



October - November 2015

Hi TBUG members and supporters

Many of our members have been away cycling various parts of the world. Welcome back to Malcolm and Vicky who have spent the majority of our winter in the US, Sue has been exploring the Mawson Trail in SA. Marion went over to SA also and I have been off to the West to see how the Cycle Touring Association of WA do their 9 day rides. If you venture off somewhere of interest, please let me know and we will let you present some pics and a review in our newsletters too. So enjoy reading this newsy update. Cheers Di

AGM. Please note that the TBUG AGM has been and gone and another keen set of cycling enthusiasts are now at the helm. I hope you all have some wonderful years ahead as committee members. Malcolm Reid has taken on the role of President.

Quote for the month; "When the spirits are low, when the day appears dark, just mount a bicycle and go out for a good spin down the road, without thought of anything but the ride you are taking" Sir Arthur Conan Doyle.

And now a few words from your incoming President, Malcolm Reid.

This year's AGM was well attended and was notable for a detailed presentation from Launceston City Council Planner, Aaron Mullins, regarding the City Heart Project in the Launceston CBD. As you all know TBUG, along with Bicycle Network and Cycling Tasmania, have been openly supportive of the plans to slow down traffic and make the CBD more pedestrian and bike friendly. Aaron outlined the vision for laneways, streets and public spaces that will bring new life to the city. Work has already started on the laneways and Quadrant work will start next year. This will include better parking facilities for bikes as part of the major revamp. I think most of us would just like Council to get on with it!

TBUG has a new committee...well not entirely new as many of the experienced hands are still there but there are three new faces Liz Ling, Mandy Millar and Christine Bowman. Thanks to all those who have chosen to join the committee for this year. After many years of great commitment and brilliantly effective work Malcolm Cowan and Anna Povey have both retired from their previous positions of President and Secretary respectively. The good news is that they have both decided to stay of TBUG committee which of course is a real bonus. I would also like to acknowledge the work of Mick Statham as a long term committee member particularly in his contribution as a ride leader and liaison with Launceston City Council.

Roles and contact details for the new committee are listed below

Malcolm Reid, President, 0419 107892, malkanga@bigpond.net.au

Emily Goss, Public Officer, 0438 078 372, emygoss@gmail.com

Liz Ling, Minutes Secretary, 0438 314 449, elizabeth.ling@iinet.net.au

Alan Johnston, Treasurer and Member Services, 0417 319 751, apjohnston@bigpond.com

Sue Walker, Activities Coordinator, 0438 924 615, suewalker@inet.net.au

Di McHenry, Newsletter Coordinator, 0418 501 145, dianamchenry@netspace.net.au

Malcolm Cowan, General Committee member, 0418 573 991, malcolmcowanster@gmail.com

Meg Lade, General Committee member, 0439 340 818, megwal56@hotmail.com

Anna Povey, General Committee member, 0498 800 611, fovey@intas.net.au

Mandy Millar, General Committee member, mandy.mill.mm@gmail.com

Christine Bowman, General Committee member, 0427 840 836, cannebowman@outlook.com

Malcolm Cowan and I will represent TBUG on the Launceston City Council's Bike and Pedestrian Committee. Malcolm Cowan will stay on the West Tamar Council Road Safety Group and Sue Walker will continue on the West Tamar Highway Safety Committee. I will be the liaison point with Bicycle Tasmania and Bicycle Network.

We are all looking forward to another great year of riding, encouraging more people to ride, and speaking up to make cycling a better experience for all.

Please get in touch with committee members if you have any issues you wish to raise and/or discuss.



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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!

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

Members have been enjoying the Wednesday rides that Mick introduced, even though the temperatures were low. Sunday rides remain to be attended well and enjoyed by all. With the start of Day Light Savings, our Thursday night rides have resumed and we have had good

attendances to date.

TBUG has provided practical input to the Northern Tasmania Bike Touring Strategy

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.

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

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 Rides.

Sunday Nov 8th. Dairy Plains Ride. 4B 52kms. Meet at Deloraine Train Park at 9.15am. Mick and Helen Statham. hlmsatham@gmail.com 0400 511 1566 or 63311009

Sunday Nov 15th . Woolmers, Festival of the Roses. 3C 47kms . Meet at Harley Parade at 8.45am. Explore the quiet country roads and stop to smell the Roses while enjoying the atmosphere of the Festival,

Mick: hlmsatham@gmail.com 0400 511 818

Friday Nov 20th. Latrobe to Devonport Circuit. 2B 30kms. Meet at Bells Parade, Axeman’s Hall of Fame carpark at 9.45am. Ride along the river’s edge into Devonport and then

experience the foreshore trails of Devonport riding through to the Don River Railway and return to Latrobe, we will stop at the Bluff for a lunch time snack. Latrobe also has some lovely shops if you want to wander there on your return. Di: dianamchenry@netspace.net.au or 0418 501145

