

chainletter

The Bike Wise newsletter

March 2009

Top teams were victorious in Battle

The Bike Wise Battle was a huge success with a total of 663 organisations (2687 departments) signing up for the challenge.

An impressive 13,008 staff members hit the pedals, which is over 2000 more than last year. Of those, 1053 hadn't cycled in more than a year, but 848 then cycled for the challenge.

Over 13,000 people logged 111,966 trips, equating to an incredible 2,049,270 kilometres. That's nearly 160 kilometres per person, significantly more than the two needed to qualify.

Well done to everyone who took part! We hope to bring you some pictures of the winning teams in the next issue of Chainletter.

If your staff took part in the Bike Wise Battle (or even if they didn't!) and you would like to encourage them to keep cycling, there are some great links on our website that might help:
www.bikewise.co.nz/index.php/section/category/bike_links/

You can read about how to be a cycle-friendly employer, access safety information and resources for cyclists, find local routes and trails, and look for cycling events happening near you. You can also set goals for the winter and continue to log trips on the Battle website.

Thank you to our sponsors

The Bike Wise team would like to say a huge thank you to our sponsors who supported this year's event. Thank you for making the Battle such a success.

The national winners for the Battle (and their participation percentages) are as follows:

500+ staff bracket

- 1st Landcare Research (58.6%)
- 2nd (NIWA) National Institute of Water and Atmospheric Research (45.5%)
- 3rd Rotorua District Council (43.5%)

100-499 staff bracket

- 1st Fisher and Paykel Appliances (100%)
- 2nd SunGard (98%)
- 3rd Beca Christchurch and Dunedin (83%)

25-99 staff bracket

- 1st Sinclair Knight Merz Christchurch (100%)
- 2nd ViaStrada Ltd (100%)
- 3rd Arrow International Christchurch (93%)

7-24 staff bracket

- 1st Child Development Service MidCentral Health (100%)
- 2nd Abley Transportation Engineers (100%)
- 3rd Te Puke Vet Centre (100%)

3-6 staff bracket

- 1st Modern Office Ltd (100%)
- 2nd Spinning Planet (100%)
- 3rd Marton OSCAR (100%)



Cyclist wins Urgent Couriers' Commuter Challenge for second year

Cyclists claimed victory on Auckland's roads on Go By Bike Day (18 February), winning three legs of the Urgent Couriers' Commuter Challenge.

The event pitted bikes against cars and buses in a race during peak-hour morning traffic to prove which mode of transport would get Aucklanders to work the fastest.

Competitors for each transport mode departed from Mt Roskill, New Lynn, Ellerslie and Birkenhead at 7:15 am, racing to Auckland's Viaduct Harbour where the Go By Bike Day breakfast was being held.

And while many Aucklanders were sitting in traffic, Urgent Couriers cyclist Wayne Williams led the way from Mt Roskill to be the first challenger across the finish line, with a travel time of 15 minutes.

'We hope that by running this event each year, Aucklanders' will change their behaviour and stop using their cars so much. By making a small change individually, together we can all make a big difference,' he says.

'It's not always easy for people to leave their car at home every day, but taking the bus or biking to work, even once or twice a week, can make a difference to your health, the environment and reduce congestion on Auckland's roads.'

This is the second year the Commuter Challenge has been held. In last year's event, the first competitor to cross the finish line was also the cyclist from Mt Roskill.



Urgent Courier Wayne Williams takes a break

Second place went to TV3 reporter Penny Ydgren, who arrived by bus from Mt Roskill after 21 minutes, closely followed by speed cyclist Justin Grace, who cycled from Ellerslie in 22 minutes.

Overall, the event was a biking conquest, with cyclists winning three of the four legs from East, South and West. A slow harbour crossing denied victory to the North Shore cyclist, beaten by car challenger Ali Ikram from TV3, who took 23 minutes to commute from Birkenhead.

Urgent Couriers' Managing Director Steve Bonnici says the event proves the best way to get around Auckland is by bike.

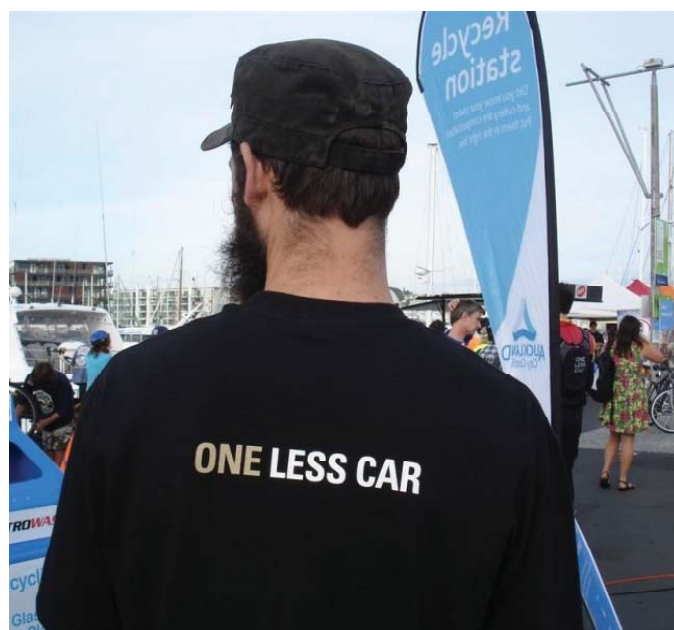


The TV3 news team

Favourites to win this year's challenge were speed cyclist Justin Grace and 3 News journalist Mike McRoberts. Justin's 22-minute cycle saw him take third place overall, while Mike McRoberts crossed the finish line in 10th place with a time of 40 minutes.

