

LIVEBUG NEWS

Winter 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 Jun 14 Liverpool to Panania Loop

Grade: Easy

Start: 9:00am from Liverpool Station. Unlimited car parking in Railway street on Sundays. A 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 96025293 or 0419203379 to confirm.

Sunday Jun 21 Whale Watching at Cape Solander

Grade: Easy – Medium

Starts: 10:00am from Wolli Creek Station. A scenic 46 km ride, mostly on the Bay to Bay cycle path, includes some short hills. Cafe stop at Dolls Point then on to Kurnell and Cape Solander. Bring snacks, lunch, binoculars and windproof jacket (can be windy). Ride finishes at Cronulla Station. Return to Wolli Creek by train.

Contact: Phil Rylatt Home Ph 87950564

Sunday Jun 28 On the Road to Rhodes

Grade: Easy-Medium

Start: 9:00am from Eastern side Merrylands Station. Approx 30km ride to Rhodes via Parramatta River for morning tea. Ride back to Merrylands via Homebush SUP. **Contact:** Phillip Jackson 97208297 or 0434 633 490/Tony Penz 0422037666 to confirm.

Sunday Jul 12 Merrylands to Rouse Hill and Return

Grade: Medium

Start: 9:00am from Eastern side Merrylands Station. Pick up also at Queen St gates Parramatta Park at 9.20am. Parking available. An undulating 45km ride using SUPs to Rouse Hill shopping centre for brunch and return same way. **Contact:** Phillip Jackson 97208297 or 0434 633 490/Tony Penz 0422037666 to confirm.

In this edition

Check out our rides for Winter and early Spring.

Find out about other rides and events.

Remind yourself about communicating in group rides.

Read about development plans that could impact on cycling and walking in Liverpool.

Get the low-down on group riding etiquette at pinch points.

And finally, read about the state government's plans for bike parking at Liverpool Station.

LIVEBUG Meeting

Tuesday 18 August

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





Sunday Jul 26 National Tree Day Ride - Joshua Moore Park, Eureka Cres., Sadlier

Grade: Easy

Start: 9:00am Liverpool Railway Station. Unlimited parking in Railway Street on Sundays.

A 10.5 km ride using SUPs and a few minor roads to join Liverpool Council's tree planting day. Council, with the help of volunteers, aims to plant local native trees, shrubs and ground covers to encourage native wildlife (by providing food and shelter) and to enhance the local area. Wear enclosed shoes, hat and sunscreen, and bring gardening gloves and a bike lock for peace of mind. Council will provide all tools, refreshments, and a free BBQ lunch. We have enjoyed this event in previous years.

Contact: Phillip Jackson 97208297 or 0434 633 490. Call to confirm.

Sunday Aug 9 Guildford - Prospect - Canley Vale - Liverpool

Grade: Easy – Medium

Start: 9:00 am Guildford Railway Station (eastern side)

This 30km ride is entirely along off-road cycle paths, starting with Prospect Canal cycle path, then undulating paths through Western Sydney Regional Park, and Orphans Creek path to Canley Vale. Have lunch at a Vietnamese restaurant. Then ride to Liverpool (alternately hop on the train home or ride 5km back to Guildford).

Contact: Maree Stacy 9602 5293 or 0419203379 to confirm.

Sunday Aug 16 Liverpool to Rooty Hill and Return Via T/Way and M7 SUPs

Grade: Medium

Start: 8:30am Liverpool Railway Station. Unlimited car parking in Railway Street on Sundays.

This moderately paced 52 km ride starts on low traffic streets through Liverpool to SUPs along Hoxton Pk Rd and the T/Way to join the M7 SUP at Prestons. Ride along the M7 SUP to Rooty Hill for refreshments. Return on the M7 SUP to Elizabeth Drive SUP to Liverpool. Riders can either leave or join the ride at Rooty Hill Railway Station for a shorter 26 km ride, 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 11:00am).

Sunday Aug 23 Chipping Norton-Wattle Grove Breakfast Ride

Grade: Easy

Start: 8:00am Liverpool Railway Station, Main entrance Bigge St. Unlimited car parking in Railway street on Sundays. An approx 30 km ride around Chipping Norton lake, then along Brickmakers Dr, Nuwarra Rd and Heathcote roads to breakfast stop at Moorebank Sports Club. Returning to Liverpool through Wattle Grove.

