



31 July 2013

## Hi TBUG

I head off to Europe in less than 2 weeks to join a group of 11 others cycling around Netherlands and Germany. I shall then ride through France and Spain to cycle the 'Camino' for a month. I can't wait to be cycling in Europe with so many other touring cyclists and exploring new places – scenery, culture, traditions - and meeting lots of new people. I return home in October. Whilst I am away Rod will be taking over the newsletter.

There is plenty happening with cycling activities – The TBUG AGM is on 10 September, the Ride to Work Practical Workshop is on Saturday 24 August, Active Bike starts again on Sunday 1 September.

The TBUG Activities Committee is about to meet after a autumn/winter break to organise some TBUG rides over the next months, though the ride calendar may a bit quieter than usual with a lot of TBUG ride leaders travelling interstate and overseas at present.

As spring edges closer, I hope you look forward to more sun, more light, longer days and more opportunities to get out on your bike. Enjoy!

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

☺ Sue

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## TBUG AGM AND SOCIAL NIGHT

**7pm Tuesday 10<sup>th</sup> September, Newstead Tennis Centre, Olive Street**

We're planning a great speaker, and will let you know as soon as s/he says yes! 7pm at Newstead Tennis Centre. Bring a plate, tea/coffee supplied, bar will be open. Lots of time for a good yarn too.

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## WHAT HAS TBUG BEEN UP TO?

- ❖ Met with Avanti Plus to discuss exposure of TBUG and cycling in general
  - ❖ Has gratefully received \$1000 sponsorship from St Lukes Health
  - ❖ To have a stall at the Men's Health Forum on 3 September at Tailrace
  - ❖ Meeting with Active Bike to discuss Ride to Work Day on Wednesday 16 October
  - ❖ Three TBUG committee members are to attend Beginners Ride to Work workshop on Saturday 24 August 11 – 12.30pm at City Park. Any others interested in helping can contact Anna 6334 6633, 0427 552 862, [fovey@intas.net.au](mailto:fovey@intas.net.au)
  - ❖ Met with West Tamar Council reps and Legana residents to discuss proposed cycling trail from Legana to Riverside
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## 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 almost 200 likes on the Facebook page. Bike riders from all over are liking us!

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## TRIP REVIEWS

### TAMAR RIVER RIDE

Six cyclists met on a damp Sunday morning at Gravelly Beach for the 35km return ride to Rowella following the Tamar River. The sky sprinkled its rain on us as we covered the distance in good time after re-grouping a couple of times in strategic spots on the way. Rowella had a great bus shelter to enable us to get out of the rain, wring out our cycling gloves and have a snack before jumping back onto the bikes before we got too cold. It was then a straight ride back to Gravelly Beach but ALAS ☹ no coffee – the coffee shop was shut for its winter break! So, it was into some dry clothes and warm cars for the trip home and into the shower. I think we all agreed that it was great to get out and ride a bike despite the damp conditions.

Sue



### NE RAILTRAIL CIRCUIT RIDE

Two of my mountain biking friends joined me for a girls only trip on the 30km circuit loop including an ascent of the NE railtrail from Tonganah. The weather forecast was too pessimistic as usual and we were not rained on until we had driven back to Launceston after completing the trip in 3.5 hours with an average speed of 12.5 km/h. The bright signage directed us along a new track to the car park near the lake, and encouraging signs let us know how far we'd ridden. We only saw one motorbike on the track but the whole area is obviously dirt bike heaven and we saw some incredibly steep tracks in the bush. We returned via a series of old forestry roads choosing a particularly mossy and green road junction for our lunch stop. Back at the car we ate most of the cake I'd brought along for afternoon tea.

Janice



## TRIP PREVIEWS

CHECK OUT MORE TBUG RIDES [here](#)

### ACTIVE BIKE

**EVERY Sunday from 1 September starting 9.45am Royal Park**

More information and registration is at [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

This initiative is endorsed by



[www.activelaunceston.com.au](http://www.activelaunceston.com.au)

### SCOTTSDALE MOUNTAIN BIKE TREK

**4B, 40km Sunday 11th August 9.45am Scottsdale Forestry Eco-Centre**

We will ride the rail trails around Scottsdale, some distance on roads, some through the bush. It could be wet at this time of year. The trail surface is gravel in parts. The reward at the end is a chance to sample a hot drink and food at a Scottsdale cafe. Mountain bikes are desirable, hybrid bikes ok. See TBUG website, *Calendar*.

### 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	

## "RIDE TO WORK" PRACTICAL WORKSHOP

11.00am—12.30pm Sat 24th August, The Rotunda Launceston City Park,

Want to use your bike for errands, getting to work and not sure how to manage it?

Visit us for hints, handouts and maps...

Bring along your bike and you will get help with it

Try the spare bike on hand for the day...

Sign up for a practice 'Ride to Work' in September...

Get ready for 'Ride to Work' Day on Wednesday 16th October

TBUG is running this activity in conjunction with Tamar NRM, for Sustainable August. Do let all your friends know.



