

LIVEBUG NEWS

Winter 2017



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.

Friday Jun 9 June Vivid Dinner Ride

Grade: Easy

Start: 6:00 pm. Meet at Central Station (between the "ticket barriers" and the stairs/escalators that take you up to Devonshire Street).

This **18 km** ride will explore the Vivid Festival, a wonderful display of colour, light and music in the city. We'll ride down to Barangaroo for dinner - there's a lot to choose from - and fireworks. Then we'll take a leisurely pedal around the city and try to see as much of the festival as possible. We'll plot out a route for the evening but be prepared for a bit of meandering and making it up as we go along. We'll finish at Wollie Creek Train Station and aim to be back at Holsworthy Station (on the train, not riding) before 11pm.

Contact: Elaena 0402 253 915 to confirm.

Sunday 11 June Chipping Norton-Wattle Grove Breakfast Ride

Grade: Easy

Start: 08:30am Liverpool Railway Station, Main entrance Bigge St. Unlimited car parking in Railway street on Sundays.

An easy approx **30 km** ride around Chipping Norton lake, then along Brickmakers Dr, Nuwarra Rd & Heathcote roads to breakfast stop at Moorebank Sports Club. Returning through Wattle Grove, then back streets through Moorebank, Lake Moore and to Liverpool

Contact: Maree 9602 5293 / 0419203379 to confirm.

Sunday Jun 25 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 0434 633 490 to confirm.

LIVEBUG Meeting

Tuesday 15 August

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





Autumn colour on the Guildford-Prospect-Canley Vale ride, 14 May 2017

Sunday 9 July 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.

Sunday 23 July Whale Watching at Cape Solander

Grade: Easy – Medium

Start: 9:00am. Wolli Creek Station. (Brodie Spark Drive.) A **46 km** scenic 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, or buy lunch at Kurnell, binoculars and windproof jacket (can be windy).

Contact: Phillip Jackson 97208297 or 0434633490 call or message to confirm.

Sunday 30 July National Tree Day Ride to Brownes Farm Reserve

Grade: Easy

Start: 8:30am Liverpool Railway Station. Unlimited parking in Railway Street on Sundays. A **30 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. Tree planting is from 9.00am to 12 pm at the end of First Avenue, Hoxton Park.

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

Sunday 6 August Liverpool-Carnes Hill-Casula Loop

Grade: Easy

Start: 9:00 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 and Hume Hwy. Exploring the new cycleway from Throsby Park towards Glenfield Station. 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 and Casula Powerhouse.

Contact: Maree 96025293 / 0419203379 to confirm.





Sunday 20 August Liverpool to Rooty Hill & Return Via T/Way & M7 SUPs

Grade: Medium

Start: 8:30 am Liverpool Railway Station. Unlimited car parking in Railway Street on Sundays. This **52 km** ride is a moderate pace ride. Ride through Liverpool on low traffic streets to Hoxton Pk Rd and T/Way SUP and 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. (Message or phone on the day to join at Rooty Hill Railway Stn approx 11:00am).

Sunday 3 September Sydney Olympic & Bicentennial Parks

Grade: Easy-Medium

Start: 8.45 am from Guildford Station (Railway Tce entrance). Option to start from Liverpool station at 8.00 am – call Phillip to confirm. An easy **34 km** 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 | 0434 633 490 call or message to confirm.

Bike Week Rides

Bike Week in NSW runs from 16-24 September 2017.

We're working with ABC Bikes and Liverpool City Council to celebrate the week with rides, a community maintenance session and maybe even a bike movie.

At this stage we're in the early stages of planning.

Sunday 17 September | Carnes Hill

- Bike maintenance session
- Family and beginners ride
- Adventurous beginners ride

Sunday 24 September | Liverpool Loop Ride

An easy 25 km ride starting from Liverpool Station, following the T-way cycleway, Orphan School Creek cycleway and the Rail Trail. Stop at Canley Vale for morning tea and then back to Liverpool.

More details to come.



Ride Communication

By Phillip Jackson | Bike Liverpool Rides Coordinator

Editor's note: Phillip prepared this excellent article about communicating while riding for our Winter 2015 newsletter. We haven't had an incident since we ran it so we thought it would be good to run it again as a reminder.

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 halt.
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.



State Library of Victoria uploads 616 issues of the Australian Cyclist (1893–1905) online

By Sarah Kelly



616 issues of the Australian Cyclist journal have recently been digitised and made available to view online.

Dating from 1893 to 1905, it was the “official journal of the League of Victorian Wheelmen with the mission to advance racing and touring and the trade of cycling in all the lands under the Southern Cross.”

Perfect for cycling enthusiasts or vintage bicycle buffs, the Australian Cyclist advocates all aspects of the bicycle, and included advertisements for local bike shops and depots, reviews of road races, programs of racing events, local league notes and, of course, cycling club gossip.

The first issue appeared in Melbourne on 7 September 1893, and would eventually progress into advocating for the start of the motor-car.

“Today our curtain rises, and The Australian Cyclist appears before the wheelmen of the world.”

Thanks to the Library’s Collection Digitisation team and other collections staff, the journal is now available to view and download online. You can access and search the journal as part of the Popular digitised collections page, or via the catalogue using the usual ‘View online’ option.

