

LIVEBUG NEWS

Autumn 2014



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 Apr 6 | 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, call to confirm.

Sunday Apr 13 | Campbelltown –Douglas Park – Menangle Park Loop

Grade: Medium

Start: 08:30 am. Western side of Campbelltown Station. Plenty of car parking spaces available. A 50km ride mostly along breakdown lanes and undulating country roads. Start at Campbelltown Railway Station then following Narellan Rd & Picton Rd. Then old Hume Hwy. to Douglas Park for lunch. Then returning via Menangle Park for another break and continuing to return to Campbelltown Station at approx 12:30. Limited water on route between stops.

Contact: Phillip Jackson 9720 8297 or 0434633490, call to confirm.

Sunday Apr 27 | 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 on 0438 171 484, call to confirm.

Sunday May 4 | Lady Carrington Drive

Grade: Easy-Medium

Start: 10:00 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 you 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 before the day. Note: No mobile coverage in the area.

Saturday May 10 | Cabramatta Fabric Roll

Grade: Easy

Start: 10:30am at Liverpool Station.

This ride is much more about food and fabric but we'll be using our bikes to transport us. The riding will be along shared paths and quiet streets. The morning starts with coffee, chat and fabric/pattern swap at a cafe. We'll then check out the fantastic fabric shops in Cabramatta with a delicious Vietnamese lunch and afternoon tea break. There is probably more walking than riding but we can end the day with a roll along the Liverpool to Parramatta rail trail if you want to stretch your legs. Bring panniers or baskets for your shopping.

Contact: Elaena 0402 253 915 to confirm

Sunday May 11 | Liverpool to Panania Loop

Grade: Easy

Start: 9:00am 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.

LIVEBUG Meeting

Tuesday, May 20

Start 6:00pm, Liverpool Hospital.

All welcome.

Contact: Maree 96025293



Rides cont....

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Sunday May 18 | Parramatta to Windsor & Return

Grade: Medium

Start: 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 9720 8297 or 0434633490 to confirm.

Sunday May 25 | Chipping Norton Lakes

Grade: Easy

Starts: 9:00am. Liverpool Railway Station. Unlimited car parking in Railway street on Sundays.

27Km. An easy ride along rail trail to Canley Vale then cycle paths to Lansdowne, Chipping Norton and Liverpool. Using rail trail and cycleways along whole route suitable for the family or beginner. Coffee stop at Condell Park. Contact: Maree 96025293 or 0419203379 to confirm.

Sunday Jun 8 | Three Creeks Two Lakes and a River

Grade: Easy

Start: 10:00 am from Liverpool Station. Unlimited car parking in Railway Street on Sundays. A easy 3 hour ride from Liverpool Station following Liverpool's waterways. Contact: Matt 0424 093 940 to confirm.

Sunday Jun 15 | Holsworthy - Wattle Grove Loop

Grade: Very Easy

Start: 10:00 am from Holsworthy Station. A slow paced, mostly flat 10km loop on shared paths and quiet suburban streets, this ride is perfect for beginners or people returning to riding after a break.

Contact: Elaena 0402 253 915 to confirm

Sunday Jun 22 | Cecil Hills Loop (Hoxton Pk Rd-Cowpasture Rd-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, Cowpasture Rd and following SUP along Elizabeth Dr back to Liverpool. Some short hills. Coffee stop at Cecil Hills.

Contact: Maree 96025293 or 0419203379 to confirm.

Sunday Jun 29 | Liverpool to Rooty Hill & Return Via T/Way & M7 SUPS

Grade: Medium

Start: 09:00 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 Jackson 97208297 or (0434633490 on ride day to join at Rooty Hill Railway Stn approx 11:00).



Parramatta Heritage Ride

Running since 2003, the Parramatta Heritage Ride is a fascinating exploration of Parramatta's remarkable historical buildings.

Home to the three oldest buildings in Australia, the Parramatta Heritage Ride reveals the story of Parramatta and the European colony in a way no other event can. An intriguing commentary weaves the buildings with events and characters, telling the story of how Parramatta, Sydney, and indeed Australia, developed into the thriving places that they are today.

The leisurely ride takes around 3.5 hours, and is about 17km long. A mixture of on-road, off-road and cyclepath riding feature.

Sun 30 Mar, 2014. 8.30am - 12.00pm. Departs from the Tudor Gates, George St entrance to Parramatta Park. It's free!

Australian Cycling History Talk

Author Jim Fitzpatrick will be presenting the captivating "Wheeling Matilda - the story of Australian Cycling". Fri 4 April 6.30pm - Elizabeth Farm, Rose Hill (Cost: \$5) Bookings essential!

See parramattaheritagerides.net for more information.



