



Autumn/Winter Newsletter 2020

Hi to all our TBUG members and supporters.

By Di McHenry, TBUG Newsletter Editor

Where to start? What an amazing time we are now living in, one that no one ever suspected would arrive, I am sure. It will be the ride of our lives just getting through this vastly different and difficult time.

This used to be the motto: Work to eat, eat to live, live to bike, bike to work.

I wonder what your motto is now. Personally, I have my 1980's triathlon bike set up on a wind trainer, complete with a music stand in front, so I can balance a book and enjoy a ½ hour ride and reading session to start my day. The other night I sat alone and watched the MAMIL documentary; I wonder how all those groups are managing during this time. I guess they are still heading out for their daily fix, just keeping more of a social distance, or riding in pairs only.

We are indeed grateful that we had the Bike Week events when we did, and boy was that a great week. I am pleased to have been a part of the many activities that we held in Launceston and a HUGE thanks to all of you who came along and supported us. Let us hope that 2021 can be held and be even bigger.

On a recent TBUG ride I mentioned to some riders about the sensor in the road that will help change the lights for you. Next time you are out and want the lights to change from red, put your wheels over the rectangular lines behind the white stop line. And you might just get a green light.

Great news, our group rides have recommenced, so watch our web page www.tamarbug.org.au and Facebook notices, we will see you all again soon, until then take care on the road.



Bike Week Ride Story

by Malcolm Cowan

Ruby – DO take your bike to town! ...Smashing an Urban Myth.

Thought about riding a bike to central Launceston? Think it would take too long or be inconvenient? Think again! Maybe you have to pick up a book at the library, post a parcel, get a new jacket for your next bush walk or buy a spare tube for your bike on your way to Launceston Aquatic for a swim or a gym session. Whatever, it's easy to do all this quicker and with less cost on a bike rather than in a car, especially if you use an e-bike.

Tamar Bicycle Users Group proved this during Bike Week when, starting from the Riverside West Tamar Council offices, one rider rode a Trek e-bike, another rode a Vivente touring bike and West Tamar Councillor Richard Ireland drove his car to simulate this little list of chores. After checking in at the Library, the Post Office, Aspire Outdoor and Cycle2, Marie arrived at the Aquatic Centre in 25 minutes. Malcolm took 29 minutes and Richard arrived 31 minutes after leaving from Riverside. Marie Spencer, 73, on the e-bike and Malcolm Cowan, 72, on the touring bike showed that age wasn't a deterrent either.

Most of the ride is on off-road trails or using Bike Lanes before ending up in the slower CBD. Malcolm commented that it was lovely to see the birdlife on the river, smell the cut grass on the verge and enjoy the fresh air and view of Launceston over the Basin. Richard observed that he was too busy watching the traffic and looking for parking spots! These ride times indicate that not only will you be reducing congestion, pollution and greenhouse gas emissions, you can get your daily dose of exercise – something few people do. In fact, surveys around the world constantly show that half the car journeys in the world are less than 5km – imagine the cost per km of each short journey plus parking. Our trip was 7km each way – it's only 5 km to the Post Office. A five km radius from the Post Office includes a large proportion of Launceston from Mowbray to Newstead and Kings Meadows.

With the additional restrictions Corona virus is putting on our exercise options, using a bike is certainly a viable option to replace a car on those short journeys. See you in the city . . .



Autumn - From Daphne's Diary. #7 2019.

*The weather is still quite warm
But change is in the air.
I feel it as I ride my bike,
Cycling here and there.*

*There's less sun in the evenings,
And it's a shorter day.
After a lovely long summer,
Now autumns on its way.*

*You can see it on the trees,
Although their leaves remain.
The wind has started to rattle them
And soon they'll be falling again.*

*We find ourselves inside more,
Where it's warm and bright.
I'm going to miss the summer
but I'm glad the autumn's in sight.*

Vibrant Bike Week Success!

By Malcolm Reid, TBUG Vice President

Life is certainly better on a bike for all those who joined in the great range of events held during this year's Bike Week.

The overall attendance was slightly down on last year's but we were able to put on a bigger range of free events this year at a lower cost to TBUG. We were also able to generate great publicity particularly on the back of the great bike v car challenge - proving that life can not only be better on a bike but maybe more efficient as well!!

Overall, around 450 people attended compared to over 500 last year. This can be explained by dodgy weather for the community ride, a less exposed position for the pop up shop...we couldn't get the Centreway Arcade this year and the last minute organisation of the film night....due to factors beyond our control!

