

## Welcome to PedBikeTrans SA e-news FEBRUARY 2009 edition



### **Contents**

#### Movers and shakers

- 1) [Burnside cycle survey - closes 6 Feb](#)
- 2) [Nominations for the 2009 Amy Gillett Scholarship - closes 20 Feb](#)
- 3) [Consultation: Adelaide Park Lands Management Strategy – closes 27 Feb](#)
- 4) [\\$7 million for sport and active recreation organisations - closes 2 March](#)
- 5) [Coast to Vines Trail officially launched](#)
- 6) [Free pedestrian modelling software](#)
- 7) [News from the Island State](#)
- 8) [Pedestrian and bicycle priority roads proposal](#)
- 9) [Meanwhile, in Sydney...](#)
- 10) [Health and activity research in SA](#)
- 11) [Waterfall Gully track upgrade](#)
- 12) [Level crossing black spot projects announced](#)
- 13) [Events and activities](#)
- 14) [Recent-ish publications](#)
- 15) [PedBike Tidbits](#)
- 16) [Conference Summary](#)

### **Movers and Shakers**

- **Sharon Leith** has taken her trails experience from QED to PIRSA's Rural Solutions. QED has picked up a new traffic engineer in Leigh Dawson.
- **Letti Kemp** joined Bicycle SA in late December, as its new Events Manager.
- Also advertising for staff is SA Health. Applications for 3 **EPODE** positions closed 23 January. (EPODE is a French-based obesity prevention, healthy eating and physical activity program that will shortly be introduced into SA. The program takes a social marketing/ community approach.)
- Urban & Regional Planning Solutions' **Angela Hazebroek** has replaced Gary Mavrinc as president of PIA's SA branch.
- Congratulations are due to Professor **Steve Hamnett**, who turns 60 this week. Steve will also be marking 25 years as head of the School of Natural and Built Environments, and joining in UniSA's celebrations of 60 years of planning education.

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## **OTHER E-NEWS**

### **1) Burnside cycle survey - closes 6 Feb**

Burnside Council is developing a new strategy to enhance cycling in its City, and increase the number of residents using bicycles. A key part of this strategy is to:

- understand current resident opinions about cycling,
- identify where they ride, and
- gain information about what would encourage them to ride more.

Burnside Council is asking residents (and those who cycle through Burnside) to fill in a survey and provide their comments. The survey can be completed on-line at <http://www.hubtt.com.au> or a copy can be picked up from the Civic Centre at the Customer Centre Desk or at the Library.

The survey is reasonably short: about 3 minutes (plus as long as you want drawing routes and problem locations on a map!) The survey period formally closes on Friday 6 Feb, but the on-line survey will remain open over the following weekend. For more information about the bicycle strategy development, please call Kevan on 8366 4257.

## 2) Nominations for the 2009 Amy Gillett Scholarship - closes 20 Feb

The Amy Gillett Foundation is now calling for nominations for this year's scholarship, with the successful candidate to be announced in March. See [www.amygillett.org.au/amy-gillett-scholarship](http://www.amygillett.org.au/amy-gillett-scholarship)

## 3) Consultation: Adelaide Park Lands Management Strategy – closes 27 Feb

*[There's a lot in the draft Management Strategy. The City Messenger's coverage (January 22) notes a 24km walking and cycling trail, a "Great River Walk", cafés and kiosk, etc. Gaining less coverage are plans to make sections of River Torrens Linear Path pedestrian only, particularly on the southern side and around Elder Park/ Tarndanya Womma (p16 of the draft Strategy). Cyclists may want to seek further information on this proposal. There is no acknowledgement of the transport function of the Park Lands, including the roadways through it, in the management framework. – Ed]*

Drop in sessions will be held on 4 Feb at the South West Community Centre, 171 Sturt St (12pm-3pm) and 5 Feb at the North Adelaide Community Centre, 176 Tynte St (11am-2pm).

A public meeting will also be held on Sun 22 February at Rymill Park, from 2-4pm.

See [www.adelaidecitycouncil.com/aplms](http://www.adelaidecitycouncil.com/aplms) for more information.

