

LIVEBUG NEWS

Summer 2015



Coordinator: Maree Stacy 9602 5293 | 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 Jan 11 Liverpool-Carnes Hill-Casula Loop

Grade: Easy
Start: 8:00 am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays. This **22 km** 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 following SUP from Throsby Park to Casula Powerhouse Arts Centre & return to Liverpool via the new SUP along Speed St. Stopping at Carnes Hill & Casula Powerhouse. Contact: Maree 96025293 or 0419203379 to confirm.

Friday Jan 16 Dinner Ride : A Taste Of Asia

Grade: Easy
Start: 6:00pm from Liverpool Railway Station. (Bigge Street entry). **17 km** 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 25 Liverpool Heritage Ride

Grade: Easy
Start: 9:00 am from Liverpool Station. Unlimited car parking in Railway street on Sundays. A leisurely **10-15 km** ride. Celebrate Australia Day with local history and an exploration of some hidden gems of Liverpool and Casula. No hills and mostly off-road paths. From the city to the forest and along the riverside. Coffee stop at the Casula Powerhouse. Contact: Matt 0424 093 940 to confirm.

Sunday Feb 8 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 Georges 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: Maree 96025293 or 0419203379 to confirm.

Friday Feb 13 Dinner Ride: Thai Trundle

Grade: Easy
Start: 6:00pm from Liverpool Station. An approx **35 km** ride to Panania for dinner via Chipping Norton and return to Liverpool via Newbridge Rd. 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 Feb 22 Liverpool-M7-Western Sydney Parklands Loop

Grade: Easy-Medium
Start: 8:00 am from Liverpool Station. Unlimited car parking in Railway street on Sundays. An easy-medium 32 km ride from Liverpool Station following SUPs along Hoxton Park Rd, M7 to Elizabeth Hills & then through southern Western Sydney Parklands. On road along 27th Ave, then following SUPs & on road routes to Carnes Hill for coffee. Then taking back roads to Cabramatta Creek path, Kurrajong Rd, Foveaux Ave to Brickmakers Creek paths, Hoxton Park Rd & return to Liverpool. Some short hills. Contact: Phillip Jackson 9720 8297 or 0434633490. Call to confirm.



LIVEBUG Meeting

Tuesday, 17 February

Start 6:00pm, Liverpool Hospital.
All welcome.
Contact: Maree 96025293



Rides cont....

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 Mar 8 Liverpool Loop

Grade: Easy

Start: 8:00 am Liverpool Railway Station, Main entrance Bigge St. Unlimited car parking in Railway street on Sundays. An easy **25 km** 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 or 0419203379 to confirm.

Friday Mar 13 Dinner Ride: Little India Feeder

Grade: Easy

Departing Liverpool Station at 6pm. 35km or one way **17 km**. Ride rail Trail to Wigram St. Harris Park Let's eat Indian in one of Harris Parks bustling restaurants. Alfresco dining meals start from \$12. Bicycle parking on street. Bring padlock. Return via Rail trail arriving back in Liverpool approx. 10pm Alternatively return by train from Merrylands Station. Working lights for bike - front & rear essential. Call to confirm essential for bookings.

Contact: Maree 9602 5293 to confirm.

Sunday Mar 22 Sydney Olympic & Bicentennial Parks

Grade: Easy-Medium

Start: 8:00 am from Guildford Station (Railway Tce entrance). **34 km**. Option to start from Liverpool station at 8.00 am – call Phillip to confirm. 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 Bicentennial Park. Return to Guildford via Rail Trail. For shorter option return via train. Contact: Phillip Jackson 9720 8297 or 0434633490. Call to confirm.

Sunday Mar 29 Thirroul – Wollongong - Oak Flats

Grade: Easy

Start: 9:15am Thirroul Station (near the bottom of the stairs on Station Street). One way ride from Thirroul to Oak Flats. Park at Thirroul & return by train. Full ride **47km** – mostly flat. The ride is broken into three sections:

- Thirroul to Wollongong - 16km. Scenic coastal ride on shared paths. – If you would like a shorter ride you can leave us at the golf course and ride 1.5km to Wollongong station to return by train.
- Wollongong to Port Kembla - 11km – Around the industrial heart of Wollongong on shared paths and quite back streets. Some great views of the Port Kembla steel works. Option to return by train for shorter ride.
- Port Kembla to Oak Flats – 20km – We re-join the coastal route to Windang and then along the shore of Lake Illawarra to Oak Flats on shared paths and quite back streets.

