



## July- Aug 2019 Post Winter Newsletter

### Hi to all our TBUG members and supporters.

Once again, we have survived the winter chills and been out there riding and experiencing all that cycling can offer. All the same, I am sure that we are all eager for winter to be over and spring to begin. And even if we have the predicted windy days ahead, may you always pedal with the wind on your tail.

Our **AGM** is almost upon us, so please add this date to your diary. **Wed Sept 18<sup>th</sup> 6.00pm, at the Hart St Tennis centre.** We look forward to all of you joining us for an interesting night. We will be looking for some new committee members, so if you have a any spare time, we would love to see you there.

**Work to eat, eat to live, live to bike, bike to work.** And try to be a **Good Psyclepath** : A person suffering from an extreme love of all things bicycle related. Take care on the road.

*Di McHenry (editor)*



## PRESIDENT'S REPORT

### A busy winter and a spring in our step!

*By Malcolm Reid TBUG President*

The winter cold has not slowed us down at all. We are organising more winter rides than ever and look like breaking all records for participation this year. Rides have varied from longer Wednesday sessions that continue to attract a regular attendance of more than 20, through to the history and local rides mainly lead by Di McHenry and Marian Sargent. Thanks to all the Ride leaders involved: Mick and Helen Statham, Malcolm C and Tim. We have also organised other promotional rides including some Saturday P Plate Rides, the Ride for Peace, and supported the North East Rail Trail Run and Ride.

Other ride news is that TBUG will be a joint sponsor of the Sally's Ride family ride on December 1 this year. For the first time we will be a major partner of this great event which is a real opportunity for many people to get the fun and excitement that riding a bike can bring. And looking to the future, we have confirmed ongoing and valuable financial support from both INTAS and St Lukes Health - many thanks to them both. St Lukes will also be a sponsor of Bike Week next year. If all goes well, we should be able to ensure another well-supported and exciting Bike Week program in March 2020.

On the advocacy front we have continued to participate on the City of Launceston Bike and Pedestrian Committee. We have appeared in public media regarding the North East Rail Trail and CBD active transport planning. Also, various TBUG committee members have participated on the monthly local ABC

radio slots. Thanks to everyone involved there. Our website continues to attract good traffic and our Facebook page is vibrant and well used.

**Finally, don't forget the TBUG AGM on Wednesday September 18 at the Newstead Tennis Centre.** We will begin the evening at 6:00pm with the usual pizzas and drinks, with formal proceedings beginning about 7:00pm. This year's guest speaker will be Will Oakley, RACT Community Affairs Manager. He will focus on their latest thinking about planning for future mobility and transport incorporating all modes not just cars. We can also discuss how we can work with the RACT to promote better driver education programs with regards to cyclists and pedestrians. It should be a very valuable and positive discussion. This will be my last column as TBUG President. I have learned a lot over the last three years and thank you all for your support. TBUG has been one of the most effective small community groups in our region and I'm sure it will remain so for some time yet!!



## PEDESTRIAN & BICYCLE COMMITTEE Update

The Launceston Pedestrian and Bicycle Committee (LPBC) is chaired by Councillor Hugh Mckenzie. Councillor Alan Harris also sits on the committee along with community representatives, including TBUG and Bicycle Network, and appropriate council staff from traffic management, planning, recreation and parks departments. The LPBC meets around every six weeks on Thursday afternoons. Malcolm Reid and Malcolm Cowan represent TBUG. The committee puts forward initiatives, reviews projects, policies and proposals and provides recommendations following the Launceston Pedestrian and Bicycle Strategies.

Although the bureaucratic process can be frustrating at times, e.g. the development of the missing link for the Inveresk-Rocherlea Trail around Mowbray (temporary on-road alternative recently sign posted) and covered bike parking at Launceston Aquatic Centre (due by Christmas), without TBUG lobbying, support and constant prompting, many of the changes we are seeing around Launceston wouldn't happen. However, we are often frustrated by the Council's lack of real commitment to implement the often-expressed aspiration of making Launceston a truly pedestrian and bicycle friendly city. This goal is regularly expressed in strategies, plans and reports.

