



May, June, July 2017

Hi TBUG members and supporters

Sorry folks! The slight delay my trip to Japan is over so here is the newsletter. Our winter rides have been well attended with lots of you doing some good rides with relative ease - well done to you all. Many thanks to the TBUG members who went to Japan, you were all fantastic! After cycling in the wet for days, it was nice to ditch the wet and filthy clothes at our accommodation then don a yukata and head to the on-sen. Then we would be completely refreshed, revitalised and ready to face another spectacular meal. Sometimes this was as many as 12 delicious and perfectly presented dishes - the day's tough ride usually was long forgotten! But for the people that didn't go, sit back, relax and enjoy some of our other news.



TBUG members and friends in Japan

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## PRESIDENT'S REPORT – Good News and Bad News

First some good news. I want to thank all our ride leaders for the fantastic winter rides program this year. We have managed to have rides from beginner's level right through to rides of increasing difficulty and distances of 50k plus. They have been well attended and fun – despite the cold!

We also recently organised the Pedal for Peace as part of the Tamar Valley Peace festival. Although it was cold and the numbers - about 35 - were slightly down on expectations, the best part was the high level of participation from the Afghani community. Due to the training provided by Women's' Friendship Group, On Your Bike Tours and TBUG during the summer they have become really keen riders. Thanks to all the above groups for helping to ensure a fun day and an opportunity to reach out to often overlooked parts of the community.

I have also been active in trying to get some other opportunities to promote cycling among younger people off the ground. We are looking to develop a program of rides and bike maintenance sessions in the northern suburbs in alliance with the children's university at UTAS. We are also just about ready to go with producing a series of cycling promotion videos in conjunction with the City of Launceston. The first one should be on their Facebook page by September. Additionally, we have entered into an agreement with Carbil Computers to undertake a professional redesign of our website. After several false starts we have decided to invest some funds in this project to deliver a site that looks modern, is easy to navigate and simple to update. This is also scheduled for September.

The bad news is that Council seems to have continued to stall on rolling out further bike lanes and other cycling infrastructure, possibly in response to the clamour around the Hobart Road bike lane issues. Since their removal the supposed traffic problems have not gone away. As we have pointed out via the media and in the bike and pedestrian committee, the bike lanes were not the problem. The problem was the removal of one straight ahead lane – for safety reasons - and the lack of coordination of traffic lights. We have written to all Aldermen to make this point and will continue to take every opportunity to keep the pressure on Council. And don't forget to like the TBUG Facebook page!!

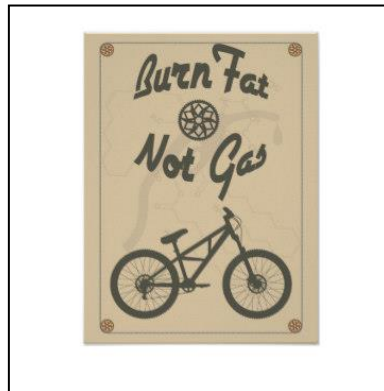
- **Malcolm Reid**

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## TBUG AGM

The 2017 AGM was held on Wednesday September 20 at the Newstead Tennis Centre from 6:00pm with traditional pizza and bar drinks. Our guest was UTAS Sustainability Officer Carmen Primo Perez. She spoke on the results of the UTAS' Five Year Active Transport Strategy to promote more cycling and walking among students and staff across all campuses. The Launceston results are very interesting and have real implications for council's future direction of making our city more people friendly via bikes and walking. Contact [malkanga@bigpond.net.au](mailto:malkanga@bigpond.net.au) or 0419 107892.

## Quote of the Month:



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## UP & COMING EVENTS:

Check out the website and Facebook 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 as used on Website Calendar

|                    |                           |
|--------------------|---------------------------|
| 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                |                             |

## Upcoming late Winter Rides

**Note:** Mid week rides are planned for Wednesdays, so keep an eye out on Facebook and in your inbox. Marion will let you know, the start is usually Carrick, Westbury or Longford. **Note:** if you are keen to attend then let the leader know, either by email or text, or by liking the ride on Facebook, so they can let you know if the ride gets cancelled. Because sometimes we have nasty weather. PS. We are making changes to our Facebook, so you might all be able to add your favourite rides or pictures to our information.

Upcoming dates are; Wednesday Aug 9<sup>th</sup>, 16<sup>th</sup>, 23 and 30<sup>th</sup>. Sept 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>.

