



June - July 2016

## Hi TBUG members and supporters

Welcome to our early winter newsletter. I hope that you have all been able to keep your feet above the water line as the tidal waters and the flood waters merged into our streets of Launceston. The good news is I can envisage a levee bank from the Seaport all the way to St Leonards now, which would just be wonderful. Cheers Di

**A note for your diary.** Our AGM is Thursday 15<sup>th</sup> Sept. So keep it free.

**Quote for the month;** “When I was a kid I used to pray every night for a new bicycle. Then I realized the Lord doesn’t work that way so I stole one and asked Him to forgive me.” Emo Phillips, Comedian.

**Just for your entertainment:** look at these funny, informative or enlightning youtube videos.

Search the following titles. 1. How women use up calories in France. Nestle contrex commercial Ma contrexperience 97s.

**Wonder why we ask if you are insured? Here is what is available, it covers you if you run into something!!!! (tree, person, car, other cyclist etc)**

### Cycling Australia Bike Insurance

Cycling Australia now offers bike insurance for CA members, covering

- Accidental loss or damage
- Malicious damage
- Theft
- Loss or damage during transport

For more details on prices and excesses go to the CA website [www.cycling.org.au](http://www.cycling.org.au)

**Like what we do? Reminder to join for \$20 only...**

TBUG is asking for your support – please read on. We need more members to help make our advocacy work more effective. We’re your **local** voice for effectively promoting **all levels of cycling**.

Ongoing work includes:

- Encouraging councils and the state government to improve facilities. Our suggestions to install bike racks at the Farmers’ Market and West Tamar Council chambers have recently been successful.
- Supporting campaigns to promote a better culture for bike riding in our region.
- Contributing to meetings of the City of Launceston Bike and Pedestrian Committee. Last meeting we pushed hard for a quick start to implementing speed limit changes and street redesign as a priority for City Heart.

- Responding to the Preventative Health Strategy, attending Road Safety Forums and contributing to the development of the Northern Tasmanian Bicycle Tourism Strategy.

On top of all this, our dedicated ride leaders continue to organize rides and other events.

If you have joined Cycling Australia, you are automatically a TBUG member. However, if you have joined Bicycle Network or another national bike organisation that is not the case. **Please help us with our ongoing work for you and your cycling facilities by joining TBUG now.**

For this basic membership please complete the attached [membership application form](#) and forward to TBUG with your membership fee. See contact and payment details (cheque or direct deposit) on the membership form. The form will be attached separately to our newsletter. Ask a committee member if you need one.

## What's TBUG been up to in the last 2 months?

Members have been turning up and enjoying the Wednesday rides that Mick introduced, Marion adds some History rides to this event and Di (that's me) introduce you to some wonderful new places, so join us if you can. Marion sends out weekly reminders about the rides that are scheduled.

Winter has been chilly and foggy I know, but if you can get on your bike and get about it will put a healthy glow to your face. A lot more is on offer, check the website or your emails. Hard copies of the **Winter ride brochure** can usually be collected from your favourite **Bike Shop**.

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## President's Report

### *City of Launceston Bike and Pedestrian Committee*

The last meeting of the committee was held in May. There will be a bit of a gap however until the next meeting in late July.

There were some interesting discussions and outcomes...as usual really.

Firstly TBUG and Ald Hugh McKenzie will meet with Tourism Northern Tasmania to discuss options for funding joint cycling north/tourism officer. The position would be based part on the part time position in the South which is jointly funded by a number of councils. TBUG has produced a paper on the need for such a position in the north which would act as a driver of improved collaboration on the development of regional cycling infrastructure and bike promotion campaigns.

Council also agreed - again following our suggestion – to apply to the Tasmanian Community Fund for up to \$50,000 for bike trails. This money will be put towards completing the trail around the Mowbray racecourse. This is important for eventually completing the North East Rail trail into central Launceston. The current funding sees the trail end at Cold Water Creek, just north of Rocherlea.

We are still lobbying to improve bike parking at the Aquatic Centre and Council have agreed to discuss options with the designer of the new security fence. There will be more to say on this and other infrastructure after July.

We also agreed to look into ways we can improve the impact of sweeping on popular bike routes such as Hobart Road. The aim is to clear bike lanes and routes of lots of gravel and rubbish.

Importantly we recommended to council that they be prepared to proactively participate in Bike Week in March 2017. Hopefully this will lift the profile and impact of the week.

