



## **SPRING – a great time for BIKE ADJUSTMENTS and MAINTENANCE:**

When riding to school with students this year (Ride2School day) it was obvious that some of the students' bikes were in need of attention: Common faults:

Seats are too low: To adjust, go to online instructions: 'The correct seat height for bicycles'.

Bags should not hang over handlebars, or be too heavy for young children to carry on their backs when riding bikes. It might be worthwhile for parents to consider some form of pannier.

Brakes and tyres should be checked and bikes oiled regularly. Helmets to sit firmly on the front of the head, not at an angle. It is suggested that students be encouraged to get involved in bike maintenance, with parents, or through a school Bike Ed Maintenance session.

## **GRANDPARENTS ARE A GREAT RESOURCE:**

Why not involve active grandparents in Ride to School programmes? Some Primary schools already encourage parents to drop their children off, with their bikes – on designated days, at a meeting place, such as a nearby park. Here they are met by teachers, bike riding parents/guardians, who have been authorised to ride to school with the students. This is a good opportunity to involve grandparents, who can encourage students in safe riding and road crossing procedures, with obvious health benefits all round. School routes are often unsuitable for riding the whole way, for those without access to off road bike paths, or when the terrain is too hilly. Again, grandparents could be encouraged to drive their primary school grandchildren to a safe meeting place near the school, and ride to school with them. Then reverse the procedure after school.

## **OUR HOPE: ALL STUDENTS WILL BE ABLE TO RIDE or WALK SAFELY TO SCHOOL:**

You may be aware that in July the State Govt announced \$1.5M funding to improve cycling connections to the Box Hill and Ringwood bike trails 'enhancing the connectivity to these activity areas'. Our members are involved in various stages of planning with the aim of promoting the development of multi-use pathways. Those which will have most impact on your school include:

**Box Hill to Ringwood Rail Trail (BHRRT)** – members of our Advocacy group are part of a Dept of Transport Working Group. The BHRRT is scheduled to be constructed over two financial years: 2013/14 and 2014/15.

**Heatherdale to Syndal Pipe Track** . This is best understood by referring to our Pipe Track leaflet, which includes a map and ways in which your school can support the building of this track. To access this leaflet go to our website: [www.whitehorsecyclists.org.au](http://www.whitehorsecyclists.org.au) - in our Homepage click on to Advocacy, then Item 3.

**Healesville Freeway Reserve** This is our most immediate priority. We have joined Friends of the Healesville Freeway Reserve in a combined effort to have part of this land, which is still under consideration, set aside for public use. What we are pushing for is a 3.5km linear trail from Springvale to Boronia Rd, with access points on north and south sides for local residents. It would provide an alternative east-west route to Canterbury Rd and Burwood Hwy and a safe walking/riding route for students from Parkmore Primary, Vermont Secondary College and Emmaus College; as well, it will link with existing and proposed multi-use paths, such as the pipe track. ***Have your say. Visit: [www.friendsofthehealesvillefreewayreserve.org](http://www.friendsofthehealesvillefreewayreserve.org)***

## **BICYCLE NETWORK VICTORIA:**

BNV has been randomly awarding \$2,500 worth of bike parking to one school each month. To be eligible your school needs to be registered with BNV's Ride2School program (and to have entered your Hands-Up data for the month). We encourage all schools to participate.

## **COME AND VISIT US AT WHITEHORSE SPRINGFEST:**

We have a stall at the Whitehorse SpringFest to be held on Sunday, 21<sup>st</sup> October between 10am – 4pm at the Whitehorse Council offices in Nunawading. It's a huge family day in the Whitehorse calendar. Look for Whitehorse Cyclists' stall, C56, next to the Valet bike parking on the front lawn near the Whitehorse Rd entrance. We'd love to meet you.