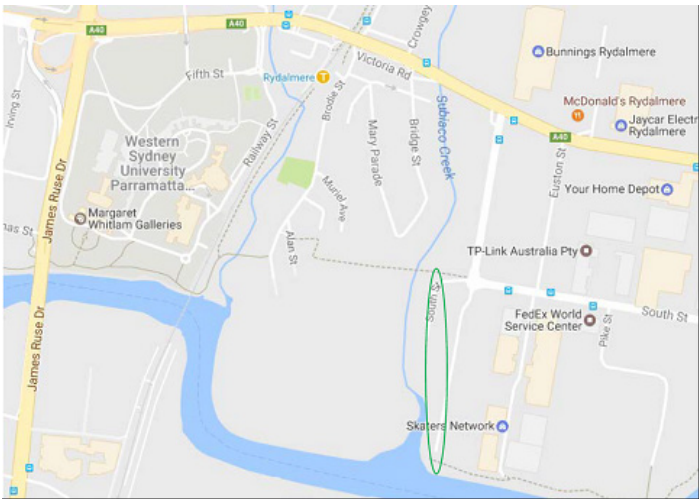
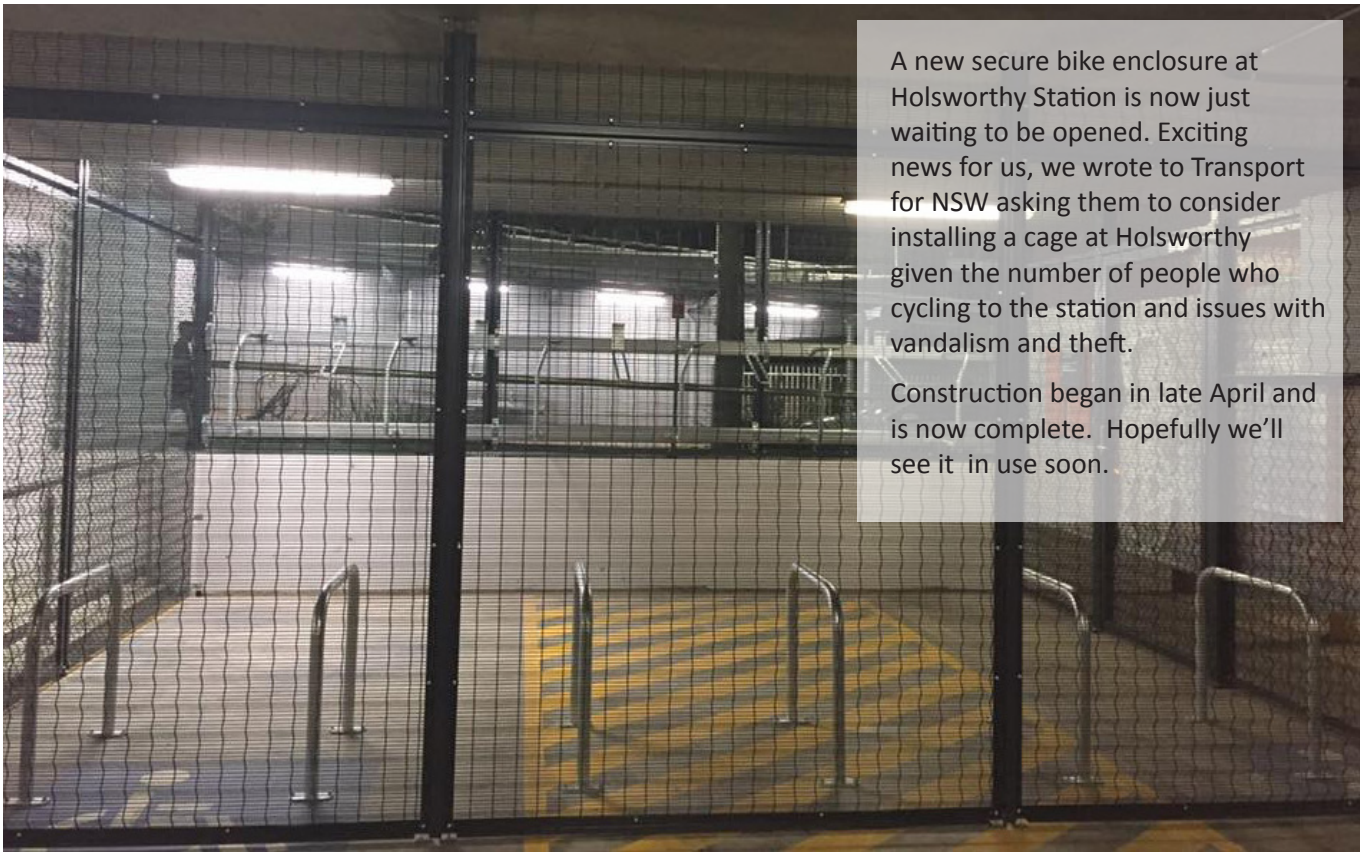
The Library also holds numerous photos of cycling in Victoria within the Pictures Collection. The digital image pool is a great place to start your image search.

<https://www.slv.vic.gov.au/search-discover/popular-digitised-collections>





Path (and other infrastructure) Updates



Parramatta Council area: Subiaco Creek path Rydalmere is due to open June 19th completing another part of Parramatta River Valley Cycle Way

Removes the need to ride on South Street – which is a busy industrial area on week days. This route is on one of LivBug rides - the Parramatta River Northern Banks ride





Rail Trails in Rural NSW



The first rail trail in NSW on a disused government line is making progress. The NSW government had agreed to a rail trail pilot in Tumbarumba – Rosewood (23km) in the south of the state .

The legislation to close this section of line is currently before the NSW Parliament. An act of parliament is required in order for the work to be undertaken to convert the disused rail line to a community trail

for people walking, cycling, using a wheelchair etc

Hopefully an outcome should be known soon. The NSW Government has funded the development costs through regional tourism infrastructure funding , with Snowy Valleys Council to construct the trail. Once constructed the trail will be another reason to visit to this areas in the future – taking your bike or walking shoes.

PS Alison P, one of members into cycling holidays and tours has returned from checking out where the Tumbarumba trail would go and attractions it would link to. Also timed the visit to include CiderFest in the nearby town of Batlow.

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