#### *Other news*

- We have written to the three main Federal Election Candidates in Bass seeking their support for the Bicycle Network national priorities as well as some local projects. We will publish the responses as we receive them...hopefully before July 2!
- TBUG's application for funding from Councils community Grants program has been recommended for approval at the next full meeting. This will enable us to produce a easy to read map of all Launceston on and off road bike/pedestrian trails. It is much needed and will be a boon to locals and visitors alike.
- I had a short but productive meeting with Cityprom regarding promotion of cycling in the CBD. We agreed to encourage businesses to take up the offer of bike racks and to collaborate on distribution of the bike trails map. I also gave them some research on the positive impacts that cyclists can have on small business.
- We have also received some handy sponsorship funds from Will Holman at INTAS financial services. We are very grateful for their support.

Cheers **Malcolm Reid**

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**If you want any issue raise at this committee please let me know via email. The next meeting is on August 17th 2016 [malkanga@bigpond.net.au](mailto:malkanga@bigpond.net.au)**

### **Up and Coming events:**

**Check out the website for any late changes, additions or more rides. Click [here](#)**

**If you are keen to do any rides, contact the person listed and they will be able to tell you more or if the ride is cancelled – due to inclement weather.**

### **TBUG RIDE GRADE CHART**

Terrain Difficulty	Speed is pace on the flat
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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	

## **Forthcoming Winter Rides.**

**Note:** Mid week rides are planned for Wednesdays, so keep an eye out on Facebook and in your inbox.

**Wednesday 13 July 2016**

**Mid-week ride from Westbury**

**3B 33km or 37km**

Meet Mick at the Council Chambers, Lyall Street, Westbury at 9.15am this week.

There will be two options:

Option 1 - 33km 3B or

Option 2 - 37km 4B. Bring money for coffee too.

Enquiries: Mick Statham, [hlmstaham@gmail.com](mailto:hlmstaham@gmail.com), phone 6331 1009 or mobile 0418 131 211

**Sunday 17 July 2016**

**There will be no a ride this Sunday. The George Town to Low Head ride has been postponed until January.** Di, is playing volleyball in Hobart.

**From Wednesday 20 July 2016 Mid-week rides from Longford 3B 40km**

For about 10 weeks (until mid-September) non-TBUG social rides will start at Longford from the Village Green, Lyttleton Street at 9.15am. The riders will decide where they are going on the day. So just turn up.

**Sunday July 24<sup>th</sup>. East Devonport Ride. 2B 20kms** Meet at 10.00am at the Northern End of Wright St. We are cycling the foreshore route to Pardoe Beach, then road to airport roundabout, return along the foreshore to the bridge and back to Wright St. Lunch and or coffee definitely an option. Possibly at The Manse. After rides markets will be on at Don, and Latrobe if you want to shop. Let me know if you plan to come. [dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au) or 0418 501145

**Sunday July 31<sup>st</sup>. Paper Beach Peace Ride. 4C 36kms.** Starts from Legana Shopping centre at 9.15am. Contact Sue Walker [suewalker@iinet.net.au](mailto:suewalker@iinet.net.au) 0438 924 615

**Saturday and Sunday August 13<sup>th</sup> and 14<sup>th</sup>. Overnight in Hobart.** Explore the Eastern Shore Line and other trails. Ride leader Chris [cjadams@bigpond.net.au](mailto:cjadams@bigpond.net.au) 0448 342 749

**Sunday 28<sup>th</sup> August. Latrobe to Railton loop.** 2B 48kms. Begin at 10.00am at The Axemans hall of Fame. Bring some snacks, but there are plenty of options for lunch and coffee at the end of the ride. We

will head along the road from Frogmore and return from Sassafras via the Highway. Let me know if you plan to come. [dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au) or 0418 501145

**Reviews.** We had an interesting circuit ride from Epping Forest back to Epping Forest along nice quiet country roads that I had never explored before. Try to join us next time and venture out along these unexplored back roads. You might be surprised by the lack of hills. The Macquarie river was crossed a couple of times, luckily the floods had not hit us when we did this ride.

### **A note on bike etiquette: Letting others know you are there.**

If you are riding in a group and come up behind another rider, say 'Hi I am on your tail', or 'finally caught you', this will tell them you are near and lessen the scare factor.

