Your Name

Your Street Address

Your Suburb, Your Postcode

Date

Dear (insert Name of State Minister or Shadow Minister, or Candidate)

I’m one of the 966,900 people in NSW who rides a bike once a week.[[1]](#endnote-1)

**(Here you may wish to write about your circumstances for example, daily, for recreation, etc)…**

NSW cycling participation is falling behind other states and modern cities due to lack of investment[[2]](#endnote-2), leaving our state with the worst congestion,[[3]](#endnote-3) rising type 2 Diabetes[[4]](#endnote-4) and lifestyle diseases[[5]](#endnote-5), and too many deaths and serious injuries of bike riders that could have been prevented[[6]](#endnote-6).

Bike riding offers solutions to a lot of our problems, from childhood obesity, adult inactivity and lifestyle diseases, to reductions in pollution, noise and congestion on our roads and public transport.

Transport plans say we should be cycling for short journeys, but we need your help so that infrastructure, law and investment supports this happening.

1. **Build it for everyone**

Travelling behaviour, road congestion and pollution will not change until bike infrastructure suits riders from 8 to 80 years of age. Painting a bike on a busy road, or a bike lane in the door-zone, or disconnected fragments aren’t good enough.

We need:

* Connected bike infrastructure that is safe for everyone to use
* Integration of travel by bike- from end of trip facilities at public transport hubs, to train station and carriage solutions to allow commuters and holiday travellers to bring bikes

Safe access to key locations like schools, government buildings, shops and [**include named locations or pictures of problems if you like]**

1. **Safe home**

Road user education and enforcement around bike laws, must support everyone travelling safely.

Many drivers don’t understand their responsibilities to bike riders on the road, and education about this has been poor. Police need more resources to enforce minimum passing and rules that would help keep riders safe.

To protect people who ride bikes and walk, we need laws that lower speed limits in suburban areas, allow everyone to ride on the footpath until safe bike lanes are built, and that compel heavy vehicles to use best-practice safety systems.

* Enforce the laws
* Educate road users
* Change the law

1. **Invest now for health**

NSW urgently needs the health benefits that bike riding offers individuals and the community. Increasing the rates of cycling and reducing inactivity offers huge public health benefits, life expectancy increases and cost savings.

The sooner we change behaviour the faster we all reap the benefits, individually and as a society. We need effective behaviour change education programs and initiatives in schools, workplaces and the community and we need the data and opportunity to test what works in order to achieve best practice.

Every 1km cycled the community reaps a $1.43 benefit.

• School behaviour change programs

• Bike riding for transport

Warm Regards,

**Insert your Name**

1. https://www.onlinepublications.austroads.com.au/items/AP-C91-17 [↑](#endnote-ref-1)
2. https://www.onlinepublications.austroads.com.au/items/AP-C91-17 [↑](#endnote-ref-2)
3. https://roadsafety.transport.nsw.gov.au/downloads/clearways/fact\_sheets/congestion\_management.pdf [↑](#endnote-ref-3)
4. https://www.westernsydneydiabetes.com.au/themes/default/basemedia/content/files/WSLHD\_Diabetes\_Hotspot.pdf [↑](#endnote-ref-4)
5. http://www.abs.gov.au/ausstats/abs@.nsf/0/F6CE5715FE4AC1B1CA257AA30014C725?Opendocument [↑](#endnote-ref-5)
6. https://roadsafety.transport.nsw.gov.au/statistics/index.html [↑](#endnote-ref-6)