

# LIVEBUG NEWS

## Autumn 2013



Coordinator: Maree Stacy 9602 5293 | Treasurer: Russell Field 0434 141 810 | [www.bikeliverpool.org.au](http://www.bikeliverpool.org.au)

## Autumn 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.



### Sun Mar 10 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.

### Fri Mar 15 Dinner Ride: Quakers Hill - Liverpool

Grade: Medium

Start: 6:30pm Meet for dinner at Maharaja's Haveli 14 Douglas Road, Quakers Hill (just around the corner from Quakers Hill Station). [www.maharajahaveli.com.au](http://www.maharajahaveli.com.au). 36km. Gentle pace, cycle paths, some traffic. We'll head off from the restaurant at about 7:30pm riding to Liverpool via the M7 cycleway, Hoxton Park Road shared path and finishing at Liverpool Station. Bike lights required. Contact: Elaena 0402 253 915 to confirm

### Sun Mar 17 Merrylands - M7- Liverpool- Merrylands

Grade: Medium

Start: 8 am eastern side of Merrylands Station (or 8.45 Queen St gate, Parramatta Park) 60km-72km. Using cycleways along Windsor Rd to start of M7 cycleway. Coffee break at Rooty Hill shops. Great coffee!! Option to leave ride at Rooty Hill (railway station). Then continue along M7 to Hoxton Park Rd cycleway to Liverpool. That's 60km, then along rail trail to start back to Merrylands - 72km. This ride is undulating along Windsor Rd and parts of M7. Contact: Tony 0422 037 666 to confirm.

### Sun Mar 24 Sydney Olympic & Bicentennial Parks

Grade: Easy-Medium

Start: 9.00 am from Guildford Station (34km) (Railway Tce entrance). An easy ride including a 10km loop through Sydney Olympic Park. Take in the sites of the Parramatta River and Bi-Centennial Park. Stop for lunch at Bi-Centennial Park. Return to Guildford via Rail Trail. For shorter option return via train. Contact: Phil 87950564 to confirm.

### Sun Mar 31 Liverpool To Olympic Park: Artexpress 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 ARTEXPRESS exhibition at Sydney Olympic Park. ARTEXPRESS 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 9602 5293 to confirm.

### Sun Apr 14 Highlights of Camden

Grade: Medium

Start: 9 am Rotary Cowpasture Reserve Carpark, Camden Valley Way, Camden A 38km medium ride with a few hills, undulating, mostly quiet country roads with great views of the district. Stop at Cobbitty for coffee and cakes. Highlight is the Brownhill Loop road (hard packed unsealed section). Ride starts and finishes at Rotary Cowpasture Reserve in Camden. Moderate pace, some traffic, cycle paths, unsealed roads. Contact: Phil 8795 0564 to confirm.

### Sun Apr 21 Parramatta River Ride - Northern Banks

Grade: Easy-Medium

Start: 8.30am Merrylands Station Eastern Side (Railway Terrace) 37 km ride using cycle routes through Parramatta & Harris Park - then follow the Parramatta River to Meadowbank and on to Putney - cross the river on the Punt Ferry then make our way back through to Sydney Olympic Park and on to the M4 cycle path. Mostly cycle paths, some on road local streets. Mostly flat, some small rises. Contact: Alison 0438 171 484 to confirm.

## Diary date

### Tuesday May 21 LiveBUG Meeting

Start 6:00pm

Seminar Room 2, Thomas and Rachel Moore Education Building, Liverpool Hospital. All welcome.

Contact: Maree 96025293

## Autumn rides cont...



### Sun Apr 28 Parramatta Heritage Ride

#### BOOKINGS ESSENTIAL

This ride is organised by Camwest & must be booked through them.