For more information, contact Anna [contact@tbug.org.au](mailto:contact@tbug.org.au)

## PEDESTRIAN AND BIKE COMMITTEE (PBC)

- The Untrail bike crash. Launceston City Council and UTAS met early in June as both parties want good outcomes but there is an overlap in their 'jurisdictions'. Council have moved quickly to improve sightlines and to fix the pinch-point at the Foch Street end of the trail. There have also been preliminary discussions over longer-term joint solutions. This is all good but we also need to remind ourselves to continually adapt our riding to whatever conditions are present.
- UTAS is planning to install 120 units for student accommodation within the Inveresk Precinct plus a 'bike hub' at their School of Architecture. Both will undoubtedly mean more cycling traffic in the precinct.
- The PBC meeting prompted another meeting with representatives from UTAS, the Inveresk Management Committee and the PBC. This meeting appears to have reset Inveresk's rail safety issues back onto wider agendas (other than the PBC's), which is welcome.

## ROAD SAFETY CONSULTATIVE COMMITTEE

This committee is made up of representatives from a range of community road user groups plus Council, DIER and police. It met in July to consider about a dozen schemes to improve Launceston's road safety by targeting known 'black spot' issues. Most of the proposed schemes have elements to 'calm' traffic flows and improve visibility, which are beneficial to bikes. Some proposals though can unintentionally introduce hazards such as pinch-points for bikes and these are picked up by having a cycling representative there.

*Roger Vreugdenhil*

## ACTIVE LAUNCESTON'S ACTIVE BIKE IS BACK!!

Active Launceston is pleased to announce the second block of Active Bike for 2013 that is bound to get you moving!

Active Bike is designed for people who want to learn or improve their bike riding skills. There is a choice of two riding

This initiative is endorsed by



[www.activelaunceston.com.au](http://www.activelaunceston.com.au)



groups; beginners for people who have never ridden a bike or intermediate for those wanting to improve their bike handling skills or do not feel confident riding alone on the road. Active Bike is a great way to not only get active and develop bike handling and road safety skills but meet new people in a relaxed, social environment and have fun.

Active Bike will hold 10 sessions, running from **Sunday 1<sup>st</sup> September to 3<sup>rd</sup> November, 2013**. These sessions will be begin at Royal Park, Park Street at 10:00am Please view the attached flyer for more information.

*If as an Active Launceston participant you value the service that the partnership has made to the Launceston community, you have a chance to say thank you and contribute financially to our programs into the future. All donations small or large are greatly appreciated. The flyer attached provides you with more information and a donation form or simply click on the link below and navigate to the "Active Launceston Appeal" to donate online. We appreciated your time and look forward to seeing you at some of the other great programs Active Launceston has on offer for 2013*

<http://www.utas.edu.au/foundation/donations-and-support/current-appeals>

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## BUYING A SECOND HAND BIKE



Many participants who come along to an AustCycle course do so on the bike of a friend or relative to see if cycling is something they want to continue further, while some don't even have a bike at all.

Buying a new bike may not be financially possible for new riders, and the idea that they need to spend a large amount of money doing so can put them off continuing to cycle after their AustCycle lessons are over.

Thankfully, quality secondhand bikes are widely available for purchase, and often for a fraction of the original purchase price.

If you have a rider who is asking for tips for choosing a secondhand bike, consider the ones below:

**Think about what type of riding you will doing.** If you're mainly going to be riding to the shops or around your neighborhood than a vintage-style, slightly heavier bike is fine. But, if your plan is to commute to work, then you will need something lighter and faster.

**Make sure you choose the right size.** Ensuring that you don't get a bike that is too big or too small is vital. Regardless of why or where you will be cycling, your position on the bike is crucial for cycling comfort, enjoyment and performance.

**Check for faults.** When buying a secondhand bike look for worn or dried-out brake pads and also look for cracked or bent brake levers. Check to make sure the frame isn't dented or cracked and look to see if there is any rust present. Remember, a bike that needs a lot of work can end up being more expensive in the long run.

**Consider visiting a bike shop.** Bike shops often sell secondhand bikes and this is often the best option for first-time riders as shop assistants are trained to help with any questions or queries. Buying from a reputable shop is also a lot safer than purchasing blindly off eBay or Gumtree as you get to see and test the bike before you purchase.

*From the AustCycle July newsletter*

<http://www.austcycle.com.au>

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## LAUNCESTON WALKING CLUB ACTIVITIES

### EVANDALE NIGHT RIDE

**Wed Aug 14th 6:00pm**

This ride is a partnership with the Tamar Bicycle User Group (TBUG). We will travel to Evandale by vehicle for a counter meal tea. After our leisurely meal we will ride back to Launceston via Relbia or White Hills. Coordinator: Graeme Pennicott 0437 748 666

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

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## BICYCLE THEFTS IN LAUNCESTON

The Sebel Launceston have had their two hire bikes stolen from the hotel last weekend. The bike lock (cable) was cut. They are both identical, and look like this one pictured.

