



VIENNA BICYCLE ADVISORY COMMITTEE

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BIKE VIENNA NEWSLETTER

JANUARY 2012 NEWSLETTER

MARK YOUR CALENDARS

Thursday, 16 February 2012, 8pm – Town Hall Vienna BAC Meeting is open to the public.



SAFETY TIPS FROM OUR FRIENDS AT TOWN OF VIENNA POLICE - RIDING YOUR BIKE IN THE EVENING

By MPO W.G Murray, Town of Vienna Police

For riders that continue to use bicycling as a means of transportation during the winter months, it can be particularly dangerous. Most motor vehicle drivers are accustomed to looking for bicyclists during the warmer months but in winter, maybe not so much. Your safety is something to take seriously and you can't rely on the attentiveness of others. The small monetary investment in a lighting system will prove to be priceless when it's needed. The law in Virginia states:



“Every bicycle ridden between sunset and sunrise must have at least one white headlamp with the light being visible at least 500 feet to the front. The bicycle must have a red reflector on the rear visible at least 600 feet to the rear. On roads posted with speed limit of 35 mph or greater, the bicyclist must additionally be equipped with at least one red taillight visible from 500 feet to the rear. Taillights may be steady or blinking, are allowed under all conditions, and may be attached to the cycle or rider.” Reference: Code of Virginia §§[46.2-1015.46.2-1066](#)

MPO W.G Murray has been a Vienna Police Officer for the past 23 years. He grew up in Vienna. MPO Murray and his wife live in Centreville with their two High School aged children. During his days off, he spends most of his time with his children, enjoys tinkering in his garage and shooting sports. at www.ViennaBAC.com.

If you need help in choosing your lighting system, please contact Tim Fricker, tim@bikesatvienna.com or Jeff Palmer, jpalmers@spokesetc.com.

TOWN OF VIENNA BIKE FRIENDLY BUSINESSES

Vienna BAC would like to congratulate the **MAPLE AVENUE SHOPPING CENTER** for the approval of 11 bike racks. The approval was granted by the Town of Vienna Board of Architectural Review in December. Bike racks will be shipped from the manufacturer and installed in March, just in time to bring the family out and take advantage of the spring time weather. Join us in welcoming **MAPLE AVENUE SHOPPING CENTER** as “Bike Friendly Business” in Town. Stay tuned!

FAMILIES ON THE MOVE

By Rhonda Richardson, Program Coordinator, Northern Virginia Healthy Kids Coalition, inova.org/nvhkc

Does life get in the way of you and your family moving? How do you avoid inactivity? Some ways are to encourage everyone to think of fun physical activities to get everyone up and moving, off of the sofa and away from the screens—doing things as a family.

The U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommends children and teens are physically active for at least 60 minutes on most, if not all, days. For children, the 60 minutes of activity can be done in small increments of time over the day. Some of that time may come from moderate physical activity offered in schools and classrooms through physical education (PE) classes. The Guidelines recommend that adults do a



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minimum of 2 hours and 30 minutes of moderate-intensity aerobic activity a week – 30 minutes a day five days a week. Health experts recommend this level of activity to reduce the risk of chronic disease later in life. Physical activity for adults can also be done in small increments throughout the day, health.gov/paguidelines/. As parents, you make a big difference in what children think and do. Your children look up to you as role models. If you eat right and are physically active, you have a good chance of helping your children make those choices, too. As a family, you can be more successful in adopting healthy choices and making changes. It's hard to make changes on your own. Creating family habits around smart eating and physical activity can make it easier for everyone to be healthy.

Bicycling is a great way to move as a family. It is a healthy outdoor activity that the entire family can enjoy together. Bikes represent fun and fresh air. Moreover, biking is a healthy pastime that kids will never outgrow. Biking has many health benefits such as:

- Developing strength, balance, and overall fitness
- Burning up calories
- Strengthening the heart, lungs, and lower-body muscles and bones
- Developing and strengthening the muscles surrounding the knees without impact

When choosing a bike for your child you should not only assure it fits your child physically, the bike should match



your child's personality. Let him choose the color and style of the bike, while you decide on more substantial matters, such as size and quality. It's important that a child like his bike because then he's more

likely to ride it, notes Peter Moe of the Washington, D.C.-based National Center for Bicycling and Walking, a leading bike-advocacy organization line bikewalk.org.

Bicycling can bridge generations and bring family members together. Here are five ways to make your family cycling trips enjoyable:

- Find bike paths in your area. Call your town or county parks, fairfaxcounty.gov department or visit TraillLink.com.
- Make sure your family is comfortably dressed and prepared for the elements. In warm weather, for instance, wear lightweight fabrics that wick away moisture and sweat; in cold weather, dress in layers.

- Don't forget your gear. Take water bottles, sunglasses, sunscreen, hats, bike locks, a tire pump, a pressure gauge, a small tool kit, sandwiches, healthy snacks, and a disposable camera. Be sure that kids aren't overloaded with heavy items that could affect their balance.
- Make frequent stops during your ride. Take breaks -- especially on hot, humid days -- for drinks, healthy snacks, and picture taking.
- Chronicle your family's excursion with photographs.



What about errands? Bike commuting to work is a popular option, but another often-overlooked activity is even simpler: Use your bicycle to run errands in and around your neighborhood.

The energy needed to pedal a bicycle is about a third of the energy needed to walk. Therefore, if you feel comfortable walking a few miles, errands that are ten miles or less roundtrip should be a snap for you.

Here are some tips on how to turn your bicycle into a vehicle fit for errands:

- Invest in a front basket and two rear panniers. This helps to distribute the weight of your cargo if you go shopping, make postal deliveries, etc.
- Get a good tune up at least once a year by a reputable bicycle shop.
- Keep a spare bicycle tube and a pump with you in case of a flat tire. Practice changing it out at home.
- Map out the safest routes and businesses that are easiest to get to.
- Be visible and safe by wearing bright reflective clothing, installing front and rear lights, and wearing a helmet.
- Install a bicycle odometer and track your car-free miles.
- Do as a family!

And remember the most important tip is to “just have FUN!”

Ms. Richardson received her BS in community Health Education from George Mason University in 1985 and currently working on her Masters in Health Systems Management. She has experience in leading pre-school fitness classes as well as adult weight loss counseling and personal training. As the Program Coordinator, she educates students, parents, and communities on the importance of eating healthy and staying active. Ms. Richardson and her family are avid walkers and bikers.

Would you like to read more of a particular bike or health related subject? Send Vienna BAC an email at bac@viennava.gov.