Start: 8:30AM; Tudor Gates, George St entrance to Parramatta Park

A leisurely 3.5hr 20 km tour around the fabulous historical buildings and structures of Parramatta. Not many people know that Parramatta is home to Australia's three oldest buildings, its oldest marked grave, the longest continuously-used church site, the longest continuously-used military site... and the list goes on. You'll hear the story of Parramatta's vital role in the survival of the European colony, and of its colourful characters. And you'll get a short tour inside one of Parramatta's old treasures. The ride is a mixture of on-road and off-road. Children are welcome if accompanied by a responsible adult. Cost: \$10 BOOKINGS ESSENTIAL at [trybooking.com/CFYN](http://trybooking.com/CFYN) (Part of the National Trust Heritage Festival) Contact: Paul 0438 856 880.

### Sun May 12 (Mothers Day) Liverpool to Panania Loop

Grade: Easy

Start: 9 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 and Kelso Park to Panania. Coffee stop before returning through Chipping Norton to Liverpool. Uses some roads. Contact: Maree 9602 5293 or 0419 203 379 to confirm.

### Sun May 26 Lady Carrington Drive

Grade: Easy-Medium

Start: 10 am Audley. After crossing Audley causeway from the north, turn right 150 metres from the 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 as a road 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 9720 8297 to confirm.

### Sun Jun 9 Liverpool-T-Way-Carnes Hill-Casula Loop

Grade: Easy

Start: 9 am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays. This approx 33km ride is an extended ride exploring the shared user pathways (SUP) of Hoxton Park Rd, T-Way, Elizabeth Dr, Cowpasture Rd to Carnes Hill for coffee stop. Then continue to Camden Valley Way, Hume Hwy, Leacocks National Park to Casula Powerhouse Arts Centre for another stop & return to Liverpool. Contact: Maree 9602 5293 or 0419 203 379 to confirm.

### Sun Jun 23 Western Sydney Parklands

Grade: Medium

Start: 8 am from Plough and Harrow Park Carpark. Liverpool (off Elizabeth Drive). 30km ride, with some hills, long stretches of unimpeded parklands cycle track and a few rural back roads, also uses sections of M7 and Cowpasture rd cyclepaths. Coffee in Carnes Hill. Contact: Alison on 0438 171 484 to confirm.

### Sun Jun 30 Rail Trail And T/Way Loop

Grade: Easy – Medium

Start: 10 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 9720 8297.

## Other Rides & Events

**Mar 24 2013 FIIG Securities Bobbin Head Cycle Classic**

[www.bobbinheadcycleclassic.com.au](http://www.bobbinheadcycleclassic.com.au)

**Mar 29 -Apr 1 Mudgee Bike Muster**

[www.bikemuster.com.au](http://www.bikemuster.com.au)

**Mar 29-Apr 1 Easter Feast of Cycling 2013 Tumbarumba**

[www.laurelhillforestlodge.com.au](http://www.laurelhillforestlodge.com.au)

**Sep 28-Oct 5 Far North Wilderness Bike Tour**

[www.fnqbiketour.org.au](http://www.fnqbiketour.org.au)

## New Office for Preventative Health established in Liverpool

The NSW Government has established a new preventative health body based at Liverpool hospital. The Office for Preventative Health is responsible for coordinating initiatives to reduce the sort of lifestyle related risk factors which lead to chronic disease. It will oversee the NSW Government's \$120 million Preventive Health Fighting Fund designed to coordinate preventive health initiatives for children and adults across NSW over the next four years.

Professor Chris Rissel from the University of Sydney's School of Public Health will be the inaugural Director of the Office of Preventive Health. Chris is well known locally for his support of active transport in his health promotion roles with the former Central Sydney and Sydney South West Area Health Services.

In November 2012 the UK public health body the National Institute for Health and Clinical Excellence (NICE) released guidelines putting cycling and walking at the centre of efforts to improve the nation's health, saying they should become the norm for short journeys and should be encouraged throughout local communities.

The guidelines outline the role physical activity can play in improving health and maintaining a healthy lifestyle, with NICE saying that "local authorities, schools and workplaces should introduce ways to enable their communities to be more physically active and change their behaviours."

According to NICE, the benefits of regular physical exercise include cutting the risk of conditions including stroke, type 2 diabetes and coronary heart disease by as much as 50 per cent.