**NOTE: (Postponed until Sept 10<sup>th</sup>) Sunday Aug 27<sup>th</sup>. Glebe Gardens – Punchbowl.** 2B 25-30kms. Meet at the Glebe gardens Henry St. at 9.45am. Marion. [marionsargent@bigpond.com](mailto:marionsargent@bigpond.com) 63314890 or 0438 432 848

**Sunday 3<sup>rd</sup> Sept. George Town – Bell Bay loop.** 2B 20kms. This is a delightful circuit mostly on shared paths, with hidden delights to be found. Meet at Peppers resort car park at 9.15am and enjoy lunch or coffee afterwards at Peppers. Diana. [dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au) 0418501145

**Wednesday 13<sup>th</sup> Sept. (Hollybank Ride.postponed),** Mick will lead another of his usual rides. (check out Facebook). [hlmstatham@gmail.com](mailto:hlmstatham@gmail.com) 0418131211

**Sunday Sept 10<sup>th</sup>. Glebe Gardens – Punchbowl.** 2B 25-30kms. Meet at the Glebe gardens Henry St. at 9.45am. Marion. [marionsargent@bigpond.com](mailto:marionsargent@bigpond.com) 63314890 or 0438 432 848

**Sunday Sept 10<sup>th</sup>. Junction Festival Tweed ride.** 11.00am Princess Square. Come in your retro tweed outfits and on your retro bike???? <https://junctionartsfestival/program/the-tweed-run>

**Thursday 28<sup>th</sup> Sept. A bicycle maintenance night is planned.** 6.30pm at Cycology. Contact John 0416310722

**Join our NW neighbours on Aug 27, 2017 at 11am - 2pm N.W. Penguin Circuits Coast Ride.** Meet Penguin Lions Park, Surf Club Rd. Sealed Roads, suited to any bike type. Hilly, with easier option.

**Ride A** – West Pine Loop - 24 km including total of 280m ascent, via Preservation, Deviation, Pine, West Pine, Davies, Nine Mile, Zig Zag and Preservation Rds. [Map & Profile](#)

**Ride B** – Creamery Loop- 13 km with total 130m ascent. Start and finish as Ride A, but short cut down Creamery Rd. Map & Profile. BYO or nearby take-away lunch on return.

Organised by Keith & Wendy Boyle. Contact Roger Nichols · [sarncon@gmail.com](mailto:sarncon@gmail.com) · 03 6425 9566. [Google map and directions.](#)

**Sunday Oct 1<sup>st</sup>. Deloraine Loop. 102kms.** Start at Carrick Hall. 9.15am. Leader is Mick.  
[hlmstatham@gmail.com](mailto:hlmstatham@gmail.com) 0418131211

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

#### **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, [bikesa.asn.au](http://bikesa.asn.au), Cycle touring Asn of W.A.

**Qld:** [Bq.org.au](http://Bq.org.au) Sept 2nd. Cycle Queensland. [Cycleqld.com.au](http://Cycleqld.com.au)

- 5-10th Sept. QLD. Cairns. 2017. MTB world championships. [Mtbworldscairns.com.au](http://Mtbworldscairns.com.au)

- 16-18 Sept. QLD. Cairns to Cooktown. CARDIAC CHALLENGE. [cardiacchallenge.com.au](http://cardiacchallenge.com.au)

- 15th Oct. Brisbane to Gold Coast Challenge. [b2gc.com.au](http://b2gc.com.au)

- 26 Aug – 6th Sept. Townsville - Brisbane. Smiling for Smiddy. [Smiddy.org.au](http://Smiddy.org.au)

**Victoria:** 16-17th Sept. Lorne. Amy's Gran Fondo. [Amysgranfondo.org.au](http://Amysgranfondo.org.au)

- 17th Sept. Shepparton. Tour de Depot. [Tourdedepot.com.au](http://Tourdedepot.com.au)

- 2017 Around the Bay in a Day. It's 25 years and still going strong. It's on October 8th.

- Ride to Work Day. October 18th!

- Gippsland trails tour. Oct 22 - 27th [www.snowyrivercycling.com.au](http://www.snowyrivercycling.com.au)

- Snow gums to Seaweed, Nov 12th – 17th [www.snowyrivercycling.com.au](http://www.snowyrivercycling.com.au)

- Bicycle Network. GREAT VIC BIKE RIDE. Explore the S. E. of Victoria beginning in the beautiful Wilsons Prom area and exploring from there. Nov 25th – Dec 3rd. 2017.

[www.bicyclenetwork.co.au](http://www.bicyclenetwork.co.au) or [greatvic.com.au](http://greatvic.com.au) or call 1800 639 634.

**N.S.W.** 1 Oct. Wagga Wagga. Gear and Beers. [Gearsandbeers.org.au](http://Gearsandbeers.org.au)

**N.T.** Darwin. Aug 20th. Top End Gran Fondo. [Tependgranfondo.com](http://Tependgranfondo.com)

**A.C.T.** Canberra's Floriade festival. Departs Goulburn NSW 23rd Sept. 6 nights. From [Mulgabicycletours.com](http://Mulgabicycletours.com) (ph 0412309711)

Also . . .

