

# NEWS

australiancyclist

## LOVE IT

### Pushing the pushy into a greener future

In cities clogged with cars, bicycles and public transport should be the ideal solution to commuter traffic. Yet with no room on trains and buses for people, let alone bikes, cycling to work would seem to many an inconvenient solution.

Frag Woodall, graduate of the University of Technology, Sydney, has been awarded third place in the 12th International Bicycle Design Competition (IBDC), recently held in Taiwan, with his solution to such a problem. Everglide, Woodall's major project for UTS's Bachelor of Design in Industrial Design, makes people and their bikes mobile wherever they are in the city.

Woodall's design, which can be wheeled as luggage, backpacked or cycled, was given high recognition in the competition because it provides a seamless and convenient transition in transport that does not include the usual suspect, the car. "What people need to encourage them to spend the least amount of time out in the car is the most convenient option besides it," Woodall says. "I realised that people are choosing to drive to work because it's hard to park at the station, or pick up groceries on the way home. With a bike that can either be



ridden or carried with you, you're never going to be stranded somewhere waiting for the next train."

What's more convenient in this bicycle design is that it doesn't just get you to work on time. The design is powered by a shaft-drive mechanism that regeneratively charges mobile phones and iPods with the added technology of a frictionless magnetic dynamo. So, say goodbye to broken-down cars, mobiles out of battery and no tunes to get you through the hour's wait for the car breakdown service. You could be riding past those poor folk instead.

UTS School of Design provides world best-practice design education and research in a context of new technology, globalisation, sustainability and social change. IBDC is the world's leading design competition for innovative bicycle designs in the bike industry.

Visit [www.design.runride.com](http://www.design.runride.com) for more information.

## Portable RICE



Be it a back strain from hunching over the bike for 100km or a sprained ankle

after an altercation with the asphalt, we all know the importance of icing an injury to prevent swelling and speed the healing process.

DIY ice-packs can be awkward and ineffective, and while they provide cooling, they don't offer the all-important compression aspect of the RICE (rest, ice, compression, elevation) acronym, which is

twice as effective as using ice alone.

Available through Bad Backs, the new Lumark range of products provides people access to instant, portable and affordable cold-compression therapy and are specifically designed to target different problem areas including ankle, calf, knee, elbow, lower back, thigh and wrist. Just refrigerate and it's ready to use, anywhere, anytime, and designed to reduce swelling and relieve pain from strains, sprains and pulled ligaments. The Lumark cold-compression therapy products start at \$39.95.

For the full range, check out [www.badbacks.com.au](http://www.badbacks.com.au)

## Exelite LumiPAC

Sick of feeling like a sitting duck when riding to work before the sun has woken up? Check out the self-illuminating Exelite LumiPAC, a versatile backpack cover with two embedded EL lamps making you light up like a Christmas tree, visible up to 800m away.

The LumiPac has different flashing settings and is fit for all weather conditions that the Australian climate can throw at you.

It will fit most backpacks or can be worn on its own if required. RRP \$129.95. For more information on the LumiPAC and other Exelite products in the range, go to [www.bikesportz.com.au](http://www.bikesportz.com.au)

