

Friday the 13th

Best Day Ever

# E-town News



2014-2015 SUMMER TRACK

MARCH 13, 2015

## Results - 06/03/15



**asset**  
engineering

### Heart Starters

Senior A: D. Radzikiewicz, P. Fountas, P. Lechelt, P. King

Senior B: A. Gwiazdzinski, B. McIntyre, M. Chaffey,  
T. Wyeld

Junior I: H. Le Fournour, E. Birrane, E. Walker,  
A. Johnson

### Handicaps

Little Trackies: G. Chaffey

Senior A: C. Thomas, S. Hennessy, D. Bottrill,  
P. Bole-Schneider

Senior B: R. Lam, A. Gwiazdzinski, T. Lennon, T. Wyeld

Senior C: C. Spence, A. Foundas, T. Manning, S. Harris

Junior I: E. Walker, B. Lloyd, N. Shivanani, A. Johnson

### Italian Pursuits

Senior A:

01:34.30 - P. King, S. Hennessy, P. Lechelt, C. Thomas,  
D. Bottrill

01:36.07 - P. Fountas, P. Fountas, M. Young,  
D. Radzikiewicz, P. Bole-Schneider.

Senior C & B:

01:36.47 - T. Manning, S. Harris, T. Lennon, T. Lennon,  
A. Gwiazdzinski

01:41.39 - A. Foundas, C. Spence, B. McIntyre, R. Lam,  
T. Wyeld

Junior I - 3:

01:11.76 - B. Lloyd, H. Le Fournour, E. Walker

01:12.40 - A. Gwiazdzinski, T. Wyeld, E. Birrane

Little Trackies: G. Chaffey.

### Scratch Race

Juniors: E. Walker, A. Johnson, H. Le Fournour,  
E. Birrane

### Eliminations

Senior Handicaps (all in): C. Thomas, T. Lennon,  
D. Bottrill, P. Fountas

Juniors: E. Walker, H. Le Fournour, B. Lloyd, E. Birrane

### March

13 Asset Engineering Series

20 King of Bling – Omnium

27 Corsa Cycles

End of Season & **Presentation**  
**in Townies Bar**



*Rapha.*

£10

# Health Benefits of Cycling

Abridged from <https://www.deakin.edu.au/travelsmart/docs/health-benefits-cycling-fact-sheet.pdf>

## Why cycling?

Active transport (cycling and walking) are effective ways of getting adequate physical exercise. Cycling is a convenient, cheap, low impact, environmentally friendly form of transport which, as a daily physical activity, is more likely to be maintained than other leisure-time physical activities.

## Physical activity and health

Lack of physical activity is second only to tobacco as the most important health risk in Australia.

National guidelines recommend at least 30 minutes of moderate physical activity on most, preferably all, days for adults; and 60 minutes of moderate to vigorous-intensity physical activity every day for children and young people.

## Active transport for children

Children are walking or cycling less often than in the past.

A survey of over 1,000 families from 19 Melbourne primary schools revealed that less than half of 5 and 6 year olds, and less than two thirds of 10–12 year olds, walk or cycle to school once a week or more. **Getting children out of cars, and using active transport instead, is believed to be the single most effective way to improve physical activity rates and reduce obesity in children.**

Walking or riding to school or around the neighbourhood is also important for children's social development, particularly by increasing their knowledge of their local areas, their ability to use other modes of transport and their sense of independence.

## Cycling safely

Cycling has lower injury rates than most other forms of sport, exercise and active recreation. One study has suggested that **regular cycling provides a net benefit to personal health that outweighs its risk of injury by a factor of 20 to 1.**

## Reducing air pollution

Air pollution contributes to respiratory cancer and infections, asthma, cardiopulmonary disease, irritation of the eye, nose and throat, and wheezing. Cycling for transport (not just leisure), by replacing car trips, avoids contributing to sources of air pollution, thereby helping to reduce future population health problems.

**Using a bicycle instead of a car can reduce exposure to pollutants.**

Travelling by bicycle provides some flexibility to avoid pollution and not travel on busy roads. Even on the same road, cyclists may be exposed to fewer pollutants, as the pollutants decrease rapidly at the sides of the traffic stream and particulates tend to accumulate in the car cabin if outside air is coming into the cabin.

## Reducing noise pollution

Exposure to excessive noise pollution causes hearing loss, heart disease, sleep disruption, increased risk of traffic accident involvement (noise can cover warning signals) and decreases our mental and social well-being.

**Cycling is a quiet mode of transport.**

**Replacing car trips with bike trips will allow the hidden sounds of our cities to be heard and help to create a cleaner, less polluting, more pleasant environment.**

