



Winter
2012

LIVEBUG NEWS

Co-Ordinator: Maree Stacy
9602 5293

Treasurer: Russell Field
0434 141 810

WEBSITE: www.bikeliverpool.org.au



Winter 2012 Calendar

Sunday Jul 8 GUILDFORD TO LAKE PARRAMATTA

Grade: Easy-Medium

Start: 09:00am Liverpool Railway Station (50km). Shorter option (27km) 09:45am Guildford Railway Station. Unlimited car parking in Railway Street, Liverpool on Sundays. Catch train to Guildford for shorter option. Mostly easy ride with a couple of short hills. Take in sights of Harris Park and Parramatta Park before heading to Lake Parramatta Reserve for a meal break. Kiosk and cafe facilities available. Return to Liverpool via RailTrail.

Contact: Phil Rylatt; 87950564 to confirm.

Sunday Jul 22 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 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 0434633490 on ride day to join at Rooty Hill Railway Stn.

Sunday Jul 29 NATIONAL TREE DAY RIDE – HELLES PARK

Grade: easy

Start: 09:00 am Liverpool Railway Station. Unlimited parking in Railway Street on Sundays. **8 Km.** An easy ride using footpath when necessary, quiet streets and shared pedestrian/cycle paths. We will be making our way to Helles Park, Moorebank using low traffic volume streets and returning using low traffic volume streets and shared pedestrian/ cycle paths. (Limited cycling facilities). Liverpool City Council National Tree Day, Helles Park. Bring a hat, sunscreen and water. The council provides gloves, tools, plants and guidance in planting. Free BBQ lunch and drink to those planting.

There are Animal and Reptile displays and other community displays. Do your bit to beautify a small part of the Helles Park situated on the banks of Georges River.

Contact: Phillip Jackson 9720 8297. Call to Confirm

Sunday Aug 12 GUILDFORD - PROSPECT - ORPHAN CREEK-CANLEY VALE

Grade: Easy – Medium

Start: 10:00 am Guildford Railway Station (eastern side)

30km. Mostly easy ride with 1 major hill (Prospect) The entire ride is on off-road cycle paths. Prospect canal cycle path and then undulating paths through Western Sydney Regional Park, the Orphans creek path to finish at Canley Vale with lunch. Option to ride back to Guildford. **Contact:** Chris 0401 744 876. Call to confirm.

August 14th: Tuesday 6pm, LiveBUG meeting

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

Sunday Aug 26 WOLLI CREEK TO KURNELL

Grade: Easy – Medium

Starts: 9:00am. Wolli Creek Station. 50km. Mostly flat ride on cycle ways or good “on-shoulder” roads. Stop at Dolls Point for coffee & cakes. Lunch at Kurnell – bring your own or buy at Kurnell. Return to Wolli Creek via the train from Cronulla.

Contact: Phil Rylatt; Home Ph 87950564



Preview of spring calendar

Sunday Sep 9 LADY CARRINGTON DRIVE

Grade: Easy-Medium

Start: 09:00 am Audley. After crossing Audley causeway from the north, turn right 150 metres from causeway before hill. Meet at carpark behind Visitors centre and pavillion. \$11 admission to the Royal National Park.

20Km Duration approx. 3 hours. Suitable for Mountain bikes or Hybrid bikes with mountain bike tyres. The ride is along a FWD fire trail with gravel, clay, loose and bumpy rock surface in places.

Access to Lady Carrington Drive is to bicycles and pedestrians only. This fire trail was constructed as a road in the 1880's and has numerous scenic areas along the river.

It is advised to wear sunnies or eye protection due to branches along trail or sand etc. being flicked up by tyres. Bring spare water and tool kit, snacks etc.

Contact: Phillip Jackson 9720 8297. Call to confirm.

Sunday Sep 23 BIKE WEEK RIDE: HEALTHY CYCLING AROUND LIVERPOOL – CASULA POWERHOUSE ARTS CENTRE

Grade: Easy

Start: 10:00am for registration & skills course. Ride start 10:30 am from Casula Powerhouse, 1 Casula Rd Casula. Ample parking.

Easy 5-15km ride options along cycle paths. This ride is organised as part of Bike Week 2012 and will be supported with food and cycling promotion activities. Great opportunity for beginners and people wanting to get back on their bikes! Explore new cycling options around Casula Powerhouse Museum & bike parking facilities in the Liverpool Local Government Area.

Contact: Maree; 96025293 or 0419203379 to confirm details.