Council staff are very good at applying for government funds for specific small projects such as Black Spots and Vulnerable Road Users programs. Funding has been acquired for restructuring of the Howick Street/Wellington Street intersection with a bike lane in Howick Street and a slip bike lane from Dowling Street to Elphin Road. Also, together with Casey Mainsbridge from UTAS, TBUG has proposed a Car Free Day in central Launceston This would give people a chance to experience what their city would be like if/when cars are removed from the inner city. Sunday 27 October is proposed, and this coincides with Bicycle Network's Ebike Expo in Royal Park. If you have any ideas or suggestions, please contact us through the website or Facebook page.  
Malcolm Reid and Malcolm Cowan



## INTERNATIONAL RIDE – SOUTH KOREA

With a population of 51 million in an area of about half that of Victoria, on the surface, South Korea may not appear to be an ideal destination for bike touring. However, as we discovered this June, the Koreans take recreational bike riding very seriously, like most things they tackle.



This follows the development of a network of dedicated cycleways that criss-cross the country, mainly following a massive river system that avoids the hills and mountains that dominate the topography of the peninsula. On the east coast, a trail follows the coast passing through fishing villages and beaches to almost the DMZ on a mix of quiet roads and off-road trails. The main river trail is the 700km Four Rivers Trail that runs from Incheon near Seoul in the north west,

following rivers to the south east city of Busan. There is a section in the middle where the trail crosses a relatively low range. Here the options are steep (up to 20% in short pitches) but not long (5km climbs).

South Korean cities are car dominated with few privately-owned commuter bikes but with an extensive public bike system. City roads are hectic, and we rarely rode on the roads in the few big cities we passed through. Shared bike/pedestrian paths exist, and bikes co-exist with pedestrians on footpaths. On the trails it's a different matter with riders enjoying dedicated trails for local and

long-distance rides.



Accommodation is reasonable, camping extensive and often free, especially on the beaches, the food is great and the weather was superb. We had one warm wet morning in 28 days riding with just one showery day. Although we took the overnight ferry to JeJu island we wouldn't recommend the diversion - rather spend more time on the coast. JeJu is being spoilt by over development catering for the broas Asian market.

Another disappointment along the east coast was the water temperature – in June it was only about 14 degrees which shattered my expectations of beach camping with a swim! Apparently, it warms up around August/September. One other highlight was staying in Gyeongju with Warm Showers friends who had stayed with us. Gyeongju is a very pleasant town with a fabulous museum and over 200 royal tombs which are still being excavated and explored.

Throughout Korea, alternative travel is easy, particularly on buses but slightly more difficult on trains due to space restrictions. And don't worry, it's very "safe" and friendly, our bike locks were rarely used. Although not a lot of information is available, self supported riding is easy and there are a number of supported tours across the country. If/when we go back we would aim to ride from Incheon down the east coast then catch a ferry to Japan.





Here are few sites to help if you are thinking of going.

<https://www.bookmundi.com/t/cycling-in-south-korea-5-best-paths>

<http://www.cyclingcorea.com/links-and-info.html>

<https://kojects.com/long-distance-cycling>

If you'd like more info contact Malcolm or Vicky on 0417 573 991 or [Malcolmcowanster@gmail.com](mailto:Malcolmcowanster@gmail.com)

## COMING EVENTS:

Check out the website and Facebook for any later rides.

## Upcoming Rides.

Check the web site for changes, additions or more rides by clicking [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. Check our grading system below to select the right ride for you.

### ***Terrain Difficulty***

- 1 – flat
- 2 – gentle grades
- 3 – rolling hills
- 4 – 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)

## Spring Rides

- **Sept:** rides for **Wednesdays** are on: 4th, 11th, 18th, and 25th.
- **Sept. Sunday 8<sup>th</sup>**, Mick will lead you around the West Tamar region again, from Exeter to Flowery Gully. Meet at the car park opposite the Info centre in Exeter at 9.15am. Some Big hills 56km 2 D.
- **Sept. Sunday 8<sup>th</sup> Also. Tweed Ride. For the Junction Art's festival. 11am Princes Square.**
  
- **Sunday 15<sup>th</sup> Moonlight ride** from Carrick to Whitmore and return. 1B 28kms.
- **Sunday 22nd**
- **Sunday 29th**
- **Oct:** Wednesday rides, are being planned for every Wed. Mick will be away and others just might take the lead. Keep an eye out for emails and on Facebook. **Mick** is returns for Wed Oct 23<sup>rd</sup> and 30<sup>th</sup> bike rides.

