



Winter
2011

LIVEBUG NEWS

Co-Ordinator: Maree Stacy
9602 5293

Treasurer: Russell Field
0434 141 810

NEW WEBSITE: www.bikeliverpool.org.au



Winter 2011 calendar

Sunday Jun 12 WHALE WATCHING AT CAPE SOLANDER

Grade: Easy – Medium

Starts: 10:00am. Wolli Creek Station. **46km**. Scenic ride mostly on Bay to Bay cycle path, includes some short hills. Cafe stop at Dolls Point then on to Kurnell and Cape Solander. Bring snacks, lunch, binoculars and windproof jacket (can be windy). Ride finishes at Cronulla Station. Return to Wolli Creek by train.

Contact: Phil Rylatt; Home Ph 87950564. Call to confirm.

Sunday Jun 26 CHIPPING NORTON LAKES

Grade: Easy

Starts: 10:00am. Liverpool Railway Station. Unlimited car parking in Railway street on Sundays.

An easy ride mostly along cycleways around Chipping Norton Lakes and return via Cabramatta & Canley Vale along rail trail. Some on-road cycling. Coffee at Condell Park.

Contact: Phillip Jackson 9720 8297. Call to confirm.

Sunday Jul 10 RAIL TRAIL AND T/WAY LOOP

Grade: Easy – Medium

Start: **9:30 am** Liverpool Railway Station (**note start time changed**). Unlimited car parking in Railway street on Sundays.

A **35km** ride using low traffic roads, cycle paths and Rail Trail through Cabramatta, Fairfield, Wetherill Park, Prairiewood and following the T-way path back to Liverpool. Coffee stop at Prairiewood.

Contact: Phillip Jackson 9720 8297. Call to confirm.

Sunday Jul 24 EXPLORING NEW CYCLE WAYS IN AND AROUND PRESTONS.

Grade: Easy

Start: 09:00 am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays.

This **24km** ride is a great beginner's ride being on cycleway for almost the entire ride. This ride will explore the cycleways of Hoxton Park Rd, the M7 and Cowpasture Rd breaking for morning tea at Carnes Hill Shops then returning via Camden Valley Way, Kurrajong Rd, Amalfi and Paciullo Parks.

Contact: Russell; 0434 141 810 to confirm

Sunday Jul 31st NATIONAL TREE DAY RIDE – CARNES HILL

Grade: Easy

Start: 09:00 am Liverpool Railway Station. Unlimited car parking in Railway street on Sundays.

25 Km. An easy to moderate ride using mainly cycle paths and some quiet roads to Lake Francis at Carnes Hill to participate in the 2011 National tree Day.

Bring a hat, sunscreen and water. Liverpool Council provides gloves, tools, plants and guidance in planting. Free BBQ lunch. The ride will be on T/Way and M7 paths as well as the shared paths along Cowpasture Rd. Come and explore new areas and scenic paths, no steep hills. Return to Liverpool Railway Station on completion of ride. **Contact:** Phillip Jackson; 97028297 or 0434633490 to confirm.

Sunday Aug 14 AROUND THE WOLLONDILLY

Grade: Medium

Start: 09.30am Picton Railway Station carpark.

50km. Undulating ride on mainly quiet rural roads with some significant hills. Enjoy rural scenery and orchard country as the ride takes in the towns of Picton, Thirlmere, Bargo and Tahmoor. Moderate pace, some traffic. Lunch will be in Bargo. **Contact:** Phil Rylatt; ph (H) 87950564. Call to confirm.

August 16th: **Tuesday 6pm, LiveBUG meeting**

Thomas & Rachael Moore Education Building, Seminar Room 2, Liverpool Hospital.

