



June 2013

Hi TBUG

It seems that the recent windy weather can make riding a bike a bit more difficult (or just a harder workout) but there may be an option for you to ride in a direction across the wind rather than straight into the headwind. Layering up with clothing and hi visibility clothing and bike lights are great ways of keeping on cycling at this time of year.

You will read in this newsletter that TBUG is keeping the (bike) wheels turning in local, state and federal government areas and of the gradual changes that are occurring due to our actions. We are making a difference in our local area to improve riding conditions for all cyclists. You could get on your bike and see what we have been doing lately.

Veni, vidi, bici. [I came. I saw. I bicycled.]

☺ Sue

WHAT HAS TBUG BEEN UP TO?

- ❖ Malcolm attended the Bike Futures Seminar and Hobart Bike Lane tour in early June. We sponsored Architecture student Ian Watts to attend as well. Ian is one of a number of Architecture students who have recently completed design projects featuring planning for bikes.

A major focus at the seminar was on how bicycle infrastructure is generally improved by incremental shifts rather than by massive leaps when the community and politicians are not ready for rapid change.

Focusing on making the perception of riding as a safe activity for women and families will increase the general uptake.

- ❖ We have met with Andrew Nikolic, Liberal candidate for Bass, Andrew rides regularly with a bunch on the West Tamar Highway but we weren't able to convince him to ride around the local bike lanes with us. However we met with Andrew over a cup of coffee to alert him to bike infrastructure issues in the region. We are meeting with sitting member Geoff Lyons early in July. We are meeting on site to look at the issues around the development of the Uni trail. We will also raise the same issues we did with Andrew re cycling funding.
- ❖ A Working Group has been formed to work with the West Tamar Council to look at the feasibility of a cycle/walking trail from the Tailrace to Legana.
- ❖ Another example of how persistence pays off! Bike racks have now been installed at the Tram Sheds.



See photo...

- ❖ Other infrastructure
Northern Midlands Council has applied for funding to install cyclist awareness signs on Pateena Road and have applied for funding to redevelop the Longford bike track and build a children's ride education track.
- ❖ North East Rail Trail update: The Scottsdale Rotary Club is required to put in a Development Application to change the use of the rail corridor to Legerwood from "Rail" to "Recreation". If you want this trail to proceed we encourage you to write to the Dorset Council when the application is advertised. We will keep you posted.

LIKE TBUG ON FACEBOOK at Tamar Bicycles Users Group



Encourage your friends and family to Like us - it's a great way to increase our reach. Go to <http://www.facebook.com/tbugbikes>
We have over 150 likes on the Facebook page. Bike riders from all over are liking us!

Dorset Rail Trail now has a Facebook page

The North East Rail Trail has adopted the name Dorset Rail Trail and is developing a Facebook page. To show your support and to make comments, "like" the Trail at www.facebook.com/pages/Dorset-Rail-Trail/186389198176827

TRIP PREVIEWS

CHECK OUT MORE TBUG RIDES [here](#)

MT BARROW CLIMB

5B 30km Sunday 23 June 9.45am Mt Barrow Road

For the fit rider with very low gears, climbing to the top of a mountain road is a real buzz and then you get to cruise back down in much quicker time. Great views from near the top but bring full gloves, warm clothes and a windproof jacket for the downhill part of the trip. 2-3 hours depending on fitness. Not recommended for road bikes due to the gravel road and steepness towards the top. Janice, janice@braesidedental.com.au, 0408 132 830

TREVALLYN FAMILY/EASY MOUNTAIN BIKE RIDE

2A Sunday 30 June 10.15am Hoo Hoo Hut Trevallyn

There are new trails up there, and they are wonderful! We'll try the easiest ones and work up from there over an hour or two. Any reasonably solid bike will work, though a proper mountain bike will be more comfortable. Kids bring whatever they have. Bring snacks to keep kids going! Meet at the little John Doyle hut, east of Hoo Hoo Hut, at the Village Green in Trevallyn Reserve. Anna, 6334 6633, 0427 552 862, fovey@intas.net.au

TREVALLYN FAMILY/EASY MOUNTAIN BIKE RIDE

2A Sunday 30th June 10.15am Little John Doyle hut, east of Hoo Hoo hut, Trevallyn Reserve

There are new trails up there, and they are wonderful! We'll try the easiest ones and work up from there over an hour or two. Any reasonably solid bike will work, though a proper mountain bike will be more comfortable. Kids bring whatever they have. Bring snacks to keep kids going! Meet at the little John Doyle hut, east of Hoo Hoo Hut, at the Village Green in Trevallyn Reserve. Anna, 6334 6633, 0427 552 862, fovey@intas.net.au

TAMAR RIVER RIDE

3B Sunday 14th July 9.45am Gravelly Beach Store

We'll have some delightful views as we follow the Tamar River north to Rowella and return to be followed by a hot drink at Kouklas cafe. Sue, suewalker@inet.net.au, 0438 924 615