## 4) \$7 million for sport and active recreation organisations - closes 2 March

- Under the Statewide Enhancement Program (StEP), \$6.67 million will be distributed to key sport and active recreation bodies for the delivery of core programs and services and for significant projects across multiple council areas. The 2009-10 round of StEP is the final round of the current triennial funding period (2007-2010). Successful applicants will receive one-year funding.

- Another \$500,000 will be allocated through the Inclusive Recreation, Inclusive Sport (IRIS) program to support organisations to deliver programs for people with a disability.

The IRIS grants allow organisations to improve their facilities, programs and services so that people with disabilities can be more active.

- See [www.recsport.sa.gov.au](http://www.recsport.sa.gov.au) for more information about both programs. Interested organisations can also speak to a Funding Consultant at the Office for Recreation and Sport on 7424 7708.

## 5) Coast to Vines Trail officially launched

The recently completed Coast to Vines Rail Trail extends from Marino Rocks Railway Station and the Rose Gardens at Willunga and forms part of the Bikedirect network. As well as a utility function in providing safe access for local residents connecting houses, schools, shops, local parks and workplaces, it is hoped that the trail will also provide tourist opportunities.

Linking with Coast Park at Hallett Cove and the Southern Veloway at Reynella, the 37 kilometre Trail also forms part of over 100 kilometres of connected, off road paths for cycling or walking.

The trail was joint-funded by federal, state and local government.

## 6) Free pedestrian modelling software

The Delft University of Technology is making its pedestrian modelling software "Nomad" available as freeware. NOMAD is a micro-simulation model applicable to pedestrian areas, which models walking infrastructure, pedestrian types, activity patterns and their locations, and demand for activity patterns by pedestrian type. It models routes, pedestrian trajectories, passage times and speeds, and gaps in pedestrian flow, with an output in speed and density contours (as well as the normal micro-simulation aerial view).

See [www.citg.tudelft.nl/live/pagina.jsp?id=b20012b3-3051-4bf6-a260-1ab803944eab&lang=en](http://www.citg.tudelft.nl/live/pagina.jsp?id=b20012b3-3051-4bf6-a260-1ab803944eab&lang=en) for an example of its use and to subscribe.

## 7) News from the Island State

*[From a slow start, Tassie's emerging interest in cycling is the subject of this special review – Ed]*

- The Tas govt has committed to invest **\$4 million** to develop a [presumably statewide] bicycle network.

- **\$415,000** of state govt funding has been allocated to 5 projects in southern Tas. The projects were proposed by **Cycling South**, which represents the 5 greater Hobart councils, with matching funding to be provided by the Councils.

- Hobart City Council has also recently completed community consultation on the **Sandy Bay Walking and Cycling Project**, a proposed route from Marieville Esplanade to the City's southern boundary with Taroonna.

- The **Tasmanian Bicycle Council** ([www.cycleinstead.org.au](http://www.cycleinstead.org.au)) has been formed as the peak body for cycling in Tas, receiving funds from the Premiers Physical Activity Council for coordinating 2009 State Bike Week (7-15 March).
- The state govt has recently committed \$500,000 to construct a ramp for cycle access to the **Tasman Bridge**.
- According to The Age, the **world's 10 best cycling adventures** include Tassie, thanks to the Giro Tasmania and the Tasmania Trail: [www.theage.com.au/photogallery/travel/worlds-top-10-best-cycling-adventures/20081210-6vjn.html](http://www.theage.com.au/photogallery/travel/worlds-top-10-best-cycling-adventures/20081210-6vjn.html).
- The Dept of Sport & Rec advertised in December for a **Program Manager - Trails and Bikeways**.
- Discover Tasmania has published a map to help visitors plan cycle touring trips around the state. The **Guide to Cycle Touring** is also available on-line: [www.discovertasmania.com/\\_data/assets/pdf\\_file/0008/55547/CycleTouringMap.pdf](http://www.discovertasmania.com/_data/assets/pdf_file/0008/55547/CycleTouringMap.pdf).
- After a strong 2008, the iconic **Wildside MTB race** will return to Tasmania in 2010, with entries opening 1 June 2009. See [www.wildsidemt看.com](http://www.wildsidemt看.com).
- Premier David Bartlett has a **new cycling accord**, with the support of the leaders of both major opposition parties, Will Hodgman (Liberal) and Nick McKim (Green) in his aim of making Hobart "a great cycling city" and Tassie "a great cycling state".

