



## Autumn - Winter 2021 Newsletter

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

Winter has arrived, frosts and all, possibly the last day of Autumn was our coldest, which was just getting us prepared. I know lots of you enjoyed the autumn days with plenty of sunshine and lots of glorious days to get out on the bike! I work in Aged Care, so have had two Covid19 vaccines and the flu shot as well, so I am hoping for a healthier life. I just need the workload to decrease, so I can once again offer Sunday rides. May you always pedal with the wind on your tail.

**Don't forget our major bike ride slide night *Moving Mountains for Myanmar!! Thursday July 1 from 6:00pm*** A *unique, special* slideshow presentation of TBUG member Peter Berechree's cycling journeys among the wild mountains of Tibet, Central Asia, and South America (2003-12). **Newstead Tennis Centre 49-63 Olive St. \$5 entry fee and Myanmar food available from 6:00pm \$10 per plate. RSVP for catering: [contactus@tbug.org.au](mailto:contactus@tbug.org.au)**

Quotes: "Work hard to make somebody happy everyday" - Anon

Proverb: "The road to a friend's house is never long" - Di McHenry



## PRESIDENT'S REPORT

*By Malcolm Reid (President)*

### **Last three months...Busy Busy Busy!**

Firstly, Bike Week was a strong success overall. Whilst attendance at the community rides seem to have levelled off somewhat, other events were highly successful. The women's' ride/picnic, the maintenance workshops and the two film events were all well attended. Thanks to all our sponsors especially City of Launceston and St Lukes as well as local bike business support from Roll Cycles, Cycle 2 and Tas Electric Vehicles.

We were also able to generate wider media coverage than previously plus get some support from State MPs. Our rides program has been strong too, with good numbers on our Greater Regional Cities Challenge community rides, the Thursday night and Wednesday rides too. Thanks to all our ride leaders for making this happen!

We are planning a winter solstice ride on June 22. Yes, it might be cold but what better way to get going and feel great for the rest of the day??!! Details in this newsletter or on the website.

We also organized another North East Rail Trail working bee with our friends from Scottsdale Rotary. By all accounts it was a very productive day helping to maintain this great asset. Thanks to all those who attended.

On the other side of the coin we have been busy speaking up for improved cycling culture and physical infrastructure. The City of Launceston has finally released its Draft Transport Strategy for public comment. It's a good document with some real commitments to promoting active transport. Of course delivery will take time but I think our work on the Bike and Pedestrian Committee helps in this regard.

We have had fruitful discussions with the consultants appointed by West Tamar Council to develop their Trails Strategy. This is something we have wanted to see for a long time and we are hopeful of a good outcome and the first steps towards a better cycling culture.

Meanwhile small improvements are coming on-line. We are pleased to see the sealing of the River Bend trail which we have lobbied for some time. We hope to see the Inveresk levee to Vermont Rd sealed soon. We also publicly acknowledged the improvements to the West Tamar highway as a step forward, albeit some way from resolving various safety issues entirely.

Thanks again to all the committee members for their support and also to Rafael Molina for taking on the monthly chats on ABC radio. If you have any comments or feedback please contact me at [contactus@tbug.org.au](mailto:contactus@tbug.org.au) or 0419 107892



## COMING EVENTS:

### Inaugural Winter Solstice Ride

Since prehistory, the winter solstice has been seen as a significant time of year in many cultures, and has been marked by festivals and rituals. The idea is to watch the sun rise after the longest night of the year, and to celebrate together the birth of the new sun and what is effectively the New Year in the Southern Hemisphere.



We will meet on **Tuesday 22 June at Park St, Royal Park at 6.45am for a 6.55am start**. The route will follow the West Tamar Trail and then head up to the Freelands Lookout in Trevallyn. Once we're satisfied that the sun has returned from its long journey and that it will not leave us mortals in eternal darkness, we will head down back to our starting point.

Those who wish to will then be able to sit down

for a cuppa/breakfast at Tio Rico. This activity involves riding mostly on roads, two crossings of the West Tamar Hwy and a relatively steep section about one kilometer long (Cherry Road). Please bling-up your bicycle and rug yourself up as it is likely to be a very cold and dim morning. Click on the following link to see a preview of the planned route <https://www.plotaroute.com/route/1549218?units=km> . Grading is 4A, 10Km. Organiser: Rafael, 0476 047 915.

## Up and Coming Rides

Check the web site for 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. Check our grading system below to select the right ride for you.

