



SPOKE

ADVOCACY - ADVICE - ADVENTURE

October November 2003

FOR ALL CYCLISTS

"What am I supposed to do with this"? grumbled the motorist as the policeman handed him a ticket for speeding.

"Keep it" the officer advised. "When you get three of them you get a bicycle."

- Reprinted from a Rotary magazine.

BT MEMBER FEATURES IN LATEST VELOVISION MAGAZINE



"Ian Sims of recumbent trike manufacturers Greenspeed in Australia describes how he modified a trike to suit one of his disabled customers, Ruth Gooding.

Ruth has only one leg, she was knocked off her bike when she was only twelve... we built her a Dual Mode trike, which uses both her leg and her arms...we put all the drive chains on the right hand side. A fourth ring was fitted to the normal triple chainset to take the drive from the hand cranks. This required a slightly wider spacing than normal, so as to allow room for the front derailleur. The slack side of the coupling chain goes around a spring loaded idler pulley which takes up the chain slack as the hand cranks are rotated to steer the trike... Using her arms and one leg give quite an uneven input, especially at low speed. To solve this problem a custom elliptical chainring was made to replace the normal round small chainring. This has a peak to coincide with the leg thrust, this seems to have improved the slow speed climbing significantly."

VeloVision is a high quality bike culture magazine published in the UK. Ask for it at the Hobart State Library or read the full article online at

<http://www.velovision.co.uk/mag/issue11/specialneeds150.pdf>

- text by Ian Sims, Greenspeed, photos by Andrew Heard

PARIS-BREST-PARIS (PBP) UPDATE

There were three of us from Tasmania, myself, Rowan Burns and Paul Gregory joining over 4000 other riders from all over the world attempting to complete the 1200 km route from Paris to Brest and back within the time limit of 90 hours.

The day after our arrival was the busiest day for the arrival of PBP hopefuls, from all over Europe car after car, campervan after campervan all loaded with bikes and many laden touring bikes poured into the large campground. Bikes of all sorts 2 and 3 wheeled recumbents, some with full fairings, tandems, fixed wheel bikes, custom made frames from just about all the worlds best frame builders and lots of ordinary road bikes. They weren't very ordinary though with most equipped with Campagnolo parts and with esoteric frames of carbon fibre and titanium.

With the bike check and registration out of the way we all ready to go and I certainly just couldn't wait until the start at 10pm on Monday 18th August. Finally the time came though due to the great numbers of cyclists groups of 500/600 started at 15-minute intervals from 10pm. Rowan and I (we hadn't caught up with Paul in the crowd at all) didn't therefore get away until nearly 11pm.

Any tale of riding the PBP is an story unto itself but a few of the highlights for me were that Monday night with a river of red taillights stretching for kms into the distance as the thousands of riders headed out across the plains just outside Paris. The next morning for tens of kms bikes lay abandoned along the verge and under trees all with an unconscious cyclist next to it, I was one of these for about half an hour as just on dawn I started nodding off. A half-hour snooze works wonders.

Much later on feeling tired and ready for a longer sleep, the next control never seeming to get any closer I stopped for a coffee at a bar in a small village. It was about 2am. I was treated like royalty the couple behind the bar insisted on shaking hands and on leaving much revived after two espressos they wished me "bon courage, bon route" . The next control was reached in high spirits.

The support and encouragement of riders was evident along the whole route. Families set up their dinner table and chairs outside their houses offering water, juice and nibbles to passing riders. In some villages again at all hours there were people ensuring that you went the correct way without having to find the route markers, or to see you across a junction of a busier road. Cars and local cyclists stopped on roundabouts so that you didn't have to slow and give way. The frequent applause and shouts on "bravo" "bon route" and "bon courage" at all hours of the day and night often brought a lump to my throat.

The final highlight for me was the 60km from the last control to the finish. On arrival at the control at about 12.30am I had eaten a great dinner including a Paris Brest pastry and a carafe of red with a number of other Aussie riders, then settled down for about 4 hours sleep. Up at 6 for a wonderful breakfast, then off at 7 with Dave on his 30 year old Moulton. It was a wonderful morning for a bike ride and as the sun rose we just hooted the last 60km to the crowds and fulfilment of the finish.

It was the ride of a lifetime, an absolutely amazing experience that I would recommend to anyone.

- by *Tim Stredwick*

AND THEN ONTO THE PYRÉNÉES

A couple of days later loaded up again with all our worldly belongings the Stredwick family set off from the St Quentin with the Pyrénées in our sights. To the Loire and its chateaus including of particular interest to my daughters a chateau at Samur which had a very interesting horse museum. Saddles, bridles and all sorts of other bits and pieces from all around the world from the earliest days

of humans using horses as transport. From there we turned south to the Dordogne and its ancient cave paintings, we visited the last remaining cave with shaded and coloured rather than outlines of bison, horses and ibex still open to the public. It was quite awesome looking at these 14,000 year old drawings which were in such good condition.