Sunday Nov 22nd . Corra Linn Loop. 3B 26kms. Meet at the Royal Park at 9.15, Marion: marionsargent@bigpond.com or 0438 432 848

Sunday Nov 29th. N.E Rail trail Opening Ride. Meet at 2pm. To Ride Scottsdale to Tonganah. Scottsdale Railway station.
Malcolm: malcolmcowanster@gmail.com 0417 573 991

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

More things happening around Launceston/Tasmania.

Bike Futures Conference

We are excited to announce the [Bike Futures Cycling Tourism Conference](#) held in Launceston from **November 11 to 13**. This year's [keynote speakers](#) **Evan Freshwaters** from New Zealand and **Clayton Neil** from NE Victoria will explain how to bring the benefits of Cycle Tourism to your business or community.

The Cycle Tourism Conference will be held at the **Launceston Town Hall** and the key theme highlights '**Cycle Tourism - jobs, diversity, business and strong communities**'. With 3 days of presentations, workshops and bike tours you'll walk away with practical real strategies for your organisation, business or community. [Register now](#) for this must-attend event. If you have a story to tell around cycle tourism you can also [submit your abstract](#) to us by **Friday 11 September**.

Keynote speaker: Evan Freshwater and Clayton Neil

Evan Freshwater, manager of the **NZ Cycle Trail Inc**, will explain how New Zealand reaps cycle tourism dollars.
Clayton Neil - formerly from Alpine Shire in NE Victoria, oversaw the region becoming a cycling mecca with tens of millions of dollars a year pouring into



the region. [Read More>](#)

City Heart Project.

The aim of the project is to make the city centre more –“liveable” – including being more bike and pedestrian friendly. Strategies will include slowing traffic and reducing the movement of vehicles in the CBD. As we go to print I am still finding out more information about what has been happening in this area. But do check out the new Levee bike and walking trails around the Inveresk precinct. They are great!

Road Safety – Towards Zero Strategy.

The state government's Towards Zero Strategy is based on the "Safe System" approach to road safety which aims to provide for safe people, traveling on safe roads, at safe speeds and in safe vehicles.

The idea is that people make mistakes and crashes are inevitable but that serious injuries and fatalities are preventable. This strategy is incredibly important for bike riders, who are not protected by a metal shell in the event of a crash.

To share your ideas on how road safety can be improved in Tasmania, contribute via the online survey at <http://www.towardszero.tas.gov.au>.

You can also attend a public forum by registering at towardszero@stategrowth.tas.gov.au or phoning 6166 3239. Each event runs from 6pm – 8pm.

Date	Venue
Monday, 16 November	Rydges Hotel, 393 Argyle Street, North Hobart (South)
Thursday, 19 November	West Coast Council Chambers, 11 Sticht Street, Queenstown (West)
Monday, 7 December	Burnie Club, 40 Queen Street, Burnie (North West)
Tuesday, 8 December	Tramsheds Function Centre, 4 Invermay Road, Launceston (North)
Thursday, 10 December	Bayside Inn, 4 Cecilia Street, St Helens (East)

Around Tasmania.

Rides available with the Dorset BUG

November 8th 2015 – Beauty Point

The November ride will be at Beauty Point on the 8th of November. Note that this is not the first Sunday in November. Sunday 1st is part of the long weekend so we have decided that more riders may be able to attend on the 8th. Ian Whenn will lead the ride which is a re-run of the Beauty Point circuit which has proven popular in the past. It includes the bonus of lunch at the best fish & chip shop in northern Tas at the Chef's Catch. Note the ride can be shortened or lengthened if you are so minded. Last time one or two may have just done the Beauty Point to Beaconsfield bike path & return.

Meet at The Esplanade, Beauty Point at 10.45 for a 11.00 start. The Esplanade is on the right a little on past the Inspection Head wharf area. Head off towards Beaconsfield, picking up the bike trail at the wharf carpark area.

At Beaconsfield turn right into Greens Beach Road. After a 4.7km undulating climb (not too hard), turn right into West Arm Road. This will take you back into Beauty Point & turning left into Mainwaring Street will bring you back to our starting point at The Esplanade.

Here there is a casual little cafe called Chef's Catch where you can have great fish & chips or go to the healthy end of the menu for focaccias, salad rolls etc. Coffee available plus seating inside & out.

Total journey around 16km, but keener riders can add a 2nd loop or head down to Kelso & return for an extra 17 km.

