

Practical help with getting started

Bike-Buddy

Cycling to uni for the first time is more pleasant (and more likely to happen!) when you have someone to share the ride with.



We will match you with a bike buddy who is an experienced cyclist familiar with the local area. A bike buddy can help you in the following areas:

- planning a good route from home to work
- tips for riding in traffic
- fixing a flat tyre
- setting up your bike for commuting
- choosing the best clothing and gear for commuting
- renting a bike locker

A Bike Buddy will be happy to do a test ride with you to make sure you are comfortable with the route and ride with you on your first trip to work.

Please note: Bike Buddies are volunteers who are keen cyclists willing to share their knowledge and enthusiasm to help you get started, however participants are responsible for their own actions whilst riding.

Insurance cover is one of the benefits of Bicycle NSW membership so we ask all intending participants to become a BNSW member. You can find out more and enter on-line at www.bicyclensw.org.au

Contact **John** johnedwardoneill@msn.com to register your interest.

BIKEEast
www.bikeeast.org.au

Some tips for getting started

Do we need to tell you that cycling is good for your health, the environment and the community at large? **And it's fun!**

Getting equipped

Look around bike racks at the Uni or work to see what other riders are using. Most choices come down to mountain bike, road bike, or hybrids in between. Mountain bikes are more rugged and have fewer punctures while road bikes are lighter and can move along more swiftly.

You can pay anything from \$50 (2nd hand) to \$3000! Add on a mirror if possible. Use a backpack or panniers for your books and warm clothes.

First trip

Be visible - dress brightly and/or wear a reflective vest. **Don't be afraid of standing out!**

Take the bike to a very quiet street or a park such which has good off-road paths (they do exist!).

Once stability is achieved then slowly build up your traffic experience. [Learn the rules of the road!](#)

Home to Uni - Check out this trip on a quiet Sunday morning first. Then allow for it to be much busier on Monday morning.

Make a big effort to keep away from busy roads until you are very experienced. Faced with worrying traffic conditions - such as turning right on a busy road - dismount on the left and walk the bike across before remounting. You have rights but you must learn how to exercise them!

Lock up your bike - there are quite a few cases of bike theft at the Uni! A good lock can cost between \$50-\$80. It's well worth the investment if you have purchased an expensive bike. Securing the frame to the wheels and a stationary pole or bike rack is the best way to go.

Getting home - If it is getting dark make sure you have (as a minimum) a blinking yellow light on the front and a blinking red light on the rear - its for your own safety.

