

LIVEBUG NEWS

Summer 2014



Coordinator: Maree Stacy 9602 5293 | Treasurer: Russell Field 0434 141 810 | www.bikeliverpool.org.au

Social rides

Our friendly social rides cater for riders of all levels. We ride at a leisurely pace. No one is left behind. If you are concerned about the distance talk to the ride leader and ask about shorter options within the ride. Essentials: helmet and water. If you're joining our evening rides you must have front and rear lights.

Sunday Jan 12 Liverpool-Carnes Hill-Casula Loop

Grade: Easy

Start: 08:00 am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays. This 22km ride is a great beginner's ride exploring the shared user pathways (SUP) of Hoxton Park Rd, Cowpasture Rd, Camden Valley Way & Hume Hwy. Then exploring the new SUP from Throsby Park to Casula Powerhouse Arts Centre (stopping for morning tea) & return to Liverpool via the new SUP to Shepherd St.

Contact: Maree; 96025293 / 0419203379 to confirm.

Friday Jan 17 Dinner Ride : A Taste of Asia

Grade: Easy

Start: 6:00pm from Liverpool Railway Station. (Bigge Street entry). 17km Ride using Elizabeth Drive cycle path to Bonnyrigg then the Green Valley Creek Cycle Path on to Canley Vale for dinner at a Vietnamese restaurant. Perhaps ending with Cà phê sữa đá (Vietnamese iced coffee). Bicycle lights required. Call to confirm essential for bookings. Contact: Alison 0438171484

Sunday Jan 26 Liverpool Heritage Ride

Grade: Easy

Start: 9:00 am from Liverpool Station. Unlimited car parking in Railway street on Sundays. A leisurely ride (10-15km). Celebrate Australia Day with local history. A leisurely exploration of some hidden gems of Liverpool and Casula. No hills and mostly off-road paths. From the city to the forest and along the riverside. Coffee stop at the Casula Powerhouse. Contact: Matt 0424 093 940 to confirm.

Sunday Feb 9 Rail Trail And T/Way Loop

Grade: Easy – Medium

Start: 8:30 am Liverpool Railway Station. 35km

Uses 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 Feb 16 Merrylands-Wetherill Park-Liverpool & Return

Grade: Medium

Start: 8:00am Eastern side Merrylands Station Railway Station. Parking available. A 50 km ride along the Rail trail to the Prospect cycleway and then to Wetherill Park via T- Way. Coffee break then to Miller, Liverpool and Rail Trail back to Merrylands. Contact: Tony Penz 0422037666

Sunday Feb 23 Botany Bay Foreshore Ride

Grade: Easy

Start: 8:30am from Wolli Creek Railway Station (Mt Olympus Blvd) 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 one small hill. Contact: Russell 0434 141 810 to confirm.

Friday Mar 7 Dinner Ride : A Taste of Mexico

Grade: Easy

Start: 06:00 pm from Liverpool Railway Station. (Bigge Street entry). Approx 20km ride on SUPs along Hoxton Park Rd, M7 & Camden Valley Way to Crossroads for dinner. Returning on-road along Beech Rd & backstreets to Hoxton Park Rd & return to Liverpool Station. Bicycle lights required. Call to confirm essential for bookings. Contact: Maree; 96025293 / 0419203379.

Diary Dates

Tuesday Feb 18 LiveBUG meeting

Start 6:00pm, Liverpool Hospital. All welcome. Contact: Maree 96025293

Tuesday Mar 4 Super Tuesday Bike Count



Rides cont....

Our friendly social rides cater for riders of all levels. We ride at a leisurely pace. No one is left behind. If you are concerned about the distance talk to the ride leader and ask about shorter options within the ride. Essentials: helmet and water. If you're joining our evening rides you must have front and rear lights.

Sunday Mar 9 Merrylands to Campbelltown

Grade: Medium

Start: 08:00am Eastern side Merrylands Railway Station.

A 60km ride on cycleway and quiet back roads. Ride to Crossroads via SUP, then mainly backroads to Campbelltown Station through Glenfield, Macquarie Fields, Minto thence to Campbelltown. Return to Merrylands by train - check there is no trackwork happening for return train ride back to Merrylands. Shops en route for morning tea or regular breaks. Several railway stations en route for shorter ride options. Contact: Tony Penz. 0422037666 to confirm

Saturday Mar 22 Inner City Fabric Roll

Grade: Easy

Start: 10:30am at Cook and Archies Cafe, Cnr Rutland and Buckingham Streets, Surry Hills (2 mins from the Devonshire Street exit at Central Station).