### 8) Pedestrian and bicycle priority roads proposal

New laws have been put to Victoria's parliament that would enable the state govt to prioritise transport types on the state's public roads. Roads Minister Tim Pallas would have the power to prioritise bicycle, pedestrian and freight roads; the Roads Minister and Public Transport Minister Lynne Kosky would have the power to prioritise roads for trams and buses.

A new register would be established by VicRoads, listing how roads had been prioritised.

For a fairly negative account, see [www.theage.com.au/national/roads-plan-raises-new-truck-route-fears-20081229-76tn.html?page=1](http://www.theage.com.au/national/roads-plan-raises-new-truck-route-fears-20081229-76tn.html?page=1).

### 9) Meanwhile, in Sydney...

- Lord Mayor Clover Moore has committed \$70 million over the next four years to enhancing Sydney's cycleways. The City of Sydney Council held a consultation on December 10 to discuss plans to broaden the city's cycleways, thanks to a commitment from council coffers and a possible \$296 million Moore has requested from the federal Government. In conjunction with neighbouring councils, Sydney has identified a potential network of 245kms of additional bike lanes within existing road corridors.

The move was welcomed by cycling groups.

[www.starobserver.com.au/sport/2008/12/10/cycling-renaissance-possible/3112](http://www.starobserver.com.au/sport/2008/12/10/cycling-renaissance-possible/3112)

- The state govt has more than doubled its levy on parking bays in the central business district to \$2,000 a year.

### 10) Health and activity research in SA

SA Health conducts a Physical Activity Survey every 3 years, with 3000 adults answering a range of questions about the type and frequency of their physical activities. The **2007 Physical Activity Survey of South Australian Adults** has shown that:

- Around 85,000 more adults are now doing regular physical activity than in 1998, although children and the over 60s are slightly less active.
- Sufficient physical activity increased by more than 5% from 52.7% in 1998 to 58.1% in 2007.
- Walking is the most popular activity for both men and women.
- The number of people who were overweight or obese stayed relatively constant to the previous survey, at 49%. However, the level of obesity declined slightly from 2004 to 2007.
- More men (61%) than women (56%) are exercising enough to deliver real health benefits.
- Inactivity increases with age; 28% of people aged over 60 years report being sedentary.

The findings from SA analysis of the **National Children's Nutrition and Physical Activity Survey** provides baseline measures regarding food and nutrient intake; eating and physical activity patterns and behaviours of SA children aged 2-16 years of age. The survey revealed that:

- The majority of children (71%) were of a healthy weight for their height, compared to the national average of 72%. The prevalence of overweight and obesity in SA children (24.2%) is slightly higher than the national sample (22.9%).
- The majority of children (67%) aged 9-16 years met the Physical Activity Recommendations for moderate to vigorous physical activity of 60 minutes a day. The national average is 69%.

### 11) Waterfall Gully track upgrade

The 3.4km Waterfall Gully to Mount Lofty Summit walking trail will be upgraded by the state govt over two years, starting this month.

Stage 1 of the project, from the top of First Falls to Sixth Falls, will involve resurfacing eroded sections, hardening steep sections and improving the viewing area around Wilson's Bog. Sections of disused trail and areas adjacent to the trail, particularly at Second Falls, will be revegetated.

Stage 2, above Sixth Falls, will include upgrading the trail surface, hardening of steep sections and a possible realignment of steep sections of the trail.

For walkers and hill runners, a 4km trail starting uphill from the Second Falls and following a steep fire track called Chinaman's Hut Track to near Mount Lofty Summit is being examined.

The track upgrade is a central plank of the Trails Plan being developed for Cleland Conservation Park.

### 12) Level crossing black spot projects announced

Level crossing safety projects have been finalised between the state govt and Local Government Association, providing 11 local councils with \$333,000 funding for improvement works

The Level Crossing Black Spot program focuses on rail level crossings on the local road network and will primarily address sight distance, pedestrian safety, traffic queuing and lighting issues.

