



November - December 2016

## Hi TBUG members and supporters

Welcome once again to our pre-Christmas newsletter, you will have noted that we did not produce a newsletter for the months of Aug, Sept or Oct as I have been busy exploring Greece and Italy. So, sit back and relax and enjoy some catch up news. Cheers Di

**A note for your diary.** If you would like to become a bike leader, as training course is set for Sunday Dec 3<sup>rd</sup> from 2-6pm, in Launceston. Contact Di for more information on this event.

**Quote for the month; “Live simply so that others can simply live!”**

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

Members have been turning up and enjoying the Wednesday rides that Mike and Terry have kept going in the absence of Mick, Marion and Di. With Spring weather hopefully arriving soon and all our travelers have returned home safely, come and join us if you can. Marion sends out weekly reminders about the rides that are scheduled. The start time has returned to 9.15am.

Sprinter (that would be a combination of spring and winter) has been cold, wet and windy 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 **Summer ride brochure** will be available shortly from your favourite **Bike Shop** ride leaders will be adding rides this coming week.

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What do stalagmites and building cycling infrastructure have in common? They both grow by constant drip effect. In Launceston we are gradually improving our infrastructure, project by project. Here are some examples of some more infrastructure that will improve the trails and lanes around Launceston. These are project that are proposed and discussed at the Launceston Pedestrian and Bicycle Committee (LPBC), brought to the Committee by the Council or raised by TBUG.

### Improving the bike lanes on Elphin Road with green transit lanes across intersections

These markings will provide continuity for the lanes and make drivers at the intersection aware that bikes cross.



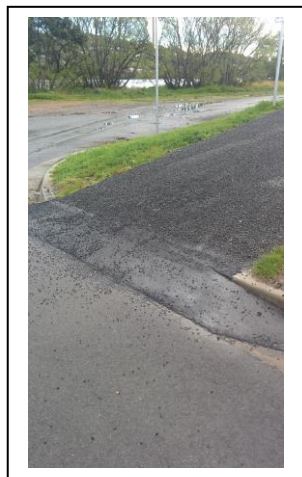
### **South Charles Street contra flow lane**

These markings allow bikes to ride against the traffic a short one-way street. This avoids the need to make a right hand turn into Mulgrave Street from Howick on the way to Meredith Crescent and Kings Meadows. This is our first “contra-flow” bike route – a small but significant event.



### **North Bank Train Ramp**

A simple thing but this took the North Bank Authority 18 months to fix so that it was a ramp not a curb. We even resorted to positioning a temporary “Guerrilla TBUG Ramp”.



**More from the LPBC**

The LPBC has reviewed the proposed plans for the upgrade of Civic Square to ensure it will remain as a shared zone to allow bikes to pass through.

Chairman Hugh McKenzie and Malcolm Cowan are pursuing the creation of a Cycling North/ Cycling Promotion Officer with Tourism Northern Tasmania. This position would liaise between participating northern Tasmanian councils to co-ordinate infrastructure development and the promotion of cycling.

We are proposing greater involvement of the Committee and Council in **Bike Week, 4 -12 March 2017**, to provide more commitment from the Council towards a pedestrian and bike friendly city.

Another long term project has been the removal of **Regulation 248** from the Road Traffic Rules. This rule makes it illegal to ride across a signalled pedestrian crossing, such as we have on the University Trail and other crossing points on trails. Its removal will allow us to lobby for Bike Signals on the University Trail etc so that riders will have similar signalling to vehicles and not be dependent on the "little green man" to cross. It seems a small thing but it will make these trails safer and easier to ride.

