



Spring-Summer 2020 Newsletter

Hi to all our TBUG members and supporters.

Once again, I trust you have survived the winter chills and been out there riding and experiencing all that cycling can offer in the new world we are forced to live in. I am sure that we are all just eager for Covid19 to vanish and life to resume as we once knew it. Spring is here, so expect some windy days and spring showers ahead. May you always pedal with the wind on your tail.

Ride2Work day is next Wednesday, Oct 21st!

Our **AGM** is almost upon us, so please add this date to your diary. **Thursday Oct 29th, 6:00 pm start at the Hart Street Tennis centre.** We look forward to all of you joining us for this interesting night. We will be looking for some new committee members, so if you have spare time, we would love your input.

Our guest speaker is Graham Gilmore a local cycling legend.

One other entry for your 2021 Diary is **Bike Week will be from March 7th – 14th 2021.** Sign up now! Until then take care on the road.

Di,

Di McHenry (editor)



PRESIDENT'S REPORT

TBUG springs back to life

Malcolm Reid, TBUG President

Yes, it's been really good to see TBUG rides getting up and about for the spring. Our Wednesday group continues to grow and some TBUG people are part of regular Friday group as well. All this means that more people are riding bikes, which is what TBUG is all about.

The good news also is that Thursday night rides have started again and there are lots of other shorter community rides coming up through the spring. Check the rides calendar at:

<https://tamarbug.org.au/events/category/rides/> for full details of all our spring rides. I'm sure you will find something there for you. Thanks again to all our ride leaders.

This year the Junction Tweed ride and Sally's Ride will be held on November 28th and 29th respectively. TBUG will be leading or lending a hand to both these rides. This year Sally's ride have initiated a 25K

community ride around trails and suburbs – something we have suggested to them for some time. You can register at www.sallysride.com.au/25km-ride/

We continue to push hard at council level for improvements in the active transport infrastructure and although it can be frustrating, we do make progress. There are new bike lanes in Invermay now and more to come as part of the master plan roll out and we understand there are many more supporters within both councilors' and council staff. Councilors have recently adopted two motions committing to making Launceston a great cycling city but now we hope to see more action. Great to see a start on West Tamar Highway after years of lobbying.

We have also worked with the RACT to be part of their processes in developing a vision for sustainable mobility in our region. They are clearly moving away from just cars into a broader view of transport options. We continue to talk to state growth about road designs such as the redevelopment at Breadalbane to the airport. We have also continued our media work with major articles in the Examiner on active transport and park and ride and our regular slots on ABC radio.

We have also developed a cycleteering trail around Launceston. Based on orienteering there are clues to guide you around our off-road trails. Great for all the family and you can get to know our city a bit better. Full details on our home page www.tamarbug.org.au . Council has offered to publicly launch this, and we are waiting for a date.

Don't forget ride2work day Wednesday October 21...free coffee voucher at Quadrant mall from 7:00am and our AGM with Graeme Gilmore on Thursday October 29 from 6:00pm.

Keep riding and help make our city a great cycling one!!



Now for something Completely Different

- **Pscyclepath** - noun/siklepath. A people suffering from an extreme love of all things bicycle related.
- **Cycling Solo. Ireland to Istanbul**, by Hazel and Trevelyan Edwards. Need a fun book to read? I have plenty of cycling related books especially travel ones. If we can't travel yet, at least we can enjoy stories of others who have had some fun. Call me if you would like to read it.
- **Listen** while you ride: <https://open.spotify.com/track/07NGsIMLUWSSgwKqsi8pGe>
- Whatever your journey, **Bikes** are being used as a vehicle for change.



COMING EVENTS:

As always, check out the website and Facebook for any later rides. But here is the latest list:

Up and coming 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. Check our grading system below to select the right ride for you.

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 for this Spring-Summer (Oct, November, December)

Note there is a Christmas Break from Dec 17th; rides will resume on Jan 7th.