Sunday Aug 28 BOTANY BAY FORESHORE RIDE

Grade: Easy

Start: 9:00am from Wolli Creek Railway Station (Mt Olympus Bvd)

This **27 km** ride is suitable for all riders; it is a mixture of shared cycle ways and back streets. The ride gives excellent views of Sydney Airport, the beaches of Botany Bay and the lower Georges River. The ride follows the Cooks River to Botany Bay near Sydney Airport then continues south along the foreshore past the beaches of Kyeemagh, Brighton-Le-Sands, Ramsgate and on to Sans Souci returning via the same route with a lunch stop at Brighton-Le-Sands. This ride is an excellent beginners ride with only 1 small hill. **Contact:** Russell; 0434 141 810 to confirm.



Preview of spring calendar

Sunday Sep 11 PH FACTOR (PICKTON HILLS RIDE)

Grade: Medium-Hard

Start: 09.00am; Camden Valley Inn, Old Hume Hwy, South Camden.

50km. Moderate pace, some traffic, experienced riders only. Challenging ride involving two very significant - The Old Razorback and Barkers Lodge Road at Mowbray Park. Ride will continue on through to The Oaks and Mt Hunter. Great views and lookouts reward the effort. Exhilarating downhills and a ride along one of the prettiest streets in Camden past the historic Church on the Hill add to the experience. Recovery session at the Camden Valley Inn at the conclusion of the ride. **Contact:** Phil Rylatt; ph (H) 87950564. Call to confirm.

Sunday Sep 18 BIKE WEEK RIDE – CYCLING OPTIONS FOR THE HEART OF LIVERPOOL, A RIVER CITY

Grade: Easy

A Bike Week event held in conjunction with the Liverpool Health Promotion Service. A short skills course & guided rides will be available on the day, as well as food & cycling information. The event will be held on the Liverpool Hospital Campus. Details to be advised. **Contact:** Maree; 96025293 or 0419203379.

Sunday Sep 25 CANBERRA IN SPRING

Grade: Easy

Start: Car park, lake end of Parkes Place west (off King Edward Terrace) Parkes. ACT. Opposite the National Library of Australia. UBD reference Map 59 G 10. Ride will finish here also.

Come and join us for a 40 km ride around the shore of the beautiful Lake Burley Griffin, including many Canberra landmarks and also visiting Floriade. Follow the link for more details: <http://bikeliverpool.files.wordpress.com/2011/05/canberra-in-spring-ride-2011.pdf>

Contact: Russell 0434 141 810 to confirm details.

Sunday Oct 9 WESTERN SYDNEY PARKLANDS

Grade: Medium

Start: 8.00am from Plough and Harrow Park Carpark. Liverpool (off Elizabeth Drive). **33km** ride, with some hills, long stretches of unimpeded parklands cycle track and a few rural back roads, also uses sections of M7 cyclepath. Coffee in Carnes Hill.

Contact : Phillip Jackson 9720 8297 to confirm.

Oct 12th Wednesday RTWD

Sunday Oct 16 BNSW SPRING CYCLE

<http://www.bicyclensw.org.au/content/spring-cycle-2011>

Other Rides/Events/Cycling Holidays

Australia

FAR NORTH QLD WILDERNESS BIKE TOUR

17th – 24th September 2011

New route planned through beautiful Wooroonooran National Park

More information & registration at www.fnqbiketour.org.au

DAY OF DIFFERENCE RIDE 5th - 7th August 2011

Riding for children with life threatening injuries. 400km. Hunter Valley

More information & registration at

www.gofundraise.com.au/event/400kchallengeforkids

VOLUNTEERS REQUIRED!

As part of our philosophy to promote cycling in the Liverpool area, we will be holding a Bike Week event on Sunday, September 18th. We aim to encourage people to get back on their bikes &/or to cycle more often by showing the cycle paths into Liverpool & how to cycle safely.

To make our Bike Week 2011 event a success, we need volunteers to help out on the day – this is only a morning event, taking the time of one of our regular rides. We will need some people to help set up, carry out some basic maintenance checks, help with some basic cycling skills training and supporting the rides.

This is a fun morning, with some food provided for after the rides.

Feel good helping someone else enjoy cycling again!

