



November- December 2017 Newsletter

Hi TBUG members and supporters.

Once again, thanks for being patient about the time delay between newsletters! You have at least had many chances to get out on your bikes and should by now have forgotten the worst of our Winter rides. Spring has sprung and daylight savings means we have our Thursday night rides back on. Please note that the third Thursday in the month we are assisting the Afghan refugee riders, so Alison Hugo is bringing along her "On Your Bike Tours" bikes for them to ride. If you want to help out please come along on any third Thursday, as our group can vary greatly in experience.

PS - if you are still looking for that special gift for a cycling friend, check out Bonnie Handmade on Facebook, or visit Carbil computers to see some of the lovely bike fabric goodies available.

Cheers,

Di McHenry (editor)



And as it's that time of year, maybe good TBUG members will get a visit from you know who . . .



PRESIDENT'S REPORT – Spring activity ramps up

Spring activity ramps up

By Malcolm Reid TBUG President

TBUG has been incredibly active over the last few months... certainly the sunny spring weather - except on Thursdays which has seen most of our Thursday night rides cancelled – has made a huge difference. Lots of people are out and about in Launceston on their bikes commuting and/or just getting round and the numbers seem to be increasing.

All our other rides have been well attended and the average number of riders on Wednesday is increasing. Thanks to all the ride leaders who give up much of their time to organise these. On the promotions and advocacy fronts there is lots of news:

- We are working with City of Launceston to produce a series of Facebook videos during the spring and early summer. So far we have produced four, covering such things as the social and health benefits, ride2work day &c. The videos have received more than 17000 views and almost totally positive comments. Hopefully this will help convince some Council people that there is lots of support out there for cyclists... more than those who complain loudly, anyway!

- We have recently renewed our two year agreement with St Lukes Health as our major sponsor. We are grateful for their continuing support. Not only does it involve financial support to TBUG but they are also showing our promotional videos in their shop window screens in the Quadrant.

- We have been working on a new website. I think this will be an important tool for a higher community profile and also easier for people to use. Take a look at www.tbug.org.au Hopefully it will be fully operational within the next month. Our Facebook page is also being used more widely and obviously helps get the message of how good riding bikes can be.

- Malcolm Cowan and I have also represented TBUG on City of Launceston Bike and Pedestrian Committee meetings. We are working on prioritising bike infrastructure projects for Council budgets. Our top priority is the Inveresk - Rocherlea Trail behind the Turf Club at Invermay.

- TBUG volunteers are working with Traffic Engineer Nigel Coates on a program to rotate bike counters around the trails to gather data for future planning.

- Also council-related, we have written to the new General Manager seeking a meeting to discuss our concerns on the cut to funding for bike and pedestrian infrastructure funding; I have also arranged meeting with councillors.

- Other activities include liaison with UTAS Children's University and the Northern Suburbs Community Centre about developing a rides program for families and teenagers in the northern suburbs. These will begin in December from Rocherlea and I am hopeful this will link to 2018 Bike Week. TBUG also organised a Ride2Work day free coffee promotion in Civic Square, and it was great to see over 50 people turned up in Civic Square. We also supported the UTas Ride 2Work breakfast at Newnham.

- Speaking of Bike Week next year the date has been set from March 3 -11 2018. For the first time Council and TBUG have been able to set aside a small amount of funds to broaden the range of events and hopefully generate more community involvement. Watch this space for more news. I have also written to Guy Barnett's office to reinforce our support for Ride2Work day. He has replied very positively.

- I have also written to the Examiner re the North East Rail Trail and TBUG matters to keep our activities in the news.

- We also helped in supporting and promoting the very successful new Family Rides at Sally's Ride on 19 November and had some great feedback about the event from non-TBUG riders.

Lastly, if you have any comments or questions contact me at malkanga@bigpond.net.au or 0419 107892. Have a great spring and summer ... on your bike!!



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 for any reason. Check the ride quality and length using the [TBUG Ride grade chart](#) as on Website Calendar.

Terrain Difficulty

- 1 – flat
- 2 – gentle grades
- 3 – rolling hills
- 4 – mostly rolling hills, some steep climbs
- 5 – steep hills, long climbs

Pace

- A – leisurely (13-15kph)
- B – moderate (15-20kph)
- C – brisk to fast (20-25kph)
- D – workout (25+kph)

Upcoming 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. This means they can let you know if the ride is cancelled - sometimes we have nasty weather. And as we are making changes to our Facebook page, you might want to add your favourite rides or pictures. Upcoming ride dates are:

- **Wednesday** Nov. 29th. Dec 6, 13, 20th. **Christmas Lunch ride** on the 20th. Need numbers by the 17th. Venue is Hazelbrae.
- **Wednesday rides will resume on Jan 3rd.**
- **Sunday Nov 26th. 4B** – 41kms. **Launceston Hills.** Meet 9.15am at the Brickfields. Mick.
- **Sunday Dec 3rd Glebe Gardens circuit. 2B** 25-30kms. Meet at the Glebe gardens Henry St. at 9.45am. Marion. marionsargent@bigpond.com, 63314890 or 0438 432 848. Note: This ride will incorporate some riders who have just completed the “She Rides” program.
- **Sunday Dec 10th. Lilydale Loop circuit. 2B** 25-30kms. Meet opposite the IGA in Lilydale at 9.15am Sue is the ride leader.
- **Sunday 17th Dec. Gravelly Beach – Supply River circuit. 2B** 20kms. This is a delightful circuit mostly on shared paths along the rivers edge, with hidden delights to be found. Meet at Rose Bay Park (Gravelly Beach) car park at 9.15am and enjoy lunch or coffee afterwards. Diana. dianamchenry@netspace.net.au 0418501145
- **Sunday Jan 7th. Port Sorell – Hawley beach circuit. 2B** 25-30kms. Meet at the Northern end of the Shearwater Esplanade at the end of Freer St, just south of the Surf Club at 9.45am. Lunch is an option. Diana, dianamchenry@netspace.net.au. 0418501145
- **Sunday Jan 14th. Mt Direction Ride.** 9.45am. **3B** 30kms max. Meet at the Mt Direction walk car park. Cycle along Bangor tram Rd, The Glen Rd, this has 4km of unsealed road.
- **Jan 20-21st. Saturday-Sunday overnight ride..** Bishopbourne and tea at Bracknell Pub. Then camp out.
- **Friday Jan 26th. Australia Day Ride.** Out to Westbury again.
- **Sunday Jan 28th. Launceston to Exeter** via Bridgenorth.
- **Sunday Feb 4th. Latrobe – Devonport and return. 2B** 30 kms. 9.45am start from the Axemans Hall of Fame at Latrobe. Cycle along River Road and then along the delightful foreshore trails of Devonport. Possible lunch stop at the Bluff or Maritime centre. Diana, dianamchenry@netspace.net.au. 0418501145
- **Sunday Feb 11th. Ben Lomond Ride.** With Malcolm Cowan.

- **Saturday-Sunday Feb 17th and 18th. Overnight ride to Mole Creek and Camp.**
A **bicycle maintenance** night is still in the planning. TBA.

Some other interesting rides

Around Australia

Did you know that Australia has over **300 BUG groups**. To find one where you are travelling to, go to bicyclenetwork.com.au/find/club. Check out: Bicycle Network, Bike SA, Cycle Touring Asn of W.A. The [Great Vic Bike Ride](#). **Nov 25 – Dec 3**. Explore the S. E. of Victoria beginning in the beautiful Wilsons Prom and exploring from there. Call 1800 639 634.

Wagga Wagga ride, Wine & Beer Festival ride. [Gears and Beers group](#).

[Outbike Australia](#) are offering a range of great tours and rides in Oz and Europe.

[Alltrails are](#) offering lots of Murray, WA and Europe rides.

Want a **touring bike** to hire in Tassie? [Longhaultasmania](#) and [Green Island bike hire](#) can help. If you are interested in local touring "Like" Bicycle Touring Tasmania on Facebook and contribute.

If you would like to register your bike, and if it is stolen, you can go to [stolenbikes](#) to see if it has been reported and found.

QUOTE OF 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 a thought of anything but the ride you are taking." - Sir Arthur Conan Doyle

READ OF THE MONTH:

Curious and confused about road rage directed against your innocent, mild-mannered self? [Check this out](#).



ROAD SAFETY

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 passing distance is 1m in speed zones of 60kmh and under, and 1.5m in speed zones over 60 kph. [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!

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. Riders 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 cars are not indicating to do a left hand turn. Stop before the same holding line or in the green box – but take care as the law is not specific on this.
- 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. More on [cycling road rules here](#).

According to Rule 141 clause 1c, it is legal for any vehicle to overtake on the left if “the vehicle [to the right] is stationary and it is safe to overtake to the left of the vehicle”. In addition to that rule clause 2 states that “The rider of a bicycle must not ride past, or overtake, to the left of a vehicle that is turning left and is giving a left change of direction signal.” Confusing? It still is to both the police and Highway Authority at time of writing!