CORMISTON RD LOOP

4B, 18km Saturday 20th July 8.15am Trevallyn Shops

Lu, Imcginniss@gmail.com, 63346749, 0431 956 815

TBUG RIDE GRADE CHART

Terrain Difficulty	Speed is pace on the flat
1. Flat	A. Leisurely (13-15 kph)
2. Gentle Grades	B. Moderate (15-20 kph)
3. Rolling Hills	C Brisk to fast (20-25 kph)
4. Mostly rolling hills, some steep climbs	D. Workout (25+ kph)
5. Steep hills, long climbs	

DBUG JULY TRIP PREVIEWS

BEAUTY POINT LOOP

Sunday 7 July 10.45am The Esplanade, Beauty Point

The Esplanade is on the right a little on past the Inspection Head wharf area. Head off towards Beaconsfield, picking up the bike trail at the wharf car park area. At Beaconsfield turn right into Greens Beach Road. After a 4.7km undulating climb (not too hard), turn right into West Arm Road. This will take you back into Beauty Point & turning left into Mainwaring Street will bring you back to our starting point at The Esplanade. Here there is a casual little cafe called Chef's Catch where you can have great fish & chips or go to the healthy end of the menu for foccacias, salad rolls etc. Coffee available plus seating inside & out. Total journey around 16km, but keener riders can add a 2nd loop or head down to Kelso & return for an extra 17 km. Attractions such as the Seahorse display at B Point or the Mine Museum at Beaconsfield could be taken in on the way home in your car.

LAUNCESTON WALKING CLUB

Auction Wed 17th July

Anyone after a bargain or wanting to sell their own gear are most welcome to attend. Generally the LWC takes 10% but can negotiate on more expensive gear. There is 1 MTB and 1 road bike 4 sale so far and many miscellaneous bike parts as well as. Bushwalking gear too.

Wed Aug 14th 6:00pm

Evandale night ride

Sat Oct 12 Ride with the Wind 9:00am

Contact Graeme 0437 748 666 for more information

LWC website: <http://launcestonwalkingclub.org.au/summer-walks/summer-walks.html>

NIGHT RIDERS: NOT AS VISIBLE AS YOU THINK

A study from Queensland University of Technology has added to existing evidence that many riders overestimate the visibility of fluorescent clothing at night and underestimate the power of reflective straps worn on the ankle and knees. The study found that overall riders perceived they were visible at approximately 70m when wearing a fluoro vest at night, but were actually only seen by drivers at about 40m. Conversely, riders thought that combining a fluoro vest with reflective strips at the ankle and knee would make them visible at 90m, but were actually sighted at 120m - 80m sooner than when wearing just the vest. The full report is available at: bit.ly/ZBqR2b



Cycle Torque have this hi vis water proof back pack cover for \$30 less 10% for TBUG members as well as reflective straps.

BEST BIKE JOKES

You Know You're Addicted To Cycling When...

- ❖ You have more money invested in your bike clothes than in the rest of your combined wardrobe.
- ❖ You wear your riding gloves when driving your car.
- ❖ You take your bike along when you shop for a car - just to make sure the bike will fit inside.
- ❖ The funeral director tells you "NO!" you can't ride your Cannondale in the funeral procession, even if you keep your headlight on.

LAUNCESTON PEDESTRIAN AND BIKE COMMITTEE

RECENT MEETINGS AND MORE

- ❖ Launceston City Council has applied for funding to form a cycle lane along the Tamar Rowing Club access road to make a safe and consistent surface to connect with the silt ponds trails and the trail under the West Tamar Highway bridge. See photo....



- ❖ The Council has also been busy improving infrastructure for bikes. They have completed three bike storage boxes on Elphin Road and Georgetown Road. “Storage” is a traffic engineer’s term for holding traffic, for example at lights or right turns (not a place to hang the bike up). Use them to get a head start on the traffic and to ride through an intersection passing the left hand turn lane, as in the photo....



- ❖ The Inveresk Rocherlea Trail crossing at Vermont Road has also been improved. See photo....

TBUG TSHIRTS ARE HERE!!

- ❖ Over 50 TBUG t-shirts have now arrived, and look great. We have a few spares, so if you didn’t order one, you may get one if you’re quick from Avanti or Cycle Torque and Coffee.



NORTHERN TASMANIA DEVELOPMENT

Thanks to all those who have provided input, advice, support, encouragement and assistance to NTD over recent months. They really appreciate the opportunity to be involved with such passionate people who want to see northern Tassie become a MTB hot-spot.

They should know the outcome of a funding application by mid-July and if successful, the funds will go towards the Blue Tier and Cascade Forest (Derby) trails.

Where to from here?

- Work continues to get the Hollybank trail proposal ready for construction. Thanks again to the Tasmanian Government for providing funds for this trail!
- Dirt Art recently finalised a revised trail plan at Hollybank after minor amendments were necessary to accommodate some of our avian friends (Wedge Tail Eagle). We aim to put the project out to the market shortly after with construction to start in Spring.
- We will progress the next stage of planning for the Blue Tier trails in the coming weeks. This planning will get the trail ready for assessment to enable another phase of the NEMTB project to be close to ‘shovel ready’.
- Planning activities for the Cascade Forest will also follow in the coming months.