A little further south we visited a bicycle museum that some friends in the UK had told us about. All originals including a Draisienne from 1817. It proved that there is nothing new under the sun with cantilever brakes on a 1903 bike and suspension looking remarkably like today's mountain bikes. There was the same model of bike used by the winner of the first two Paris Brest Paris races in 1891 and 1892. In those days it was a race and predated the Tour de France as the premier European road race. I was impressed as the winner did pretty much the same route I had followed in only 72 hours.

Now roughly 1200km and a little over two weeks from Paris we are settled in at our friend's house high in the Pyrénées. It is absolutely spectacular country with mountains up to 2800m towering above the steep forested foothills. The wildlife is similarly impressive with many birds of prey including a three species of vultures.

One of the mountain stages (stage 14) of this year's Tour de France started on a few kms from here, to close to resist, so some time in the next couple of days I will follow the route through what will be absolutely spectacular mountain scenery.

- Tim Stredwick and Rowan Burns will be giving a talk and slide show at an upcoming Bicycle Tasmania meeting. Stay tune for further details.

DID WE MEET AT TASMANIA'S ENVIRONMENTAL HOME EXPO?



By the time you this, the BikeTas table, with its bikes, posters, books, brochures, and stickers will have been seen by plenty of people at Tasmania's Environmental Home Expo, 8th and 9th November, City Hall, Macquarie St, Hobart "*Ideas for a healthy, environmentally friendly, energy efficient home and community*". Look out for a post write-up in the next SPOKE.

CHANGE OF DATE FOR BICYCLE TASMANIA MONTHLY MEETINGS

Monthly meetings are now on the **third** Thursday of the month. Meetings are held at the Environment Centre, Bathurst Street, Hobart at 5.30pm. Everyone is most welcome to come along.

The agenda for the next meeting, and the minutes on the previous meeting are always available online at <http://www.biketasktas.org.au/BikeTas/minutes.php>.

SPEED CAMERAS - NEED ANOTHER REASON TO SLOW DOWN?

Over the weekend, the Transport Minister, Carl Scully has declared them a great success. Mr Scully says an evaluation of 28 fixed camera sites shows there's been a big fall in the number of fatalities, accidents and speeding. As I recall, the trial included 14 bush and 14 city sites. There were 21 fatalities in the 3-year period before the cameras were installed, but only 1 fatality afterwards.

It's just another piece of evidence that less speeding will save lives.

- Monday, 22 September 2003, ABC News <http://www.abc.net.au/nsw/stories/s951082.htm>

CALLING ALL SOCIAL SECRETARYS - BT NEEDS YOU!

The committee is looking for expressions of interest for this new role. It involves the following activities:

- Organising social events for our members throughout the year;
- Promoting BT membership to our potential market, by distributing membership flyers, helping out with info sessions for the public, and liaising with other cycling groups in Tasmania;
- Organising discounts for members at bike shops and other retailers/suppliers around the state;
- Written reports submitted each month to our secretary on work done for that month, for tabling at BT's committee meetings;
- Attendance where possible at BT's monthly committee meetings (third Thursday of each month, except for January);
- Updating our membership form as needed;
- Liaising with our membership officer and rest of committee as needed.

We want our members to ensure they get value for money, so we have created this fun, new role following feedback about the lack of a social calendar and discounts for members outside the Hobart area.

RESULTS OF ANNUAL GENERAL MEETING

This years Annual General Meeting was held at the New Sydney hotel in Bathurst Street and proved to be a very pleasant venue with most people staying on after the meeting for a meal and good chat.

Meet your newly elected committee members:-

PRESIDENT: Tim Stredwick, timstredwick@trump.net.au 6266 4582 (h)

TREASURER: Kate Tamayo, kate.tamayo@optusnet.com.au

SECRETARY, WEBMASTER and stand-in "SPOKE" EDITOR: Andrew Heard, info@biketas.org.au

MEMBERSHIP SECRETARY: Geraldine Lum, lum@utas.edu.au

BICYCLE FEDERATION OF AUSTRALIA REPRESENTATIVE: Adrian Sullivan, asullivan@gyc.tas.edu.au

GLENORCHY BICYCLE COMMITTEE REPRESENTATIVE: Reg Williams, willg@southcom.com.au

CLARENCE BICYCLE COMMITTEE REPRESENTATIVE: Ruth Gooding, ruthg@southcom.com.au

BRIGHTON and KINGBOROUGH BUG REPRESENTATIVE: Richard Nichols, richardnichols@optusnet.com.au