### **Rotary Club of Scottsdale and the NERT**

19 TBUG members had a wonderful working and social day mixed with some bike riding when we joined with Rotarians for a working bee on the Trail at the end of October. We cut and stacked vulnerable trees, planted and weeded the garden around the Station trail head, built a culvert and trimmed undergrowth on the trail. Rotary then provided a BBQ at the 3 Rivers Brewery. A great day working and socialising confirmed the fantastic work that the Rotary Club has done on the Trail – work that won them the Tasmanian Community Awards Community Group of the Year for 2016. In a competitive field this was great recognition for the more than 3000 volunteer hours and \$170,000 of Rotary funds that have gone into the Trail. Well done to Co-ordinator Robin Thompson and his fantastic team.

TBUG has been pleased to help with this fund raising. Through our networks we sold over \$5000 worth of NERT sleepers so thanks to those who bought them –a piece of NE Tasmanian history in your garden.

TBUG Members Terry (left) and Malcolm (right) get down and dirty to build a new culvert with Don from Scottsdale Rotary Club. Another working bee is planned for the 19 March next year.



Thanks Malcolm Cowan.

## President's Report

### TBUG Annual general Meeting – informative and lively!

*By Malcolm Reid TBUG President*

As always the AGM was held during September.

The focus of this year's meeting was to enable some minor changes to our constitution. These changes were designed to better reflect the way we operate these days.

The changes themselves achieved a number of things namely:

- simplifying membership categories;
- clarifying the roles of committee members to better reflect what we actually do;
- providing more flexibility in the process of nomination and electing committee membership;
- making specific reference to contemporary electronic payment methods.

I think my President's report was well received! If you would like a copy just email me at [malkange@bigpond.net.au](mailto:malkange@bigpond.net.au). The draft of our Launceston city cycling maps was tabled for final comment. The map has now been printed and distributed with a reprint on the way!

Our guest speaker was the wonderfully entertaining and informative Buck Gibson from Vertigo Mountain Bikes. He spoke about the Derby Mountain Bike experience – Hype versus Reality.

Buck is convinced of the value that mountain bike tourism can bring to the north east in particular and northern Tasmania in general. The reality is that the town is booming and it can only get bigger.

He is one of the many business people who have shown the initiative to get behind this new industry and provide the necessary services to support the influx of visitors.

Buck pointed out that there is still a way to go in gaining the support and even understanding of some existing local businesses and individuals but he remains hopeful that this will change.

#### **The 2016 – 17 TBUG committee members are:**

Malcolm Reid - President	<a href="mailto:malkanga@bigpond.net.au">malkanga@bigpond.net.au</a>	0419 107892
Malcolm Cowan - Vice President	<a href="mailto:malcolmcowanster@gmail.com">malcolmcowanster@gmail.com</a>	0417 573 991
Anna Povey - Public Officer	<a href="mailto:fovey@intas.net.au">fovey@intas.net.au</a>	0498 800 611
Peter Wheeler – Minutes Secretary	<a href="mailto:petermwheeler@hotmail.com">petermwheeler@hotmail.com</a>	0409 174 798
Alan Johnston – Treasurer	<a href="mailto:apijohnston@bigpond.com">apijohnston@bigpond.com</a>	0417 319 751
Sue Walker – Activities	<a href="mailto:suewalker@inet.net.au">suewalker@inet.net.au</a>	0438 924 615
Di McHenry – Newsletter	<a href="mailto:dianamchenry@netspace.net.au">dianamchenry@netspace.net.au</a>	0418 501 145
Meg Lade	<a href="mailto:megwal56@hotmail.com">megwal56@hotmail.com</a>	0439 340 818
Mandy Millar	<a href="mailto:mandy.mill.mm@gmail.com">mandy.mill.mm@gmail.com</a>	0400 132 551
Christine Bowman	<a href="mailto:cannebowman@outlook.com">cannebowman@outlook.com</a>	0427 840 836
James Ireland	<a href="mailto:jamesrichardireland@gmail.com">jamesrichardireland@gmail.com</a>	0499 622 628.

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If you want any issue raised at this committee, please let me know via email. The next meeting is on December 21<sup>st</sup> 2016, at Hart St Tennis courts club rooms. Start time 6pm, bring some nibbles. [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
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 Spring and early Summer 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.