December 6th 2015 – Weymouth to Lulworth and return.

In past years our December ride has been to Bellingham returning for a "Christmas" lunch at the Pipers Brook Winery. This year, for a change, we will have lunch at the Bay of Fires Winery located at 40 Baxters Road, Pipers River. The ride will be a re-run of the Weymouth to Lulworth and return ride, which should be very pleasant in the summer weather.

I have attached their light lunch menu to this email. I will circulate further details in a further email in late November and will be asking for firm numbers to make a booking. (I have this if needed!- Di)

Launceston Airport gets a Bikeport!

James McKee, Chairman of the Launceston Airport Community Aviation Consultative Group (and keen cycling enthusiast!) is pictured using the recently launched Launceston Airport "Bike-Port", assisted by Paul Hodgen, G.M. Launceston Airport. Photograph courtesy of Paul Scambler

Echoing the burgeoning interest in cycle tourism in the region and the emergence of "world-class" mountain



biking tracks at nearby Hollybank and Blue Derby, Launceston Airport has recently constructed its own "Bike-Port".

The "Bike-Port" provides undercover bicycle facilities in a central location immediately opposite the terminal forecourt avoiding the need for cyclists to work their machines on the floor of the arrivals hall.

The new facility includes; -Bicycle Service Stations - Two units are provided, with accompanying cycle mounts and tools (including air pumps) , which allow for the assembly, disassembly and minor maintenance of bicycles. Free Bicycle Parking Facilities - CCTV monitored bicycle racks are provided for the parking of up to 12 bikes.

Coming soon;

Bicycle Network. Peaks Challenge 1st Nov. 235kms, 4000m climbing in 13 hours!

Cycle Isle, Gran Fondo 2015. 28th Nov.

Sally's Ride. Dec 6th. Anyone who would like to assist with making riders more comfortable, see let a Committee member know.

Wild Side returns to TASMANIA. 16-19th Jan 2016. www.wildsidemtb.com

Ride the Night. Hobart Sat. 30th Jan. 2016. Ride the quiet City streets after all the party goers have gone to bed, dress up your bikes and clothes with lights and have a fun night. This ride is also held in Melbourne if you are over the Strait! info@ridethenight.org.au.

Around Australia.

BN bike ride. Nov 28th – Dec 6th, **Rediscover the Goldfields**, towns to be visited; Ballarat, Avoca, Dunnolly, Ingelwood, Bendigo (rest day), Heathcote, Castlemaine and finishes in Bendigo.

The kids cancer project challenge have events in Nepal in Nov, Northern America in Aug-Sept and Lake Victoria (East Africa) in Jan/Feb 2016. Curekidscancer.org.au/event

Canberra. Oct Fitz challenge. 50-255km. fitz.com.au

Alpine Classic – Bright. Victoria. Jan 2016. Alpineclassic.com.au

Barossa Valley barossabikehire.com.au

Mildura. A new cycling mecca. www.visitmildura.com.au plus add a circuit out to Wentworth and back.

Explore Victoria. www.greatvictorianrailtrail.com.au or 1800 TRAIL length 134km

News on Ride 2 Work schemes. Australian workers support a national ride 2 work scheme, new data shows. 50% of Australian workers said they would be enticed to ride 2 work if a financial incentive was available such as those offered in the U.K. Europe and North America. Research shows that in Belgium over 6% of the working population have their ride to work subsidized by the tax system. The employer receives a tax refund for the payment incentive based on kms travelled to work. The Netherlands, U.K and Italy all have incentives schemes for workers! So why can't Australia do the same?

Books to loan? –

The Casual Cyclist's guide. Melbourne. Routes, rides, rants and raves about the City and the bike. By Matthew Hurst and guests. For more information go to www.thehumblevintage.com

Moron to Moron – Tom Doig (2 men, 2 bikes, 1 Mongolian misadventure).

Irish cycling guide, Brendan Walsh

Long Cloud Ride (NZ) Josie Dew

London and the South Coast. AA cycle guides.

Bicycle touring in Holland. Widing.

Cycle touring guide. Central England.

Mountain biking the National Parks. (USA). Clark

The CTC guide to cycling in Britain and Ireland.

Just contact me! dianamchenry@netspace.net.au.

Malcolm also has a few books he is willing to loan out; so if you are interested in reading these listed below, just ask him.

Bicycle touring in Australia, by Leigh Hemmings.

The guide to Free Camping in Tasmania.

Cadence. By Emma Ayres, which tells of her cycling adventure from England to Hong Kong!

Road Biking California's Sierra Nevada.