**Outbike Australia** are offering ([outbike.com.au](http://outbike.com.au))

- Borders. NE Vic. 28th Aug. 12 days.

- SA. Outback and Coast 26th Sept. 15 days.

- Easy paced Flinders Ranges. 29th Oct 13 days.

- Gulf to Gulf x Australia (2019). 30 days. Port Augusta to Karumba!

**Alltrails** are offering:

- Gold Coast to Noosa in Sept.

- Great Alpine Rd and Great Ocean Rd combo in Oct.

- Daylesford in Nov and Great Vic Ride in Nov. ([alltrails.com.au](http://alltrails.com.au))

**Bike Hire in Tassie** Want a touring bike? Go to [Longhaultasmania.com.au](http://Longhaultasmania.com.au) or Green Island bike hire.

(St Helens) . If you are interested in local touring "Like" Bicycle Touring Tasmania on Facebook and contribute.

## **Ride Reviews**

On the recent Swan Bay and Mt Direction rides, riders were treated to glorious weather and differing scenery for these rides, both held on Wednesdays in May. The coffee and cake venue for both rides was the Windermere Café, which sadly is no longer open on Sundays or Mondays!

St. Lukes Health Glebe Gardens to Rocherlea. In early July, Marion piked on leading the St. Lukes Ride because of some minor scratches (OK, major broken limb injuries) that she got gallivanting around Japan. Anna stepped up to lead the ride, which eight of us attended.

Fortunately, Marion had been very organised and plotted a fantastic 24km ride on Ride with GPS, so all we had to do was follow it and enjoy! The route connected levee banks and rail trail;

all the nice rides of Launceston joined together. We got some insights from a local as Mike told us about Alanvale where his family has owned a farm for decades. With regular sweeping, lovely Rocherlea railtrail is going to make a great link in the railtrail to Scottsdale one day. It was good to see Marion and Di at the end, so we heard tales of mishaps in Japan as we consumed some very good coffee and hand-made slices at the Glebe Gardens café. Thanks Anna for leading this ride. (Ed). And just look at the goodies you get when you do a St Lukes ride! And the other photo is of riders enjoying the sunshine with coffee and cake at Windermere Cafe.



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## Road Skills

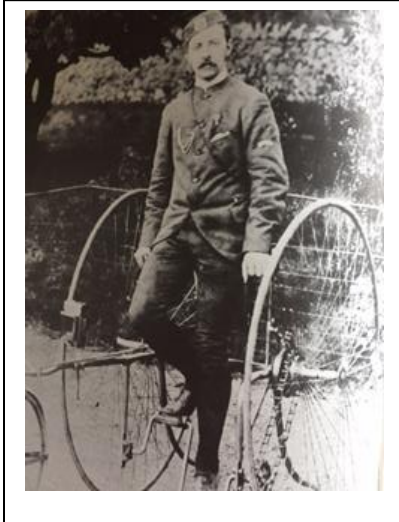
The current 10 year Road Safety Strategy focuses on vulnerable road users such as cyclist, motorcyclists and pedestrians, as they are at risk of injury on our roads due to the lack of protection in the event of a crash. The Advisory Council recommended a campaign be developed to encourage drivers to leave a safe distance when passing a bike rider. The distance makes a difference campaign has been launched and is funded from the Road Safety levy. The minimum passes distance of 1 metre in speed zones of 60kmh and under and 1.5m when in speed zones of over 60 kph. Also, U.S. Researchers have found that running a full time light is better than no light at all. A flashing tail light is safer than a steady (always on) tail light. A steady light worn on your ankle or heel makes you even more conspicuous. Colourful (and fluorescent) clothing is fine for the torso, but even better at letting people know you're a cyclist, is wearing fluorescent on your legs! Check out: <https://roadbikerider.com//riding-skills/safety-skills>. BTW, I love leg warmers and wore a bright pair when I cycled the Hillwood loop last month. Who saw me? (Ed)

While we are here, let's re-visit some local road rules:

- For cyclist safety, you are not permitted to ride within 2 metres of the rear of a moving motor vehicle continuously for more than 200m, cyclists are not permitted to be towed by another vehicle or hold onto a moving vehicle.
- To be more visible on the road cyclists you are allowed to ride to the front of queued traffic and ride 2 abreast. Be patient and use common sense.
- Cyclists can pass on the left of traffic provided cares are not indicating to do a left hand turn. Stop before the same holding line or in the green box.
- In Tasmania, cyclists are allowed to ride on the footpath, unless marked otherwise.
- Pedestrians have the right of way and both users should keep to the left.
- Cyclists must dismount when using marked or light-controlled pedestrian crossings, unless there is a green bicycle crossing light!
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## Fascinating bike pictures

Helping to celebrate 200 years of adventuring. (images from Victorian and Edwardian cycling and Motoring from old photographs. A.B. Demaus).