Return to Thirroul by train.

Contact: Phillip Jackson 9720 8297 or 0434633490. Call to confirm.

2015 Membership

Your 2015 membership fees are due **30 January 2015**.

Single \$10 | Family \$20
BSB: 302969 | Acc No: 0029715

New Member? Please complete our membership form
<http://bikeliverpool.org.au/membership/>

Coastal Ride to Become Regular Fixture



On Sunday 23 Nov we took an exploratory ride from Thirroul to Oak Flats. Phil, Maree, Paul, Don, Judy, Therese, Dave and Claire set off from Thirroul. Jan, Paul's wife, caught up with us at various points on the ride.

The day was warm but the route hugged the coast and as long as we set an easy pace the cool sea breeze kept us comfortable.

We made a few stops for photos and checked out a fancy loo which talks and plays music at Belambi before stopping for coffee at North Beach Wollongong.

We were lucky to see dolphins from the observation deck at Wollongong main beach.

There was an opportunity to leave the ride at Wollongong but everyone was keen to push on to Port Kembla where we stopped at the Seascape café for lunch. This is a little gem! Nice café, great food (reasonably priced) & excellent views. Worth the ride around Port Kembla just for that.

After lunch Maree, Judy, Paul and Therese caught the train back from Pt Kembla. The others continued on to Windang for a quick break. Low clouds and rain drifted in from the sea to cool things down. There was even mist coming off the lake after the rain had fallen. The final intrepid group made it to Oak Flats Railway with enough time to catch the 3:15 train back to Thirroul Railway Station.

This is a fantastic ride, lots of wonderful views along the coast and well received by the riders.

Thanks to Russell for meeting us at Oak Flats the Saturday before the ride to show us the finer points of the route and what to expect.

We will have to try to include a Wollongong/Shell Harbour ride (in one form or another) on a regular basis. The next one will be at the end of March when the weather should be a little cooler. Hope you can join us.

Phillip Jackson and Maree Stacy



Bike Tips: Taking the tension off your gear cables when storing your bike

by: Phillip Jackson

Over the years I have found that if you release as much tension as you can from the front chain ring and the rear cassette cluster your settings stay the same and operate smoothly for a longer period between bicycle shop or your home tune-ups.

The method is to shift both the chain ring and rear cluster to the smallest diameter gear as you either rotate the pedals or ride to your storage spot. This releases the tension off your cable and saves the cable from stretching during storage.

You can check this lower tension by now feeling the tension of the cable from the previous position.

Sorry for the filthy chain and bike in these photos.



Happiness Cycle provides 300 bikes to local students

In November 300 bicycles and helmets were given to selected local school students from Miller Technology High School, Lurnea High School, All Saints Catholic College, Bellfield College, Liverpool Boys High School, Liverpool Girls High School and Ashcroft High School who registered for Liverpool's Happiness Cycle Program.

This initiative was designed to get young people riding and moving. It was delivered in conjunction with Liverpool City Council and The Happiness Cycle, a Coca-Cola Initiative presented in partnership with the Bicycle Network.



Out and about with LIVEBUG



Keep in touch

You'll find all out latest rides and news on our website.

Drop us a comment and say hello! bikeliverpool.org.au

We're also on Facebook.

Give us wave, be our friend and see our updates streamed in your news feed.

www.facebook.com/bikeliverpool



By Phillip Jackson

At short notice I posted on the LiveBUG webpage to arrange a ride to the M7 shared path community event on Saturday 22nd Nov.

Evan and I met at the Liverpool Catholic Club car park (Jedda Road entrance) at 09:00 am. and arrived at 10:00am just as the stalls were opening. We each managed to pick up a free T-shirt and bicycle bell and enjoyed the sausage sizzle etc.

Evan was having problems with the shifting onto his large front chain ring. We spoke with a guy there who was doing bike tune ups and a friendly lady giving bicycle safety and operating checks. The repair guy offered to test ride Evan's bike to check it out, and fixed the problem with a few deft adjustments. This stall had a continuous one or two riders in line wanting to get their bikes seen to with not much waiting time.

We met a few members of the WSCN and had a good chat, it was a very friendly morning. Theresa was there with the WSCN riders. The ride back confirmed trouble free shifting for Evans bike, he was well pleased. I can recommend this event as a ride if they hold it next year.