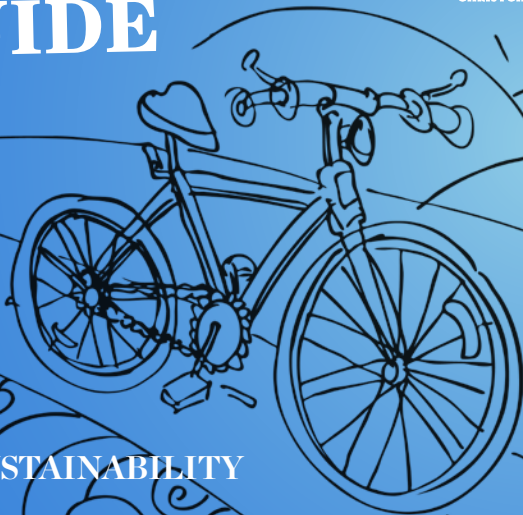


UC CYCLE GUIDE



UNIVERSITY OF
CANTERBURY

Te Whare Wānanga o Waitaha
CHRISTCHURCH NEW ZEALAND



UC  SUSTAINABILITY



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!

In 2016, approximately 19% of students and staff cycled to campus as their main form 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”

“It keeps me fit because, lets face it, I’m too lazy to go to the gym!”

Excuse#1: It's not safe to cycle

The health benefits of cycling far outweigh the risks. Be alert and careful in traffic, claim the entire car lane when it's not safe for a car to pass you, and ride in a predictable manner.

For more info read the article, "How not to get hit by cars" at www.sustain.canterbury.ac.nz/transport/cycling.

Excuse#2: But some days I need my car

Try to run your errands all on the same day, or leave the day free of errands so that you can take your bike. There is no need to give up your car for good. Just commuting to uni one day each week by bicycle will reduce your commuting by 20%. Don't confuse perfect with better.

Excuse#3: The emissions from MY car don't contribute much to global warming

The average person that drives to UC emits about 700kg of CO₂ per year. You would have to plant four native trees per year to offset the carbon from your commuting alone.

Check out www.treesforcanterbury.org.nz to offset your carbon.

UC is the first Certified Emissions Measurement and Reduction Scheme (CEMARS) registered university in the southern hemisphere. This involves taking accountability and action against greenhouse gas emissions generated as a result of the universities business activities.



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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.

Major cycle routes are planned for Christchurch, including the Uni-Cycle, which runs from UC to central city. Visit www.ccc.govt.nz for more information.



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.sustain.canterbury.ac.nz 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.

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 information, visit

www.sustain.canterbury.ac.nz/transport/cycling/index.shtml

Join UC Bike

Meet other cyclists, share skills and resources, and spread the word about cycle commuting as a perfect form of sustainable transport!

www.uca.org.nz/clubs/find-a-club/

UC Bike



UC Bike 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)
- Uncovered bike stands are located near most buildings

Dr Bike

Dr Bike is a free service which provides basic maintenance and repairs for bicycles.

When: Wednesdays, 12–1pm, term time only

Where: C block lawn

Bike pumps

Located in the secure cycle stands. If a bike pump needs to be fixed, call Engineering Services Reception on 8484, and ask them to log a BEIMS request to have them repaired.

Showers

Showers are located in many buildings around campus including Engineering, Forestry, Fine Arts and the Recreation centre.

Lockers

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

Bike Repair Stations and Puncture Repair Kits

Bike repair stations are located behind Puaka/James Hight building, and in the Matariki bike park area. They contain tools for basic bike repairs and maintenance. Puncture repair kits can be obtained from Security.



UC Sustainability Office

 www.facebook.com/ucsustainabilitycommunity

 www.ucsustainability.wordpress.com/

 www.instagram.com/ucsustain/

E: www.sustain.canterbury.ac.nz

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