Sunday Oct 14 CECIL HILLS LOOP (Hoxton Pk Rd-M7-Elizabeth Dr)

Grade: Easy-Medium

Start: 9:00 am from Liverpool Station. Unlimited car parking in Railway street on Sundays. A easy-medium **30 km** ride from Liverpool Station following shared pathways along Hoxton Park Rd, M7 and following the newly completed shared user pathway along Elizabeth Dr back to Liverpool. Some short hills. Coffee stop at Cecil Hills. **Contact:** Maree; 96025293 or 0419203379 to confirm.

Wednesday Oct 17 RTWD

Sunday Oct 21 Spring Cycle

Other Rides/Events/Cycling Holidays

Australia

Sydney to the Hunter 5 Star Cycling Classic – 2 day fundraising cycling event, 14-15th September, 2012

www.sydneystothehunter.org

Far North Qld Wilderness Bike Tour 22nd – 29th September, 2012
www.fnqbiketour.org.au

Fitz's challenge, Canberra – Sunday 28 October
Five different rides available, 50 - 255 km
www.fitzs.com.au

International

Cycle Indonesia - To spectacular Toraja Land, September 2012
http://www.cycleindonesia.com.au/toraja12_sulawesi.htm

NZ Cycle Tours - FREE BIKE HIRE (valued at NZ\$170) for those booking on any tours in October or November 2012.
www.puretrailsnewzealand.co.nz

Cyclerides - Cyclerides.info site and apps connecting cyclists worldwide
www.cyclerides.info

PATH UPDATES

Rail Trail Cabramatta:
The cycle path is now blocked virtually all the way – again!!



Top 3 photos:
Sydney Olympic Park Ride,
10/06/12



LiveBug Out & About

Bottom photo:
Panania Loop Ride, Chipping Norton
24/06/12

SHARED USER PATH CONSTRUCTION

Liverpool City Council are constructing a section of Shared user path between Maxwells Ave. and Marum St. along the Elizabeth Drive Shared User Path (SUP) as part of the Liverpool City Bike Plan.

These photos were taken approximately one month ago and they have added soil into the deep crevices either side of the driveways along the length of the path since then.

We have a ride on July 22nd that will be travelling back along this path to Liverpool from the M7 SUP so we will enjoy this new section of pathway.

Photos & words, Phillip Jackson.



The above photo is taken from bottom of hill looking west and uphill.



This photo is looking east and down the hill from the corner of Marum St.



Finished SUP section on Elizabeth Drive looking down the hill towards Liverpool.

CITYCYCLE - PUBLIC BIKE HIRE SCHEME IN BRISBANE.

While visiting Brisbane recently I found a CityCycle station right outside my hotel.



You need to subscribe to the service beforehand, be over 17 & bring your own helmet (though they were trialling providing some helmets at the time I was there). Daily subscription \$2, weekly \$11.

There are 150 CityCycle stations available across Brisbane's city centre, stretching from Newstead to West End and Toowong. CityCycle operates between 5am and 10pm, seven days a week. Although bikes can be returned to any station 24 hours a day.

Located in close proximity to each other, every CityCycle station has a minimum of 10 bike racks making it an easy, reliable and convenient transport option.

Once a CityCycle subscription is purchased, you can hire and return a bike at any CityCycle station within the network.

Subscribers can ride all day for free, as long as the bikes are returned within half-hour intervals (to re-start your 30 minute free period, simply return your bike to a station and hire another or same bike again). After this half-hour of free use expires, a service charge applies.

Unfortunately I didn't have time to try this out, but I will definitely try to do so next time I am in Brisbane. You can check out info about the service at <http://www.citycycle.com.au>.

I am also looking forward to checking out the bike paths in & around Brisbane - around the CBD there are excellent bike & shared user pathways (with numerous CityCycle stations), including some lovely tracks along the river. These are very popular with walkers, joggers & cyclists. If you can't cycle it, it is still a nice walk – check it out!

Maree Stacy

Road ID

I recently purchased a Road ID. I thought I would share this great (and cheap) product with the LiveBUG members.



It's a fully customisable ID system that could one day save a life. (Either yours or a loved one's) the basic version that I got has six lines of custom text which is laser engraved on surgical stainless steel for longevity. They come in a few different forms and colours too, from bracelets to necklaces to anklets.

Mine has my name and year of birth on the first line.
My suburb state and country on the second line
My mother's name and mobile number on the third line
The medications I take and NKA (medical abbreviation for No Known Allergies) on the fourth and fifth lines.
Also on the fifth line I have my major medical history (my stroke in 2009) and lastly my GP's number and ORG DNR (organ donor)

As these are all fully customisable, you could have anything that you need - eg if you have an allergy to penicillin for instance....
In any kind of accident this could help provide first responders with information that could help save a life and let someone know where you are and what has happened.

You can have all of the above for the small sum of about \$22 delivered from the USA.

Check out roadid.com for more information and product pictures.
I have given Maree some discount coupons that I received when I bought mine. These will give you a whole \$1 off each one. But any saving is better than none I guess. And it is cheap enough in the first place.