TBUG is distributing this information and photo just in case some one sees these two bikes out on the street in the coming days/weeks.

The theft has been reported to the Police. Please contact the police if you notice any bikes matching this description.



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## TRAILS AND BIKEWAYS PROGRAM CREDITED FOR GETTING TASMANIANS MORE ACTIVE

Recently released Australian Bureau of Statistics figures show that Tasmania has achieved its best ever results in participation levels for sport, recreation and physical activity with 26.5% aged over 15 participating in physical activity at least 3 times weekly, higher than the national average. Minister Michelle O'Byrne has "no doubt the Trails and Bikeways program has made a huge contribution to improved participation levels and with its reintroduction will again make a major difference in terms of providing places and environments for people to be physically active and to cater for the increasing number of people who want to go for a run, walk or ride their bike at a time that suits them somewhere that is convenient." Research through the University of Tasmania has demonstrated that every \$1 invested in sport and physical recreation returns over \$4 in benefits to Tasmania, including savings of over \$60 million per annum to Tasmania's health system.

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## GREAT BIKE PICS





## TRANSIT TIMES FOR LAUNCESTON BIKE COMMUTERS

**Thanks to** those who have already sent me some bike commute details and times...

Do you commute by bike to your workplace in Launceston from your home or perhaps you commute part of the route to your workplace? I am collecting information for NRM (Natural Resource Management) so that they may collate bike-commuting information. I would appreciate your help and input (so I don't have to 'test ride' routes myself!).

If you can help please include the following information:

- Travel distance in kms

- Travel locations, i.e. Legana to Launceston city centre

- Travel time from home to workplace

- Travel time from workplace to home

If you commute and can contribute to this database of information, please let Anna know this information **by Friday 2 August**. Anna 6334 6633, 0427 552 862, [fovey@intas.net.au](mailto:fovey@intas.net.au)

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## BIKE TOURING

Here are a couple of photos from Noel McFarlane's recent touring trip along the Gibb River Road (see 'Interesting Websites')



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## A QUICK HISTORY OF BICYCLES

**The Walking Machine:** In 1817 Bacon von Drais invented a walking machine that would help him get around the royal gardens faster; two same sized in line wheels, the front one steerable, mounted in a frame which you straddled. The device was propelled by pushing



your feet against the ground, thus rolling yourself and the device forward in a sort of gliding walk. The machine became known as the Draisienne or hobby horse. It was made entirely of wood. This enjoyed a short lived popularity as a fad, not being practical for transportation in any other place than a well maintained pathway such as a park or garden.

**The Velocipede or Boneshaker:** the next appearance of a two wheeled riding machine was in 1865 when pedals were applied directly to the front wheel. This machine was known as the velocipede (fast foot) but was popularly known as the boneshaker since it was also made entirely of wood, then later with metal tyres and the combination of these with the cobblestone roads of the day made for an extremely uncomfortable ride. They became a fad and indoor riding academies, similar to roller rinks, could be found in larger cities.

*Mirboo North Times Wednesday 28<sup>th</sup> November 2012*

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## INTERESTING WEBSITES

### Noel McFarlane and Vivente bikes

Recently several TBUG members took the opportunity to hear Noel McFarlane speak in Launceston about starting his own cycling shop and the creation of 'Vivente' touring bikes. Read more [http://www.viventebikes.com/main/page\\_about\\_us\\_noel\\_bio.html](http://www.viventebikes.com/main/page_about_us_noel_bio.html)

### Designer Daily

is a place for designers to find inspiration, resources, and thoughts on design.

Read more

<http://www.designer-daily.com/amazing-bikes-5137>

### Cool Concept Bikes

Claims to have found the most interesting Modern Concept Bikes the world has to offer.

Read more <http://www.incrediblethings.com/lists/cool-concept-bikes/>

### Atlas Human-Powered Helicopter

[https://www.youtube.com/watch?feature=player\\_embedded&v=syJq10EQkog](https://www.youtube.com/watch?feature=player_embedded&v=syJq10EQkog)

### The spokesman

<https://open.abc.net.au/posts/the-spokesman-82kh4lu>

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## 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

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## NEXT TBUG NEWSLETTER

If you have anything for the next TBUG Newsletter, please submit this to [suewalker@iinet.net.au](mailto:suewalker@iinet.net.au) and [rodhowell.howell1@gmail.com](mailto:rodhowell.howell1@gmail.com)

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## 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: 6pm Tuesday 13<sup>th</sup> August**

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## CONTACT US

Tamar Bicycle Users Group Inc.  
PO Box 5059, Launceston TAS 7250  
[www.tbug.org.au](http://www.tbug.org.au)

### General Enquiries

please email [contact@tbug.org.au](mailto:contact@tbug.org.au)

### Newsletter items

please email [rodhowell.howell1@gmail.com](mailto:rodhowell.howell1@gmail.com)

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