

# UC Cycle Guide

---





# **Biking** has to be the best way to get to UC

Check out all the great bike events, services and facilities on campus, then whip out your bike and remember to smile nicely as you cruise past all of those pesky traffic jams!

Approximately 18% of staff and students at UC choose cycling as their main mode of transport.

## **So why do they do it?**

“It’s cheaper and less stressful than driving”

“I get to park closer to my lectures”

“It’s faster for me than driving”

“I feel fitter and healthier for it”

## **Now let’s tackle some common excuses:**

# Excuse#1: It's not safe to cycle

Cycling is not risk-free, but there are plenty of common-sense rules you can follow to keep safe while biking.

- be alert and careful in traffic
- use cycle lanes where available
- use hook turn boxes in busy intersections
- be seen in bright clothing and use lights

**Free cycle safety and confidence workshops** are run on-campus throughout the year. Get in touch with the Sustainability Office if you'd like to register for an upcoming session.

Bikes and helmets can be provided.



## **Excuse#2:** **But some days** **I need my car**

You'll be surprised by how many errands can easily be run by bike, and you'll always get a park right outside! But remember, there is no need to give up your car for good. Just cycling to uni one day each week will reduce your commuting footprint by 20%. Don't confuse perfect with better.

## **Excuse#3: The** **emissions from MY car** **don't contribute much** **to climate change**

The average person that drives to UC emits about 700kg of CO<sub>2</sub> per year. It's more important than ever before to consider more active modes of transport (biking, walking, skating, scooting) or public transport to reduce your carbon emissions.

UC was the first university in the Southern Hemisphere to achieve Toitū carbon reduce

certification in 2011. Toitū certification involves measurement and planned reduction of greenhouse gas emissions generated as a result of the university's business activities.

Uni-Cycle – Puari ki Pū-taringa-motu:  
The Uni- Cycle Route runs from the University of Canterbury to the Central City. (Photo Christchurch City Council)



## **Excuse#4:**

### **My route is too busy, fast and scary**

Sit down with a map and plan a route through parks and quiet residential streets, then take the map with you in case you get lost. Remember, your bike can go places a car can't.

A network of major cycle routes are planned for Christchurch, including the Uni-Cycle which is already completed. The Uni-Cycle cycleway connects UC to the central city, via the beautiful Riccarton Bush and Hagley Park. Take your time and enjoy the ride! Visit [www.ccc.govt.nz/transport/cycling](http://www.ccc.govt.nz/transport/cycling) for cycleway maps and more information.



# Dr Bike

A free weekly service which provides basic maintenance and repairs for bicycles, including:

- Puncture repair
- Oiling chains
- Tuning brakes

Weekly on C Block Lawn, see our website for times. Term time only.



## **Excuse#5: I'll get all sweaty**

Most people biking short distances don't work up a sweat. Otherwise, slow down and enjoy the ride, or bring a change of clothes. There are even showers at the Uni, so feel free to bring soap and a towel if you are biking a long distance.

Check out the UC Sustainability map for locations of showers you can use. Visit [www.canterbury.ac.nz/life/sustainability/](http://www.canterbury.ac.nz/life/sustainability/) for more information.

## **Excuse#6: I don't have the right clothes**

All you really need is a helmet. Roll up your pants, use pant clips, or cycle in your skirt or shorts. Your every-day clothes are just fine for most cycle trips (see Excuse #5 above). For added protection wear high-visibility clothing, or even just some bright colours.



# Your Cycling Community

## UC Bike

Meet other cyclists and join in on regular trail rides, road rides, downhill shuttles, overnights, trips to the Adventure Park and more! Learn more and get involved at [www.ucsa.org.nz/clubs/find-a-club](http://www.ucsa.org.nz/clubs/find-a-club)

## UC Sustainability Office

The UC Sustainability Office organises free events, workshops and social rides for those who commute to UC by bike. Follow @ucsustain on Instagram to get involved.

## **Excuse#7: But it's cold and/or wet!**

Dress in layers so you can take them off as you warm up. Wear liner gloves and/or a rain jacket to keep yourself cosy. You can treat yourself to a hot drink when you arrive.

You can also take a dry change of clothes with you, or bus, carpool or drive on really cold/wet days. Remember, even if you drive when it rains, you'll still get wet on the walk from the car park.

## **Excuse#8: I'm just too tired**

We all have tired days. Give yourself an extra few minutes and take it slowly that day. If you're sick, see Excuse #2.

## **For more info on cycling at UC, visit**

[www.canterbury.ac.nz/life/sustainability/sustainable-operations/transport-options/cycling](http://www.canterbury.ac.nz/life/sustainability/sustainable-operations/transport-options/cycling)

# UC Cycling Facilities and Services

## Secure Cycle Stands

Simply swipe your Canterbury Card to access the stands, no pin or registration is required. The stands are located:

- To the west of the Law building
- Behind Central Lecture Theatres
- College of Engineering (Creyke Rd end)

## Covered and Uncovered Bike Stands

Uncovered bike stands are located near most buildings. See the Sustainability Map for locations of covered bike stands.