Pedestrian crossings will be installed or formalised at:

- Woodside - Milan Terrace/ Cricklewood Road [*Sic; Aldgate? – Ed*]
- Goolwa - Fenchurch Street, Oliver Street, Mindacowie Terrace and Gardiner Street
- Woodville - Queen Street/ Elizabeth Street
- Murray Bridge - Mannum Road and Cypress Terrace
- Nuriootpa - Basedow Road.

### 13) Events and activities

*Listed by date of earliest required action, rather than event date.*

#### • **Australian Track Cycling Championships, 3 -8 February**

Adelaide Super-Drome.

#### • **World Cancer Day, 4 February**

The theme for this year's event is to "encourage an energy-balanced lifestyle". This responds, in part, to the risk of overweight and obese children becoming overweight and obese adults who, in turn, have a "significantly increased" risk of developing cancer.

#### • **DP Festival of Cycling, 7 to 9 March**

Alpine road cycling at its best! Entry for Hotham Challenge Ride and Blue Duck Inn Ride due by 6 Feb. See [www.hotham.com.au](http://www.hotham.com.au).

#### • **Free public forum: Janette Sadik-Khan and Prof Peter Newman, 25 March**

Janette Sadik-Khan is the New York Transport Commissioner who is making dramatic improvements to NY's pedestrian and cycling environment. She has been invited to Sydney by Lord Mayor Clover Moore and will be speaking at a free public forum at 6.30 pm at the State Theatre.

Bookings are required but are not available until closer to the event: call Ticketmaster on 136 100 to book.

#### • **Australian Bike Friday the 13th Annual Gathering, 26 to 29 March**

The 13th ABFC will meet in the small tourist town of Halls Gap in Western Victoria. For more information, contact Margaret Day [mday@picknowl.com.au](mailto:mday@picknowl.com.au), 08 8271 5824 or Bronwyn Laing [bicycle@aapt.net.au](mailto:bicycle@aapt.net.au), 02 6355 1195.

#### • **Savings & Loans Coast to Coast, Sunday 1 March 2009**

Registrations are now open for the 120km/ 100km Glenelg, Adelaide to Victor Harbor, Fleurieu Peninsula rides or 20km Mini Coast to Coast along the Encounter Bikeway. Registrations will stay open until the day, but a \$20 late fee applies after **20 February 2009**.

#### • **Cycling SA Rendition Homes Team Series final, Sunday 8 March 2009**

The final round will be held at Whitmore Square.

#### • **National Ride2School Day, 25 March 2009.** See [www.ride2school.com.au](http://www.ride2school.com.au)

#### • **Earth Day 2009**, probably in April. See [www.earthday.net](http://www.earthday.net) for info as it appears.

- **Walk Safely to School Day, Friday 15 May 2009**

See [www.walk.com.au/WSTSD01](http://www.walk.com.au/WSTSD01)

#### 14) Recent-ish publications

- The **Bicycles Network Australia** has been rebuilt and relaunched. As well as being a cycling portal, you can post details of stolen bikes on the off-chance it's recognised by your fellow cyclists; or seek out music videos featuring bicycles. See [www.bicycles.net.au](http://www.bicycles.net.au).

- If you didn't get around to requesting your copy of the new **Danish Bicycle Parking Manual**, it's now available as a pdf from [www.veksoe.com/5/default.asp?PageID=8526](http://www.veksoe.com/5/default.asp?PageID=8526). (10MB).

- As part of the development of the NSW BikePlan, Parsons Brinckerhoff has prepared the comprehensive report **Cycling in New South Wales: What the data tells**

us. [www.pcal.nsw.gov.au/data/assets/pdf\\_file/0011/36785/Cycling in NSW - What the Data Tells Us.pdf](http://www.pcal.nsw.gov.au/data/assets/pdf_file/0011/36785/Cycling_in_NSW_-_What_the_Data_Tells_Us.pdf).

