

LIVEBUG NEWS

Spring 2013



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 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.
Contact: Maree 96025293 or 0419203379 to confirm details.

Sunday Sep 29 Liverpool To Panania Loop

Grade: Easy
Start: 9:00 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 Oct 13 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) visiting some hidden gems of Liverpool, Casula and the Georges River. No hills and mostly off-road paths. Coffee stop at the Casula Powerhouse.
Contact: Matt 0424 093 940 to confirm.

Friday Oct 18 Dinner Ride – City to East Hills

Grade: Easy – Medium
Start: 6pm from Devonshire Street entry to Central Station.
A 36 km ride from Sydney's CBD to East Hills using quiet streets, bike lanes, board walk and off road paths, some hills. Finish the working week with a gentle roll from the city to East Hills Station. Ride through the inner west for dinner at Dulwich Hill. Follow a series of parkland paths to join the M5 linear path and then take quiet streets to East Hills. There are some dark sections on this ride, make sure your lights are fully charged.
Contact: Elaena 0402 253 915 to confirm.

Sunday Oct 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.

Ride to work day Wed Oct 16



Spring Cycle Sun Oct 20 springcycle.com.au



Rides cont....

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Sunday Nov 10 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.

Nov 15 Dinner Ride – Carnes Hill Night Feeder Ride

Grade: Easy

Start: 6pm from Liverpool Station

25km. Meet at Liverpool Railway Station 6:00 pm and ride to Carnes Hill Marketplace for Italian at- il Vivo. The restaurant has both outdoor and indoor dining depending upon the night. We will be riding along local roads and Shared User Paths both to and from the Restaurant.

Bike lights essential, this will be an opportunity to enjoy the SUP's in Hoxton Pk, Horningsea Pk and other locations west of Liverpool. Call to confirm essential for bookings.

Contact: Phillip Jackson 97208297 or 0434633490

Sunday Nov 24 Campbelltown - Douglas Park- Menangle Loop

Grade: Medium

Start: 09:00 am. Western side of Campbelltown Station. Plenty of car parking spaces available.

A 50km undulating on-road ride along Narellan Rd & Picton Rds & then to Douglas Park for a break. Then riding on to Menangle & return to Campbelltown Station. Limited facilities so if needed bring snacks or food.

Contact: Tony Penz 0422037666

Tuesday November 19

LiveBUG Meeting + AGM

Start 6:00pm

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

Contact: Maree 96025293

Sunday Dec 1 Parramatta To Windsor And Return On Off-Road Cycleway

Grade: Medium

Start 08:00 Queens Road entrance of Parramatta Park. Parking available in Queens Rd or Park Ave. The start is only 300 Metres from Westmead Railway Station if you come by rail.

An approx. 60 km Ride along the Parramatta to Windsor off-road cycleway. This cycleway follows the route of both Windsor and Old Windsor Roads through the suburbs of Constitution Hill, Winston Hill, Bella Vista, Kellyville, Rouse Hill, and McGraths Hill to the Historic Town of Windsor. Stopping for a coffee break along the way, and lunch at Windsor and return.

Options for those who only want to ride one way is to catch the train from Westmead and meet up at Thompson Square (Windsor) or if it's getting too warm, catch the train from Windsor back to Westmead. Go to CityRail website for train times.

Contact: Phillip Jackson 97208297 call to confirm or (0434633490 on the day).

Sunday Dec 8 Liverpool Loop

Grade: Easy

Start: 08:00 am 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.

Friday Dec 13 Dinner Ride: Christmas Lights Ride

Grade: Easy

Start: 6pm from Liverpool Station. An approx 35km ride to Panania for dinner via Chipping Norton, ride back through Milperra to check out the Christmas lights, then return to Liverpool. Riders are encouraged to decorate their bikes and themselves with the festive season in mind. All riders must bring own set of working lights for bike - front & rear. Call to confirm essential for bookings.

Contact: Maree 96025293 or 0419203379 to confirm.



Sunday Jan 12 Botany Bay Foreshore Ride

Grade: Easy

Start: 8:30am from Wolli Creek Railway Station (Mt Olympus Bvd)

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 Geroges 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 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-Carnes Hill-Casula Loop

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.



National Tree Day Ride 2013 July 28th.