HOBART COUNCIL REPRESENTATIVES: (Kate Tamayo/ Tim Stredwick/ Adrian Sullivan/ Ambrose Canning ambrose.canning@hydro.com.au)

CYCLING SOUTH COMMITTEE REPRESENTATIVE: not represented

TRAFFIC TERRORISM

In the World Trade Centre disaster, around 3000 people were killed. "The world was in shock. World leaders joined forces in their approach against terrorism. The Safety Council of the UN condemned the attack and condemned terrorism in general. Old enemies became partners in their battle against terrorism." Around 3000 people are killed in crashes involving "traffic violence" motor vehicles ... EVERY DAY! - *Michael Yeates, Digest for bfa-oz@topica.com, issue 712*

LETS ALL MOVE TO BERLIN

Cycling conditions to strive for...

- "almost all main roads have cycle lanes or tracks" (usually paths beside the road)
- "70% of the road network now has a speed of 30km/h or lower"
- "in home zones, the speed limit is 'walking pace' "
- "children under 8 must ride on the pavements" (footpaths)
- "cyclists must use signed cycle facilities however since 1997, facilities less than 1.5m wide have had their signs removed"
- "one way streets in 30km/h zones (are being converted to) two way for cycles simply by changing the (road) signs"
- "special 'cycle streets' (allow only) motor traffic such as that used by residents or for deliveries and bikes have priority and can cycle side by side while motor traffic has to travel at under 30km/h"
- "cycling has increased in Berlin from 6% to 10% of all traffic in the past few years, though cycles are involved in only 4% of all collisions"

- from: *Michael Yeates*

OR MAYBE ENGLAND - UK WALKERS AND CYCLISTS TO GET GREEN LIGHT

THE government wants to turn Britain's traffic lights against motorists. A new plan to promote walking will allow local councils to rephrase thousands of traffic lights, pedestrian crossings and other junctions to give priority to people on foot. It is a radical reworking of the principles of road engineering, which for more than 40 years have given priority to a smooth flow of cars.

Under the new scheme, to be laid out in a National Walking Strategy due for publication this winter, pedestrians will have priority in urban areas. Cyclists will have second priority, public transport will be third and motor vehicles last.

- Jonathan Leake, Environment Editor, UK Sunday Times

ADELAIDE POLLIE ATTEMPTS TO ABOLISH 40 KM/H PRECINCTS

The Hon Bob Such, South Australian Independent Member, recently introduced into State Parliament a bill, the **Road Traffic (Council Speed Zones) Amendment Bill**, to **abolish 40 km/h zones**. There are around 16 such "precincts" in the State, they are proposed by local authorities, and the areas need to conform to stringent Department of Transport standards. The Local Authority has to survey this; and if the areas meet the standards, the Minister of Transport can sign an order to designate the area as a 40-km/h precinct.

Such's Bill seeks to remove any signs established to lower speed limits below the State imposed ones of 50-km/h, apart from a few special areas such as temporary road closures, road-works, and schools.

- *Mike Brisco, web manager, Bicycle Institute of South Australia Inc*, reprinted from BISA News, July 2003

Adelaide cyclists and pedestrians are fighting to save their safer and quieter 40-km/h areas; Tasmanian cyclists and pedestrians need to work towards reducing current speed limits. As reported in the last Spoke, a new 40-km/h zone is being established in most of Sullivans Cove. Studies show

that cyclists and pedestrians have a far greater chance of surviving a collision with a car travelling at 40-km/h than 50.

SOON TO BE SEEN ON A VICTORIAN BUMPER - BV STICKERS

Bicycle Tasmania launched its new bumper sticker "I'd rather be cycling" a couple of months ago. Hopefully lots of you have even received one in the post with your membership renewal receipt and membership card? BikeVic had a recent bumper sticker caption competition and came up with the following classic 1-liners:

- One Less Car
- Fuelled by Lentils
- Lycra Envy
- I Ride Better Than I Drive

- reprinted from *BVNEWS June 2003*

JOINT CYCLINGSOUTH - BT INVOLVEMENT IN HOBART CHRISTMAS PAGEANT

Saturday 22nd November is the Hobart Christmas Pageant. CyclingSouth in conjunction with Bicycle Tasmania are planning an involvement that will promote both organisations and cycling in general. There will be a vehicle and trailer (with a cyclist on it!), a big load carrying bicycle trailer and of course the fleet of CyclingSouth bikes all these will be decorated in Christmas themes but also with many banners promoting both CyclingSouth and BT. The fleet of 12 new Giant Uplands obtained by CyclingSouth are for the Youth Cycle Project, a cycling program aimed at at-risk youth in the Southern Metropolitan Region. I will be assisting in organising and running the day but volunteer BT members are required to ride the bikes during the Pageant, so if you are free and are willing to help us in this community event (there might even be a free T shirt) please contact me.