Contact: Maree 96025293 or 0419203379 to confirm.

Sunday Aug 30 Liverpool to Lake Parramatta

Grade: Easy-Medium

Start: Two options: 9:00am from Liverpool Station for 50 km ride or 9:45 am from Guildford Station (Railway Tce entrance) for 27 km ride.

Mostly easy ride with a couple of short hills. Take in sights around Harris Park and Parramatta Park before heading to Lake Parramatta Reserve for a meal break. Kiosk and cafe facilities available. Return to Liverpool via RailTrail. Please call to confirm you are coming.

Contact: Phil Rylatt 87950564 (H) to confirm

Sunday Sep 13 Sydney Olympic and Bicentennial Parks

Grade: Easy-Medium

Start: Two options: 9:00am from Liverpool Station for 45 km ride or 9:45 am from Guildford Station (Railway Tce entrance) for 34 km ride.

An easy ride including a 10km loop through Sydney Olympic Park. Take in the sites of the Parramatta River and Bicentennial Park. Stop for lunch at Newington Marketplace. Return to Guildford via Rail Trail. For shorter option return via train.

Contact: Phillip Jackson 9720 8297 or 0434 633 490 to confirm.

Sunday Sep 27 Liverpool-Carnes Hill-Casula Loop (Bike Week)

Grade: Easy

Start: 9:00am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays.

This 22km ride is a great beginners ride. Explore the SUPs along Hoxton Park Rd, Cowpasture Rd, Camden Valley Way and the Hume Hwy. Then follow the SUP from Throsby Park to Casula Powerhouse Arts Centre and return to Liverpool via the new SUP along Speed St. Stopping at Carnes Hill and Casula Powerhouse.

Contact: Maree 96025293 or 0419203379 to confirm.

Sunday Oct 11 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 and return by train.

The full ride is 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 quiet 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 quiet back streets. Return to Thirroul by train.

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

Other events

Far North Queensland Wilderness Bike Tour 2015. 26 Sept to 3rd Oct

www.wildernessbiketour.com

Cycle Indonesia. Rides Guide 2015

www.cycleindonesia.com.au/trips.htm

Lecture (Adventure Cycling) Kate Leeming: Breaking the Cycle

University of Sydney – Old Geology Lecture Theatre

Thurs 11 June @ 7pm | Book Tickets at <https://goo.gl/laZplq>



Tips: Ride Communication

By Phillip Jackson | Bike Liverpool Rides Coordinator

There have been a few accidents and incidents recently on the Liverpool BUG rides where riders have fallen off their bicycles possibly due to the poor communication of obstacles and hazards being passed along to the rider behind, and also when a rider or a vehicle is approaching from the rear of the group of riders.

The following section of our ride policy is reproduced to remind riders how to communicate with each other when riding in a group.

Communicating on a Ride

During a Ride the Leader and also other participants shall communicate clearly in relation to hazards and the intention of the group.

Messages about cyclists or incidents should be passed up and down the group by voice and hand signals.

In addition to hazard briefings at the start of the ride, additional hazard briefings shall be given at the start of each section. Hazards briefings shall consist of identifying hazards and recommended action.

While riding in a group some standard voice calls shall be made by all participants.

1. **“Car back!”** Indicates a car is approaching from the rear in the cyclists’ lane and that participants should move over to accommodate it passing.
2. **“Bike back!”** Indicates a cyclist is approaching from the rear in the cyclists lane and that participants should move over to accommodate it passing.
3. **“Car up!”** Indicates a car is approaching from the front and that Participants should move over to accommodate it passing.
4. **“Bike up!”** Indicated a cyclist is approaching from the front and that participants should move over to accommodate it passing.
5. **“Stopping!”** Indicates that riders are coming to a half.
6. **“Lights!”** Indicates that riders are stopping at a red light.
7. **“On your right!”** Indicates that a rider is passing and other rides should hold their line or move slightly to the left if there is room.

While riding in a group some standard hand signals shall be made by all riders.

Stop sign. Right hand at shoulder level, arm bent, palm open with fingers pointing up and palm facing forward.