- **Oct: Wednesday rides**, Led by Mick and Helen, have been planned for every Wednesday through until Christmas. Check the website or Facebook for details.
- **Community rides** have been set for the following dates. **Saturday. Nov 7th, 12th Dec, and 6th Feb, starting at Royal Park.**
- **Sunday Rides to know in advance, led by Mick will be on October 25th, November 15th and December 6th.**
- **Thursday nights, Daylight savings Rides**, have begun. Meet at Park St, River end at 5:45pm for a 6pm departure. Explore the hidden sights and alleyways of our City, with Di (0418501145) and Marion. These will run through to Dec 17th, have a break and resume on the 7th Jan 2021.
- **More Sunday Rides** may pop up, as Di has requested 1 Sunday off per month to try to fit in a bike ride. These will pop up, when I am free.
- **Nov: Sunday 1st**. A ride to **Steam World Westbury**, yes it is the long weekend. Malcolm Cowan will organize this.
- **November Saturday 14th. Another History Ride**, with Marion. Enjoy some history, while cycleteering around the Launceston streets.
- **Sunday November 22nd – Evandale Verandah festival**. Which will include music and entertainment. Malcolm Cowan will lead this ride.
- **Saturday 28th November – Tweed Ride**. As part of the Junction Arts festival.

- **Sunday 29th November – Sally’s Ride.** Royal Park. Various distances, with TBUG assisting with the 10km family ride at 9am and 25km (later) ride.

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.

L - P plate ride program. This program will give you confidence and skills to enjoy your riding more. It would be held over 3 Sundays and will be from 10.30 am – 1pm, or in the afternoon. This program will be re offered shortly, minimal fee of \$15 for the 3 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



WHAT’S NEW? THINGS TO CHECK OUT

From Anna: <https://renew.org.au/renew-magazine/transport-travel/the-bike-doctors/>

From Cecily: a fascinating video clip on Youtube. Search [Phoenix Dance theatre](#), [Ghost Peloton](#). A short film for the start of the Tour de France in England in 2014. (you may have missed it then, like I did?)

Outsideonline.com This is a fabulous collection of just about everything, but go to Adventure and then Biking. The following videos may entertain you on those damp spring days, when you can’t get out.

1. The 25 best bike rides in the world right now
2. A man, a bike and one epic adventure, “Spirit of Adventure” Mike Hopkins Aug 31st 202
3. Meet the Italian bike hero chasing drug dealers on 2 wheels. 15 Sept 2020
4. When you are black in America, violence can find you anywhere. Cycling the Great Divide. 13th Aug 2020
5. Riding 1114 miles underground railway. 8/8.2020
6. How we chose the Best 2020 Road bike?
7. Our favourite mountain bikes
8. How an eBike changed one mans life. 23/4/2020, set in the Lake District of England a 48 y.o. male copes with MS.
9. Discover the joy of bikepacking in the back country (USA) 17/9/2020
10. How a bike can change a life? The Earn a bike program, set up in Bristol England, to assist the refugee, transport problems. July 11th 2019
11. Dirty Kanza, a 200 mile race 14/6/2019
12. Pedaling 141 miles Vermont to Canada. One mother sets off to inspire her 8 month old daughter!
13. Do you remember Finger Biking? A short video that will bring back some memories for you. 1/7/2020

And from **Stuart Gibson** (ex RACT Magazine). Photogenic riding in Zeehan, on the Oonah Hill Mountain Bike Trail. Nice.



RACT members get \$100 off www.elebike.com.au or phone 1300 767 134. Electric bikes for all ages. No license or rego required. 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 or ride@breathevelo.cc 0403 773 145.

Need **accommodation in Tassie**? Check out the www.discovertasmania.com or ring to get cheaper deals.

Travellers please note: if you are not yet aware of the amount of money Australia is losing to overseas companies, via most hotel accommodation websites, please check out Dick Smith on youtube exposing this international crisis. You might save some \$ and Australia at the same time.

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. Search www.firstaidpro.com.au/calendar



WHAT COULD YOU PLAN TO DO?

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.
- [Blue Derby MTB](#). Check out the new trails. There is Lake Derby, Rapids, Wotchya Upto, Deadly Bugga.
- [St Helens MTB Trails](#). Check out heaps of new trails.
- [Penguin MTB trails](#). Loads of great new tracks.
- [Sally's ride](#). Set the date of Nov 29th 2020. TBUG is ready for a big ride 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 and what you'd like to see in the future.
- [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 using two-wheels for their holidays and honeymoons.



BUY, SELL & SWAP, DISCOUNTS

- Electric assist bikes. Now available 15% off at Cycology, York Street.
- Old bikes wanted for art. Contact Anna at fovey@intas.net.au if you have one spare.
- For cheaper prices, just tell the shop owners below 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 & WEB

- Search 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 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. Thursday October 29th 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
- 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 it has. 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 2020 - 31 December 2021 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 CT 9998 6810.