Help yourself

Local bike shops

Albion Cycles

285 Bronte Road/Crn. Albion Street, Waverley.
Ph: 9387 1144

Bicycle Headquarters

226 Bondi Road, Bondi.
Ph: 9389 5850

Centennial Park Cycles

50 Clovelly Road, Randwick.
Ph: 9398 5027

Cheeky Monkey

28 Clovelly Road, Randwick
Ph: 9399 3370

Europa Cycles

404 Anzac Parade (Cnr. Doncaster Ave), Kensington.
Ph: 9663 3644

Gilberts Cyclery

Six Ways (Glenayr Avenue), Bondi Beach
Ph: 9130 5216

Maroubra Cycles - 787 Anzac Parade,

Maroubra Junction
Ph: 9349 2154

Woolys Wheels

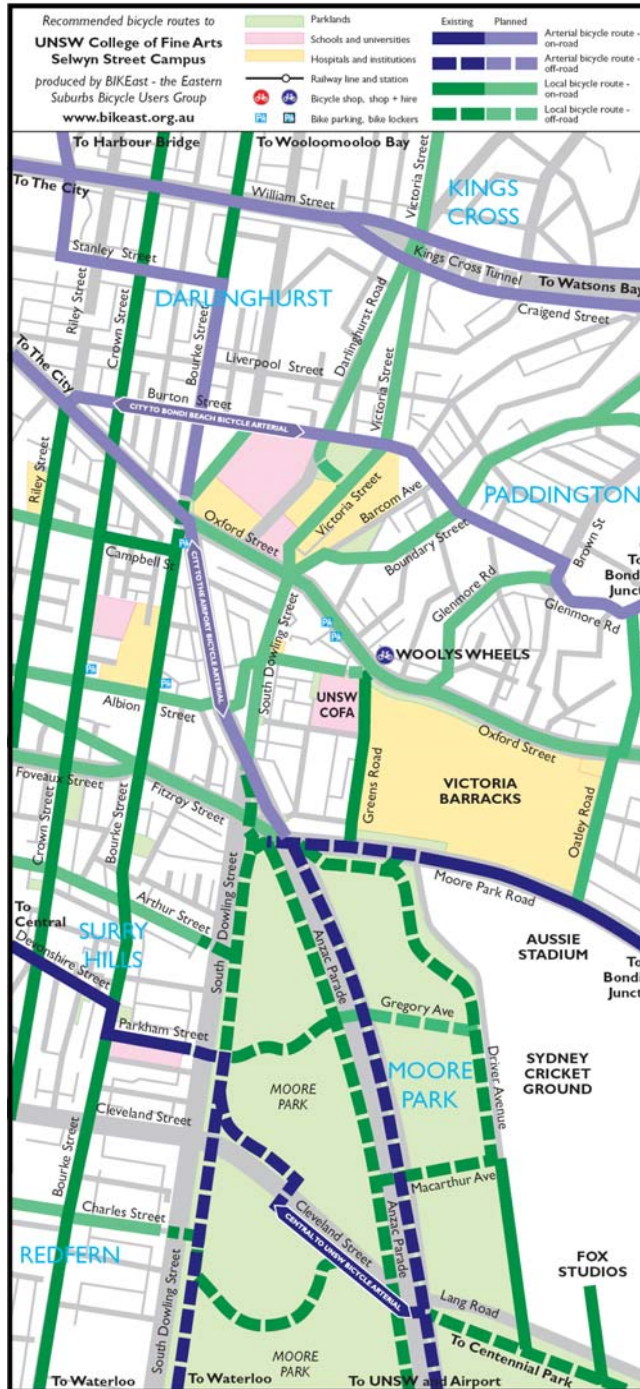
82 Oxford Street, Paddington (opp COFA)
Ph: 9331 8190

Find your own way

Getting around Sydney on your own two wheels has never been easier thanks to **Bike-it! Sydney** - a back street guide for cyclists. Look for it in your nearest bike shop or in the better book shops.



Bike routes around COFA



Make the most of it

You'll never ride alone

When you decide to ride you may commute to uni alone but you can be sure that there are a growing number of people out there overcoming the same or similar problems, and enjoying the same sense of liberation. If you would like expand your cycling and social horizons there are a number of good ways to do so.

Join an organised ride

BKEast and other BUGs around Sydney (and the rest of NSW) frequently organise rides for BNSW members and their guests. The BKEast website includes an list of upcoming rides.

Join an organised coincidence

Critical Mass is something that happens. It usually begins happening on the last Friday of the month at the Archibald Fountain in Hyde Park. You should turn up if you are curious to see what happens and check out the internet if you want to know why it happens.

Cycle for a good cause

The annual MS Sydney to the Gong and Cycle Sydney rides are always a special days for Sydney's community of cyclists. They also raise money for good causes. Keep an eye out for these.

Cycle & holiday

Cycle touring puts the adventure back in travelling. It is an excellent and rewarding way to discover the world and meet people. It is also a great excuse for gorging yourself on rich foods at frequent intervals.



BKEast
www.bikeeast.org.au

Be one of the smart students

Save Money, Keep Healthy Ride Your Bike to Uni

Did you know that there are well-marked bicycle lanes (mostly off-road) linking COFA with the Kensington campus? Now is a good time to think about making bicycle-commuting a part of your lifestyle.

This brochure includes advice on how to get started - or get back on your bike again - as a bicycle commuter, the people to ask for help, the best routes through the city, the best cafes/pubs along the way, etc...

Who are we?

BKEast is the bicycle user group (BUG) that represents the community's interests by advocating more and better facilities for bicycles on the roads, in the parks and at the beaches of Sydney's eastern suburbs.



"If we build it, they will come"

More recently we have expanded our role to one of encouraging people to get on their bikes and use the facilities that have been provided - to offer them the choice of bicycle commuting as opposed to remaining wholly dependent on cars and/or public transport.

That's why BKEast has recently established a **Bike Buddy** program (yes, the idea originates in the US). To find out how a bike buddy can help you getting back on your bike... keep reading.

BKEast
www.bikeeast.org.au