Both the maintenance workshops were packed and I want to thank both John Spucches and Nathan from Cycle 2 for hosting them. Feedback was great. The BMX session and kids story time at the library attracted lots of younger riders and the film night was enjoyed by all as far as I can tell!

The night ride was another spectacular success with lots of people coming onto the streets to admire and applaud our fantastic bikes with lights display. But for me, the highlight of the week though was the great Bike V Car Challenge. It really proved the point that people can get around town doing some basic jobs much easier on a bike than car...and more enjoyably too! Thanks to ABC North for helping us put this on. I also want to thank all our Bike week supporters

particularly City of Launceston, and St Lukes Health, but also Healthy Tasmania, ABC North Tas, Cycle 2, State Library and Rec Link. Finally, a bit thankyou to all those who helped put the week together and all those who came along!

Don't forget you can see all the photos from Bike Week 2020 on our website <https://tamarbug.org.au/gallery/>



Coping with COVID 19: Three marvels of Bike Mechanics.

(ref. BIKE. Autumn 2014)

1. Washing accomplishes more than cleaning. Elimination of grime will make all the parts last longer and work better but, because you are really at your bike, you also spot potential problems such as cracks or chainring wear early. You will also get to know your bike in a way that you never would have if you only ride it.
2. The best tools are as pleasurable to own as the best bikes. And they will last a lifetime. But, never lend them out.
3. Learning to fix a flat tyre changes everything. The ability to smoothly and quickly remove and install a tube transforms an unexpected puncture from a burden into an empowering experience. You feel different once you know how to change a flat – and this simple process is often the gateway to being inspired enough and confident enough to figure out how to work on the rest of your bike. Clean your chain next?