This ride is more about coffee and fabric but we'll be using our bikes to transport us between the two through the city. The riding will be nearly all on city roads. We will stick to quieter streets where that's possible. The morning starts with coffee, chat and fabric/pattern swap at Cook and Archies. We'll then check out a range of fabric shops between Darlinghurst and Mascot with more delicious stops at Bourke Street Bakery and The Grounds. We'll end up at Wollie Creek Station. Bring panniers or baskets for your shopping.

Contact: Elaena to confirm 0402 253 915

Sunday Mar 30 Liverpool to Rooty Hill & Return Via T/Way & M7 SUPS

Grade: Medium

Start: 08:30 am Liverpool Railway Station. Unlimited car parking in Railway Street on Sundays. This 52km ride is a moderate pace ride. Ride through Liverpool on low traffic streets to Hoxton Pk Rd and T/Way SUP and ay join M7 SUP at Prestons, ride along M7 SUP to Rooty Hill for refreshments. Return on M7 SUP to Elizabeth Drive and then ride along Elizabeth Drive SUP to Liverpool. Riders can either leave or join the ride at Rooty Hill Railway Station for a shorter ride of 26km, the easier leg of ride is from Rooty Hill to Liverpool. Contact: Phillip Jackson 97208297 or 0434633490 on ride day to join at Rooty Hill Railway Stn approx 11:00.

Sunday Apr 6 Liverpool to Olympic Park: Arterxpress at The Armoury

Grade: Easy

Start: 9.00 am Liverpool Railway Station. All day parking available in Railway St.

An easy 26km ride to Sydney Olympic Park & Newington Armoury to view the ARTERXPRESS exhibition at Sydney Olympic Park. ARTERXPRESS is a showcase of the best major works produced for the HSC Visual Arts examination. Kiosk and cafe facilities available. Return via train or longer option to cycle back.

Contact: Maree Stacy; 9602 5293 to confirm.

Sunday Apr 13 Campbelltown -Douglas Park Loop

Grade: Medium

Start: 08:30 am. Western side of Campbelltown Station. Plenty of car parking spaces available. A 50km undulating on-road ride along a scenic route around the southern side of Campbelltown following Narellan Rd & Picton Rds & then to Douglas Park for lunch. Then riding on to Menangle for another break before returning to Campbelltown Station at approx 12:30.

Limited facilities so if needed bring snacks or food.

Contact: Tony Penz 0422037666



Other Rides & Events

Mudgee Bike Muster, Easter 18-21 April 2014

www.bikemuster.com.au

Cycling in Indonesia 2014

Bali (18-25 April), North Sulawesi (5-17 July), Central Sulawesi (24 Oct-8 Nov)

www.cycleindonesia.com.au

Sydney's Cycling Future Released

SYDNEY'S CYCLING FUTURE

Cycling for everyday transport

December 2013



NSW
The new state
of business



We are excited to see the release of the NSW Government's cycling strategy for Sydney. We haven't had time to digest it fully - it came out the same day we were putting the newsletter together - but it the plan aims to increase the mode share of cycling in the Sydney metropolitan region for short trips that can be an easy 20 to 30 minute ride.

The plan has a section on Connecting Liverpool. It commits the Government to:

- Completing the missing links in the existing bicycle network to improve connections to the Liverpool CBD. This includes completing the network of cycleways within central Liverpool along Bathurst Street, Campbell Street, Moore Street and Bigge Street.
- Improving bicycle access to the Liverpool City Centre from the south by completing the missing sections of the off road walking and cycling corridor along Glenfield Creek, between Casula to Liverpool. The completed section will connect to the existing path within Leacocks Regional Park, Casula.
- Constructing the Baulkham Hills to Liverpool (M7) cycleway links package, which will include the completion of improved connections to adjacent local communities, including Quakers Road, Woodstock Avenue and The Horsley Drive.

