



Spring
2011

LIVEBUG NEWS

Co-Ordinator: Maree Stacy
9602 5293

Treasurer: Russell Field
0434 141 810

NEW WEBSITE: www.bikeliverpool.org.au



Spring 2011 calendar

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

Grade: Easy

Start: 0900 am, Liverpool Hospital, Elizabeth St Entrance B
12km. An opportunity to explore cycling options into Liverpool CBD at an easy pace. **Contact:** Maree; 96025293 or 0419203379 to confirm details.

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.

Wednesday Oct 12th Ride To Work Day

<https://ride2work.com.au>



Sunday Oct 16 BNSW SPRING CYCLE

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

Sunday Oct 23 LIVERPOOL TO PANANIA LOOP VIA LAKE GILLAWANNA

Grade: Easy

Start: 8:30 am from Liverpool Station. Unlimited car parking in Railway street on Sundays. An easy **35 km** ride from Liverpool Station following bike paths through Lansvale, along Lake Gillawanna, Milperra & Kelso Park to Panania. Coffee stop before returning through Chipping Norton to Liverpool. Uses some roads. **Contact:** Maree; 96025293 or 0419203379 to confirm.

Sunday Nov 13 RAIL TRAIL AND T/WAY LOOP

Grade: Easy – Medium

Start: 8:30 am Liverpool Railway Station. Unlimited car parking in Railway street on Sundays. **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.

Sunday Nov 13 RAIL TRAIL AND T/WAY LOOP

Grade: Easy – Medium

Start: 8:30 am Liverpool Railway Station. Unlimited car parking in Railway street on Sundays. **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.

Nov 15th: Tuesday 6pm, LiveBUG meeting AGM

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

Sunday Nov 27 LAKE ILLAWARRA - SHELLHARBOUR

Grade: Easy-Medium

Start: 9.30am from HARS Museum - Illawarra Regional Airport (Cnr Airport Rd & Boomerang Ave, Albion Park Rail - 2 minute walk from Albion Park Station). **30km** ride scenic ride following the lake shore and beaches to Shellharbour for morning tea and returning by the same route. the ride is mostly on cycle paths and quite back streets (Personal guided tour of aircraft museum available at end of ride - Adults \$15, Kids free). **Contact:** Russell; 0434 141 810 to confirm you are coming and for possible car pooling.



Preview of summer calendar

Saturday Dec 10 LIVEBUG CHRISTMAS RIDE

Grade: Easy

Start: 7.00pm from Carnes Hill Shops.

An easy **25km** night ride along Cowpasture Rd – Camden Valley Way – M7 to Elizabeth Drive – backtrack to Cowpasture Rd. Meal after the ride at Carnes Hill Shops. All bikes must have working front and rear lights.

Contact: Russell; 0434 141 810 to confirm

Sunday Dec 18 LIVERPOOL LOOP

Grade: Easy

Start: 08:00am Liverpool Railway Station, Main entrance Bigge St. Unlimited car parking in Railway street on Sundays. An easy 25km ride along the T-way cycleway, Orphan School Creek cycleway and the Rail Trail. Stop at Canley Vale for morning tea and then back to Liverpool.

Contact: Maree; 96025293 / 0419203379 to confirm.

Sunday Jan 8 NEW PRESTONS LOOP

Grade: Easy

Start: 08:00 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:** Maree; 96025293 / 0419203379 to confirm.

Sunday Jan 22 LIVERPOOL TO PANANIA LOOP IN REVERSE

Grade: Easy

Start: 8:00 am from Liverpool Station. Unlimited car parking in Railway street on Sundays. An easy **44 km** ride from Liverpool Station following bike paths around Chipping Norton Lake, Milperra & Kelso Park to Panania. Coffee stop before returning via Lake Gillawanna, through Lansvale to Liverpool. Uses some roads.

Contact: Maree; 96025293 or 0419203379 to confirm.

Other Rides/Events/Cycling Holidays

Australia

MYRTLEFORD BIKE MUSTER (VIC)

30th September – 2nd October 2011

Rides along the Murray to Mountains Rail Trail

More information & registration at www.bikemuster.com.au

PORT TO PORT CYCLING TOUR 2011

5th - 6th November 2011

Mildura – Swan Hill - Echuca

More information & registration at www.port2portcycling.com

LE TOUR DE ROCQUE CYCLE EVENT

6th November 2011

Nundle/Hanging Rock Westpac Helicopter Support Group

<http://letourderocque.files.wordpress.com/2011/08/le-tour-de-rocque-entry.pdf>

SYDNEY RIDES CHALLENGE

26 SEPTEMBER – 16 OCTOBER 2011



26 September – 16 October, 2011

The Challenge is on. Get your workmates on a bike and win!

