



November 2014

## Hi TBUG members

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This is Di here, this is now my second newsletter, so I hope it is filled with all the news that you want to read. If you want to add anything all you need to do is let one of us know and it could be done. No one asked for any of the books to read, so I guess you are all out there and just happy enough.

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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 over **300 likes** on the Facebook page. Bike riders from all over are liking us!

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## Up and Coming events:

### Sunday. November 30<sup>th</sup>. N.E. Trail. Tongunah to Legerwood.

Support Scottsdale Rotary in the fantastic efforts they are making to develop the Trail and hear about the developments for the future. Meet at Tonganah, just over 6 kms East of Scottsdale on the A3, Tasman Hwy and turn right into the signposted start of the trail. Register between 10 and 10.30am. Ride to Legerwood (gentle mainly uphill then the Snake Track into Legerwood) 19km each way. BBQ lunch \$10 for Adults and \$5 for children. MTB longer route using the Trail and forestry tracks available. RSVP for catering Contact Malcolm - [malcolmcowanster@gmail.com](mailto:malcolmcowanster@gmail.com) 0417 573 991 [More details and map...](#)

### Sunday 7<sup>th</sup> December. Sally's Ride. Starts at Royal Park. More info @ [www.sallysride.com.au/](http://www.sallysride.com.au/)

**Sunday 7<sup>th</sup> December. Afternoon in Launceston.** Stan Seijka Launceston Cycling classic criterium, where Richie Porte & Chris Froome will take on some the best riders in the country in exciting criterium racing around the Launceston CBD before an expected crowd of up to 20,000 spectators.

### Thursday evening Dec 11<sup>th</sup> - Christmas BBQ at Royal Park.

Shorter ride tonight and Sue will do a sausage sizzle for us all. BBQ to start at 6.45pm. BYO drinks. T.BUG will supply the foods. RSVP to Di for catering purposes please. 0418501145.

**Sunday December 14<sup>th</sup>. Railton – Sheffield Rail trail ride. Meet at Railton Rail trail start at 9.45am**, Cycle to Sheffield, enjoy a coffee and a tour around the Murals, then ride back along the trail to Railton. Option to take lunch to 7 Sheds Brewery after or to check out the Topiary in Railton. Di leader contact 041850115. This will be the **last ride** prior to a Christmas break.

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**Check out the website for any late changes or additions or CHECK OUT MORE TBUG RIDES [here](#)**

**If you are keen to do any rides, contact the person listed and they will be able to tell you 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	

### **WEEKLY THURSDAY RIDES.**

**Trails around Launceston, always meet 5.45 pm at the river end of Park St, opposite LC entrance.**

**EVERY Thursday started 9 October. Ride leaves at 6pm! Usually returns before dark!**

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### **TRIP REVIEWS**

#### **Woolmers Ride:**

"Fifteen riders assembled at the carpark at the casino on a beautiful still morning for a 50 km return ride to Woolmers where the Festival of Roses was happening all day. A couple of other riders met us along the way as we rode on Pateena Road and through Longford, and the traffic was busy for a Sunday morning with most cars heading out to Woolmers too. We paused for a group photo at the South Esk River, and agreed to have 2 hours at Woolmers so we could see the roses, the

market stalls, the house and gardens, and eat lunch in the shade of the big trees. There were many thousands of people, and the plant stalls and eateries were doing a roaring trade. The roses smelt heavenly and it was not hard to spot your friends in the crowd when most of us were clad in those bright fluoro yellow TBug tops. The wind had picked up for the trip home, so provided a bit of a challenge, but everyone had a lovely day out on the annual St Lukes Health bike ride. Thanks for the good company." Janice.



## What is happening around the World.

Something Anna found that is worthwhile checking out! <http://www.designboom.com/design/latvia-cyclists-car-skeletons-vehicle-size-10-10-2014/>

Plus a little something from Sue. This is happening in the bicycle friendly city of Copenhagen! <http://youtu.be/NAr5sB6aivk>

Also check out the Top 10 Cycling friendly cities: <http://gcn.eu/gcnsubs>.  
And the Top 10 common cycling mistakes: <http://gcn.eu/subscribetogcn>

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## TBUG RIDING JERSEYS HAVE ARRIVED!



