



- Fun ride for:*
- *Safe Bike Network*
 - *Clean Air*
 - *Quit Streets*

**Tune to:
90.9 FM**

Hyde Park North
5:30pm Last Friday of month

Bring a FM radio, for announcements

A global, organised coincidence where hundreds of cyclists, roller bladers & skate boarders happen to travel in the same direction, at the same time through city traffic.

Extra Activities include: Publicity, Media Stunts, Lobbying.

<http://nccnsw.org.au/member/cmass>
Critical Mass info line: (02) 9614-0777



- Fun ride for:*
- *Safe Bike Network*
 - *Clean Air*
 - *Quit Streets*

**Tune to:
90.9 FM**

Hyde Park North
5:30pm Last Friday of month

Bring a FM radio, for announcements

A global, organised coincidence where hundreds of cyclists, roller bladers & skate boarders happen to travel in the same direction, at the same time through city traffic.

Extra Activities include: Publicity, Media Stunts, Lobbying.

<http://nccnsw.org.au/member/cmass>
Critical Mass info line: (02) 9614-0777



- Fun ride for:*
- *Safe Bike Network*
 - *Clean Air*
 - *Quit Streets*

**Tune to:
90.9 FM**

Hyde Park North
5:30pm Last Friday of month

Bring a FM radio, for announcements

A global, organised coincidence where hundreds of cyclists, roller bladers & skate boarders happen to travel in the same direction, at the same time through city traffic.

Extra Activities include: Publicity, Media Stunts, Lobbying.

<http://nccnsw.org.au/member/cmass>
Critical Mass info line: (02) 9614-0777

Solutions to Congestion

Reducing the number of cars by 10% during peak hour will increase average speed by approximately 10km/hr, which will reduce travel times by approximately 25%.
Derived from: "A Guide to Traffic Engineering Practice", NAASRA.

If current road building practices continue, traffic congestion will increase 600%, air pollution will increase 36% and accident costs will increase 68%.
"Road Transport Future Directions", 1991. A study undertaken on behalf of the Roads and Traffic Authority.

190 Critical Mass cyclists rode through a light phase at Taylor Square in the time ordinarily taken by 26 cars. This confirms overseas reports that a traffic light can regulate 6 times more bikes than cars.
Critical Mass, February 1997.
"Cycling in the City" 1993. C.R.O.W. Netherlands.

Latent demand

NRMA's 1996 Monitor of Public Attitudes found 56% of people would reduce their car use if cycling and walking facilities were improved.

Passenger trips made by bicycle:

Netherlands	28%
Japan	20%
Denmark	18%
Australia	2%

PARKER Alan, November 1996. "Bicycle friendly roads are safer for all users." Velo Australis International Bicycle Conference.

Health

Cycling 6 hours a week has the equivalent health benefit of stopping smoking 20 cigarettes per day.
Roberts Ian, 1995. "Pedalling Health - Health Benefits of a Modal Transport Shift".

<http://nccnsw.org.au/member/cmass>
Critical Mass info line: (02) 9614-0777

Solutions to Congestion

Reducing the number of cars by 10% during peak hour will increase average speed by approximately 10km/hr, which will reduce travel times by approximately 25%.
Derived from: "A Guide to Traffic Engineering Practice", NAASRA.

If current road building practices continue, traffic congestion will increase 600%, air pollution will increase 36% and accident costs will increase 68%.
"Road Transport Future Directions", 1991. A study undertaken on behalf of the Roads and Traffic Authority.

190 Critical Mass cyclists rode through a light phase at Taylor Square in the time ordinarily taken by 26 cars. This confirms overseas reports that a traffic light can regulate 6 times more bikes than cars.
Critical Mass, February 1997.
"Cycling in the City" 1993. C.R.O.W. Netherlands.

Latent demand

NRMA's 1996 Monitor of Public Attitudes found 56% of people would reduce their car use if cycling and walking facilities were improved.

Passenger trips made by bicycle:

Netherlands	28%
Japan	20%
Denmark	18%
Australia	2%

PARKER Alan, November 1996. "Bicycle friendly roads are safer for all users." Velo Australis International Bicycle Conference.

Health

Cycling 6 hours a week has the equivalent health benefit of stopping smoking 20 cigarettes per day.
Roberts Ian, 1995. "Pedalling Health - Health Benefits of a Modal Transport Shift".

<http://nccnsw.org.au/member/cmass>
Critical Mass info line: (02) 9614-0777

Solutions to Congestion

Reducing the number of cars by 10% during peak hour will increase average speed by approximately 10km/hr, which will reduce travel times by approximately 25%.
Derived from: "A Guide to Traffic Engineering Practice", NAASRA.

If current road building practices continue, traffic congestion will increase 600%, air pollution will increase 36% and accident costs will increase 68%.
"Road Transport Future Directions", 1991. A study undertaken on behalf of the Roads and Traffic Authority.

190 Critical Mass cyclists rode through a light phase at Taylor Square in the time ordinarily taken by 26 cars. This confirms overseas reports that a traffic light can regulate 6 times more bikes than cars.
Critical Mass, February 1997.
"Cycling in the City" 1993. C.R.O.W. Netherlands.

Latent demand

NRMA's 1996 Monitor of Public Attitudes found 56% of people would reduce their car use if cycling and walking facilities were improved.

Passenger trips made by bicycle:

Netherlands	28%
Japan	20%
Denmark	18%
Australia	2%

PARKER Alan, November 1996. "Bicycle friendly roads are safer for all users." Velo Australis International Bicycle Conference.

Health

Cycling 6 hours a week has the equivalent health benefit of stopping smoking 20 cigarettes per day.
Roberts Ian, 1995. "Pedalling Health - Health Benefits of a Modal Transport Shift".

<http://nccnsw.org.au/member/cmass>
Critical Mass info line: (02) 9614-0777