



April - May 2016

Hi TBUG members and supporters

Welcome to the Autumn and hasn't the weather been just perfect for cycling. Our riders have been out and about and enjoying the sights and new surrounds. The air quality is back to delightful. We still have lots planned, so get your bikes ready and continue to peddle. Many of our members are about to head overseas to enjoy the warmer climates, so I wish them well on their travels and keep us in the loop about the wonderful places out there that we shouldn't be missing. Cheers Di

Quote for the month; 3 simple rules in life! 1. If you don't go after what you want you'll never get it, 2. If you don't ask, the answer will always be NO, 3. If you do not step forward you will always be in the same place!

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

Search the following titles. 1. Exploding airbag bait bike prank. (does have a little swearing in it)

2. Danny MacAskill – Cascadia, riding the roof tops!

3. If only every mountain bike video was shot like this. Afrojacks.flv

4. Dog learning to ride a bike

5. Blind Archer, Lawrence Raymond.

6. Ambulance drone that will save lives.

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

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 last 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.

Autumn has been awesome, so get a bike and get about. A lot more is on offer, check the website or your emails. Hard copies of the **Autumn ride brochure** can usually be collected from your favourite **Bike Shop**.

President's Report

City of Launceston Bike and Pedestrian Committee

The latest meeting of this active group was held in late March. Perhaps the best news was that the figures for the bike and pedestrian count held in early March were very encouraging as far as the growth in "active transport" is concerned. Both cyclist and pedestrian numbers were the highest they have ever been since the counts started in 2009. Yes, the weather was good and we have to wait until the September count to get a more detailed picture but good news nevertheless. Good ammunition against the common whinge that "... nobody uses the bike lanes so why have them."

Council are continuing to roll out bike lanes – St Leonards Rd being the latest along with the infamous Westbury Road. Further improvements should be undertaken soon near West Tamar Marine and resealing of the levees track up to Vermont Road. Howick St is still in the planning process. TBUG lobbying and pressure has been important in getting this projects up.

We have also provided council with an infrastructure report with highlights a number of improvements we would like to see undertaken. See Malcolm Cowan's article for full details.

Regarding Westbury Rd the committee was asked via the Mayor to consider dropping the bike lane due to the controversy. We refused and the lane remains. I think it shows how we need to remain firm in the face of hysteria otherwise we will lose out in the long term and a better community cycling culture – a key plank in Councils Bike and Pedestrian strategy - will never happen.

There was ...another!!! ...discussion about bike security at the Aquatic Centre. Hugh McKenzie is following this up and I remain hopeful that some good may eventuate from the proposal to incorporate a bike hub into the repropoed security fence. Some of you may know that my bike was stolen outside the pool by people using bolt cutters...so the need for vigilance is obvious.

Queensland Metre Matters Trial

I recently received a report on the impact of the trial legislation in Queensland. It is long but it has useful executive summary. In essence the report noted a big increase in cyclists feeling safer and a greater awareness of us on the part of drivers, together with a drop in the accident rate. The bad news is that the attitude of drivers towards cyclist has not improved and even hardened in some cases. I have placed the link on our face book page but contact me if you want a copy.

New TBUG Website

We are currently in the process of building a new website thanks to the great efforts of Chris Adams. This naturally is slow process as Chris is acting entirely voluntarily in the enterprise but things are moving along. The new site will be much easier to find your way around and easier to edit. It will of course look great too!

TBUG Social/Information evening

Keep Friday June 3 free as we will be putting on another greatly entertaining and informative evening at the Gunners Arms. Some well known TBUGgers will inspire us with tales of the thrills and spills of their cycling adventures. We have also invited Chris Griffin from Tourism Northern Tasmania to introduce us to the recently launched Northern Tasmanian Cycle Tourism Strategy. More details to come.

Please contact me if you wish to raise any issues etc. Email malkanga@bigpond.net.au mobile 0419 107892

Cheers Malcolm Reid

**If you want any issue raise at this committee please let me know via email.
The next meeting is on May 18th 2016 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	

Reviews. We had an interesting ride from **Scottsdale to Tullendeena** and return on April 13th. 14 Keen cyclist started out, 13 made it to the end of the line. They all had a quick snack and before they got too cold, they headed back down the trail to Scottsdale. We had a total of 7 flat tyres, thus running out of spares, the weather was sunny in the morning and then overcast for the return trek, but quite pleasant for an autumn day out. Coffee at the Arty Café was also delightful and appreciated to the max, as rescue parties set out to retrieve the late comers. With several hours of daylight to spare the lost were reunited and more coffee consumed. So put the air in your tyres and meet us this week/month for more fun rides.

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!

Forthcoming Autumn Rides.

