



## January-March 2018 Newsletter

Hi TBUG members and supporters.

Once again, thanks for being patient about the time delay between newsletters! Over the past two months I have been busy, with other members of the Committee, planning and organizing the biggest BIKE WEEK yet. I hope you all had a wonderful summer, the weather and winds were mostly kind to us, so there was plenty of time to get out and explore. Autumn is now about to set in so our last few rides of a Thursday night finish at the end of March.

If you are out riding and discover a pot hole, tree over the pathway, sink hole or other hazard then do something about it. Use [Snap, Send and Solve](#) to take a photo on your phone, upload the picture to the App and send it to the appropriate City Council. And as if by magic the Council receives your concern and the problem is (usually) fixed soon after. Or if you need to administer CPR, check [Shock Verdict](#) - especially if you are a RAKE fan.

Cheers,

*Di McHenry (editor)*



## PRESIDENT'S REPORT – Autumn has been a busy time

*By Malcolm Reid, TBUG President*

It's an old figure of speech but perfectly apt given the last few months. Hopefully you may have noticed by now that we have a new website. It has a new address [www.tamarbug.org.au](http://www.tamarbug.org.au). Have a look - I hope you like it. Like most IT things never go entirely smoothly but it is now fully operational. I spent some time showing the committee members how to update the site and rides calendar and it's now a beautiful smooth thing, plus we are getting monthly reports on our site usage for the first time.

We have also had a very busy period in terms of media and promotion. Working with MOFO was great. I am hopeful that this can become a longer-term relationship and we can promote cycling in new and

creative ways. Thanks to all the volunteers. MOFO was quickly followed by Festivale; the most successful ever in terms of bike numbers and general interest. I have continued to work with Council producing Facebook videos promoting cycling. In total they have had around 15,000 views of the videos and comments have been very positive. Also, our local ABC sessions are going strong. Thanks to Malcolm Cowan and Marie Spencer for that. We have also been interviewed by City Park Radio and ABC on Bike Week activities, and TBUG has been the subject of several Examiner stories from active transport to preventative health as well. And we have continued to work closely with Bicycle Network's new lobbyist Alison Hetherington.

Bike Week has been a big thing this year. I think it is fair to say it has been the most successful ever. All our events have been well attended, including the pop-up shop, and the media profile has been good. I want to thank Alison Hugo and Di McHenry for all their work on making things happen. One result has been a marked increase in engagement with our Facebook page and we have now garnered nearly 700 likes – a big jump from six months ago.

In terms of direct advocacy, I had a positive meeting with the new council GM plus there have been two meetings of the Bike and Pedestrian Committee. These can be frustrating, but things are moving - albeit very slowly at times. Council is updating the Launceston Transportation Strategy and we met with Rob Anderson who is directing the process. He seems very committed to trying to drive a cultural change in Launceston. We have produced a long-term infrastructure agenda for council which is published in this newsletter, and on our website. We have also written to the state government seeking clarification on the West Tamar upgrades and the Road Safety Advisory Council, about left turning on the inside of vehicles. We held a joint active transport election candidate's forum in Launceston too - the atmosphere was collaborative and supportive, at least among the party candidates who attended.

Let me know if you have any comments or feedback on [contactus@tbug.org.au](mailto:contactus@tbug.org.au)



## VISION FOR TBUG

*By Malcolm Reid, TBUG President*

### **TBUG Bike and Pedestrian Infrastructure Agenda**

Rather than always talking about general improvements in infrastructure and culture, the TBUG committee has lately been thinking about what our clear priorities for the next 5-10 years should be. With the aim of providing more focus to our advocacy work we have come up the key projects listed below. Some are expensive, some are not. We think they are practical, achievable and would make a big difference to real active transport options around Launceston. All of these reflect the vision and priorities of the Bike and Pedestrian Strategy, City Heart Project and the City Deal. Incidentally, it was good to hear all election candidates speak positively about providing a complete off-road trail from the northern suburbs into central Launceston. In terms of preventative health that would be a great outcome. Here is a list of key projects we want to address:

- Link up Rocherlea/Inveresk trail around the Mowbray racecourse. This would be a major step forward and provide a complete off-road link between the northern suburbs. In the medium term, implement a compromise around Mowbray streets to link Vermont Rd with Dover Village. Detailed plans for this have been developed.

