifestyle and structured exercise interventions in sedentary adults - results of project ACTIVE. *American Journal of Preventive Medicine* 2000; 19(1): 1-8.

<sup>6</sup>Transport Data Centre. *Cycling in Sydney- Bicycle ownership and use*. Transport Data Centre, RTA, 2003.

<sup>7</sup>Australian Bureau of Statistics. *Journey to Work data. 2001 Census*.

<sup>8</sup>Rissel C, Campbell F, Ashley B, Jackson L. Driver knowledge of road rules and attitudes towards cyclists. *Australian Journal of Primary Health* 2002; 8(2): 66-69.

<sup>9</sup>Taylor D, Fergusson M. *The comparative pollution exposure of road users - a summary*. *World Transport Policy and Practice* 1998; 4(2): 22-26.