Please contact Maree on 96025293 or 0419203379, or email if you are able to help out on the day.

FORESHORE SHARED PATH RIDE - NAPIER, NZ



On a recent holiday we visited the Art Deco Capital of the World – Napier, NZ. We went for a ride along the Rotary Trust Walkway (bikes welcomed) which runs along the foreshore, well away from vehicular traffic. The shared path is pretty flat and wider than ours. It passes several of the city's major tourist attractions such as the Sound shell and Colonnade, National Aquarium, heated pool.

The Dutch bike shop owner feels at home with a flat path by the sea - reminiscent of his homeland.

Napier suffered a massive earthquake and fire in 1931 destroying much of the city. The city Fathers decided to revitalise the city by adopting the Art Deco and Art Nuevo movements all the rage in the Northern Hemisphere in the 1930's.

John & Shirley Raju

CENTRALISED WEBSITE FOR REPORTING A CYCLING HAZARD in NSW

See something that should be reported as a hazard but not sure if the path/road you are riding on is maintained by local council, RTA or some other authority, or which council area you are riding in? This site is managed by Dept of Transport – who can forward it to the right agency.

<http://www.bicycleinfo.nsw.gov.au/cgi-bin/index.cgi?action=reporthazard.form>

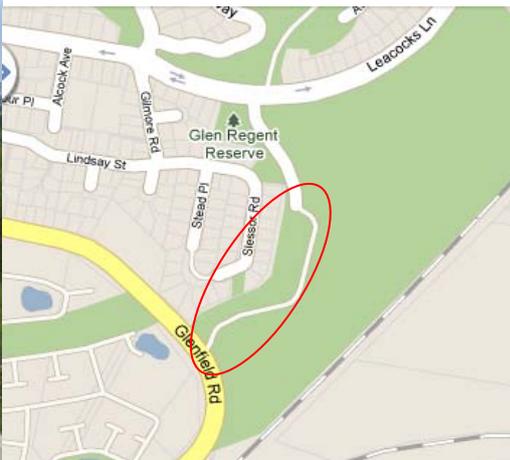
A screenshot of the 'Report a cycle safety hazard' form on the Bicycle information for New South Wales website. The form includes a navigation menu, a 'Report a hazard' link, a 'SAFETY FIRST' warning sign, and a section for 'Your details' with input fields for first name, last name, email, phone number, and alternate phone number. A 'Done' button is at the bottom left.A screenshot of the 'Details of the problem' form on the Bicycle information for New South Wales website. The form lists various hazard categories such as 'Construction hazard', 'Flooding', 'Lighting', 'Markings', 'Obstruction of path, lane or road by pedestrian or animal', 'Obstruction of path, lane or road by tall vegetation', 'Obstruction of path, lane or road by vehicle', 'Obstruction - Other', 'Placement of signage, street furniture, bollard or barricades', 'Rail crossing hazard', 'Signage - damaged or missing', 'Surface - alignment of grate', 'Surface - debris', 'Surface - pothole or cracks', 'Surface - protruding or sunken access cover', 'Surface - slippery', 'Surface - uneven', 'Traffic signal failure', 'Vegetation - overhanging or encroaching (including catheads/bindis)', 'Path, lane or road design issue (not otherwise listed)', and 'Other'. There is a text area for 'Briefly describe the problem' and dropdown menus for 'Date of problem', 'Time problem was identified', and 'Weather condition'.

Local Cycling Infrastructure Developments



1. Tarlington Reserve Cyclepath – Bonnyrigg. Part of the Newleaf housing estate development – The park also has BBQ / picnic area

2. Upgrade of the path in Glen Regent Reserve - Glenfield Rd to access Leacocks Ave. New concrete has been laid turning the old footpath to a cycling and pedestrian path. This is will form part of the regional Railtrail in the future.



3. Spire Court- (was Illaroo rd) Council workers inspecting the new path the joins Hoxton Park Rd to one of the M7 path entrances



What's Your Opinion

A couple of issues have been raised through the BNSW BUG Council, and we are looking for some feedback. Your comments are important. You can respond directly or to Maree Stacy (mastacy@aims1.every1.net).