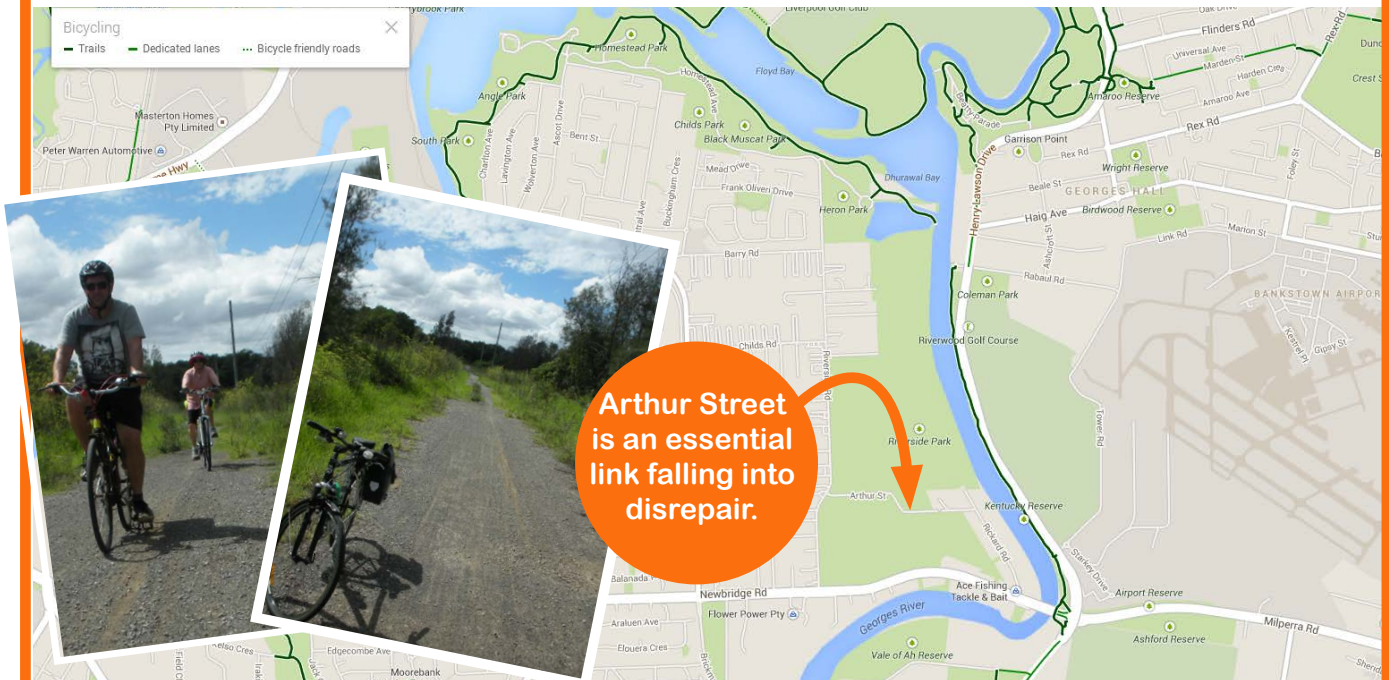
First Cyclists Party registered in NSW

The first Cyclists Party in Australia – and indeed the World – is now officially recognised in NSW. More than 3 million people regularly cycle in Australia and the party plans to advocate for those who bicycle and promote cycling in all of its forms.

Read more about the party on their website australian-cyclists-party.org

Path Update: Arthur Street, Chipping Norton

Words and pictures –Phillip Jackson



Arthur street is closed to vehicular traffic with concrete barricades at both ends. It is open to pedestrians and cyclists, the street is administered by Liverpool Council. It is half patchy tar and loose gravel which is slowly being consumed by weeds and grass. This street is an important link from the Shared User Paths (SUP's) of Mirambeena and the SUP's towards Kelso Park to the east of the Georges River This street links up to the Chipping Norton Lakes SUP's and allows children) and pedestrians from having to travel beside the very busy six lanes of Newbridge Road.

It is possible to ride or walk in a large loop around the greater Chipping Norton lakes through Liverpool, Warwick Farm, Lansvale, Lansdowne, Georges Hall and back through Chipping Norton to Liverpool on SUP's and low traffic roads.

Arthur Street needs attention from Liverpool Council to upgrade this road to a SUP for the enjoyment of the people of Liverpool and surrounding suburbs.

LIVEBUG will be writing to the council to ask about its plans for the road.

Electric Bicycles (E-Bikes)

Words and pictures –Phillip Jackson



During the Botany Bay Foreshore ride we met some riders who rode from Cronulla and stopped at the same café as we did. We left about the same time as they did and struck up a conversation about their bikes.

There were two E-bikes which stirred some interest with a few of us from LiveBUG, maybe it was their nice colour or the idea of

perhaps getting someone we know who is a little bit out of fitness at home along for a ride.

I took a photo and looked up the bikes on the net during the week to get an idea of their features and the price. I am not promoting these bikes, just sharing what I have found out about them. The price converted from Euros to Aus \$ is \$1,994. They are made in China.

Details: Longwise Libertarian LWEB-L2601

Motor: 250W Brushless Gear motor

Battery: 36V10AH Lithium NMC

Meter: Intelligent LCD

Charger: 100-240V AC 50-60HZ

Charge time: 3-5 hours

Fork: Front SR SUNTOUR CR 8V suspension fork

Frame: Light aluminum alloys

Assistant system: PAS 1:1,1:2,1:3

Dual Hall speed sensor"

Tyres: 26"X1.75"

Pedals: Wellgo anti-slip

Lamp: front and rear LED

Brakes (F/R): Disc brake/Roller brake

Derailleur: SHIMANO Acera 7

Max speed: <25KM/H

Range: 70KM(36V10AH) with PAS

Load capacity: 95KGS

Net weight: 23.5KGS (with 10Ah battery)

Gross weight: 28KGS