On another note, NTD is developing a community engagement portal that we will utilise to create a 'community of interest' around MTB activities in the Region. We will use this portal to keep you informed of progress of the project and also to link businesses, riders and community groups to existing MTB activities. In addition, we will provide info on new trails both during, and after construction. To get a bit of an idea about what we are trying to achieve, see <http://vermontpowder.com/>.

=====

BIKES FOR THE PEOPLE OF TAVEUNI, FIJI

TBUG is helping coordinate fundraising efforts to ship a container of bikes to Taveuni, the "garden island" of Fiji (half of it is national park) Currently people walk kilometres to access water for their crops and daily living.

Australian Goodwill Bicycles Abroad collects used bikes in the Byron Bay area, services and dismantles them and provides them free to organisations in developing countries. It is the responsibility of the recipient to source funding for transporting them.

"A large part of the transport cost will be paid by Taveuni famers, who are really keen to have a bike," says Jo Dean, Launceston volunteer living in Taveuni. "They expanded their plantings of taro to bring in extra funds."

The help of the Tasmanian community will provide a workshop to train locals in bike maintenance and repair for ongoing sustainability of the bicycles, and hopefully would enable a second shipment later in the year.

What can you do?

\$50 will provide shipment of a bicycle

\$100 will provide a bike and some spare parts for the workshop

\$200 will provide a bicycle, spare parts and some tools for the workshop

All donations are tax deductible.

To donate, visit **Australian Goodwill Bicycles Abroad** at www.goodwillbicycles.com

(If you have any queries about this project, contact Anna fovey@intas.net.au.)



=====

ACTIVE LAUNCESTON APPEAL

As you are probably aware Active Launceston relies on donations, sponsorship and grants to operate. It is becoming more and more difficult in these tight economic times for this fantastic community initiative to remain viable.

The "Active Launceston Appeal" has now been launched and are calling for donations from the community to ensure our programs can be ongoing.

If you have participated in a program such as Active Bike or an event with Active Launceston and/or value the service that the partnership has made to the Launceston

community, this is your chance to say thank you and contribute financially to our programs into the future.

All donations small or large are greatly appreciated.

Simply click on the link below and navigate to the "Active Launceston Appeal" to donate online. <http://www.utas.edu.au/foundation/donations-and-support/current-appeals>

Everyone in the Active Launceston team looks forward to the opportunity to continue to provide a wide range of programs to help increase participation in physical activity and improve the health and wellbeing of the Launceston community...

This initiative is endorsed by



With thanks
Lucy Byrne | Active Launceston Manager and Consultant

TBUG rides are endorsed by Active Launceston

www.activelaunceston.com.au

INTERESTING WEBSITES

New website for mountain bike tracks and cycleways

Six Greater Hobart Councils, along with the Derwent Estuary Program, have worked together to create a new trails website that covers the region, 79 tracks are listed and there are still more to be added. [More](#)

Has the bike transformed your travel?

Researchers from the Transport and Road Safety [TARS] Research Centre at the University of NSW are conducting a study to find out more about how cycling for transport affects the use of other transport modes, and they need your help. [More >](#)

Would you like to be part of something BIG?

Register for National Ride2Work Day on Wednesday, 16 October 2013, and celebrate riding to work. By registering, you inspire others to ride and improve the health of our community. [More >](#)

TBUG P PLATER: BIKE MAINTENANCE, CLEANING AND PUNCTURE REPAIR WORKSHOP

Wednesday 26 June, 6pm - 7.30pm
Cycle Torque and Coffee, 46 Brisbane St



Learn the basics of how to look after your bike, keep it safe and avoid costly repairs with Nathan at Cycle Torque and Coffee:

- ❖ Clean and oil the chain
- ❖ Deal with a puncture
- ❖ Check the brakes
- ❖ Overall checks and maintenance



Bring a bicycle wheel to practice your tyre change on

To register ring Cycle Torque 6331 2400

Or email cycle2coffee@bigpond.com or contact@tbug.org.au

Special offer for the workshop: 20% off clothing and accessories for purchases on the night only.

THANKS YOUs



- Major sponsor St. Lukes Health
- Kerry Finch MLC for photocopying
- Discounts for TBUG members (see website for details) provided by:
 - Cycle Torque and Coffee
 - AvantiPlus
 - Sprung
 - Mountain Designs
 - Mountain Bike Tasmania
 - Freedom Mountain Bike Hire

NEXT TBUG NEWSLETTER

If you have anything for the next TBUG Newsletter, please submit this to suewalker@iinet.net.au

COMMITTEE MEETINGS

We would love to see you at our committee meetings (2nd Tuesday of every month, 6pm at Newstead Tennis Centre on Olive St). We share tea as we meet and talk about all things bicycle.

Next meeting: Tuesday 9 July.

CONTACT US

Tamar Bicycle Users Group Inc.
PO Box 5059, Launceston TAS 7250
www.tbug.org.au

General Enquiries
Newsletter items
To unsubscribe

please email contact@tbug.org.au

please email suewalker@iinet.net.au

please send a blank email to newsletters-

request@tbug.org.au with "UNSUBSCRIBE" as the subject (without quotes) and reply to the confirmation email.

=====