Note: Mid week rides are planned for Wed, 4th May, 11th May, (history ride) 18th May, and 25th May. So keep an eye out on Facebook and in your inbox.

Sunday 1st May. Kirklands Ride.

3B 55kms. Suitable for Road bikes. Meet at Epping Forest, Road House 9.15am

Mick will lead you around the quiet country roads, hopefully without the nasty winds that prevailed last year. hlmsatham@gmail.com 0418 131 211

Sunday 8th May. Corralyn History Ride.

3B 30kms. Meet at 9.15am at Royal Park. Marion Sargeant. marionsargent@bigpond.com 0438 533 848

Sunday 15th May. Cappuccino Ride.

3B 40-50km. Meet at the Brickfields at 8.45am or Harley Parade at 9.30am. Ride out to Longford via Pateena Rd for Coffee and cake? John Spucches. spucchesj@gmail.com 0416 310 772

Saturday 21st May. Full Moon Ride. Eat'n'ride

3B 20km. Meet at 6pm at the Carrick Hotel, enjoy a meal then head off around the quiet country roads. Sue Walker; suewalker@inet.net.au 0438 924 615

Sunday 22nd May. Recovery ride.

Bridgenorth – Long Plains Loop ride. 4B 58kms. Meet at the Brickfields at 9.15am (or later at the Liberty service station at Legana, if you want a shorter ride) Sue Walker; suewalker@inet.net.au 0438 924 615

Sunday 29th May. Ben Lomond. Accent – Descent.

5B. 17.5kms. Meet at the Ben Lomond National Park entrance at 9.15am. Bring warm clothes. MTB bikes or hybrids. Malcolm Cowan. malcolmcowanster@gmail.com 0417 573 991

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Kids “blown away” by St Lukes Health Family Fun Day



Gale force winds around Royal Park didn't deter TBUG members and a number of families turning up for a morning of ride training, bike games and rides around the levy banks. A highlight was the donation of a bike to a refugee family and taking one of our Afghan refugees Rajab Ali on his first bike ride for years.

A sausage sizzle and “goody” bags from Stlukeshhealth topped off the morning. Another kid's morning is planned for the Spring.

Our thanks to Stlukeshhealth for their continuing support for TBUG, allowing us to help more people get healthy and active on bikes. Please support them when you are considering health insurance.



If you have a bike you'd like to donate to a loan pool for refugees, please contact Malcolm on 0417 573 991

Infrastructure Improvements around Launceston

TBUG has been working with the City of Launceston to promote and identify bike infrastructure around Launceston. Here's an update.

Westbury Road. Despite the misleading and sometimes mischievous reporting in the media, the uphill bike lane from Normanstone Road to Bertha St on Westbury Road is complete. This little section makes it much safer for riding up Westbury Road and will reduce crashes of cars turning off Westbury Road. This job was primarily a reseal project with improved safety and the bike lanes were minor part - \$10,000 of a \$400,000 project that was mainly funded by the Federal Roads to Recovery Program, so ALL taxpayer contributed.

Bike lanes are now in place along St Leonards Road. St Leonard Primary School organises kids to ride to school along this road so this means a safer ride for everyone.

Although we need a lot more spent on bicycle infrastructure to be anywhere near what's needed to really shift bike usage in Launceston, constant tweaking is improving the accessibility and safety of what we have.

Site for new lines Margaret Street



Malcolm Cowan and Christine Bowman prepared a report for the Pedestrian and Bike Committee on improvements needed on some intersections and trails around Launceston. Malcolm inspected these sites with Nigel Coates, Traffic Engineer, and they have gone into the system for implementation.

Recommendations include a bike box on Connaught Cres and Maitland St corner, straight ahead lane marking on Margaret St, improvements to road crossings along the University Trail and a ramp on the North Bank trail at Lindsay Street.

New Mowbray Connector Crossing. A much safer and convenient crossing point on the Uni Trail



Ride reviews

100km in a Day

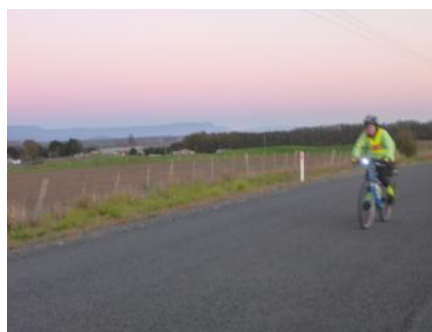
14 riders completed Malcolm's 100km in a Day ride on Easter Monday. The route this year meandered around the Longford area for the day with coffee at Carrick and Evandale and lunch at Longford. As one rider commented – "I never thought I'd do 100km. This gives me a real sense of achievement". Over the past 5 years more than 30 riders have completed these rides, some more than once.



Paul and Errol happy enough at the halfway point.