Read the full report
www.transport.nsw.gov.au/sydneys-cycling-future

Ride Snippets



L to R- Tony, Jason and Jim. Taken on the 3 Nov pre-ride.
Phillip



The ride between Douglas Pk and Menangle Pk on 24 Nov provided good company and gorgeous scenery.
Phillip



On Dec 15 a small group set out for a scenic ride, mostly on shared paths with some spectacular views over the Georges and Woronora Rivers. The highlight of the ride was crossing the Woronora river via the Woronora Bridge SUP, which is under the bridge (photos). We then stopped for lunch at Sutherland, with an unexpected bonus of some excellent live jazz guitarists playing at the café. A great ride (even if I had to walk up some of the hills) – encouraging me to get back into condition ASAP!
Maree



Maree and Elaena on the Christmas lights ride. Paul



We welcomed three new riders on the Liverpool Loop ride on Dec 8th. The Liverpool Loop ride was the inaugural ride run by Liverpool BUG in late 2006. An easy ride along the Orphan School Creek SUP, stopping at Canley Vale for morning tea (photo), then returning to Liverpool via the Rail Trail. Some of us then checked out an Indian Supermarket in Liverpool (Udaya Spices), where Spotlight used to be. Maree



Ride Report

Dinner ride – il Vivo Restaurant at Carnes Hill

Phillip Jackson

Five of us met at Liverpool Railway station (Nov 15th) on a warm evening with the threat of showers predicted for the night ahead, we were to catch up with Pauls wife at the restaurant.

We set off along local roads and SUP's chatting as we ride, catching up on what each other has done since the last time we met and enjoying the ride. This is one of the best things about riding a bike in that you can chat to each other as you get to where you are going.

Maree was the sweep and was having a bad time with breathing and coughing after just recovering from a bout of pneumonia. After a rest at Lurnea we decided to continue on our journey and let Maree to join us at the restaurant after taking the shortest route there.

We all met at Carnes Hill, locked the bikes up and sat down to enjoy a delightful Italian meal. Everything went smoothly except for Gary, when the waitress misunderstood his order for steak and mushrooms (steak well done) for a steak and mushroom spaghetti in a white sauce. After receiving the correct meal sometime later he commented how nice the steak and salad was.

The rain started to come down steadily while we were eating and then politely stopped when we finished just after 9pm. Riding along Hoxton Pk road to Liverpool we were given a worrying light show by the thunder which seemed to be coming from the north west, the north east and from the south east. The warm dry ride back to the station after a lovely meal and good company was nice.

After saying our goodbyes along the way and at the Station, I arrived home at 10:30pm and put the bike in the shed as the first drops of rain that continued for most of the night started to fall. How lucky was that!

Path Updates



Liverpool Council has just completed this access ramp on Riverpark Drive. The ramp provides another small connecting piece of infrastructure along the Casula Parklands shared user path. We're looking forward to seeing similar treatment on the opposite side of the road.

Summer cycling tips

Summer can be a great time of year to ride but you also need to take care not to get heat stressed or dehydrated. Here are some tips to manage the heat and enjoying bike commuting in the summer months.

Clothing

- Wear loose fitting, light colored, breathable clothing. Synthetic materials wick better than cotton t-shirts.
- Change clothes when you get to work and hang up your riding clothes to air out for the ride home later in the day.
- Use a helmet with a visor to shade your face.
- Wear sunglasses and sunscreen.

Hydration

- Hydrate before, during and after all rides. Frequent sipping is more effective than gulping.
- For short rides of 30 minutes or less, water is probably sufficient, but for longer take along a sports drink also.
- Start your ride with frozen water bottles. Fill your bottles about 80% with water or sports drink and leave them in the freezer for a few hours. When you are ready to ride, top them off with water. Enjoy ice cold drinks for your entire ride!

Logistics

- Start your rides earlier in the morning when it's cooler.
- Leave extra time for the ride so that you can ride a little easier and avoid overheating.
- Travel light to reduce your effort.
- Carry only a small bag or use panniers to keep your cargo off your back.
- Keep moving to create your own cooling breeze. When riding a bike, you create your own breeze, which can make even the hottest days bearable.
- Find the shade. If possible, select a route that takes advantage of the tree canopy. Off-street trails usually have more natural shade than on-street routes.
- On days when temperatures are extreme, consider other transportation options, such as bus or rail. You could even ride to work in the morning when it's cooler then take your bike on the train on your afternoon commute home.