

LIVEBUG NEWS

Winter 2013



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

Winter 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 Jul 14 Sydney Explorer

Grade: Easy

Start: 9:00am. Wolli Creek Railway Station (Mt Olympus Blvd).

25km. Some cycleways, some on road, mostly flat with a couple of short rises. Basic confidence with on-road riding advisable. Explore the city and inner suburbs by bike. Uses the canal path and Burke St cycleway to the CBD, cross the harbour bridge for coffee in North Sydney and return via The Rocks, Darling Harbour and Redfern routes. Contact: Alison on 0438 171 484, call to confirm.

Sunday Jul 28 National Tree Day Ride- Maxwells Creek Reserve

Start: 09:00 am Liverpool Railway Station. Unlimited parking in Railway Street on Sundays. 10.5 Km. An easy ride using mostly Shared User Paths (SUP's) and a few minor roads. We will be riding on Elizabeth Rd. SUP and Maxwells Ave. SUP to the tree planting venue. The Liverpool council with the help of volunteers aims to plant local native trees, shrubs and ground covers. To encourage native wildlife and to provide food and shelter for the wildlife and to enhance the local area.

Wear enclosed shoes, Hat, sunscreen and bring Gardening gloves and a bike lock for peace of mind. Council will provide all tools and refreshments, a free BBQ lunch is provided. We have enjoyed the planting etc. in previous years.

Contact: Phillip 9720 8297 to confirm.

Sunday Aug 11 Liverpool-Carnes Hill- Casula Loop Family Ride

Grade: Easy

Start: 09:00 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.

Sunday Sep 8 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 9720 8297 or (0434633490 on ride day to join at Rooty Hill Railway Stn approx 11:00).

Sunday Sep 22 Bike Week Ride: Cycling Around Liverpool – Casula Powerhouse Arts Centre

Grade: Easy

Start: 09:00am for registration & skills course. Rides start 09:30 am from Casula Powerhouse, 1 Casula Rd Casula. Ample parking.

Easy 5-15km ride options along cycle paths. This ride is organised to celebrate Bike Week 2013. Great opportunity for beginners and people wanting to get back on their bikes! Explore new cycling options around Casula Powerhouse Museum and Liverpool. Light refreshments provided. A limited number of adult bikes available for loan – bookings for bikes MUST be made before the event. Contact: Maree; 96025293 or 0419203379 to confirm details.

Diary date

Tuesday August 20 LiveBUG Meeting
Start 6:00pm

Seminar Room 2, Thomas and Rachel Moore Education Building, Liverpool Hospital. All welcome.
Contact: Maree 96025293

Sunday Aug 25 Highlights Of Camden

Grade: Medium

Start: 09:00am 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.

New state of the art facilities at Liverpool Hospital



The Liverpool Bicycle User Group is using the brand new secured bike cage, racks and a bike fleet to run their staff lunchtime rides. The new cycling facilities have been a joint venture with Liverpool Hospital, Liverpool Council and Roads and Maritime Services.

The new facility makes cycling easy at Liverpool Hospital, staff can park their bikes in a secure location and not have to worry if their bike is safe or not.

Five new bikes (provided by Liverpool City Council) available for loan make cycling easy for staff, to jump on the bikes in their lunchtime and explore the well-connected cycling routes that also be can used to also to travel to work.



Other Rides & Events

AB Coffs Coast Cycle Challenge - Festival of Cycling.

4 August 2013

www.coffscostcyclechallenge.com

Far North Wilderness Bike Tour

28 September - 5 October 2013

www.fnqbiketour.org.au

Snowy River Cycling.

www.snowyrivercycling.com.au. Various rides available.



Looking for a holiday with a difference? This two-wheel adventure holiday will take you from the palm fringed coastline at Mission Beach to the tropical paradise of Port Douglas via the spectacular Atherton Tablelands.

Entries close 2 August 2013

Visit www.cycleqld.bq.org.au

Far North Wilderness Bike Tour

28 September - 5 October 2013

www.fnqbiketour.org.au

June Giro

4-7 October 2013

This is [not a race but] a social cycling event for those who are interested in a long weekend away cycling on very quiet scenic roads during the morning, enjoying some relaxation time or sight seeing, then a social dinner most evenings.

To take part you need to register (\$23). Registration and all other information can be found at www.bikenorth.org.au/cycling/JuneGiro/
Enquiries: Keith 0434 496 299 or info@gryphonlodge.com.au



Help Needed for Bike Week 2013

LiveBUG will be running community rides on Sunday 22 September to celebrate Bike Week 2013.

We need extra people to help out on the day – setting up, registration, ride assistants, “emergency” pickup.