Full Moon Lunatics

Another (some say "crazy") idea was Malcolm's 84 km Full Moon Ride Through the Night to Campbell Town on the morning of 24 April. This ride was postponed from January when bushfire smoke forced postponement. Riders braved the cold and some fog under a full moon, two starting from Launceston picking up another three in Longford at 3am to arrive invigorated and enthused in Campbell Town for breakfast. Another successful challenge ride! Thanks to Tim and his new bike transport trailer for the ride home.



Meg
rides though the dawn

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

April 30th. NSW St Albans CONVICT 100. Convict100.com.au

April 30th – 1st May. S.A. Cudlee Creek. Dirty Weekend. Bikesa.asn.au/dirtyweekend.

May 6-29th ITALY, Giro D'Italia. Watch it on TV.

May 6th-21. S.A. Adelaide to Blinman. Outback Odyssey.

May 15th. QLD. Brisbane. Great Brisbane Bike Ride. Coot-tha.bq.org.au

May 15th W.A. Armadale. City of Armadale, Grand Fondo

May 26th-29th. Newcastle. Port to Port. MTB.

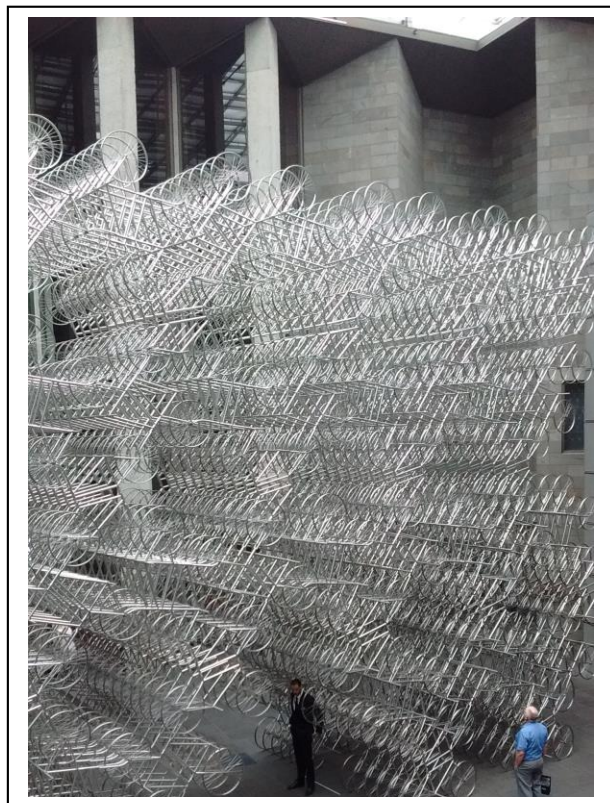
May 28th- 31st N.S.W and QLD. Tweed Coast. Battle the Border.

June 11- 19th. Tour de Suisse, Switzerland.

June 26th. W.A. Cyclo Sportif, Swan Valley.

July 2nd -24th. Tour de France.

Facinating bike pictures. From the National Gallery (thanks Malcolm)



Things happening around Launceston.

On our St Lukes Sunday 10th of April event we meet some migrants new to Launceston, who hadn't had the joy of riding a bike for 3 years. We were able to donate 2 bikes to new families and are looking for more, 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. Today I was fortunate enough to be given 2 more. Any size, but reasonable condition please.

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

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

Around Tasmania.

Check out Bicycle Network and Cycling South.

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

Check out Bicycle Network, S.A bikesa.asn.au, WA. Cycle touring of W.A. Qld. Bq.org.au

Bicycle Collections around the globe.

Historical bike collections. Pryor Dodge an American has some 2000 artifacts tracing the bicycles origin from 1817.

In Melbourne – The Farren Collection houses 85% of Australian bikes from a total of 1900. The oldest bike is from 1869, this collection is profiled in the book. “Bicycling through time” imagepublishing.com

What is happening in Hobart?

For more information go to www.cyclingsouth.org

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

Contact Bruce Robertson. CEO of Cycletoursglobal, phone 0403742110, or look for www.cycletoursglobal.com

www.exodustravel.com Melbourne times 9-5pm. 1300130 798

worldexpeditions.com 1300 720 000. Vietnam, Cambodia, Myanmar, Silk Road, China, Iran, Great Wall trek. Mongolia, Japan, Volcanoes and Dragons of Indonesia.

Tours of the World. Most popular yet another list. From Travellingtwo.com/resourse/10-best-bike-tours.

1. North Sea cycle route.
2. Pacific coast. USA

3. Danube cycle paths
4. Japan, japan cycling and journey of a 1000 Li
5. Silk Road and the Pamir Highway
6. Carretera Austral -Chile
7. S.E. Asia
8. Morocco
9. Great Divide. North America. Banff-Mexican Border!!!
10. Karakoram Highway. China-Pakistan.