- *Tim Stredwick.*

CYCLING NEWS FROM AROUND HOBART

New Bicycle Facilities

- Work was completed on new bicycle lanes along Channel Highway, Taroona. Features of the work include 'cycle friendly' trench drains and drainage pits as well as new line marking, service relocations and vegetation trimming.
- State Government (\$200,000 recreation grant) and Glenorchy City Council (\$146,000) have combined to fund a further northward extension of the intercity cycleway from Granada Tavern to Mentmore Street in Chigwell.
- Glenorchy City Council has advised that bicycle lanes were completed in Tolosa Street from Barossa Rd to Burton Street. There are plans to soon further extend the bicycle lanes to Wariga Street.
- Clarence City Council has agreed to \$95,000 in funds for a stage two upgrade of Howrah Beach shared path and improved signage along the existing path.

Cycle Instead

- Tasmanian Bicycle Council has received \$25,000 in funding through the Office of Sport and Recreation to commence a 'Cycle Instead Program' after 1 July 2003. This program will initially involve a 'Cycling 25' program (similar to WA's Cycle 100 program) and website improvements.

Cool Communities in Tarooma

- Tasmanian Bicycle Council recently completed a successful Cool Communities project with schools in Tarooma. A component involved encouraging cycling to school instead of driving and competitions including a successful postcard competition.

- Australian Bicycle Council web site <http://www.abc.dotars.gov.au/news.htm>

CYCLEWAYS TO RECOVERY?

Here's a table of how federal Roads to Recovery funding is being allocated in 2000 to 2005:

State	\$millions
Victoria	\$250 million
NSW	\$340 million
SA	\$100 million
Qld	\$250 million
WA	\$250 million
Tasmania	\$40 million.
ACT	\$20 million
NT	\$20 million

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The "Road to Recovery Funding" can only be used 'on the construction, upgrade or maintenance of roads', however the definition of 'roads' includes:

- pedestrian bridges or tunnels
- bicycle paths.
- bicycle route signage.
- traffic signs and control equipment
- street lighting equipment including lighting for shared footways.
- vehicular ferries
- bridges or tunnels.

The **Western Australia City Council** allocated their entire "Road to Recovery Funding" (**\$2.2million**) to shared path facilities.

Canberra allocated **\$3 million** (15%) of their funding for bicycle infrastructure.

Now, check the 29 Tasmanian councils at <http://dynamic.dotars.gov.au/land/r2r/councils.cfm> and their mainly car related projects, and compare it to the WA and ACT to see how much better cyclists have fared over there. What gives??

BIKES IN THE MEDIA, BIKES EVERYWHERE

On "**Ockham's Razor**" - ABC Radio National, Sunday 5 October, Robyn Williams, titled "Too Many Cars on our Roads" by freelance Writer Belinda Keir. She talked about the detrimental impact of too many cars on our roads. She advocates the use of pushbikes and public transport where possible.

"Bikes are beautiful technology. Efficient, healthy, fun and more than ever suited to our crowded city roads. All we have to do is remove the cars." - Robyn Williams, ABC Radio National presenter

On the **front page of Financial Review**, Friday 29 August, a cyclist gets 1/3 of the front page and 1/4 of another. Not any cyclist, this is Chip Goodyear, Chief Executive Officer of BHP Billiton.

In the **Weekend Australian Magazine**, October 11 "A new world of transport is unfolding for commuters fed up with bad traffic" so the article leads. "Not so long ago, finding a folding bicycle in an Australian bicycle shop was a rare occurrence. Finding one worth buying was rarer still... the attraction for commuters is that folding bikes can be slipped into a bag, carried on to a bus and kept under a desk. The travellers, folding bikes not only pack into a suitcase for the flight, but tow the case behind them once the destination is reached..."



AND NOW FOR SOMETHING COMPLETELY DIFFERENT

Bicycle Tasmania president teams up with popular cartoonist Andy Singer to bring you another insightful cartoon...

CYCLINGSOUTH BT REPRESENTATIVE

CyclingSouth is a joint initiative of the Office of Sport and Recreation, Hobart, Clarence and Glenorchy City Councils and Kingborough and Brighton Councils to promote cycling in their municipalities. They run Bike Week events as well as other programs, such as Five Alive, Learn to Ride and Bike Train events.

Currently our President, Tim Stredwick, is our Cycling South representative, but we would like to get an additional member involved as an alternate rep to attend meetings when Tim is unable to go along.

CyclingSouth meets about every six weeks, but currently has no set date for its future meetings. It is an easy way to get involved with cycling advocacy and is interesting to find out what is going on in southern Tasmania for cyclists.

If you are interested in the position, please contact Kate Tamayo, Bicycle Tasmania Treasurer kate.tamayo@optusnet.com.au.