- Implement previously agreed changes to CBD traffic flow to calm traffic and promote a people friendly CBD. This was a key element of City Heart Project and involves Paterson, Charles, York and George Streets. It was passed by Council in principle in 2016. It could be done in stages.
- Maximising bike and pedestrian potential of new flood levees to develop commuting and recreational pathways. Specifically, sealing Inveresk bike/pedestrian trail from Invermay Park to Vermont Road to enhance links between northern suburbs, UTAS and CBD.
- Sealing Prossers Road. This could be a local loop ride as an alternative to the Fish Shop and the use of the West Tamar Highway. This will also become an easier climbing touring route giving access to the proposed North East Recreation Trail at Lilydale, rather than having to ride up Finger Post Hill and another steep hill before Holly Bank then to Lilydale.
- Developing better bike and pedestrian links from CBD to Inveresk. Specifically, improving Tamar and Charles St Bridge intersections.
- Provision of end-of-trip facilities and other bike initiatives for Council staff as a leadership action. This would give an encouraging image of Launceston as a “healthy city”.
- Provide part funding for an Active Transport North Officer position to identify and progress infrastructure issues and services in the City of Launceston and the Tamar region.

## COMING EVENTS

Check out the [website calendar](#) and [Facebook](#) for any late changes, additions or more rides. 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](#) on the 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:

- **March 25<sup>th</sup>. Western Tiers ride:** [www.tascyclechallenge.org.au](http://www.tascyclechallenge.org.au)
- **Wednesday rides** will occur on March 21<sup>st</sup> and 28<sup>th</sup>. Contact Mick. **No rides organized at this stage for April, (Mick and Helen please enjoy your break).** So, anyone else: pick a ride you like and invite your friends to join you.
- **Wednesday rides will restart again on May 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>.** Contact Mick.
- **Thursday rides.** Only two to go before Daylight Savings ends. March 22<sup>nd</sup> with Jeremy Torr and March 29<sup>th</sup> with Marion Sargent. Meet at Royal Park at 5.45pm for an hour’s ride.
- **Sunday April 29<sup>th</sup>. Glebe Gardens and City exploring. 3A 25kms** Marion. [marionsargent@bigpond.com](mailto:marionsargent@bigpond.com), 6331 4890 or 0438 432 848.
- **Sunday May 13<sup>th</sup>. Mothers Day Ride; Railton to Sheffield along the Rail trail.** Enjoy a slight

uphill ride to Sheffield, eat cake, pastries or fudge and then return downhill to Railton. Meet at the car park opposite the RSL in Railton. 9.45 for 10.00 departure.

[dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au) or 0418 501 145.

- **Sunday May 30<sup>th</sup>**. Bracknell to Blackwood Creek ride. Contact Helen.
- **For more ride info go to our website.**



### QUOTE OF THE MONTH:

*"We make a living by what we get but we make a life by what we give" Henry Bucher.*

### READ OF THE MONTH:

*Curious and confused about road rage directed against your innocent, mild-mannered self?*

[Check this out.](#)



## CYCLING STUFF

### LOAD YOUR BAG OR YOUR BIKE? – by Jeremy Torr

#### **Day Rides – Tactical Packing**

If you are carrying small stuff while riding, where should you carry them? On the bike with special brackets or bags, in an underseat bag, in a handlebar bag – or even in a small backpack? Things like a water bottle, snack food, phone, repair kit, camera, pump, or other things you might need all need space. This is tactical packing. Here are some pointers.

- An underseat bag is good; easy to get at, doesn't knock your knees, weight is centralised, doesn't wobble about. But space might be limited – and if it rains it can get very wet if you don't have mudguards.
- A bum bag strapped around your waist is good if you don't have too much stuff and don't mind looking a bit eighties. Not the most flexible storage space for bulky bits, but great for security as you never forget to take vital stuff with you – where's my phone . . . ?
- Handlebar bags are great for snacking from, easy to get at and can hold a map or phone in exactly the right place. But they are high, so load it up too much and you will notice the negative influence on handling.
- A small bag/pannier on a rear rack is great – and can carry more weight as it's lower down over the (fixed) rear axle. But it can be a pain to get at compared to other options.
- A small backpack/hydration sac is most portable, flexible, and usually highly waterproof. Plus, it can hold small amounts of food, water and other stuff. Big negative - you carry the weight on your back and will notice it way more climbing hills.



**Verdict:** A small self-supported underseat bag along with a personal bum bag is optimum for convenience, security and capacity - without compromising waterproofing or bike handling.

## Touring – Strategic Packing

So, what if you want to carry more, say for a tour or long day ride? Maybe a few clothes, spare undies, waterproofs, stove - even a laptop or tablet and a tent or swag and sleeping gear. In this case you need to think strategic.