- The Dept of Infrastructure, Transport, Regional Development and Local Government has released a reported titled **The International Road Safety Comparisons**. It compares road death rates for OECD nations and Australian states/territories. See [www.infrastructure.gov.au/roads/safety/publications/2008/pdf/Int\\_Comp\\_06.pdf](http://www.infrastructure.gov.au/roads/safety/publications/2008/pdf/Int_Comp_06.pdf)

- The newly released NSW RTA **Traffic Signal Design Manual** has significant changes related to the linemarking of marked foot-crossings. See

[www.rta.nsw.gov.au/doingbusinesswithus/downloads/technicalmanuals/trafficsignaldesign\\_dl1.htm](http://www.rta.nsw.gov.au/doingbusinesswithus/downloads/technicalmanuals/trafficsignaldesign_dl1.htm)

- From the Cycling Resource Centre ([www.cyclingresourcecentre.org.au/12/Facility design Engineering](http://www.cyclingresourcecentre.org.au/12/Facility_design_Engineering))

- UK Department of Transport (2008) **Local Transport Note 2/08, Cycle Infrastructure Design**. This brings together and updates guidance previously available in a number of draft Local Transport Notes and other documents. Parts of its advice are equally appropriate to improving conditions for pedestrians.

- UK Department of Transport (2008) **Building Sustainable Transport into New Developments: A Menu of Options for Growth Points and Eco-towns**

- LANDCOM - **Street Design Guidelines (2008)**

- LANDCOM - **Open Space Design Guidelines (2008)**

- Wilke, A. , Hinton, M. & Newcombe, D. (2007) **Diagonal cycle crossing for signalised intersection**, 6th annual NZ cycling conference. ViaStrada and Maunsell propose a diagonal cycle phase to run concurrently with opposing right-turning traffic (i.e. during the 'single diamond phase') for a difficult intersection. Believed to be the first of its kind in NZ, the concept is described in the Dutch CROW manual but appears not to have been tried before in The Netherlands either. This paper presents the concept, and discusses its benefits and risks.

- Eckerson, C. Jr. (2007) **Berkeley Bike Boulevards** (8.13 min video) - [www.streetfilms.org/archives/berkeley-bike-boulevards/](http://www.streetfilms.org/archives/berkeley-bike-boulevards/)

#### 15) PedBike Tidbits

- According to BikeVic's assessment of regional Vic councils, the **average spending on cycle funding** is \$6.33 for every person in their area, with Campaspe Shire spending over \$20 this year. BikeVic recommends a minimum of \$5. [*But what about effectiveness of spend?* – Ed] See [www.bordermail.com.au/news/local/news/general/wodonga-a-cycling-dream/1406867.aspx](http://www.bordermail.com.au/news/local/news/general/wodonga-a-cycling-dream/1406867.aspx)

- Uni of Auckland research found (in 2007) that wearing **fluorescent clothing** reduces NZ cyclists' crash risk by up to 77% compared to those who don't wear fluorescent clothing. See

[web.auckland.ac.nz/uoa/about/news/articles/2007/06/cycle.cfm](http://web.auckland.ac.nz/uoa/about/news/articles/2007/06/cycle.cfm)

- The City of Charles Sturt has recently tendered for lighting of the shared use path running adjacent to **Brebner Drive**, while the District Council of Mt Barker is tendering to extend the popular **Laratinga Trail** (also shared use).

- One reason why **exercise** prevents cognitive decline and **maintains the brain** as people age... A new study by the Uni of North Carolina-Chapel Hill found that people who engage in long-term regular exercise have substantially more small blood vessels in their brains and more bloodflow than people who perform little exercise over the years. Source: Mercury 3/12/08 (with thanks to Cycling South).

- The **credit crunch** may be encouraging cycling in the UK. See

[www.eveningstar.co.uk/content/eveningstar/news/story.aspx?brand=ESTOnline&category=News&tBrand=ESTOnline&Category=xDefault&itemid=IPED24\\_Jan\\_2009\\_10%3A53%3A56%3A503](http://www.eveningstar.co.uk/content/eveningstar/news/story.aspx?brand=ESTOnline&category=News&tBrand=ESTOnline&Category=xDefault&itemid=IPED24_Jan_2009_10%3A53%3A56%3A503)

- Stage 2 of the **North Terrace Precincts Redevelopment Project** has been opened to the public, though some finishing touches are still proceeding. The redevelopment includes: major footpath works in front of UniSA; streetscape upgrade

including landscaping, inner pathway and water feature; and redevelopment of the footpath on the southern side of North Terrace.