Please contact Maree (Ph 96025293, Mob 0419203379) if you can assist. This is a fun morning – aiming to encourage people back onto their bikes, young & old.



Cycle Touring: seeing the south west slopes by bike

by Alison Pryor



On route leaving Gundagai.



On the Cootamundra town ride.

I have done a fair bit of cycling touring – big rides, solo unsupported etc. A number of years ago Phil Rylatt ran a tour in North east Victoria for combined LiveBUG and BargoBUG, I enjoyed the small group semi-supported touring.

I recently organised a seven day small group cycling tour visiting Cootamundra, Temora, Junee, Wagga, Gundagai, and Young. There were 19 people on the tour. The route used mostly small country back roads with minimal traffic and occasionally the shoulder lane of a busier route. The county side was undulating, some days mostly flat and others mostly rolling hills. Part of the pleasure of cycle touring isn't just the physical activity cycling – it is taking in the scenery of less travelled areas at a human pace and the visiting attractions of the various towns you stay in – Aircraft Museum in Temora or the Liquorish Factory in Junee. The weather was very kind to us. The having evening meals at local RSL or restaurants with the group - lots of chat and laughter.

One of the really nice features – was meeting up with other BUGs in this area – Cootamundra BUG took us on a guided ride of the town and met us for a drink when we were back in town later in the week. Some of Wagga BUG - rode with us part of the route from Junee and later that evening we had a joint pub dinner with many of the Wagga BUG members - with a surprise serenade from Wagga men's rugby choir! We joined the Wagga usual mid week ride

– which had been aligned to the route we were riding – allowing some of our better riders to have a hit out for the first hour – keeping up with their front group.

Scenery was great – the steady gradient uphill was followed by an exhilarating couple of km downhill run – and sometimes the climbing you were more short & sharp where you quite get into a rhythm and grinding it out (or walking) was the only option. Some days were more challenging – particularly when you have already been on the bike for the past 4 or 5 days. But setting the tone this was a holiday was important so taking one leg of the day driving or being a passenger in the van was a completely normal option for those who wished to.

The logistics. I had scouted the routes by car a few months earlier. On the tour I took my small van and hired a small box trailer – combined these carried luggage, food, water and gear for meals, space for 3-4 bikes if needed, space for up to 4 people including the driver if needed. Motel based accommodation. Breakfast, morning tea and lunch were catered from the van – sometimes supplemented by having the stop in single shop locations like Wantabadgery or Nangus or coffee shop options at Murrumburrah. Also was an option for a coffee shop stop once you had reached the next town. Most days there was a quick run to the local supermarkets for tomorrow's food.

LiveBUG Ride Photos



Negotiating the mud patch – Lady Carrington Dr ride, 26 May 2013



Negotiating the mud patch – Lady Carrington Dr ride, 26 May 2013



Chipping Norton Lake in the mist – Panania Loop ride, 12 May 2013



Well earned coffee break at Carnes Hill Shopping Centre – Liverpool-Tway-Carnes Hill-Casula Loop, 9 June 2013



Liverpool Fairfield Active Travel map

Liverpool Council has prepared a first draft of the Liverpool Fairfield Active Travel map. The map shows cycling and walking paths, on road cycling routes and bus routes.

LiveBUG members are busily reviewing the cycle routes and paths on the map. We've found a few missing paths and will be questioning some of the on-road routes suggested.

This is quite a big job and we'd love your help if you have some time.

Please contact Maree (Ph 96025293, Mob 0419203379) if you can assist.

Path Updates



New Leacock Regional Park Bridge

Leacock Regional Park

The bridge and path connecting Throsby Park to Leacock Regional Park is now complete and open. This connects Throsby Park (through to Glenfield Rd) to the shared user path through Leacock Regional Park to Casula Powerhouse.

Casula Parklands

The missing section of shared user path along Shepherd St to Casula Parklands is also well underway. This just leaves the top section of the Casula Parklands shared user path unfinished, and the connection of Leacock Regional Park side to Casula Parklands side without having to go up and over Casula railway station.



Casula Parklands Path



Cycle Instructor Training

FREE

DON'T MISS OUT!

Council's *Healthy Communities* initiative provides free cycle instructor training to the value of **\$745**.

- Would you like to get into an exciting career as a Cycling Instructor?
- Are you a confident bike rider?
- Do you enjoy meeting people and have a flair for teaching others?

COURSE 1: **AustCycle two-day course**

includes all training levels 1-4, from beginners though to specialised/advanced cyclers

COURSE 2: **AustCycle one-day skills course**

includes levels 1-2 teaching levels only

Places are limited • Book today!

For further information and registration enquiries call the Healthy Communities project worker on **9821 7771** or **0400 465 420**