Use of Bells. On a shared pathway the bell should be rung nicely to alert another cyclist or pedestrian that you are approaching from behind or in front. It is courteous to let them know you're there. Even a polite 'excuse me' will do the trick. Be aware that some pedestrians may be deaf or hearing impaired or wearing earphones, or chatting on their mobiles. If there is a risk you are going to hit someone, use your voice and keep both hands on the brakes!

### **A word on Helmets!**

Each year about 400 cyclists die on Australian roads and 4,800 are hospitalized. Responding to a report published in The Australian recently, which quotes doctors who believe the mandatory bike helmet laws are discouraging riding for fitness. The Royal College of Surgeons is urging riders to still 'put a lid on it' to prevent and lessen the severity of head injuries as a result of bike accidents. (From Better Homes and Gardens. Dec 2015)

**"The most important 6 inches is between your ears" General James Mattis, US Marine Corp.**

### **A word on Bike Security!**

Keeping our bikes safe in our community. Recently there have been a number of expensive road and mountain bikes stolen from yards, garages and student accommodation and at the LAC. So secure your bike as best you can and take note of any suspicious people hanging around the area. The Launceston Police Station has 25-30 bikes handed in each month, many have been stolen. So go visit them, with the description of your missing gem. Later all these bikes are auctioned off, so find out when if you need a replacement. How to know if the bike is yours? All bikes I hope are stamped with an id # under the frame that owners should look at and record.

\*Lock your back wheel and frame to a rack if possible, the frame however is the most important area to lock. Make sure your bike cannot be stolen by lifting it over the object it is locked too. A D lock is best, even if it is heavy to carry around. See BV. Ride On, magazine for notes on Bike locks and see which they have suggested are the best.

\*Record the frame number of your bike (under the bottom bracket)- you may need glasses to read it!

\*If there isn't a frame number, then engrave your Drivers licence number on the frame. Or use infrared pen.

\* Take a nice picture of your precious for identification purposes, keep in a secure place.

\* Personalize your bike for quick identification, stickers, reflective tape, marked frame or personalized number plate \*Diana\*.

**If you have lost a bike or had one stolen recently contact the Launceston Police on 131444 and see if it has been handed in.**

## Events that might interest you during the year. Add these to the calendar so you don't miss them.

July 2<sup>nd</sup> -24<sup>th</sup>. Tour de France. May the force be with you.

July 10<sup>th</sup>. Eidon Road Race. Victoria. [vic.cycling.org.au/vrs16](http://vic.cycling.org.au/vrs16)

24<sup>th</sup> July. Paris. France. LA Course by Le Tour.

26<sup>th</sup> July. Australia. RAPHA Women's 100kms. [Pages.rapha.cc/womens100](http://Pages.rapha.cc/womens100)

28<sup>th</sup> – 30<sup>th</sup> July. Townsville to Cairns Bike Ride 2016.

31<sup>st</sup> July. Logan. Qld. Tour de Logan.

### AUGUST.

1<sup>st</sup> and 2<sup>nd</sup>. Coffs Harbour. NSW. [Coffsc Coastcyclechallenge.com](http://Coffsc Coastcyclechallenge.com)

6,7, 10<sup>th</sup> Aug. **Rio Olympics**. Road Cycling.

10<sup>th</sup> Aug. Victoria. Tour of the Great South Coast.

11 – 16<sup>th</sup> Aug. **Rio Olympics**. Track cycling.

14<sup>th</sup> Aug. Old Gold Coast. Peaks Challenge.

17<sup>th</sup> – 19<sup>th</sup> Aug. **Rio Olympics**. BMX

20<sup>th</sup> – 21<sup>st</sup> Aug. **Rio Olympics**. Mountain Bike.

20<sup>th</sup> Aug. Brisbane. QLD. ONEDAY TO CONQUER CANCER. [Theoneday.org.au](http://Theoneday.org.au)

21<sup>st</sup> Aug. Mildura. Vic. Tour de Depot. [Bicyclenetwork.com.au/general/tour-de-depot](http://Bicyclenetwork.com.au/general/tour-de-depot)

28<sup>th</sup> Aug. Moreton Bay. QLD. Lions Moreton Bay 100. [Moretonbay100.org.au](http://Moretonbay100.org.au)

### Some other interesting rides for you to consider.

SEPT 10-11<sup>th</sup> Amy's Gran Frondo, held in Lorne, Victoria, along the Great Ocean Road.