They're looking great and feeling like good quality. Anna is wearing a small men's in this picture. We will let you know when the committee gets back from holidays so you can pick yours up.

Latecomers, we ordered just a few extra jerseys, so get in touch ASAP if you want one, but you will have to pay a \$5 surcharge to teach you to get organised!!!

We may yet order another batch if we have a lot of interest, so let us know if you want one ([contact@tbug.org.au](mailto:contact@tbug.org.au))

The tops are full zip and are available in Short and Long Sleeve.

The short sleeve styles (\$60+5 late fee) are in Men's and Ladies, the Long Sleeve (\$70+5 late fee) is Unisex (size chart shows Men's).

You can also register interest in a TBUG T shirt, which we will re-order when we get enough interest.

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## **Christmas ideas?**

I have found the following books at Thebookdepository.com

French Revolution, Cycling the Tour de France. Tim Moore \$15

Cycling the Great Divide. McCoy \$20

The Capitalist Cycle, Maksakovsky \$22

Dancing on the Pedals. Donaldson. \$12

Adventure cycling in Northern California. \$17

A guide to cycle camping. \$32

Danube bike trail. Hungary, Croatia, Serbia, Romania from Budapest.

## **Books to loan?**

Roll with it. About a Cycling Policeman in Melb.

Cycling the Bush. The best rides in Australia.

Bicycling around Victoria. Over 50 Great day and weekend bike rides.

Lance Armstrong. It's not about the bike.

Just contact me!

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.

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## **More things happening around Launceston.**

### **Want a more comfortable ride?**

#### **Available in Launceston.**

DDWINGS Bike Seat

The DDWINGS bike seat is made to deal with these objectives:

- Eliminate weight from the perineal area of the body,
- With no pressure on your vital parts, comfort & health issues are optimised [girls have ventilation while the boys remain fertile],
- Multiple adjustment possibilities of the seat configuration allows you to find your perfect sitting position [adjustments in 3 directions - tilt, slide & height],
- The joy of riding is now a real delight,
- No more worn clothing between your legs.
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"It is the seat that maketh the bike"



Here is how this all came about!

Back in 2004 Geoff was about to do a patent process for his bike seat invention.

Before going to the expense, an international search uncovered a bike seat similar in design. That seat was the DDWINGS.

Designed and made in Italy, the DDWINGS solved all the same issues Geoff was addressing.

After a handshake over the internet Geoff was given the rights to distribute the DDWINGS here in Australia.

If you want to enjoy your riding even more it is worthwhile to having a test ride on the DDWINGS.

It is a different sensation of support and takes a little while to get familiar with.

A good amount of engineering & ergonomic design went into the seat with 'adjustment' as a major feature.

The seat [patented high density foam] comes with its own post and connection assembly [made of reinforced aluminium alloy]

Geoff's website was hacked last year and the new website is still in construction so for more information or a test ride you can contact Geoff on 6331 8928 or [gg@synarchi.com.au](mailto:gg@synarchi.com.au)

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## Old bikes to worthy homes, and also where to buy some

If you have an old bike, you now have a choice of worthy places to donate it!

### **Bikes for Africa.**

Robert Blackman has been fixing up bikes for some time now, for sending to Africa. He has recently sent a container-load and is currently working on more. You may also purchase a bike he has and the money goes back into the Africa fund. Some bikes are just too advanced to send to Africa. So if you are looking for a suitable spare bike just give him a call. I have seen what he has and they are great. Contact Robert at 0408 304 382 [sandrblackman@gmail.com](mailto:sandrblackman@gmail.com)

### **Donations of old sandals, while on the topic of Africa!**

Soles 4 Souls.com.au would welcome our support. If you have out grown your sandals then they can be used by others in Africa. Send them to: S 4 S A Collections. 208 Port Rd. Alberton. S.A. 5014.