- **Sunday 6<sup>th</sup>,**
- **Sunday 13<sup>th</sup>.**
- **Sunday 20<sup>th</sup>**
- **Sunday 27<sup>th</sup>.** Cycle around the quiet streets of the City, as it just might be **car less**. **Plus** Bicycle Network's Ebike Expo in Royal Park.
- **Nov: Wednesday rides are planned for each Wed.**
- **Sunday 3rd**
- **Sunday 10<sup>th</sup>.**
- **Sunday 17<sup>th</sup>.**
- **Sunday 24<sup>th</sup>.**

**Note:** if you want to attend then let the leader know, either by email or text, or by liking the ride on Facebook. They can then 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.

## L - P plate Ride Program

This program will give you confidence and skills to enjoy your riding more. It would be held over three Sundays and will be from 10.30 am – 1pm. This program will be re offered shortly, minimal fee of \$15 for the three sessions. To be held behind the UTAS architecture building, if you are keen to register, the next sessions might start in November. Please email Di. on [dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au)



## WHAT'S NEW?

- **Danny Macaskill:** Is it again this is Danny Daycare with a slight difference I am sure you will all enjoy. Check out this video: [youtube.com/?v=jj0CmnxuTaQ](https://www.youtube.com/?v=jj0CmnxuTaQ) if you want more fun, watch his Imagine video too.
- **RACT members** get \$100 off [www.elebike.com.au](http://www.elebike.com.au) or phone 1300 767 134. Electric bikes for all ages. No license or rego required. Escape folding bike just \$1399, voyager \$1399, with RACT discount. Free freight to Tas for all RACT members.
- **BreatheVelo.** Locally produced in Tasmania, cycle tops made from Merino. Check out Mark Munnings on FaceBook.com/[breathevelo](https://www.facebook.com/breathevelo) or [ride@breathevelo.cc](mailto:ride@breathevelo.cc) and 0403 773 145.
- Need **accommodation** in Tasmania? Check out the [discovertasmania](http://www.discovertasmania.com.au) website and ring direct to get some cheaper deals.
- **Travellers** please note: if you are not yet aware of the amount of money Australia is losing to overseas companies, via hotel accommodation websites, please check out Dick Smith exposing this international issue. <https://www.coffscoastadvocate.com.au/videos/dick-smith-slams-online-booking-sites/62315/>
- Ready to **upskill** yourself. First Aid courses offered by Firstaid Pro, have recently been undertaken by some of our ride leaders and they come highly recommended. it is a lot cheaper than other courses and is only one day with some prereading.



## WHAT YOU COULD PLAN TO DO?

### Go To FLINDERS or KING ISLAND

#### Flinders Tour options; fly with Sharpe Airlines.

1. Explore Emita with Us.
  2. Cycle2 Rock and Sea tour.
  3. Ride Strzelecki Tour. Ride around the delightful Mt Strzelecki N.P.
  4. MTB. Flinders is a clean, community minded and eco-friendly business.
  5. King Island options. Join the Long Table Festival. 3-5 April 2020 or Feb 26-28 2021.
- Check both island paradise options at Sharp Airlines. (Thanks Stu for this information).

### 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](#) and is offering bike touring and training options around our delightful state.
- **Derby**. Check out the new trails. There is Lake Derby, Rapids, Wotchya Upto, Deadly Bugga.
- **Sally's ride**. Set the date of Dec 1<sup>st</sup> for 2019. TBug is ready to make a difference in this event this year.
- More **Launceston bike cages**, for secure parking at the new CH Smith building.

### AROUND HOBART

- For info on what's on in the south of the island, try Cycling South.
- **Have your say on mountain biking on Kunanyi / Mt Wellington**  
The City of Hobart is exploring new ways of improving the riding experience in the lower foothills of Kunanyi/Mt Wellington. Council wants to understand how the existing track network is being used, the type of riding experiences you are having now and what you'd like to see in the future. [More>>](#)
- **Hobart Airport bike assembly station**  
Cycle tourists arriving at Hobart Airport now have a stand and tools to reassemble their bikes. They'll have to drag their bike box across the road from the terminal but it's undercover and it's good to see some welcoming infrastructure provided for visitors with 2-wheels.