Bicycling the Pacific Coast – the route and guide for the West Coast of USA.

And a

bike for the whole family!



Rail Trails in Tasmania.

Scottsdale to Billycock Hill. Scottsdale Rotary is planning to officially open the rail trail between Scottsdale and Billycock on **Sunday 29 November**. TBUG is invited to join them see the website for more information re starting venue and time. Take the family and choose destinations suited to age and abilities.

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Honey I shrunk the kid?



School bike?



App or not? That is the question.

Here are just a few for you to consider. **Strava**, records rides and tracks and analyses your performance.

Bike Doctor. Just that can fix it in a flash!

iMapMyRide+

cyclemeter GPS

Cycle Tracker Pro

B.icycle

Cyclewatch

Bike repair HD

iBiker

Bicycle Gear Head

Bicycle gear calculator – bike gears.

The Bike computer

Cytastic GPS, cycling computer for racing and road riding

Spokes NYC

TomTom GPS

Coachmyride

Daylightiphone App. Tells you when the sunrise is and sunset.

An App - Snap, send and solve, available so you can send pictures of roads or tracks that need a little fixing, send it straight to the City of Launceston and they may just fix it for you.

Riders Log – App This App, allows riders to log their cycling trips using the GPS built into their smart phone (so you need one of these first). This GPS data, with permission of the user is recorded on a server for subsequent analysis. *This could be a great bike trip computer that also improves conditions for bike riders.

Where's the next Loo App? Finding the next public toilet has just gotten a little easier! *Show the loo* a free app for smart phones and tablets is a handy download which lists public toilets across Australia. The Department of Human services has also created a website called the National Public Toilet Map, www.toiletmap.gov.au to assist in your search!

Where am I, or where are my friends. Find out where by going to: www.mapmates.com.au

App Teamster. Helps friends who want to do similar sporting activities to you.

Bikes of the future. Check this out!

<http://www.epochinspired.com/inspired/1039914-the-lopifit-a-new-walking-bike-experience/>

And something similar from the Japanese.



Mawson Track

Outback Odyssey –
Odyssey through the
Adelaide to Blinman,

revealed by Sue.

900km Mountain Bike
Australian Outback from
Flinders Ranges.

This two week bike ride, held in May each two years, was run by Bike SA and had 200 cyclists from all around Australia, including 1 person from overseas and another on a unicycle, with an average age of 55. Accommodation in tents was in caravan parks or recreation grounds and the fabulous evening meals and some breakfasts were catered for by local groups. Volunteers provided almost all the support for this ride with morning tea and lunch stops en route providing water and food, including hot drinks. Luggage trucks carried our bags each day and a mobile bike mechanic and a coffee van followed us around during the day and were available on site, as was a mobile shower and toilet truck which supported the local facilities.

Distances ranged from 26 to 112 km per day with two rest days during the two weeks. The ride follows the Mawson Trail which avoids traffic and bitumen roads and includes little-used country roads, State forest and national park fire trails, farm access tracks and unmade or unused road reserves. The Mawson Trail takes riders through the Adelaide Hills, traversing forests, farmland and historic towns such as Lobethal and Birdwood. It passes the world famous Barossa wine region to the mid-north towns of Kapunda and Burra and from here winds pass the towns of Hallett and Spalding through the Bundaleer Forest and into the Flinders Ranges.

It was such a great experience to be part of this adventure riding a bike off road in the area of the Flinders Ranges and be in such close touch with the surrounding environment of the pastures, wineries, forests, plains, scrub and mountains and the wildlife we saw: eagles, sheep, cattle, kangaroos, emus, foxes and plenty of birdlife. For someone who is principally a road rider this ride was challenging, not because of the distance or the hills but because of the Mawson Trail surfaces, from good gravel roads to mud, sand, loose gravel, rocks large and small, washout across the trail, small creeks and wet muddy crossings and some narrow uneven surfaces. The food was great, the company superb and I would do it again!!



Helpful hints for all cyclists. (thanks Andy Boote and Anna) <https://rideonmagazine.com.au/top-risks-to-riders>

And for **Remembrance Day**, we have this old photo.

A boy left his bike chained to a tree when he went away to war in 1914. He never returned, leaving the tree no choice but to grow around the bike. Incredible that this bike has been there for **98 years** now!



THANK YOU's

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



❖ Discounts for TBUG members are provided by:

- Cycle2...
- AvantiPlus
- Sprung
- Mountain Designs
- Mountain Bike Tasmania
- Freedom Mountain Bike Hire
- Cycology
- Launceston Scout Shop
- Sarah Courtney. For the Bike Ed brochures. See me 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: Should be Nov 18th.

CONTACT US

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