

Lincoln University First Annual Cycling Forum

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On 8th September 2015, the Lincoln University Department of Tourism, Sport and Society (DTSS) proudly presented the First Annual Cycling Forum in the Stewart Building. The aim of the forum was to convene cycling researchers, cycling advocates, policy-makers, builders, designers, planners and cyclists for discussion on the current state and future outlook of cycling in the Canterbury region. The forum was timely given the discussions in the media and elsewhere concerning the challenges of road-sharing between motorists and cyclists, the recent cycleway developments, and the

build-up to the 2016 Olympic Games where New Zealand cyclists are expected to excel. It provided an opportunity for those involved in cycling research in its various form to present and share their work.

A range of participants from several cycling groups including coaches, sports scientists, cycling advocacy group members, Selwyn District Council members and researchers from the University of Canterbury were in attendance. As part of an unusually broad programme, five experts presented on an array of cycling topics. The keynote speaker, Dr Damion Sturm, revealed the



Figure 1: Speakers at the Lincoln University First Annual Cycling Forum (Left-Right): Michael Hamlin, Catherine Elliot, Jude Wilson, Damion Sturm and Hamish Ferguson. Photograph by David Hollander.

challenges faced by The Home of Cycling Velodrome regarding community engagement in Cambridge. Professional Cycling Coach, Hamish Ferguson, explained how training stress and maximum power is measured in road cyclists. Associate Professor Mike Hamlin of Lincoln University's DTSS presented his research on the effects of altitude training on cycling. Dr Jude Wilson, also from DTSS, spoke about the methodological challenge of surveying cyclists on the Alps to Ocean trail. Finally, Dr Catherine Elliot of DTSS described how cycling can be part of a multi-modal transportation system, improving health and well-being.

Drinks and nibbles followed the presentations where attendees could network and continue discussing the future of cycling in Canterbury and New Zealand. The forum was deemed a success because it gathered a broad array of presenters and attendees together with cycling as the common thread. A Second Annual Cycling Forum will be hosted at Lincoln University in Semester 2 of 2016 as cycling continues to grow and prosper in the Canterbury region.

Lincoln University recently turned cycling research into action by initiating a bike share system. There are three bikes available for hire in front of the Lincoln University Library.

For more information on future cycling research and community involvement, please contact Dr. Catherine Elliot, Catherine.Elliot@lincoln.ac.nz.