1) Do Bicycle signs in parking lanes provide a safe space for cycling, or do they restrict our rights to ride on roads?

Go to:

<http://community.bicyclensw.org.au/forum/topics/do-bicycle-shoulders-provide-a>

2) To request that the RTA change the NSW road rules so that on a single lane road with an unbroken centre line a motor vehicle approaching a cyclist from behind should be legally allowed to cross the unbroken centre line (when the roadway ahead is clear) to pass the cyclist.

See articles:

a) Change road rules to enable increased cycling

<http://www.pushon.com.au/news/news_Detail.asp?newsID=667>*

b) RTA Handbook contradicts NSW Road Rules

<http://www.pushon.com.au/news/news_Detail.asp?newsID=673>***

c) Is riding in a bunch illegal?"

<http://www.pushon.com.au/news/news_Detail.asp?newsID=698>/*.

d) Don't risk losing your house!

<http://www.pushon.com.au/news/news_Detail.asp?newsID=701>*

Response to: Phil Johnson, President of Muggaccinos BUG (www.Muggaccinos.com) on email ScribePJ@TPG.

Barriers on Cyclepaths – the Okay, the Bad and the Ugly



This is a staggered barrier installed on the new path Glen Regent Reserve – the section that leads to the access road in the park – not exactly a high traffic road warranting this type of barrier - but at least they appear set apart enough to slowly cycle through them (not having to stop the momentum completely) – any one volunteering to ride through to test this?

The ones below show less than ideal or terrible design choices

Discovery Park Liverpool



Wattle Grove



Cycling Aspects of Austroads Guides – New Release May 2011

The new version of The *Cycling Aspects of Austroads Guides* has now been released by Austroads. It contains key information that relates to planning, design and traffic management of cycling facilities. Austroads has made the electronic copy available (157pages) to cycling user groups.

LiveBUG has a copy

Thanks Hamlet - I'll have to find another.

The day of the ride was looming quickly; I was so looking forward to joining the group. I saw you sitting in a box on the shelf at the store, you looked much better than the rest of them. Your outer shell had an imitation carbon fibre weave that caught my eye. Your price was right for a safety item and the exchange was made, we wandered off home.

Yes, we both looked dorky when I put you on in front of the mirror. Riding along on the bike I was definitely not going to be seeing that image.

I took you everywhere when riding the bike, occasionally when necessary I'd wipe the dust off you and wash the salty sweat off your soft cushioned pads after hard rides. We were comfortable with each other, an item as one might say.

One Saturday afternoon in late March we both went for a ride to check out some new bike paths beside Cowpasture Road. Descending down the small hill at the end of Green Valley Road, I checked for cars both up ahead and behind in anticipation of crossing the road and onto the foot path to connect up to the cycle path.

The double white centre line had been painted recently and those round reflective beads had not been swept up or washed away by rain. Descending the hill I had pressure on both brake levers to slow down.

Thud! Crash! In an instant my head and shoulders were in contact with the road surface. We slid for a metre or two and then in surprise I sprang to my feet, standing there assessing the damage. I was aware of this frightened and concerned lady who must have witnessed the event. She was offering for her and her husband to drive me home – I declined the offer nicely as it was only about 2km away.

I had skin off my face, shoulder, knees and some of my knuckles. The deep abrasion to my face was bleeding adding to the lady's distress. I felt a bit shaken but OK to ride home, this was enough riding for this afternoon.

After a long shower and a sit down I started to check out the damage to myself, Hamlet and the bike:

Bike: Little or no damage as it was basically followed me down to meet the road.

Me: Bruising to face, ribs and left thumb. Gravel rash to face, chin, shoulder, knees and a few knuckles. My body was sore and uncomfortable for a few days, and had a week off work.