Slowing sign. Right hand at hip level, arm extended, palm open with fingers pointing out and palm facing down. Arm is moved in an up and down motion. (This movement is limited to informing the cyclist directly behind you rather than motorists.)



Right turn. Right hand at shoulder level, arm extended, palm open with fingers pointing out and palm facing forward.



Left turn. Left hand at shoulder level, arm extended, palm open with fingers pointing out and palm facing forward.



Debris or pothole. Either hand depending on where the debris are, at knee level, arm extended, finger pointing down at the debris.



Glass. Either hand depending on where the debris are, at knee level, arm extended, palm open with fingers splayed and hand shaken horizontally.

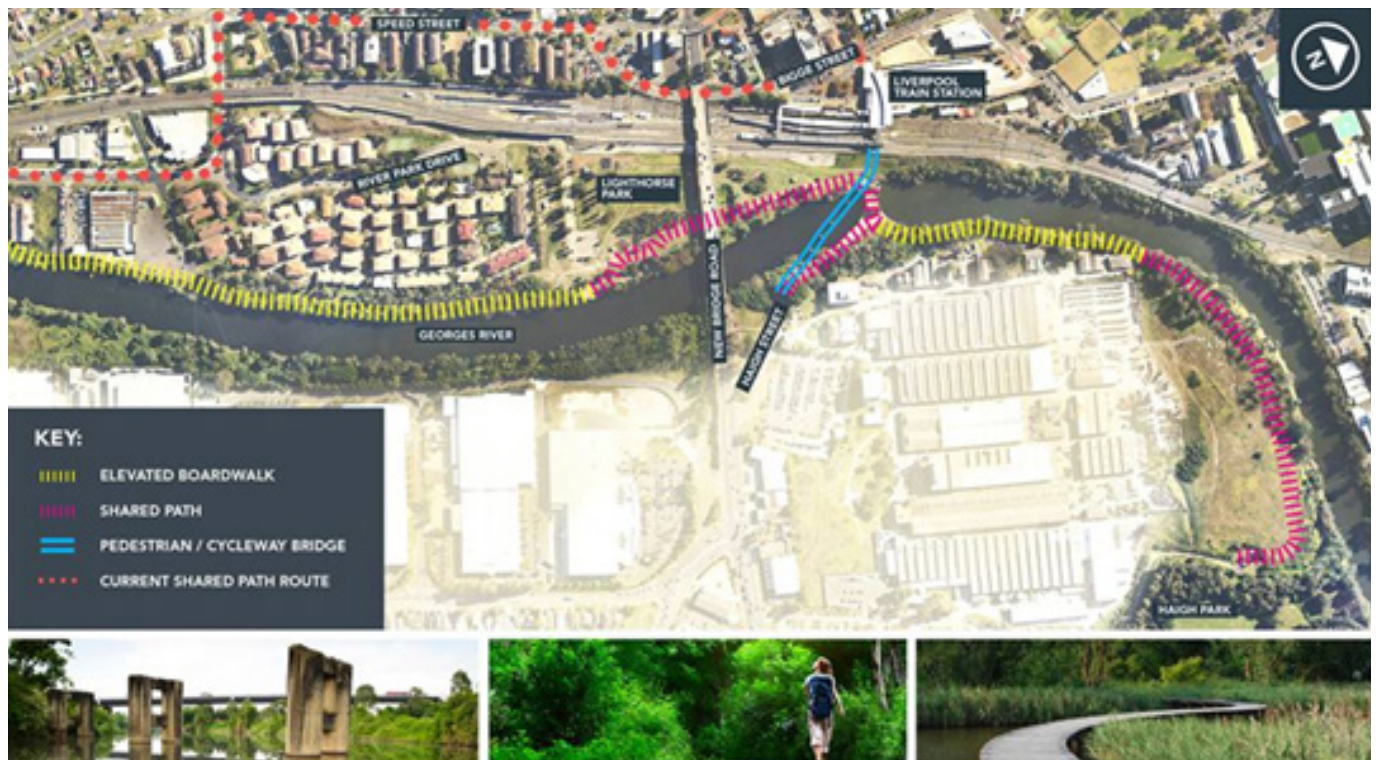


Obstacle, parked vehicle or slow rider on the left. Same as for debris except that the arm is swung from pointing ahead past the left side of the body and behind the back. The arm ends up pointing to the right behind the back.