### **Mad Wheels Youth**

The other day Anna came across young people fixing up old bikes at the Coats Patons factory, under the guidance of Chris Brooks – a great project for building skills, recycling and providing cheap transport all at the same time. Contact Chris at 0419 643 790 or 6344 4094 Monday to Wednesday. The completed bikes are for sale at Coats Patons General Storage (business hours plus Saturday mornings). Worth checking any time - as fast as the bikes are completed, they sell. To find these two organisations, enter the Coats Patons factory down the Thistle Street entrance laneway.

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### **Member's excursions.**

What some of our members do in their free time so you can chat to them when you decide to go off cycling! Recently members have traveled to Croatia (me), Burma (Malcolm and Vicki) and Victoria –Helen and Mick.

#### **TOURING IN VICTORIA –by Helen & Mick Statham**

Earlier this year we decided to ride the 3 northern Victorian rail trails, along the Murray to Swan Hill and back to Melbourne by train. It looked to be roughly 900 K and at an estimated 60 K per day we allowed 3 weeks, chose October as our month of travel and booked ourselves and bikes on the Spirit. Planning consisted of working out approximate routes to avoid highways and gravel roads and deciding what to take. We ended up with camping gear – tent, sleeping bags, stove etc. plus breakfasts and lunches for a few days and 4 dehydrated dinners in case we needed them, hoping to have most dinners in local pubs. Days were generally planned to reach a caravan park at a reasonable distance, to allow showering and reduce the need to carry large quantities of water. The only fixed dates to arrange were a visit and stay with friends near Lake Eildon, and we hoped to have time at the end to spend a couple of nights with our son Paul and daughter in law in Geelong.

Once off the Spirit we found the bike trail into the city and caught the train to Tallarook, the beginning of the Great Victorian Rail Trail which to Mansfield with a spur to Alexandra. We enjoyed two nights and a rest day with our friends at Lake Eildon. From Alexandra we rode over

the hills past Tolmie and Powers Lookout to the King Valley, stopping at Milawa for another rest day to make use of to a gift voucher to Brown Brothers 'Epicurean' restaurant from Paul.

It was only a short ride from Milawa to Wangaratta, the start of the Murray to the Mountains Rail Trail which runs to Bright with another spur to Beechworth. Beyond Bright, the climb over Tarwonga Gap to the Kiewa Valley and then Yarrawonga was another hard but spectacular day and led to the High Country Rail trail that extends from Wodonga to Old Tallangatta along Lake Hume.

Along the Murray it was generally flat land relatively near the river till we reached Echuca. However at Echuca we couldn't find a reasonable route to Swan hill without riding a lot of the Murray Valley Highway, a road with no shoulder and a lot of trucks. After a coffee Helen suggested it would be nice to complete the ride by going back to Tallarook and catching the train from there, so off we headed in that general direction. By the next morning we had changed our minds – something which happened quite often, generally on the basis of information from Visitor centres and Bike Shop staff – and decided to just ride to Geelong instead, where we arrived in time to have 2 nights before visiting our other son Tom in Melbourne and getting back on the boat.

Overall we rode 1270 K in 17 riding day, an average of a bit over 70 /day with a range of 34 to 109 km. Climb varied from 1800 m from Bright to Yackandanda to a total of 100 m in 3 days along the Murray.

The pictures show the route map and the Cheviot tunnel.



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## INTERESTING WEBSITES

For those of you who are keen on reading or would like to purchase some Christmas presents!

Try [www.thebookdepository.com](http://www.thebookdepository.com)

Or [www.abebooks.com](http://www.abebooks.com).

[www.fantasticfiction.co.uk](http://www.fantasticfiction.co.uk)

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## THANKS YOUs



- ❖ 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. She me if you want one!

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## NEXT TBUG NEWSLETTER

If you have anything for the next TBUG Newsletter, please submit this to [dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au)

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## 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 meetings: 6pm Wednesday 10<sup>th</sup> December 2014**

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## CONTACT US

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

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