Hamlet: Well my friend you did your job well, you stayed with me when I needed you. You were fractured in three separate locations but you stayed intact. Your outer shell slid along the road as designed. The impacted side was crushed and remained thinner on that side, with an impression of the inner support visible on the inside.

I have kept you and have showed you to just about everyone I know much to the embarrassment of my teenage kids. Hamlet without you I think I would have woken up in an Ambulance, Hospital or worse- who knows. My scalp and side of my head was bruised and tender for at least a week but thankfully no concussion. Thanks Hamlet for being there.



Phil



Hamlet

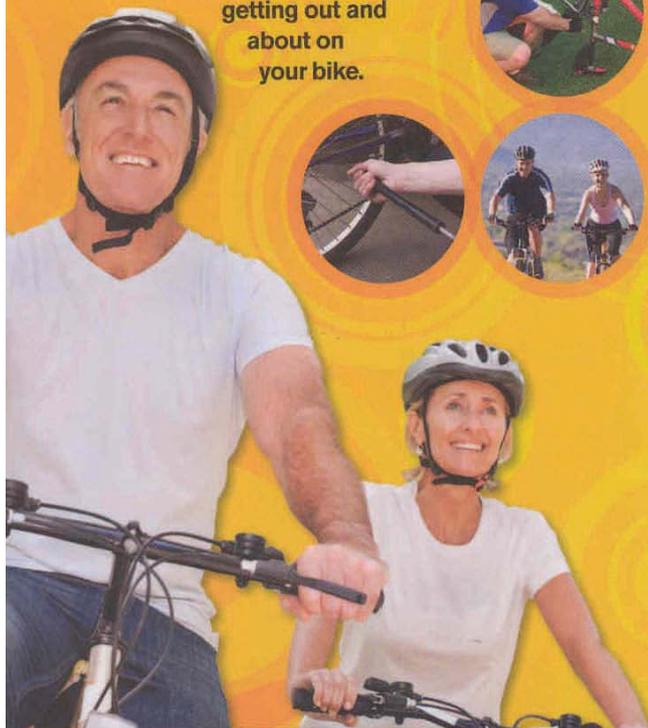
Phillip Jackson

Cycling skills day – last Sunday in June - this is being run in a northwest Sydney location (M7 makes it easy to access) but as one of LiveBUG our members happens to be the head coach – we thought it was good to publicise it with LiveBUG. And it's open to anyone to attend. Register at www.bikenorth/bike4life. The course is aimed so that those completing it could confidently do a BUG easy to easy-medium rides. Read the details see if it would suit you or someone you know to increase their cycling confidence.

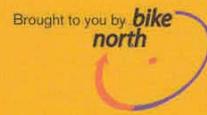
CYCLING SKILLS COURSE



Bike for Life Cycling Skills courses offer a fun environment for women and men wanting to learn and practice cycling skills. It's a great way to build confidence while getting out and about on your bike.



BIKE FOR LIFE



ESSENTIAL SKILLS COURSE

Designed to encourage adults back to cycling and develop confidence in key bicycle skills, the Bike For Life Essential Skills Course includes:

- 🔗 Starting and stopping your bike
- 🔗 Riding in a straight line
- 🔗 Manoeuvring around objects
- 🔗 Understanding gears and basic maintenance.

This full day course is followed by 2 x 2 hour sessions tailored to suit your needs. This course assumes you have basic balance in riding a bike.



NEXT COURSE SUNDAY 26th JUNE

Time: 8.45am - 3.00pm

Skills Day Location:
ROUSE HILL TOWN CENTRE

Participant Costs \$25

Register at :
www.bikenorth/bike4life

- 🔗 A bike in sound mechanical condition
- 🔗 A helmet that meets the Australian standard
- 🔗 Suitable clothing
- 🔗 Average physical fitness.



www.bikenorth.org.au/bike4life

Phone/SMS: 0420 512 214

Bike for Life is the cycling skills program of Bike North. Courses are designed and delivered by accredited coaches (Cycling Australia/Cycle Skill).



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