- This year's Clipsal 500 V8 Supercar event (19-22 March) will have **free public transport** on any Adelaide Metro services, improving the road safety, environmental and social benefits associated with the car-fest. The agreement will also cover the event from 2010 to 2014.
- Meanwhile, doctors at the Children's Hospital at Westmead writing on obesity have opened debate on whether **severely obese children** should be notified to **child protection authorities**, and even taken into care, if their parents are unwilling or unable to help them lose weight.
- The Clare and Gilbert Valleys Council has been awarded a \$50,000 Community Recreation and Sport Facilities program grant for surfacing of the **Rattler Trail** from Riverton to Auburn.
- **Look Cycle USA** has recalled KéO Classic, KéO Sprint, KéO HM and KéO Carbon **pedals** manufactured between January 2004 and December 2005. The steel axle inside the pedal can break, posing a fall hazard to cyclists. The pedals were sold separately from bicycles in the US. See [www.lookcycle-usa.com](http://www.lookcycle-usa.com).
- The **South Road underpass** is nearing completion, with a Community Day planned for Sunday 15 March from 11am to 3pm in the underpass. This may be your only chance to stroll the underpass!
- **How We Drive** is the companion blog to Tom Vanderbilt's New York Times bestselling book, Traffic: Why We Drive the Way We Do (and What It Says About Us). For an interesting and intelligent blog, visit [www.howwedrive.com/category/bicycles](http://www.howwedrive.com/category/bicycles). You'll find Hanoi traffic, the helmet debate and Aussie road rage, and links galore (of course).
- **Floating bike path** proposed for the Yarra: [www.theage.com.au/national/bike-path-may-let-you-ride-the-river-20081211-6wsh.html](http://www.theage.com.au/national/bike-path-may-let-you-ride-the-river-20081211-6wsh.html)
- Speed limits in suburban streets should be slashed to **30km/h** to encourage pedestrians and cyclists and tackle the obesity epidemic: [www.news.com.au/couriermail/story/0,23739,24681616-3102,00.html](http://www.news.com.au/couriermail/story/0,23739,24681616-3102,00.html)

## 16) Conference Summary

17 February 2009

Dr Doug McKenzie-Mohr ADVANCED Workshop

William Angliss Institute, Melbourne, Vic

*A workshop for individuals who work to encourage residents or businesses to engage in environmentally beneficial behaviours.*

See [www.bv.com.au](http://www.bv.com.au)

23-25 February 2009

Urban Transport World 2009

The Hilton, Adelaide

See [www.terrapinn.com/2009/utworld](http://www.terrapinn.com/2009/utworld)

15-18 March 2009

7th Mainstreet National Conference "*Rediscovering the Heart*"

The Esplanade Hotel, Fremantle, WA

See [www.mainstreet2009.com.au](http://www.mainstreet2009.com.au)

17-20 March 2009

Taipei International Cycle Show 'Taipei Cycle 2009'

TWTC Nangang Exhibition Hall, Taipei, Taiwan

See <http://www.taipeicycle.com.tw>

25-27 March 2009

Healthy Cities Conference

Gold Coast, Qld

See [www.healthycities.com.au](http://www.healthycities.com.au)

30 March - 2 April 2009

Planning Institute of Australia National Congress

Darwin NT

See [www.planning.org.au](http://www.planning.org.au)

17 - 19 April 2009

Australasian Cycling History Conference 2009 *"People, organisations and events"*

Melbourne Vic

*Expressions of interest are called for presentations, papers and posters*

See [www.cyclinghistory.net.au](http://www.cyclinghistory.net.au)

[www.cyclinghistory.net.au](http://www.cyclinghistory.net.au)

14-16 May 2009

Heart Foundation National Conference *"Heart in focus"*

Brisbane Convention and Exhibition Centre, Brisbane, Qld

See [www.heartfoundation2009.com/](http://www.heartfoundation2009.com/)

7-9 August 2009

AITPM National Conference *"Traffic Beyond Tomorrow"*

Adelaide SA

*Call for abstracts closes 20 February 2009*

See [www.aitpm.com](http://www.aitpm.com)

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*PedBikeTrans e-news sources include:*

- *PushOn! Magazine (Bicycle NSW)*
- *Cycling Promotion Fund website*
- *SA Minister's press releases*
- *Premier's Council on Active Living (PCAL)*
- *BISA e-news*
- *Cycling Resource Centre*

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