Phillip Jackson

A few days before the tree planting ride I told my family where I was going on the Sunday. Claire my 20 YO middle daughter started to show some interest in the tree planting, this surprised me as she doesn't usually ride a bike very much. She began asking me questions like the start time, the distance what happens on this type of ride etc.

I reminded her the night before and she was still keen, so I pumped up the tyres on my Specialised Globe as I thought this bike would be the most comfortable and easiest to ride and for her with the 7 speed hub gears and being a sit-up bike.

The posted ride was 10Km but all up we did 22Km to and from the meeting place to home. The only thing she noticed on the day and a day after was a mild sore bum. She kept up with the other riders, just a little bit wobbly due to lack of experience/confidence.

Theresa and John also joined us for the ride and the day out in beautiful winter sunshine planting trees, scrubs and various grasses and ground covers for habitat and to enhance the reserve. By the time 11:00 came around we were both hungry and tired of the bending and planting.

The native wildlife show was enjoyable with the young guy presenting had the kids repeating what he was saying as he told a few gory tales about the native animals that he had seen decimated by domestic cats and dogs. He had the kid's attention as he showed all the animals, reptiles with fur skin, scales and shells.



Just when you thought that NSW Government (River Cities Plan) & Liverpool Council have got it together to improve & value the Georges River & the riparian lands along it at Casula Parklands – the Federal Government is planning to destroy.

As part of the Moorebank Freight Terminal development, they have now decided to put two massive spur bridges straight through the Casula Parklands area.

So much for the new shared user pathways through the reclaimed bushland and public space areas that were going to be developed.

So much for the possible future extensions of the Rail trail plans to Glenfield & onto Campbelltown & Macarthur.

So much for Art & Cultural centres in South West Sydney.

Why can't they link the Rail Freight line further out – why do they have to put it through the middle of Liverpool?

Please consider signing the petition
<http://www.liverpool.nsw.gov.au/fairgo>

Other Rides & Events

NSW National Parks and Wildlife Service – 2 wheeled treks
September 2013

www.nationalparks.nsw.gov.au/cycling

Far North Wilderness Bike Tour

28 September -5 October 2013

www.fnqbiketour.org.au

The Junee Giro 4-7 October 2013

www.bikenorth.org.au/cycling/JuneeGiro/

Fitz's Challenge 27 October 2013

Canberra's biggest and best-known long-distance one-day cyclo-sportive event.

www.fitzs.com.au

Port to Port 9-10 November 2013

(Mildura to Echuca)

www.port2portcycling.com

Cycling in Indonesia 2014

www.cycleindonesia.com.au



Path Proposal

Shared Path Underpass – Hume Highway- Cabramatta Creek

John Raju

Recent widening of the path along the Hume Highway in Warwick Farm sparked an idea for an underpass of this busy road at Irelands Bridge.

This site was visited both on foot and bike to assess the potential of providing a safe shared path crossing of the busy Hume Highway.

A ramp clearing on the racecourse side leads to a wide flat area under the bridge. The north side leads, via a gentle gradient towards the Jacqui Osmond sports fields. It skirts by the protected Gray – Headed Bat colony which is a protected area.

The selected path does seem to be entirely feasible and does not appear to face any major difficulties. If implemented like the Newbridge Road Underpass it will put in place a significant missing link.

The shared path leading to the bridge should be widened to the full width of the available of the available shoulder.

A previously proposed path, on the opposite bank, ran towards the bat colony, faced many other issues such as: houses, planning, land ownership and required significant clearing of trees and shrubs. However a spur on the path could lead to a low bridge crossing to the above path.



Path Update



This new shared path runs along Brickmakers Drive in the new Georges Fair residential development. A great connection between Nuwarra and Newbridge Roads in Moorebank.

Visors for Helmets

Wearing peaked caps under helmets is unsafe & though any external projections on the outside of the helmet are also not recommended, these may be an alternative.

If travelling at higher speeds, a smaller brim is recommended. Travelling at lower speeds, use a wider brim.

If you are interested in one of these brims, please contact Maree Stacy (0419203379/ mastacy@aims1.every1.net) – we may be able to place a bulk order.

Sporty \$39.95 US

Classic \$37.95 US



Rezzo \$34.95 US

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