- Basic rule – let the bike carry it, not you. If you ride with a hefty backpack your shoulders, back and probably buttocks will all complain loudly. Plus, the way you ride the bike will be severely hampered as you suddenly become super-fat and unstable, as far as your contact points – seat, bars, pedals – are concerned. So, abandon the backpack and look to panniers and racks.
- Super-continental touring types have panniers front and back, a rack on the back and probably a bar bag too. Handling will (almost always) be better and more stable if the most weight is low down. The only disadvantage is you can't access QR wheel axles without removing panniers.



*Left: Looks cool, but weight too high, special clips, thin fabric, no expansion.*

*Right: Perfect. Low weight, expandable, tough, stable and fixable.*



- Put heavy (tools, cook stove &c) low down at the back – there are usually more spokes to cope, and it doesn't spoil the handling so much as if weight is at the front. But pad bulky items with something soft or the bags can develop wear holes.
- Lightweight fabric looks cool, but means you have to treat bags very daintily. Heavyweight bags survive airport handlers better too. Use plastic bag liners to separate spillable stuff (good for extra waterproofing too).
- Super engineered fixing clips look great in the shop but are hopeless if they break on the road. If you can't bodge it, you will be stuffed; always take elastic straps in case. Fixed size bags are a pain; some expandability is a lifesaver.
- A handlebar bag should be for immediate use, valuable, wayfinding or eatable stuff only. And remember the **basic rule** – pack as sparsely as you can, then take it all out and leave 30% behind. That's about right then . . .

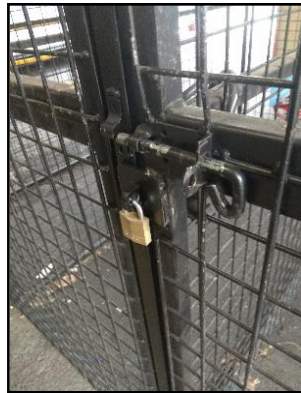


## **Girl Cyclists' Outings – by "Sonia"** – Found by Marion, in *The Mercury*, Wed 17 November 1937

*So many girls in Launceston have taken up cycling for exercise and enjoyment that they form a large proportion of the membership of one of our cycling social clubs, which conducts regular week-end outings to the country. Altogether 175 members have joined in a month, and it is anticipated that many more women and girls will participate in the runs. Cycling outings of this kind provide much more pleasure than do ordinary runs along country roads, and the club has become very popular. There is a women's committee, which attends to the social side, including the organisation of dances and other entertainments. These are conducted to help different charities, and the club aims at giving practical help to those in need, as well as the provision of enjoyment to its members. Miss Kathleen Lewis is the social club secretary.*

## CITY OF LAUNCESTON BIKE CAGES – by Malcolm Cowan

The City of Launceston has improved the security on the bike cages in Paterson East and West Car Parks. Bring your own padlock, or similar, that can be used on the newly strengthened clasps. You also have the option of chaining your bike up inside the cage. A number of people leave their locks attached to the cage for easy access when they use the cages. The cages are under cover inside the ground floor of the car parks, and provide a good central locking place for visitors, commuters and shoppers. Tourists can also leave their loaded bike in the cage while they explore Launceston.



## WHAT'S ON

### AROUND LAUNCESTON

[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 Cycling Tours 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](#).

### NORTH ISLAND

[Gran Fondo 2018](#). Blayney to Bathurst. April 22<sup>nd</sup>. \$169.

### GLOBAL

- [Blue Marble Travel](#) – discover Europe by bike.
- [Rome2rio.com](#) – How to get where you want to go.
- Wayne & Margie offer some unusual tours and trips at [No Mints Adventures](#).
- [Bicycle Adventure Club](#) does what it says – all over the place!
- Chile, Dolomites, California – all in luxury on a bike at [Trek Travel](#)
- Cycle Vietnam, Cambodia, Iran, Samoa and Laos – and change lives: [Social-Cycles](#)
- Cycle Sulawesi, Bali and Flores with [Cycle Indonesia](#).
- 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, Snap, Send and Solve. And if you need a phone mount for your bike, check out [Finn](#). For EU15, it is a really smart and neat addition to your bike.



## BUY, SELL & SWAP

- 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 at 6.30pm. At the lecture theatre next to Saltz Café in 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](mailto:fovey@intas.net.au) if you have one.

## 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 and 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 meetings. Next meeting: 67 Reatta Road, Trevallyn. May 2018. We share tea and talk about all things bicycle.

## Tamar Bicycle Users Group Inc.

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