

PENINSULA PEDALLERS' PERIODICAL

March



2019

*Welcome Peninsula Pedallers to the
March 2019 Periodical.*

(Gary Moranda -Ed.)

FIRST AID COURSE



Following the receipt of a Local council Grant, the Club is planning to run a one-day First aid program on a Saturday some time in April/May.

The program will be tailored to the handling of the range of accidents and incidents faced by riders.

It is hoped that the program will be free to members (final details are still being negotiated). A light lunch will be served.

Further information will be provided by email in the next few weeks.

It is hoped that members will support this important initiative.

FROM DAVID NICKSON

E-bikes give a brain boost to older cyclists, according to new study.

by **Jack Sexty** Feb 21 2019



Bike Live 2018 Cannock Chase - 092.jpg, by Jack Sexty

The new research found that cyclists between the ages of 50-83 experienced cognitive and mental health benefits from riding a bicycle, regardless of whether it was electric or non-assisted...

Older cyclists who use electric bicycles may be getting the same brain benefits as those on standard bikes, according to new research conducted at the University of Reading and Oxford Brookes.

Are electric bikes good for exercise?

The paper, titled 'The effect of cycling on cognitive function and well-being in older adults', took 100 participants between the ages of 50-83, 26 of whom were non-cyclists, 38 who were conventional pedal cyclists and 38 who use an e-bike. The study was part of a larger project called [Cycle Boom](#), which aims to advise policy makers on getting older people more active.

Participants took part in the study over eight weeks, with those cycling required to ride their bikes at least three times a week for 30 minutes - cognitive function and well-being were measured before and afterwards, one of the first studies to investigate the effects of cycling on cognition in older people outside of a lab. Results surprised researchers, who found that those using the e-bikes had an even greater improvement in brain function and mental well-being than people who used standard bikes. The researchers suggest that the additional benefits that e-bikes provide to older users have an effect beyond increasing physical activity. E-bike participants used a variety of assistance, spending on average 28% of the time in eco mode and 15% with the motor off.

The lead researcher Dr Louise-Ann Leyland said: “It is really encouraging that this research suggests older adults’ cognitive function, particularly what we call executive function as well as processing speed, could be improved by cycling in the natural/urban environment, even when that was on an electrically assisted e-bike.

“Furthermore, we found that some aspects of mental health and well-being increased in participants, who cycled on an e-bike for an hour and a half a week for an eight-week period. This suggests that there may be an impact of exercising in the environment on executive function and mental health. It would be great to see the effect of cycling, particularly e-bike use, on cognition and well-being in a larger sample of participants over a longer period of time.”

Prof Carien Van Reekum, a Professor of Psychology at the University of Reading, said: “This study confirms that getting out on your bike is good for the brains of older people. But what surprised us is that these benefits are not only linked to the extra levels of exercise.

“We had thought that those who used traditional, pedal-only powered bikes would have the greatest brain and mental health boost, as they would be giving their cardiovascular systems the biggest workout. The fact that the group was able to get outside on a bike, even without much physical exertion, is likely to make people feel mentally better. If having a bit of extra help from an electric motor encourages more people to cycle, the positive effects can be shared across a wider age range and with people who are less confident on a bike.”

MANY THANKS DAVID.

Forward planning

As you know, a new Committee was elected at the AGM held in October 2019.

However it is necessary to think ahead, as another AGM will soon be upon us.

At this stage, the Club will need to find the next President, as this will be my last year in office, having served for four years.

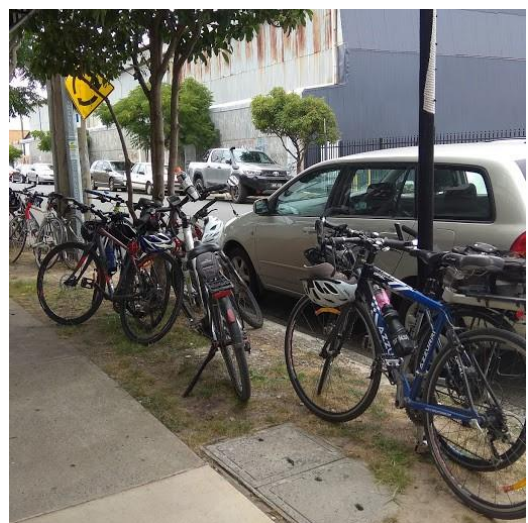
There may be other vacancies, yet to be announced.

As you know, unless the Club has a full complement of office-bearers, it would have to fold.

If you would like to serve on next year’s Committee (particularly as President), please let me know on either of the following:

Rod- 0400 787 543

Email; r.tacon@bigpond.com



For further information contact Tom Farrell.

<https://rotaryalexandra.org.au/event/cycle-dindi-to-help-local-youth/>

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 If any of our members would like to submit anything towards the Periodical please let us know.

Secretary@peninsulapedallars.org.au

FOLLOWING ARE SOME PHOTOS ELIZABETH TOOK ON THE RECENT LEISURELY GROUP RIDE ON THE NEW DJERRING TRAIL.

Thanks again Elizabeth.