Advocacy update: Pluses and minuses planning for cycling and active lifestyle options in Liverpool

By Allison Pryor | Bike Liverpool Advocacy Coordinator



On The Plus Side

Council's plans for connecting Liverpool CBD back to the river has received backing from state government (and initial funding to do the design work). The map above is from council's presentation to the chamber of commerce (image from Liverpool Leader newspaper). The plan has some of the aspects Bike Liverpool has put forward in various submissions eg State Bike Plan, Metropolitan Transport Plan, Liverpool Bike Plan and Liverpool City Revitalisation Plan including:

- bringing the Casula parklands path further into the CBD section of the river
- replacing the pedestrian/cycling bridge over the river using the old bridge pylons and continue around to Haigh Park
- longer term consideration of pedestrian / bicycle links from the river to central areas of Liverpool both to the Station and to Bigge Park.

Cycling in the Visitation and Tourism plan for Liverpool

Bike Liverpool was pleased to be contacted by the consultant writing the Destination Management Plan for Liverpool Council. Following discussion at the BUG meeting Maree and Alison met with the consultant and discussed opportunities for increasing the range of bike riding (recreation, cycling sport & training, BMX, mountain bikes etc) that would attract people who like cycling to visit Liverpool and how the visits could be aligned to the economic development eg food/beverage/hospitality/ retail & service businesses etc? The discussion covered both infrastructure and event opportunities. She had been out and about looking around the LGA and already had a list of possibilities and improvements in the recreation cycling links. We were pleased that cycling amongst many other leisure and tourism activities was considered and we look forward to seeing what cycling suggestions end up in the plan.

On the concern / for submission side

The Intermodal Freight Terminal. As proposed by Moorebank Intermodal and SIMTA Intermodal companies. (One proposed on Dept of defence land and one nearby private land). An agreement has been made between the two companies for operating it as one transport and warehousing facility over the combined site. Whatever your personal views about this proposal, Bike Liverpool had been very concerned that Casula Parklands and the cycling route was likely to be seriously disturbed by the train link to be built to the Moorebank Intermodal Freight Terminals – the initial design documents had a central access to Southern Freight Line - across the river and straight through the main section of the park. The planning documents at that point had little information on the disruption / degradation to Casula parklands of a rail line going through the park, or what the design is intended



Boost for Liverpool customers who cycle to public transport

NSW Transport Media Release

Member for Holsworthy Melanie Gibbons today announced a big win for Liverpool cyclists, with 30 secure bike spaces to be installed at Liverpool Station.

Bike sheds providing secure spaces will be installed at more than 40 train stations and transport interchanges around Sydney and surrounding regions.

Ms Gibbons said a tender will soon be released for the first nine locations which were selected based on demand and patronage at these locations.

“At Liverpool Station, a bike shed with 30 spaces will be made available for customers,” Ms Gibbons said.

“We will ensure the shed is located in a convenient location close to public transport.

“Installation of the bike shed at Liverpool Station is expected to start later this year.

“These bike sheds will be a great facility for cyclists in NSW, particularly those who catch public transport as part of their daily commute.

“Use of the bike sheds will be free for cyclists. They can now be confident that they are leaving their bicycles safe and secure while catching public transport.

“These facilities are being delivered as part of the Bike and Ride initiative, which is identified in Sydney’s Cycling Future, Transport for NSW’s plan to make bicycle riding a feasible transport option,” Ms Gibbons said.

These bike sheds will be delivered as a part of the NSW Government’s Transport Access Program, a program delivering modern, secure and accessible transport infrastructure.

Since the Transport Access Program was launched in April 2012, more than 300 projects are underway or have been completed.

“The NSW Government is getting on with the job of modernising transport infrastructure and customers are now reaping the benefits of these projects,” Ms Gibbons said.

“We’ve strived to make public transport an attractive option for people and the availability of these new bike sheds will make it easier for customers to use public transport.”

Keep in touch

If you haven’t dropped by our website do pop by.
You’ll find all out latest rides and news easy to lay your hands on.
Drop us a comment and say hello!
bikeliverpool.org.au

We’re also on Facebook.
Give us wave, be our friend and see our news streamed in your news feed.
www.facebook.com/bikeliverpool