As soon as I found out about them, I ordered. Shipping was fast too. About 10 days from order to delivery.

For anyone that routinely rides alone, especially if you don't always carry other ID, these are a great idea, and some extra piece of mind for those left at home.

Jason Munro.

We are mid Grand Tour season – which means staying up late to watch the cycling travelogues. Here are some tour type questions to test your knowledge.

Questions

1. What are the 3 grand tours ?
2. What are the colours of the general classification winners?
3. How many points in the UCI rider of the year competition do the winners of a grand tour get?
4. What is the Australian event in the UCI tour calendar and what is the colour of the overall classification winner.?
5. What is the name of the Australia professional team in this year's Tour de France?
6. What is the type of stage race that Cadel Evans became the overall winner in last year's tour – PS there will be two in the 2012 race?
7. How long will the 2012 Tour de France be?
8. How's your French? (Comment est votre français ?) What do the following cycle terms mean?
 - a. domestique
 - b. echelon
 - c. hors catégorie, or HC
 - d. peloton
 - e. soigneur
 - f. musette
9. What is going on in a lead-out train?
10. How can a rides racing over 3000km come down to a matter of 2-3 seconds.

Route for the 2012 Tour de France



Answers				
1.	Tour de France – Tour of France (est. 1903), held in July Giro d'Italia – Tour of Italy (est. 1909), held in May Vuelta a España – Tour of Spain (est. 1935), held in August			
2.		Tour de France	Giro d'Italia,	Vuelta a España
	General Classification r	<i>Maillot jaune</i> -yellow jersey	<i>Maglia rosa</i> -pink jersey	<i>Jersey rojo</i> -red jersey
	king of the mountains	(<i>Maillot à pois rouges</i> -polka dot jersey	<i>Maglia Azzurra</i> -blue jersey	<i>Jersey de puntos azules</i> -blue polka dots
	Sprint points classification	(<i>Maillot vert</i> -green jersey	<i>Maglia Rosso Passione</i> -red jersey	<i>Jersey verde</i> -green jersey
3	The winner of the Tour de France receives 200 points, and the winners of the Giro and Vuelta receive 170 points, while other races give 100 points at most. The grand tours have a special status for the length: they are allowed to last between 15 and 23 days			
4	Tour Down Under - Ochre jersey			
5	Green Edge Riders in Green edge Tour de France team - Michael Albasini (SUI), Baden Cooke (AUS), Simon Gerrans (AUS), Matt Goss (AUS), Daryl Impey (RSA), Brett Lancaster (AUS), Sebastian Langeveld (NED), Stuart O'Grady (AUS), Pieter Weening (NED)			
6	Individual time trial Race where riders set off at fixed intervals and complete the course against the clock; fastest time wins. Drafting is not allowed.			
7	3,497 kilometres: 1 prologue and 20 stages			
8	a. a rider whose job it is to support and work for other riders in their team (literally "servant" in French). Eg drop to back to the support cars and collect the water bottles then ride them back up to the team riders b. a line of riders seeking maximum drafting in a crosswind, resulting in a diagonal line across the road c. a climb that is "beyond categorization", an incredibly tough climb. Most climbs are designated from Category 1 (hardest) to Category 4 (easiest), based on both steepness and length. A climb that is harder than Category 1 is designated as hors catégorie d. literally meaning 'little ball' also related to the English word pellet, is the large main group. Riders in a group save energy by riding close (drafting or slipstreaming) near and, particularly behind, other riders. The reduction in drag is dramatic; in the middle of a well-developed group it can be as much as 40%. e. A non-riding member of a team whose role is to provide support for the riders, possibly including transportation and organization of supplies, preparation of the team's food, post-ride massages and personal encouragement. f. Small lightweight cotton shoulder bag, used for containing food and drink given to riders in a feed zone during a cycle race. The bag is designed so that it can be easily grabbed by a moving rider. The shoulder strap is placed over the head and one shoulder, the contents are then removed and placed into jersey pockets or bottles (bidons) are placed into bottle cages. The bag is then discarded.			
9	Sprinting technique - the rider will accelerate to maximum speed close to the sprint point with a teammate, the sprinter, drafting behind, hoping to create space between the sprinter and the pack. When the leadout man is exhausted he will move to the side to allow his teammate to race in the sprint. Often a line of leadout men will be used to form a leadout train to drive the speed higher and higher (and to reduce the chances of other riders attacking) over the closing stages of a race. The purpose of a leadout is for the sprinter to achieve high speed at the sprint approach using as little of his own energy as possible, so he has as much energy as possible for the final sprint.			
10	"I don't know ... It is a mystery" – quoting a Tom Stoppard line			