### CYCLE LAOS Mother's Day Challenge

In May Save the Children Australia are running BORN TO Cycle Laos: Mother's Day Challenge.

It is a wonderful opportunity to explore some of Laos' most stunning and culturally significant sites by bicycle, visit Save the Children's health and education programs, and assist with a three day volunteering project.

When: 12–24 May 2013

Costs: \$7,000 (Fundraising target: \$3,670; trip costs: \$3,330)

Trip: 13 days (5 cycling days, 3 project days)

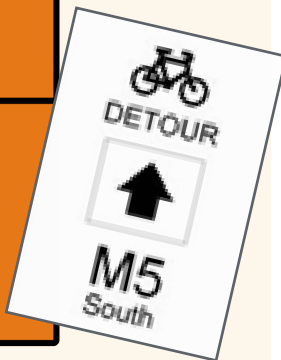
[www.savethechildren.org.au/cyclelaos](http://www.savethechildren.org.au/cyclelaos)

# ROADWORKS

## M5 SHOULDER CLOSED AT CAMDEN VALLEY WAY UNDERPASS



**BICYCLES USE MARKED DETOUR**



Bridge strengthening work is being undertaken on the Camden Valley Way Bridge over the M5 South West Motorway at Prestons.

This work involves a temporary closure of the shoulder on the M5 southbound from 25 February 2013 for three months, weather permitting. Bike access from Camden Valley Way to M5 southbound will also be closed.

### Traffic changes

Riders are advised to exit the M5 at the Beech Road off ramp. Continue along Beech Road and take the Campbelltown Road on ramp to reenter the M5.

Cyclists using the bike ramp from Camden Valley Way to M5 are advised to continue along Camden Valley Way to Beech Road and Campbelltown Road and take the Campbelltown Road to M5 entry ramp.

RMS have established a community information line 1800 986 933 (free call) will be attended day and night during construction. If you have any questions or would like to provide feedback, please contact the project team on 1800 986 933 or email [info@m5westwidening.com.au](mailto:info@m5westwidening.com.au)



## Narellan Road widening needs to cater for all users

In late 2012 the Roads and Maritime Services (RMS) made public plans to widen Narellan Road. We have written to the project team to express our concerns about the apparent lack of provision for bicycle riders in the proposal.

RMS have identified bicycle riders as a key user of the road in the project Community Update and our members would attest to this. Narellan Road provides the only road access between Macarthur/Campbelltown and Narellan. Bicycle riders have no other option but to use this road. The wide shoulder on the current road configuration allows bicycle riders to use the road with some separation from heavy vehicles and vehicles moving at high speed. While it is far from ideal, it is better than nothing.

We are concerned that the plans do not mention how bicycle riders or pedestrians will be catered for. This will need to be considered in both the staged road works and the final road designs.

Given the number of heavy vehicles and the speed of the road, separated facilities would be preferred by newer and less confident road riders. However, given the importance of the road to current cycle commuters and recreational riders, on-road provisions should also be provided. The work currently being undertaken on Camden Valley Way by RMS is an example of how this can be achieved.

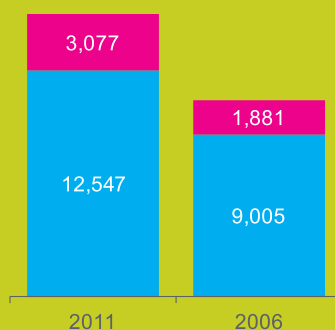
The UWS and TAFE campuses and Mount Annan Botanical Gardens are key trip attractors for riders. We understand that Mount Annan Gardens is planning to develop a mountain biking facility within their grounds. Without easy access for riders, visitors will be forced to drive to the gardens with their bicycles. This outcome would limit access to the facility to those with access to a motor vehicle, and according to the Census 2011 there are more than 4,000 households in the Campbelltown local government area that do not have a car. With Macarthur train station within easy riding distance of the gardens, it would be a great shame to limit access to the new facility and the existing gardens in this way.