Also, vehicles using a left turn indicator are signaling an intention to turn left but they are not in the process of making the turn if they are not **at** the intersection. Drivers who speed up to overtake a cyclist and then cut across them to make a left hand turn have failed to overtake safely, as per Rule 144. This states that a driver overtaking a vehicle “(a) must pass the vehicle at a sufficient distance to avoid a collision with the vehicle or obstructing the path of the vehicle; and (b) must not return to the marked lane or line of traffic where the vehicle is travelling until the driver is a sufficient distance past the vehicle to avoid a collision with the vehicle or obstructing the path of the vehicle.”

We are still waiting for a definitive response on this left turn situation, so be very careful.

COOL BIKE PHOTOS



Singapore Giant bike



Greek bicycle table



WHAT'S ON

AROUND LAUNCESTON

Well done all those who supported **Sally's Ride**.

On Your Bike Tours is 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.

Wes Sulzberger our local Champion on a bike has begun a new venture called En Route and is offering bike touring and training options around our delightful state.

AROUND HOBART

For info on what's on in the south of the island, try [Cycling South](#).

NEARBY

The **New Zealand** Cycle Trail serves up plenty of tasty options for lazy-hazy summer 'rail-trail' type cycle touring. The terrain is not too taxing on the easier graded trails - and it's a joy to avoid jostling with traffic on-road. There are 22 options to pick off the menu - all comprehensively described on their [NZ Cycle Trail website](#). **Gippsland** says it caters to all cyclists of every budget, with road, MTB, Cyclewayz app mapped routes, DIY touring or Self-guided, fully supported Cycling Holidays from [Snowy River Cycling](#) or Cycling Gippsland.

GLOBAL

- [From rome2rio.com](#). How to get where you want to go.
- Wayne & Margie offer some unusual tours and trip at [NoMints](#).
- [Bicycle Adventure Club](#) does what it says – all over the place!
- Chile, Dolomites, California – all in luxury on a bike at [TrekTours](#).
- Cycle Vietnam, Cambodia, Iran, Samoa and Laos – and change lives. [Check SocialCycles](#).
- Cycle Sulawesi, Bali and Flores [with CycleIndonesia](#).

- Six continents, 80 countries ready to receive your wheels. [Ask TDA Global](#).
- Lake Balaton, [Austria and Hungary](#). Brilliant Cycle Tours riding.

For **phone addicts**, some useful apps include Tripit, WillyWeather, EasyMed Medical, MapMyRide, Zwift, Relive.cc (brilliant!), Strava, CycleMaps, and for the nerd, BikeGearCalculator.



BUY, SELL & SWAP

- Under seat gear bag for sale, under \$20. It is small, contact Di dianamchenry@netspace.net.au.
- Small bikes wanted. Suitable for kinder children at East Ravenswood Primary, contact Di dianamchenry@netspace.net.au.
- Wind trainers for indoor cycling use. Now only \$50. Ring John, 0416 310 722.
- Electric assist bikes. Now available 15% off at Cycology, York Street.
- Firewood for sale. Gum trees, felled April 2016. From as little as \$20 cubic meter if you chop it up & load your own trailer, or can deliver. Contact Caron, 0407 842 286.
- Keen to see great cheap movies? [UTAS film society](#) screens every Tuesday evening at 6.30pm. In the lecture theatre next to Saltz restaurant in the Maritime College grounds. Why not join us for a meal first?
- Old bikes wanted to become works of art. Contact Anna at fovey@intas.net.au if you have one to give away.

DISCOUNTS

Just tell the shop owners you are a TBUG member and get healthy discounts on products and services. Outlets include:

- **Cycle2...**
- **Geards**
- **AvantiPlus**
- **Sprung**
- **Mountain Designs**
- **Mountain Bike Tasmania**
- **Cycology**
- **Launceston Scout Shop**



LIKE US ON FACEBOOK!

- Search Tamar Bicycles Users Group or click [here](#)
- Encourage your friends and family to LIKE us too. It's a great way to get the latest updates and news from TBUG. We have hundreds of LIKES on the Facebook page. Add yours!

THANKS TO

- Major sponsor St. Lukes Health
- Kerry Finch MLC for photocopying



- Foot and Playsted for printing
- INTAS for financial services
- Sarah Courtney for Bike Ed brochures.

COMMITTEE MEETINGS

- We would love to see you at our committee meeting. Usually at Newstead Tennis Centre on Olive Street, 6pm start. We share tea, and talk about all things bicycle.
- Next meeting: 11 January 2018

Tamar Bicycle Users Group Inc.

- Postal: PO Box 5059, Launceston TAS 7250; www.tbug.org.au
- General Enquiries: contact@tbug.org.au
- Newsletter items: dianamchenry@netspace.net.au
- To unsubscribe: send a blank email to newsletters-request@tbug.org.au with "UNSUBSCRIBE" as the subject (without quotes) and reply to the confirmation email.