The last to arrive at the destination, with a travel time of just over an hour, was Nightline's Samantha Hayes who caught a bus in from New Lynn and had trouble reaching the Viaduct Harbour because of traffic delays.

The Commuter Challenge was held as part of Bike Wise Month.



Every little bit helps...

Have you rediscovered a passion for pedalling?

It's always great to hear of someone who hasn't biked in years rediscovering the joys of cycling. Trudie von Huben, New Zealand Sales Manager for the carboNZero^{Cert™} programme, the NZ-based, globally-respected, greenhouse gas certification programme, wrote to the Bike Wise team to express her thanks for the Battle.

Trudie's story

I wanted to take a moment to say thank you. This challenge has got me back on a bike after a hiatus of more than 20 years (think primary school...!). At the weekend I bought a 'pre-loved' bike and I made it to work safely and happily this morning. Also a girlfriend told me in a few months I will have a very shapely posterior, so that's pretty inspiring!

When I went to collect my bike, it wouldn't fit in my car (I have a sports car which is very small). A patron at the bike shop saw me trying to fit it in and offered to drop it off at my house - which turned out to be the opposite direction to his house - so it's lovely that the biking community takes care of its newbies!

The carboNZero programme team achieved 100% participation in the Bike Wise Battle. We're also a part of Landcare Research who won the 500+ employee organisation category with 58.6% participation and 35,145 kilometres cycled!

I really wanted to express my thanks to your organisation for taking the time to arrange this month-long event, and for inspiring me to a more sustainable and much healthier form of transport.



Trudie rides to work on her new bike

The Army take to two wheels for Go By Bike Day

Dean Hodgson, Senior Procurement Officer, New Zealand Army

To recognise Go By Bike Day a team from Trentham Army Camp in Wellington decided to ride the five kilometres from the camp to the Upper Hutt breakfast and back again.

The weather played its part and apart from one puncture and several riders' good-natured complaints about the cold and early start, we had no problems. We estimate more than 120 New Zealand Defence Force personnel from around the region rode into camp, of which 60-80 rode to/from Upper Hutt.

The Upper Hutt Mayor, Wayne Guppy, rode with us from camp, and two of the next generation of soldiers, Major Rob Te Moana's sons, rode back with us. Major Spike Milliken rode 55 kilometres from Paraparaumu (started at 4:30 am), and still had enough energy to join us for the extra 10 kilometre ride to/from Upper Hutt. He also rode home, so did around 120 kilometres on the day.

This successful activity was very much a cross-unit, joint civilian/military organised event, and couldn't have happened without assistance from a variety of sources.



Cyclists get ready to start



Helmets on and ready to go

Cycling events continue throughout New Zealand

Although Bike Wise Month is over, there are plenty of other events throughout the year to keep keen cyclists on their toes. For an ongoing list of activities visit www.bikenz.org.nz. Four of the highlights are listed below:

- » The Kapiti Cycle Challenge is being held on 22 March at 8.30am. The race starts in Waikanae and goes round an iconic 95 km circuit. There will be around 1000 participants. Find out more at www.kapiticyclechallenge.co.nz.
- » The Meridian Kids Bike Jam Series is a mountain bike event for every Kiwi kid aged 5-13 with attitude, energy and wheels! They are being held at seven locations across the country including Napier on 5 April and Auckland on 17 May. For more details go to www.kidsbikejams.co.nz.

- » Le Race consists of 100 kilometres of fast flats, challenging hill climbs and exhilarating downhill that take cyclists from Christchurch, across an extinct volcano, and finishes in the French settlement of Akaroa. Race Day begins at 8am on Saturday 28 March 2009 in Cathedral Square. Visit www.lerace.co.nz for more information.
- » Phundamentals MTB Skills Clinic for beginner through to advanced riders, covers how to adjust your body weight over your tyres for maximum control and stability. By doing the Phundamentals early on the rider can progress with the correct techniques and improve faster and more safely. The next Phundamentals course is on Saturday 4 April at Victoria Park, Christchurch. Go to www.mtbskillsclinics.co.nz for bookings.

Children encouraged to cycle in Auckland

Melanie Turner, Road Safety Coordinator Walking and Cycling

As part of Bike Wise Month, the road safety team at Auckland City Council held two events to encourage children to cycle safely.

At the 7th annual Kids Bike Ride at Western Springs on 19 February, there were more than 150 children and their families. The children enjoyed the obstacle courses, a bouncy castle, entertainment from Jiggles the Clown and Fairy Claire, as well as taking part in supervised rides on the road and around the lake. With gold coin donations collected for the event going to the UNICEF's Bike For Ghana programme - which provides bikes for girls in rural areas so they can travel to school safely - the Kids Bike Ride was a great success.

On 26 February, the first Learn to Ride day was held at Potters Park, Balmoral, to round off our successful Bike Wise Month. The fun event gave children under eight the chance to gain confidence riding their bikes in a safe and encouraging environment. Kids especially

enjoyed being able to decorate their own bike and meeting Fairy Claire.

As well as annual events the council promotes cycle safety and bike skills through its popular Better Bike programme in selected schools.



The decorating begins

Share your stories

With so many exciting Bike Wise events being held this year we want to hear what happened in your region. Did you attend a successful event, win a prize or encourage someone who hasn't ridden for a while to give cycling a go? We're on the lookout for pictures too.

If you have a story you would like to share please email bikewise@nzta.govt.nz and someone will be in touch.



Children gather on their bikes