**Wednesday Nov 30<sup>th</sup> then Dec. 7, 14 and 21.**

**Thursday evening rides from Park St** are on during Daylight savings and these will run till Dec 21<sup>st</sup> 2016 and resume again from Jan 5<sup>th</sup>.

**Sunday Nov 27<sup>th</sup>.** Ride leaders course to be held in Launceston. 9 – 2pm. More Info from Di

[dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au) or 0418 501145

**Sunday 4<sup>th</sup> Dec.** 3B 44kms. **Begins at 9.15am at the Big Fish at Cressy. Ride to Blackwood Creek.** Ride along the quiet back roads with views of the Western Tiers. Mick [hlmstatham@gmail.com](mailto:hlmstatham@gmail.com) 63311009 or 0418131211

Sunday 11<sup>th</sup> Dec. TBA

Sunday 18<sup>th</sup> Dec. TBA

Wed. 21<sup>st</sup> Dec, a possible Christmas lunch ride again, after the success of the 2015 event.

**2017! Rather scary to write about, but it will come soon enough.**

Wednesday rides may happen.



**Sunday 15<sup>th</sup> Jan.** Ride the Night! **a 1 am start at Harley Parade, Prospect, with a bright ride to Campbelltown.** To get you into the spirit of cycling. Enquires. Malcolm Cowan 0417 573 991 [Malcolmcowanster@gmail.com](mailto:Malcolmcowanster@gmail.com)

**Sunday 15<sup>th</sup> Jan.** 2B 20 kms. **George Town, Low Head and Bell Bay a circuit.** Meet at Peppers York Cove, car park at 9.45am, cycle through the river's edge bike trails and discover the bike track to Bell Bay. Bring \$ a delightful lunch is possibly on offer at Peppers when we finish. [dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au). 0418501145

**January 19<sup>th</sup>. Audax Giro Tasmania.** A 1000km journey of a circuit of Tasmania all done in 75 hours. Not for the faint hearted. Hope you get to see them whizz past!

**Sunday 22<sup>nd</sup> Jan. Ben Lomond Ascent.** Every time I had put this event in my calendar it snows! Enquires. Malcolm Cowan 0417 573 991 [Malcolmcowanster@gmail.com](mailto:Malcolmcowanster@gmail.com)

**Reviews.** We had an interesting circuit ride from Westbury to Deloraine via the back roads, then along River road through the Reedy Marsh area along very nice quiet country roads that I had never explored before by bike. Try to join us next time and venture out along these unexplored back roads. You might be surprised by the changing scenery.

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

**Dec. 2 – 4 Tour of Bright, Vic.** [Tourofbright.com.au](http://Tourofbright.com.au)

**Dec 3<sup>rd</sup>, NSW.** Crackenback. L'etape Australia. [Letapeaustralia.com](http://Letapeaustralia.com)

**Dec 4<sup>th</sup>. WA.** Ocean ride for MS. [Oceanrideforms.org.au](http://Oceanrideforms.org.au)

**Sat. Jan 28<sup>th</sup>.** The Alpine Classic. Bright Victoria. Ultimate 320kms or a 60kms of Mt Beauty. See Giro della Donna website.

**Sat Jan 28<sup>th</sup>.** Melbourne. Victoria. **Ride the Night.** See Bicycle Network website.

**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)

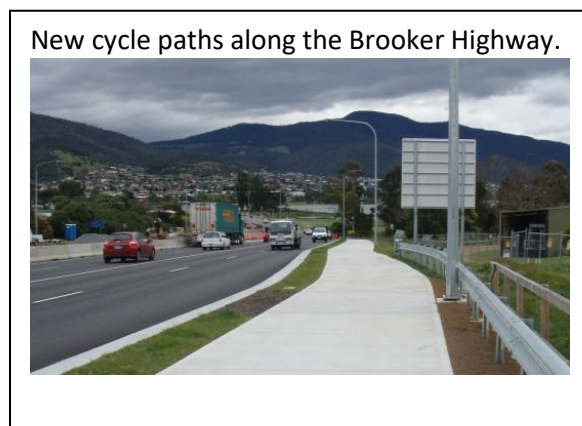
**RRR RACT RESORT RIDE.** 16<sup>th</sup> Feb – 24<sup>th</sup>, and 26<sup>th</sup> Feb to 5<sup>th</sup> March. More info see below.