We look forward to seeing how RMS proposes to cater for bicycle riders and pedestrians in the new project. We will be keeping an eye on future developments.

## Thumbs up ladies (and gents)

If you ride in Sydney you'll know there's been a big increase in the number of people using bikes to get around. The Australian Bicycle Council has published a snapshot of changes in the numbers of people riding to work in Australian states and cities. Sydney is leading the pack with a 44% increase in people riding to work between 2011 and 2006. The growth of women cycling to work is exceeding that of men across the country. Once again Sydney is leading the way with 64% more women cycling to work in 2011. The choice to use your bike to get to work or to connect with the train or bus benefits the whole community. If you rode today, you deserve a thumbs up.

Sydney Journey to work by bicycle 2011+2006





## Advocacy briefs

- In February we provided feedback to Roads and Maritime Services about the NSW Government's bicycleinfo cycleway finder, informing them of missing and incorrectly labelled infrastructure. You can see the online resource [http://bicycleinfo.nsw.gov.au/maps/cycleway\\_finder.html](http://bicycleinfo.nsw.gov.au/maps/cycleway_finder.html)
- We're working on a submission in response to Liverpool Council's landscape plans for the new Carnes Hill Community Centre. The plans propose a new shared path. We want to ensure that the new path connects with the existing cycling infrastructure and shopping centre.
- We're also starting work on identifying missing links in the cycling infrastructure within the Liverpool Council area. We'll be reporting on these opportunities for quick and inexpensive improvements to our local cycling network in future newsletters and our website. Let us know if you have any ideas.

If you'd like to get involved with our advocacy efforts please come to a meeting or get in touch with Allison 0438171484 or Elaena 0402 253 915 [elaena@gmail.com](mailto:elaena@gmail.com)

## Saddle Surveys

by Alison Pryor



Checking path width, Bike North

Saddle surveys are one of the enjoyable advocacy jobs that groups can undertake. It's a simple but valuable task of riding a newly constructed path and providing feedback about the safety and ride experience of the new facility.

Ideally members of the group will have been involved in the preliminary and detail planning phases of the project. The completion saddle survey checks that the built facility provides a good and safe cycling experience. Test riders note any aspects that may need rectification including connectivity, edges, service covers, directional signage and logo marking. The group then provides feedback to council, Roads and Maritime Services or construction company.

Liverpool BUG uses a check list of considerations provided by the Department of Main Roads in WA:

- **General items:** Landscaping, Reticulation, Parking, Temporary Works, Headlight Glare, Conflict Between Paths Users
- **Alignment and Cross Section:** Visibility, Sight Distances, Design Speed, Overtaking Readability by Users, Widths, Edges, Kerbs
- **Intersections:** Location, Warning, Control, Layout, Visibility, Sight Distances
- **Signs and Lighting:** Lighting, Signs, Marking and Delineation
- **Traffic Signals:** Operation, Timing, Push Buttons, Sensor Loops
- **Physical Objects:** Fences and Guard Rails, Bollards, Chicanes, General Obstructions
- **Pavements:** Pavement Defects, Skid Resistance, Ponding

We'll be undertaking saddle surveys on the new shared path along Brickmakers Drive, Georges Fair and the riverside path from Casula to Glenfield when they are completed. We'll also be looking at additional sites when we review the Liverpool Bike Plan this year.

If you'd like to get involved with our advocacy efforts please come to a meeting or get in touch with Allison 0438171484 or Elaena 0402 253 915 [elaena@gmail.com](mailto:elaena@gmail.com).

## CYCLING PROGRAM @THE HUB

Cycling is a great way to keep fit. Don't miss this opportunity to learn new skills, have fun and make new friends. Bikes and helmets provided...

To register,  
contact The HUB on  
**9608 8920**



Limited places available...  
No experience necessary

Fridays  
March 15 -  
April 12, 2013  
10:00am -12:00pm  
At: The HUB  
Community Health Centre,  
16 Woodward Crescent, Miller