Please let me know if you have tried any of these. I know Malcolm did the Pacific Coast in 2015!

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A trip down memory lane. MEMORIES from a friend:

My Dad is cleaning out my grandmother's house and he brought me an old lemonade bottle. In the bottle top was a stopper with a bunch of holes in it. I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it a salt shaker or something. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with because we didn't have steam irons.

Boy, I am old!!

How many of you remember:-Headlight dip-switches on the floor of the car.

Ignition switches on the dashboard.

Trouser leg clips for bicycles without chain guards.

Soldering irons you heated on a gas burner.

Using hand signals for cars without turning indicators.

Older Than Dirt Quiz:

Count all the ones that you remember, not the ones you were told about. Ratings at the bottom

1. Sweet cigarettes
2. Coffee shops with juke boxes
- 3 Home milk delivery in glass bottles
4. Party lines on the telephone
5. Newsreels before the movie
6. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. There were only 2 channels (if you were fortunate)
7. Peashooters
8. 33 rpm records
9. 45 RPM records
10. Hi-fi's
11. Metal ice trays with levers
12. Blue flashbulbs

13. Cork popguns

14. Wash tub wringers

If you remembered 0-3 = You're still young

If you remembered 3-6 = You are getting older

If you remembered 7-10 = Don't tell your age

If you remembered 11-14 = You're positively ancient!

I must be 'positively ancient' but those memories are some of the best parts of my life.

My wife found out that our dog (a Schnauzer) could hardly hear, so she took it to the veterinarian. The Vet found that the problem was hair in the dog's ears. He cleaned both ears, and the dog could then hear fine.

The vet then proceeded to tell Andrea that, if she wanted to keep this from recurring, she should go to the store and get some "Nair" hair remover and rub it in the dog's ears once a month.

Andrea went to the store and bought some "Nair" hair remover. At the register, the pharmacist told her, "If you're going to use this under your arms, don't use deodorant for a few days." Andrea said, "I'm not using it under my arms."

The pharmacist said, "If you're using it on your legs, don't use body lotion for a couple of days."

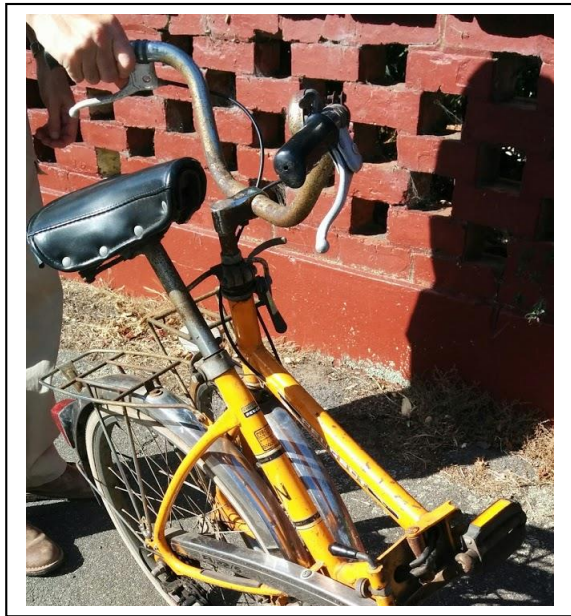
Andrea replied, "I'm not using it on my legs either. If you must know, I'm using it on my Schnauzer." The pharmacist says, "Well, stay off your bicycle for a week."

Buy, Sell or Swap.

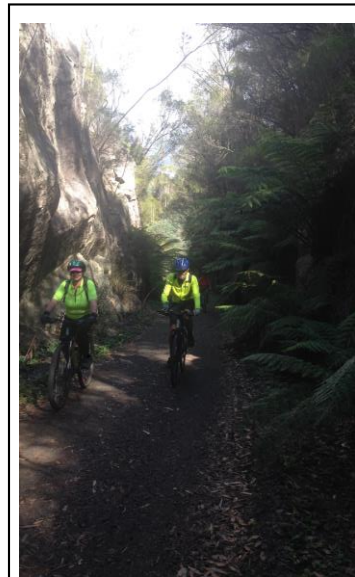
We are added this section to our newsletter, so if you have any items you would like to advertise, just let me know.

Wanted: Small bikes suitable for Kinder children, to be used at East Ravenswood Primary School, call me if you have some available.

For sale, a Retro Peugeot (folding bike) that is needing some TLC. phone Helen. 63628380. (see picture below)



The Schnauzer with nice hair free ears.



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!

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 May 18th. 6pm

CONTACT US

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please email contact@tbug.org.au

Newsletter items

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