**July 2016-March 2017 - [GASP](#)** Greater Hobart trails!

Plan your own ride to GASP Boardwalk to view the artwork [Herba Ostrea](#) by Slovenian artist Matej Andraž Vogrinčič on Wilkinson Point or [Amphibious Architecture](#), a poetic and dynamic light array over 60 metres providing information about estuarine health through dissolved oxygen levels below the surface. Easily accessed from the Intercity cycleway via the Barossa Creek Trail near Glenorchy YMCA.

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**Facinating bike pictures.**



Spotted in Italy.

Designed by Leonardi di  
vinci



## Things happening around Launceston.

The Women's friendship group who are supporting our local refugees have gained funding to run a Bike Education program in Launceston. We are following up the successful day we had at the Bike Centre in Laurence Vale Rd with a 9 day program that will introduce, Primary aged students, women and men to the wonderful world of cycling. **This program is being run from Jan 16<sup>th</sup> – 20<sup>th</sup> and 23, 24, 25<sup>th</sup>, and 27<sup>th</sup> of Jan.** We have the support of Alison Hugo from On your Bike tours in Launceston making her bikes available to the adults, but we do **need donations** of smaller bikes and helmets for the Primary school age group. It will be pleasing to see Adults and children riding and smiling. **So if you have a bike/helmet 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. I am happy to borrow and return after the program also.

**Mentors required.** This program will be a huge success if we have some volunteer mentors who could provide some time to assist with the instruction and supervision of these learners. The program times are as follows Primary students, from 9.30 – 11am, Females 11.30 – 1.00 and males from 1.30 – 3pm. The Venue is Glen Dhu Primary School. When the female group runs, we would like only female helpers, so if you have a little free time make contact with me - Di. Many thanks.

## 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.

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. Usually the last Thursday of the Month. See you out there.

## 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) Last screening for 2016 is Dec 6<sup>th</sup>. Shows resume in mid Feb.

**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)

Guess who is coming..... Don't forget as members you receive discounts on most purchases at all the Bike stores in town.

Gift idea. The Tasmanian  
Mountain bike guide book.  
By Travis and Jan Dean  
Available at Geards.



## Around Tasmania.

**Hot off the Press. RRR RACT Resorts Ride.** East coast of Tas, starts in Launceston and finishes in Devonport. East Coast: 16- 24<sup>th</sup> of Feb 2017, West Coast 26<sup>th</sup> Feb – 5<sup>th</sup> March. Rest days at RACT Freycinet Lodge, Hobart and RACT Strahan Village plus a visit to RACT Cradle Mtn Hotel. For more information ALL TRAILS. [Alltrails.com.au](http://Alltrails.com.au) 03 96453355/ [alltrails@alltrails.com.au](mailto:alltrails@alltrails.com.au)

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)

### Summer 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)

## 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.

Also seen whilst I was touring Puglia, (the heel of Italy). Backroads, Trek travel, Exodus, BVT. Everyone is in for a piece of the pie.

**Outbike.com.au** Offers rides Tour de Front, in Flanders and France April, June and Sept 2017. Noosa Hinterlands and the Brisbane Valley. DIY Rhineland, Base yourself at Ralph and Olga comfy apartments and ride lots of river and rail trails including Zell and Mosel Rivers. (**[myeuropebase.com](http://myeuropebase.com)**). Outback Gulf 2 Gulf Port Augusta to Karumba, plus Rail trails of Victoria.