## **Borrow-A-Bike**

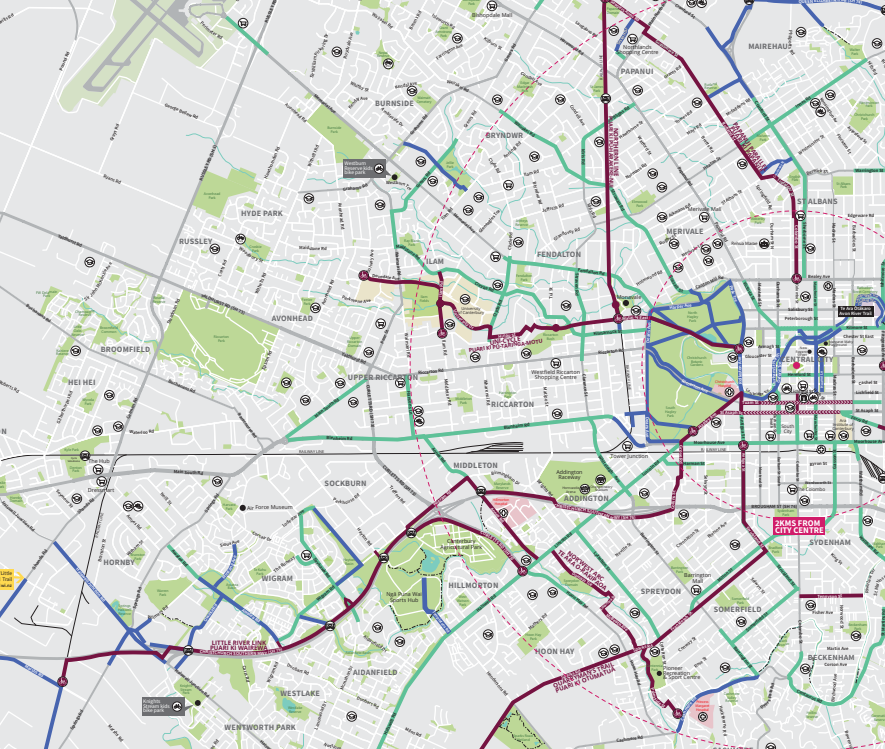
The UCSA runs a free bike share scheme on campus. Any UC student or staff can borrow a bike for the day by signing one out from the UCSA office. It's that easy!

## **Lockers**

Available on a first in, first served basis. Apply to UC Security for a locker.

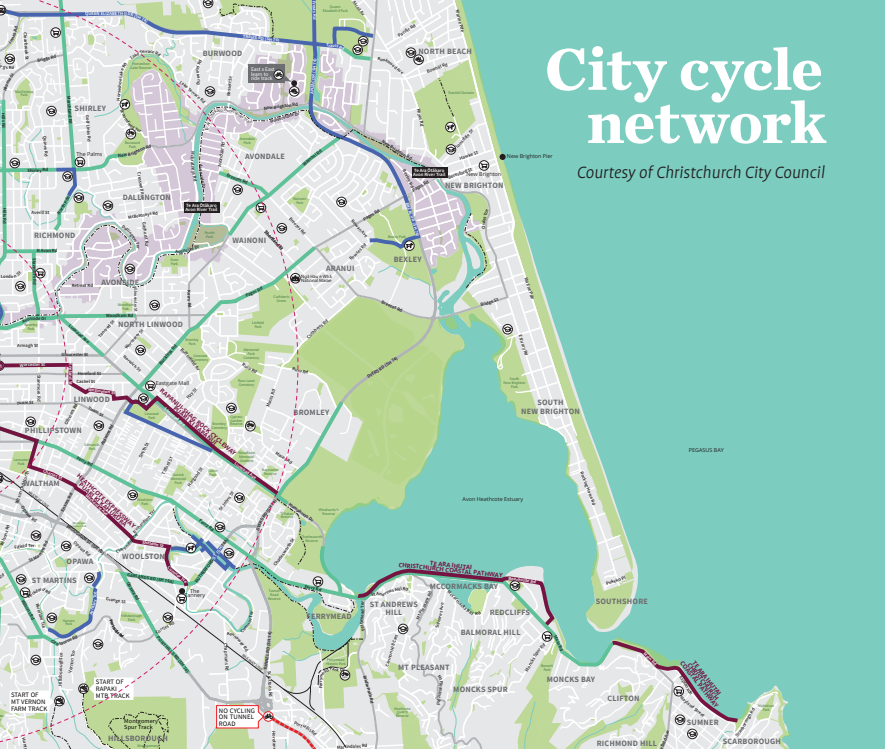
## **Bike Repair Stations, Bike Pumps and Puncture Repair Kits**

- Bike repair stations are located behind Puaka James-Hight building, and in Matariki and Beatrice Tinsley bike parks. These contain tools for basic repairs and maintenance.
- Bike pumps are located in the secure cycle stands. If the bike pump needs to be fixed, call Facilities Services Reception on 94400.
- Puncture repair kits can be obtained from Security
- Or, drop in to Dr Bike!




# City cycle network


*Courtesy of Christchurch City Council*





## UC Sustainability Office | Tari Toitū te Taiao

 ucsustain

 ucsustainabilitycommunity

[www.canterbury.ac.nz/life/sustainability](http://www.canterbury.ac.nz/life/sustainability)

E: [sustainability@canterbury.ac.nz](mailto:sustainability@canterbury.ac.nz)



Sign up to the UC  
Sustainability Community  
Newsletter!



# Sustainability