Mr Hardwick 1889 and daughters.

## Things happening around Launceston

- Ride to work day is: Wednesday October 18th 2017.
- **On Your Bike Tours.** A great way to know Launceston. Includes North, 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 Alison 0407 612 611 or go to [onyourbiketours.com](http://onyourbiketours.com)
- **Wes Sulzberger** our local Champion on a bike has begun a new venture and is offering bike touring options around our delightful state. For more information see the article from The Sunday Examiner July 23<sup>rd</sup>. Or [www.enroutecycling.com.au](http://www.enroutecycling.com.au) [www.facebook.com/enroutecycling/](https://www.facebook.com/enroutecycling/) or for more [info@enroutecycling.com.au](mailto:info@enroutecycling.com.au) Good luck to you Wes.
- Check out Bicycle Network and Cycling South
- **She Rides**, a cycling Australia initiative to get more ladies out riding. This program is a first for Launceston and will run for 8 weeks on Sundays. Check out Cycling Australia website or contact Alison Hugo 0407 612 611 for more info. There is a cost involved, but the program will be great fun.

## Things happening around Hobart

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

## For those wanting to travel overseas, try looking at:

- The website From Rome2Rio – for anywhere. You can book from there too.
- Nomints.org
- Bicycleadventureclub.org

- Trekbicycletours
- Cycletoursglobal, phone 0403 742 110, or look for [www.cycletoursglobal.com](http://www.cycletoursglobal.com)
- [www.exodustravel.com](http://www.exodustravel.com). 1300130 798
- Cycle Vietnam, Cambodia, Iran, Samoa and Laos. From 10-14 days from \$1750; [socialcycles.com](http://socialcycles.com)
- Cycle Indonesia, [www.cycleindonesia.com.au](http://www.cycleindonesia.com.au)
- Bamboo Road, S.E. Asia. 1 week to 3 months, [www.tdaglobalcycling.com](http://www.tdaglobalcycling.com)
- Austria and Hungary. [www.tradnaturasport.hu](http://www.tradnaturasport.hu)
- Keen on cycling and beer? UTracks run the Bavarian Beer Trail cycle, with an average of one brewery every kilometre. Weekly tours from April – October from \$1090pp.
- Danny Macaskill is at it again in Scotland. Check out; <http://kottke.org/16/10/danny-macaskills-wee-day-out> . Watch it to the end and check out bloopers!

**Want to know any address in the world?** Check out <http://www.vpike.com>

**Top Travel Apps, for those of you on the move.** Tripit -FREE, Weather+ - FREE, Flashlight, World Explorer – FREE, EasyMed Medical passport- FREE, Currency Exchange – FREE

## Lost & Found

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

## Buy, Sell, Swap and more

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

- I have 1 under seat gear bag for sale, under \$20. It is small, if you want one, get in contact with me.
- **Wanted:** Small bikes suitable for Kinder children, to be used at East Ravenswood Primary School, call me if you have some available.
- Get in shape for Spring, Wind trainers for indoor cycling use (because it can be horrid outside) Now only \$50. Ring John. 0416310722
- **Electric assist bikes.** Now available 15% off at Cycology
- **FIREWOOD.** For sale. Gum trees, felled April 2016. \$70/meter, weekend delivery in the Hadspen/Launceston area. Cheaper if you bring your own trailer and load it. \$20/meter if you chop it up & load your own trailer). Contact Caron Gamble: 0407842286
- Are you keen to see some cheap movies? **UTAS film society** has movies every Tuesday evening screening times 6.30pm. In the lecture theatre besides Saltz. Why not join us for a meal first? [www.utasfilmsociety.com](http://www.utasfilmsociety.com) or Facebook.

**WANTED:** Old bikes to become works of Art, please contact Anna or any TBUG committee person if you have one to give away.

## Discounts for TBUG members are provided by:

- Cycle2...
- Geards
- AvantiPlus
- Sprung

- Mountain Designs
- Mountain Bike Tasmania
- Cycology
- Launceston Scout Shop



## LIKE TBUG ON FACEBOOK!

- 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 over 500 likes on the Facebook page. Bike riders from all over are liking us!



## Thank You's

- ❖ Major sponsor St. Lukes Health
- ❖ Kerry Finch MLC for photocopying
- ❖ Foot and Playsted for printing
- ❖ INTAS financial services
- ❖ Sarah Courtney. For the Bike Ed brochures. Ask Di if you want one!



## 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: August 16th.

## 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 [dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au)

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