**Cycle Vietnam, Cambodia or Iran** with [social-cycles.com](http://social-cycles.com) 10-14 day packages from \$1750. Proudly supporting Child safe Movement.

Cycle the **South Island of New Zealand**. [www.puretrailsnewzealand.co.nz](http://www.puretrailsnewzealand.co.nz). 1800 738 667 toll free.

Cycle beautiful trails in **Australia, NZ, Asia and Europe**. [Tourdevines.au](http://Tourdevines.au). 1300 665 330

**Challenge Yourself... La Bella Italy**. May – June 2017, **North Cape Norway** June-July 2017, **The Great Divide. USA** Aug-Sept 2017 or **Lake Victoria Safari. East Africa** Jan- March 2017. Register at [www.thekidscancerproject.org.au/cycling](http://www.thekidscancerproject.org.au/cycling) more info. Contact Pip at [events@tkcp.org.au](mailto:events@tkcp.org.au) or 02 83947711

**Touring Corfu, Sardinia and Sicily?** Check out Macs Adventures.

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**Saddle Skedaddle** [news@skedaddle.co.uk](mailto:news@skedaddle.co.uk) a news item for you.

**The perfect pedalling escape is just around the next bend! Time to find out if a self guided or guided holiday is for you...**

Whether you wouldn't miss a trip with one of our charismatic cycling guides, or love the thrill of navigating a new destination under your own steam, there's no denying there are many benefits of both styles of cycling. Want to find out more? [Click here](#) to see our new **Self Guided V Guided infographic**.

### **Great Guided Holidays...**

**Best for roadies:** [St Malo to Nice](#), France

**Best for mountain bikers:** [Ruta de la Plata](#), Spain

**Best adventure lovers:** [Guilin & Guangxi](#), China

**VS.**

### **Stunning Self Guided Holidays...**

**Best for Leisure cyclists:** [Azure Ocean Ride](#), Portugal

**Best for Families:** [Tyrolean Valleys](#), Austria

Looking for more guided and self guided holidays, like the ones featured above? [Click here](#) for our top 10 trip picks. Included in these are:

1. The Chateau region of the Loire Valley, France.
2. The Coronian Spit in Lithuania.
3. Coast to Castles, UK
4. Countrified Charm in Sicily.
5. Danube delights, Passau to Vienna.
6. By land and sea, Croatian islands.
7. Say you want a revolution. Cuba.
8. Mekong Delta and Angkor. SE Asia
9. Petra and the Wadi Rum in Jordan
10. Vineyard – Vignettes in Chile.

For more look at Telegraph travel top 50. Which gives you 50 great cycling holidays for slowcoaches, speedsters, families and foodies alike!

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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 my 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.

### AND FOR THE WOULD-BE TOURER.

#### **For Sale | Mono-Wheel Bike Trailer | \$150**

Mint condition: unused (it didn't fit; gear cable clashed). 16" wheel, waterproof bag, includes longer axle and QR. **note:** rear brace fitted upside down for a rushed photo. Chris Adams 0448342749



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

**MY BICYCLE**  
**WHEN I RIDE MY BIKE**  
I FEEL FREE AND HAPPY AND STRONG  
LIBERATED FROM THE USUAL NONSENSE OF DAY TO DAY LIFE  
**SOLID DEPENDABLE SILENT**  
MY BIKE IS MY HORSE MY FIGHTER-JET MY ISLAND MY FRIEND  
TOGETHER WE SHALL CONQUER THAT HILL & THEREAFTER  
**THE WORLD**

Now that is keen, Evandale Tas. 2016.



Studies have shown that riding a  
bicycle everyday  
makes you more  
awesome than the  
general population.



your  cards  
someecards.com



found in Greece

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
- Geards
- 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 Nov 16th. 6pm**

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

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