### AROUND AUSTRALIA and BEYOND

- **Bike S.A.** 21<sup>st</sup> Sept – 29<sup>th</sup>. Tour the Eyre Peninsula. See our website for more details.
- New Zealand **South Island** Feb.2020. Marlborough to Queenstown.
- Or Ride and Seek NZ. **Auckland to Queenstown**. 24 days, 2060 kms Feb 8<sup>th</sup> – Mar 9<sup>th</sup> 2020.
- **Around the Bay in a Day**. (Melbourne) October 6<sup>th</sup> 2019.
- **Great Vic Bike Ride**. November 22nd -Dec 1<sup>st</sup>. 2019. Limestone Coast S.A. to Great Ocean Road. From the Limestone coast in SA to Torquay along the Great Ocean Road. 5 and 9 day options.
- **Melbourne #1 bike tours**. City tours, Foodie feasting trip, Bikes 'N' Brews, Bike Rental. Check out [Freddysbiketours.com.au](http://Freddysbiketours.com.au) Located at 20 Rebecca Walk. Batman Park, between Spencer St and King St. Melbourne. Or call 0490 553 673
- **More in Victoria**. Bike the You Yangs, Mt Buller, Great Ocean Road and Forrest. MTB adventures. check out [www.mountainbiketoursaustralia.com.au](http://www.mountainbiketoursaustralia.com.au) or phone 03 93931355
- [Greater Hobart Trails](#) – go to the Greater Hobart Trails website
- [Hobart MTB Rides](#) - Regular social and adventure rides

- [Cycle Queensland's Sunshine Coast Ride](#) - 12-17 October 2019 at campsite and hub not far from Noosa's Main Beach with 1, 3 and 5 day options
- [Sydney to the Gong](#) - Sunday 3 Nov 2019  
For 38 years, tens of thousands of cyclists have hit the road in this legendary ride from Sydney to Wollongong to raise funds for people living with multiple sclerosis. 58 and 82km options.
- **Portland.** West Coast. USA. It is one of the most bike friendly cities in the country. The ZooBomb Pyle is the muster point for freewheeling fun every Sunday night. There is also a BMX bike museum, a Darth vader who rides around Portland on a unicycle, while playing the bag pipes.



Naturally, he is called the Unipiper. Word has it they may even host the World Naked Bike ride.

- Visitors to **Iceland** can now check out MTB bike tours. <http://icebikeadventures.com>



## 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.
- Old bikes wanted for works of art. Contact Anna at [fovey@intas.net.au](mailto:fovey@intas.net.au) if you have one spare.

## 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; Launceston Scout Shop; Aspire outdoor clothing**
- **Mountain Designs; Mountain Bike Tasmania; Cycology; Onyourbiketours.com**



## 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 **AGM. Wednesday Sept 18<sup>th</sup>** At Newstead Tennis Centre on Olive Street, 6.00 pm start. Pizza and guest speaker, then down to business.

## Tamar Bicycle Users Group Inc.

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



## TBUG MEMBERSHIP!!

Any voluntary advocacy group such as TBUG gains strength from the number of members we have. It also helps our financial viability. Elsewhere in the newsletter there are examples of the infrastructure and rides that TBUG works to provide and we need your support to continue to do this. TBUG membership is available on two levels as follows.

**Supporter Membership.** This is only \$20 (\$44 for three plus members at the same address) and runs from October 2018 - 31 December 2019 so it's time to renew your existing membership. You can do this on the website at: <https://tamarbug.org.au/memberships/basic-membership>

Alternatively, if you require **membership and 24/7 ride insurance and support**, join TBUG through Cycling Australia. TBUG is an affiliated Club of Cycling Australia/Tasmania. Go to <http://membership.cycling.org.au/> and select "Ride+" membership. Membership benefits are outlined there. Membership is \$99 and \$74 for Seniors. Cycling Australia membership runs for 12 months from joining date and you will be sent a reminder. Family membership discount is available. Contact CA 9998 6810.