<i>Terrain Difficulty</i>	<i>Pace</i>
1 – flat	A – leisurely (13-15kph)
2 – gentle grades	B – moderate (15-20kph)
3 – rolling hills	C – brisk to fast (20-25kph)
4 – mostly rolling hills, some steep climbs	D – workout (25+kph)
5 – steep hills, long climbs	

## Rides for Winter-Spring.

- **Don't forget the Winter Solstice Ride this Tuesday June 22 leaving Royal park at 6:55am. Coffee after at Tio Rico**
- **Wednesday rides**, Led by Mick and Helen, have being planned for every Wednesday through until August. Check the website or Facebook for details.
- **Sunday Rides** presently these will be pop up rides due to me being rostered to work. Enjoy doing your own rides!
- **August 1 Peace Festival Ride** – details to be announced
- **Patterdale homestead** at Deddington is open on the first Wed in the month with a tour at 11 am. The first one for next season is **1st Sept**. I am planning to meet at Evandale at 9am for 9.15. Cost is \$10. I'll confirm date with Carol Westmore closer to the date. Ride Leader, Malcolm Cowan
- **Sunday 5<sup>th</sup> September – Tweed Ride**. As part of the Junction Arts festival.
- **Sustainable Living Festival 2021-** Windsor Park precinct. **Saturday Oct 9<sup>th</sup>**. TBUG will be offering a valet parking service. **Ride 101** could also be held at this venue, so mark the date!

- **Sunday 14<sup>th</sup> November – Sally’s Ride.** Royal Park. Various distances, with TBUG assisting with the 10km family ride at 9am and 25km (later) ride. 45km and 100 km options also available. More details to follow or go to the website. [www.sallysride.com.au](http://www.sallysride.com.au)
- **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 at the City of Launceston Car Park in Elizabeth St., if you are keen to register, the next sessions might start in September. Please email Di. On [dianamchenry@netspace.net.au](mailto:dianamchenry@netspace.net.au)



## WHAT’S NEW?

Need a new **pump**? Intell-pump [www.techybitz.com/intell-pump](http://www.techybitz.com/intell-pump) \$112 AUD

[www.cyclingweekly.com](http://www.cyclingweekly.com) - [www.cyclingnews.com](http://www.cyclingnews.com) - [www.bikeradar.com](http://www.bikeradar.com) - [www.bikerumor.com](http://www.bikerumor.com)

Bike Nook Pro <https://thane.one.booknook.au> via **Danoz** direct. Or at Amazon approx. price \$69AUD

And for **females** out there [www.birdsonbikes.com.au](http://www.birdsonbikes.com.au) so we can look great when we are out riding!

**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 or [ride@breathevelo.cc](mailto:ride@breathevelo.cc) 0403 773 145.

Need accommodation in Tasmania. Check out the **discovertasmania** website and ring direct to get some cheaper deals.

**Up skill yourself.** First Aid courses **are** offered by **Firstaid Pro**, have recently been undertaken by some of our ride leaders and they come highly recommended. They are cheaper than other courses and are only 1 day with some pre reading. Search [firstaidpro.com.au/calendar](http://firstaidpro.com.au/calendar).



Top Quote: “If you want to be more productive you need to become a master of your minutes” - **Crystal Paice**



## Get to Know Your TBUG Committee

### Member Profile from Luke Newson

#### Reasons why I ride

- Good physio for me (I have Cystic Fibrosis) so it's important for me to be doing good physio.
- Cycling is a good way to get outside and experience my surroundings and also explore places, even if that 'exploration' is something as simple as going down a street/road I'd normally just ride past.
- I enjoy the 'tech' behind bikes, things like what companies are doing with groupsets and tyre technology is interesting to me.
- I also enjoy going for rides with friends, and that social aspect of it.



#### Reasons why I joined the TBUG committee (Luke also joined the committee)

- To get involved in working with/lobbying councils etc on getting good solid bike infrastructure.
- Hopefully to bring some different and new ideas to the table (actually haven't done that much!)
- To gain some knowledge/experience on what it's like being on a committee.



## WHERE WOULD YOU LIKE TO GO?

### 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.
- **Derby.** Check out the new trails. There is Lake Derby, Rapids, Wotchya Upto, Deadly Bugga.
- **St Helens.** Check out heaps of new trails. Grab and ebike a enjoy the ride more. My son loved it!
- **Penguin.** Loads of great new tracks.
- **Latrobe area has many more ride trails these days too.**
- 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 experiences you are having now and what you'd like to see in 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**  
Check out cycle 2 recycle. [En.eurovelo.com](http://En.eurovelo.com)



### 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](mailto:fovey@intas.net.au) if you have one spare.

### DISCOUNTS

Just tell the shop owners listed 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!

- Search **TBUG Bikes** 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
- City of Launceston for Bike week
- 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 this year usually September of October**. 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 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.