The City of Sydney is proudly launching a new initiative to get more people in Sydney riding. It's called the Sydney Rides Challenge and it's a fun workplace competition to see which Sydney business or organisation can get the greatest percentage of their staff to ride a bike! It all happens 26 September - 16 October, as part of the Sydney Rides Festival.

To take part, participants need to ride a bike for just 10 minutes or more at anytime, anywhere across the three weeks of the Challenge – it's that easy. Every new bike rider (plus the person who encourages them to sign up) will receive free Greater Union movie tickets. There are also stacks of great giveaways up for grabs - including bikes, riding gear, iPads and more – plus group prizes and a public awards ceremony to commend the organisations which get the most staff to dust off their old two-wheeler. It's totally free to take part, and our lunchtime "Try-a-Bike" sessions mean you don't even need to have your own bike to get involved.

The Challenge is a great way to build a healthy workplace, bring the whole team together for some fun competition and show Sydney that your business is serious about sustainability. Get your workplace on board, win great prizes, feel fantastic and do your bit to make Sydney a more bike-friendly city. Find out more www.sydneyrideschallenge.net



2011 Spring Cycle

The 2011 Spring Cycle presented by Bicycle NSW in partnership with Bicycleinfo is taking place this October 16th, but before we set our wheels in motion on the day, Bicycle NSW is hoping to uncover some of the amazing stories from people who have participated in the event during its 28 year history.

Perhaps you participated in the very first Spring Cycle 28 years ago; or have participated every year for 28 years. Maybe you believe you will be the eldest person on the ride this year; or part of the largest family.

If you have an exciting story to tell and are interested in taking part in media activities, please answer the questions below and send them to Aaron Percival (aaron@espressocomms.com.au or on 9904 4177).

Name:

Age:

Location:

Contact number:

How many times have you participated in the Spring Cycle?

Why do you want to join this year's Spring Cycle?

How often do you cycle?

Why do you enjoy cycling?

Anything else?

Your Support Needed

A number of cycleway projects are proposed in the inner city area. These projects continue to build safe cycle connections across Sydney. Your support is needed to help make sure these projects happen. Use the links below for more information, including how to register your support for these projects.

Cooks River to Iron Cove Greenway: <http://www.friendsofthegreenway.org.au/>

City West Cycle Link: <http://bikesydney.org/new10/?p=1447>

Hamlet (and friends) Save the Day Again.

I had my full length jersey on, and full fingered gloves and of course - Hamlet.

I was doing about 35km/h when I attempted to go up a driveway onto a cycleway at too shallow of an angle. I lost the front wheel and went down hard and slid for a few meters before coming to a stop.

Hamlet took a big hit and my face still has a few cuts and scrapes - fairly minor compared to what would have been the case if no Hamlet was present. My prescription sunglasses were mangled and need to be replaced. As I had the gloves on I didn't lose any skin off the palms, though I did manage to dislocate my little finger.

The jersey has a large hole above the right shoulder from where it was sliding along the cement, but fortunately the hole didn't make it through to the second layer and so saved a nasty gravel rash on my shoulder, but still have some bruised ribs from the impact.

I'm sure that without the Hamlet, gloves & jersey my injuries would have been much worse. Hamlet didn't break though it does have scratches on it, and should probably be replaced ASAP.

The bike was not really damaged at all apart from a bit of paint off, and the bars needed to be straightened up.



Jason Munro

Local Cycle Advocacy News

Providing Consultation

LiveBUG exec members met with consultants preparing a report for the RTA on future bike route linkages along the Liverpool - Campbelltown rail corridor. Representatives from the two LCA councils were also present. While at the proposal only stage for the sections past Glenfield Rd, it was good to see consultation with local cyclists in the report preparation.

I attended a consultation with bicycle information staff from RTA / NSW Transport, on behalf of the Sustainability Committee at Liverpool Hospital, also with my LiveBUG hat on. They were interested in what information or activities do employers / employees need to encourage cycling as an option for work related transport? This was about employees riding to work and also as an option for short trips undertaking work. People shared practical examples from their work places about cycle parking and other end of trip facilities, cycle skills training for employees, Ride to Work promotion, good OH&S policy for bike use / valet cycle repair schemes

Cycle paths under construction.

Liverpool Council is busy constructing the cycle path along the southern side of Elizabeth Drive. By the end of the year it will be complete from Hume Highway to North Liverpool Rd. this will link up with the section that already up runs to Cowpasture Rd and M7. This will make another excellent bicycle commuting option from suburban areas of Liverpool to the Liverpool CBD.

Alison Pryor