Sun 9<sup>th</sup> Oct. Around the Bay in a Day.

26<sup>th</sup> Nov – Dec 4<sup>th</sup>. Grampians to the Great Ocean Rd. Great Vic Bike Ride.

13-27<sup>th</sup> April. Vietnam. Vietnam ride for Youth Education. Average 75kms per day. Danang, Phong Nha Ke Bang National Park, Ho Chi Minh Road. (fully supported)

**Find your limit!!!** Peaks Challenge. Cradle Mtn. 30<sup>th</sup> Oct. [peakschallenge.com.au](http://peakschallenge.com.au)

**Facinating bike pictures.** From the London



## Things happening around Launceston.

A Migrant family fun cycle afternoon, at The Bike Centre in Laurence Vale Rd was held on Monday July 11<sup>th</sup> from 11.30 – 1.30, we managed to miss the downpour by minutes.. This is a follow up event for those migrants who are new to Launceston, who came along to our St Lukes fun day at Royal Park. We tried for funding for a 2 week Bike Ed program, which will eventually happen, but in the meantime this was a short session we were pleased to support. This activity was planned by the Women's friendship group. We were fortunate to have Alison Hugo and the On your Bike tour bikes available. We even got some adults on bikes for their first time. It was pleasing to see Adults and children riding and smiling. **So if you have a bike that is in the way and you would like it to have a new home please contact me**, Di on 0418501145. And a big thanks in advance. Any size, but reasonable condition please. The migrants who have received a gift of a bike has truly been thankful. Thanks Ian Loft for your valuable assistance on the day also.



Monday 11<sup>th</sup> July.



## Ride 60.

This is a Bicycle Network initiative which we will trail this summer. One Thursday night ride per month, will become a Ride 60. Which means you get 60 minutes of uninterrupted cycling around a set course. Hopefully all left turns. You can be timed and have your distance recorded and attempt to better your distance each month, or just be satisfied to do 60 minutes of non stop safe cycling each month. See the calendar for the selected dates.

## UTAS Film Society.

Every Tuesday evening of the UTAS semesters, screening time 6.30pm. At the Lecture Theatre beside Saltz café. Cheap meals also available. Membership is open to everyone and community members can join for as little as \$20 a half year. UTAS students. FREE! [www.utasfilmsociety.com](http://www.utasfilmsociety.com)

**On Your Bike Tours.** A great way to know Launceston. Includes N. Esk and Tamar river areas. Friday and Sunday at 10am or 1.30pm. Includes a Tassie Taste platter. Adults \$60. Children 10-18 \$50. Phone\_0407 612 611 or go to [onyourbiketours.com](http://onyourbiketours.com)

## Around Tasmania.

Check out Bicycle Network and Cycling South, see What's happening in Hobart?

Bike Hire in Tassie? Want a touring bike, go to [Longhaultasmania.com.au](http://Longhaultasmania.com.au)

## Around Australia.

Did you know that Australia has over 300 BUG groups. To find one where you are travelling too, go to [bicyclenetwork.com.au/find/club](http://bicyclenetwork.com.au/find/club)

Check out Bicycle Network, S.A [bikesa.asn.au](http://bikesa.asn.au), WA. Cycle touring of W.A. Qld. [Bq.org.au](http://Bq.org.au)

## What is happening in Hobart?

For more information go to [www.cyclingsouth.org](http://www.cyclingsouth.org)

## School Holiday suggestions

- Rug up for a winter ride on the [Pipeline Track](#) from Fern Tree to Neika (9km return),
- Take the little ones to the new [Wentworth Park Children's bike track](#),



- Ride a section of the [Clarence Foreshore Trail](#) and visit multiple playgrounds along the way
- Ride the [Bicentennial Track](#) in New Norfolk to Tynwald Park (3km return) and spend time at the [children's educational track](#).
- Do a loop on the track around [Risdon Brook Dam](#) (4.3km)

Or join Chris Adams for a cycling session on Aug 13 and 14<sup>th</sup> in Hobart, explore the trails.