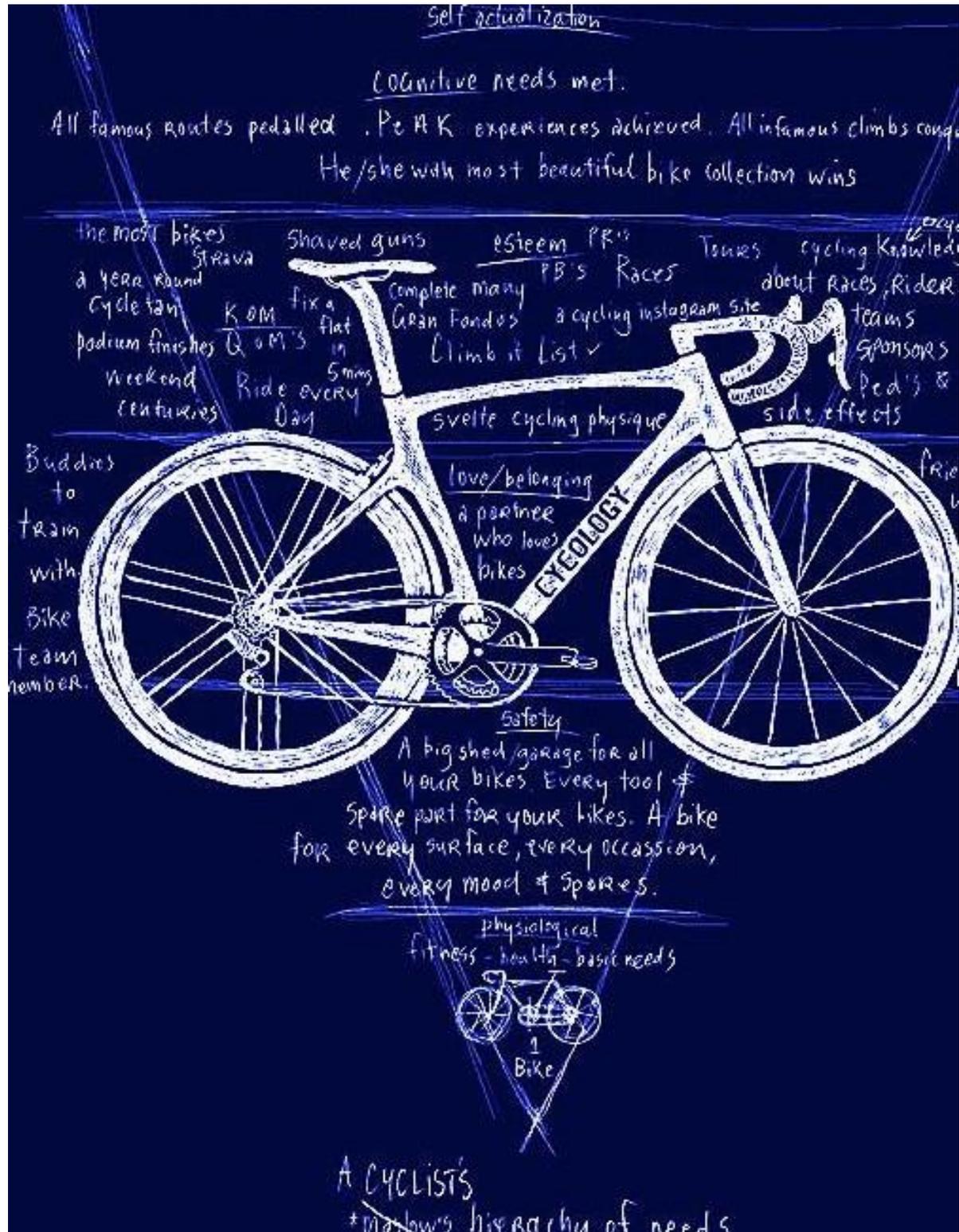
COMING EVENTS

Please take care on the roads and do your own thing, until we can escape the social distancing issues. We are getting closer... but 'til then, check out the website and Facebook for any later rides.

Up and coming Rides

Check the web site www.tamarbug.org.au for 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](#) as on Website Calendar. Check our grading system below to select the right ride for you.

Maslow's Hierarchy of Needs - from a cyclist's perspective





Top Quote of the newsletter:

Keep your thoughts positive because your thoughts become your words
Keep your words positive because your words become your actions
Keep your actions positive because your actions become your habits
Keep your habits positive because your habits become your values
Keep your values positive because your values become your destiny.
Source unknown.



WHAT'S NEW?

Browsing the Web, and things to check out

- Bike duck bells and head light. Check out Kaliphgc.myshopify.com and type in duck bike bells. They cost \$9.95. could be fun?
- BicycleBooth.com
- Centaurigear. Have a bike light, bell and phone holder.
- Cyclingismypassion. <https://shoppingmylife.com?jhhj7874> they have cute cycling sneakers.
- The bike buffer, a lycra cover for your bike, protecting it from outside and in. ebay have some for \$20.99.
- More cycle clothing. Miniinthebox.com and search Cycling Clothing. Some fun designs are in there. Most is from a company called 21 grams.
- If you are looking to free your mind there is: "A Bicycle colouring book" by Miss PK Stublely. Amazon had it for \$16.25, but add \$14.45 for postage!
- Ready to up-skill yourself. First Aid courses offered by Firstaid Pro, have recently been undertaken by some of our ride leaders and come highly recommended. Cheaper than other courses and only 1 day with some pre reading.

GLOBAL IDEAS:

Hold off on travel folks is all I can say, go explore your own back yards. I have plenty of books that are cycling related. So, if you want one, just let me know and I will let you know what I have, Some examples are; *The Anna Mears Story*, *Out There and Back* by Kate Leeming. *25,000km Australian cycling. Njinga*, also by Kate, 20,000 over 20 countries in Africa. I have the Louise Savage Story. Or try *Hell on Two Wheels* by Amy Snyder. *The Race across America*. That should keep you busy, entertained, isolated or inspired for awhile.



BUY, SELL & SWAP

- **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 if you have one spare.
- **Retro Apollo Hybrid from 1999.** Good condition, two owners, last service Cycology 2018. Owner needs lighter bike. Will exchange for appropriate TBUG donation. Contact Peter - 0409 174798.



DISCOUNTS

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

- **Cycle2; Geards; Sprung; Launceston Scout Shop; Aspire outdoor clothing**
- **Mountain Designs; Mountain Bike Tasmania; Cycology; Onyourbiketours.com.**
- **Roll Cycles (near City Park) is new in town and have good reviews.**
Ride On, still has lots of fun bike stuff and will give discounts to regular customers.



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



COMMITTEE MEETINGS

Are back live on the third Thursday of the month from 6:30pm at the Newstead Tennis and Squash Centre. All welcome.

Tamar Bicycle Users Group Inc.

- Postal: PO Box 5059, Launceston TAS 7250; www.tamarbug.org.au
- General Enquiries: contactus@tbug.org.au
- Newsletter items: dianamchenry@netspace.net.au
- To unsubscribe: send a blank email to 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 Jan 2020 - 31 December 2020 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.