## For those wanting to travel overseas, try looking at these.

Contact Bruce Robertson. CEO of Cycletoursglobal, phone 0403742110, or look for [www.cycletoursglobal.com](http://www.cycletoursglobal.com)

[www.exodustravel.com](http://www.exodustravel.com) Melbourne times 9-5pm. 1300130 798

[worldexpeditions.com](http://worldexpeditions.com) 1300 720 000. Vietnam, Cambodia, Myanmar, Silk Road, China, Iran, Great Wall trek. Mongolia, Japan, Volcanoes and Dragons of Indonesia.

**Touring Tunisia?** Go to tuneasybikes, to see the many available to hire whilst there! Ask for the translation to English, unless you can understand French?

**Cycling in Ireland?** This is one that is on my bucket list. 110 miles of coast road. The Ring of Kerry, around Inveragh Peninsula Kenmare, county Kerry.

**New Zealand?** South Is of NZ, go to [www.puretrailsnewzealand.co.nz](http://www.puretrailsnewzealand.co.nz). 6 trails to select from

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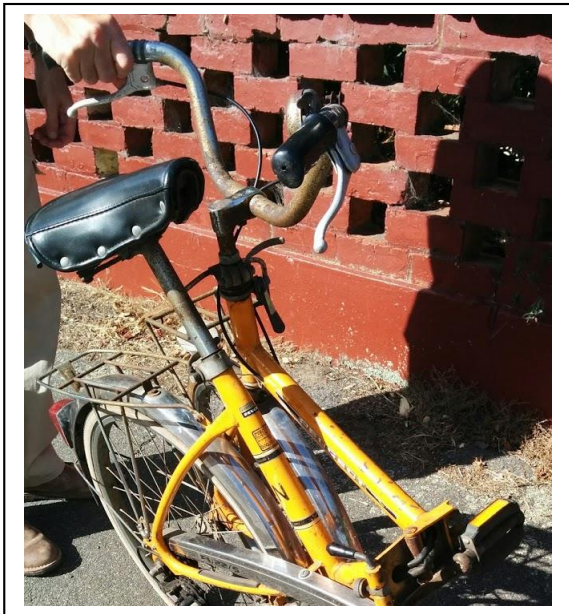
## Lost and Found.

I have a flash mens watch, which has the inscription Dear Sam, love Belinda xx. If you know any Sam's and Belindas, give them me details and they might get it back. Cheers Di

## Buy, Sell or Swap.

We are added this section to our newsletter, so if you have any items you would like to advertise, just let me know.

1. I have 2 under seat gear bags for sale, under \$20. 1 large, and the other small, if you want one, get in contact with me.
2. Wanted: Small bikes suitable for Kinder children, to be used at East Ravenswood Primary School, call me if you have some available.
3. **For sale**, a Retro Peugeot (folding bike) that is needing some TLC. phone Helen. 63628380. (see picture below)



Now that is keen.



#### Common bike serial number locations



- 1- Under crank (bottom bracket). May also be on top of the crank.
- 2 - On a rear stay. Often near the stay dropout opposite the gear-cassette or chainstay bottom..
- 3 - On the seat tube. (May be on the front or back of the tube, and near the tube top or bottom.)
- 4 - On the head tube.

Seen in Derby. TAS.



If you are interested in local touring “Like” Bicycle Touring Tasmania on Facebook and contribute.

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## LIKE TBUG ON FACEBOOK at

**Tamar Bicycles Users Group or click [here](#)**



Encourage your friends and family to Like us - it's a great way to get the latest updates and interesting news from TBUG. Go to <http://www.facebook.com/tbugbikes>. We have almost **500 likes** on the Facebook page. Bike riders from all over are liking us!

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## THANK YOU's



- ❖ Major sponsor St. Lukes Health
- ❖ Kerry Finch MLC for photocopying
- ❖ Foot and Playsted for printing

Sarah Courtney. For the Bike Ed brochures. See me if you want one!

### ❖ Discounts for TBUG members are provided by:

- Cycle2...
- AvantiPlus
- Sprung
- Mountain Designs
- Mountain Bike Tasmania
- Freedom Mountain Bike Hire
- Cycology
- Launceston Scout Shop

## COMMITTEE MEETINGS

We would love to see you at our committee meetings, 6pm at Newstead Tennis Centre on Olive Street. We share tea as we meet and talk about all things bicycle.

**Next meeting: Will be Aug 17th. 6pm**

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## CONTACT US

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[www.tbug.org.au](http://www.tbug.org.au)

## **General Enquiries**

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

## **Newsletter items**

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