



Activities September/October 2009

19th September 2009

N.B. Contact the leader for details and RSVP. You need to bring your own bike, helmet and safety gear (lights, reflective vests etc as appropriate). Water, snacks and money are also a good idea. Non-members are welcome on rides, but please become a member to support our work.

JOIN US!!! www.tbug.org.au

Activity	When	Where	Contact - RSVP
Active Bike 5th September – 7th of November	Saturday mornings 10am – 11am	Royal Park, Park Street	FREE – No commitment required. (You can turn up once or every time).

Active Bike is a great way to get on your bike. Active Bike will give you a better understanding of how to ride safely on the roads and will help you discover the trail network of Launceston.

White Hills Training Ride	Sunday September 27 th	TRC petrol station, Margaret St 8.30am	Anna Povey 6334 6633 fovey@intas.net.au RSVP by 26th September.
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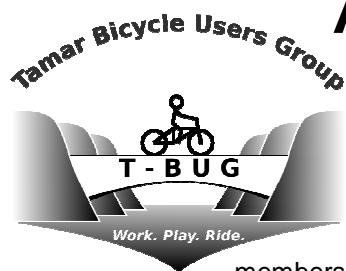
40kms of road riding through Kings Meadows to Relbia, through White Hills and back through St Leonards. There are hills, and some traffic but much of it is scenic rural roads. We'll ride as hard as we can manage, then finish with a coffee. Wear visible clothing. Probably finish about 10:30 am. If you want to meet further along towards Kings Meadows, give Anna a ring beforehand.

Full Moon Ride	Saturday October 3 rd	Meet at Carrick pub at 6:30pm	Malcolm Cowan 0417 573 991 malcolm.cowan@bigpond.com
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Join us for a pub meal followed by a social ride in the moonlight (starting about 7:45pm if you want to ride without the meal). A relaxed 23 km loop on flattish country roads. Return to pub by 9:15pm.

Ride to Westbury for the Criterium	Sunday October 4 th Meet 9:30 am Prospect Vale Park.	Prospect Vale Park to Westbury via Carrick and Hagley (28 kms) or sections.	Malcolm Cowan & Casey Mainsbridge 0417 573 991 malcolm.cowan@bigpond.com RSVP please
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A great way to arrive at the criterium; you can ride the whole way or join along the route. Hadspen bridge 10am, Carrick PO 10:30am, Hagley PO 11am, Westbury 11:15am. (Make your own arrangements for a lift home, or join Casey to ride back). Takes the old highway, so there are narrow/non-existent shoulder sections and we'll have to be a bit careful of traffic but it's a lovely ride. Wear visible clothing. RSVP necessary.



Activities August/September 2009

8th September 2009

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Westbury Criterium	Sunday October 4 th	Village Green Westbury	Patrick Gambles 6393 5334 Patrick.gambles@mvc.tas.gov.au
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The final day of the Tour of Tasmania. Lots of professional cyclists will be whizzing around the historic streets of Westbury, and the council is putting on a great show to attract a crowd. There will be food and entertainment, as well as the Criterium to watch. If you arrive by bicycle you will get a present, and there may be a free bike check and tune available.

Ride to Work Day	Wednesday 14 October	Inveresk Park-n-Ride to Brisbane St Mall	Anna Povey 6334 6633 fovey@intas.net.au
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We hope you will all ride to work that day, and take along a workmate. Join the group from Inveresk, or make your own way to the Mall. There will be a free breakfast for cyclists at Pages, and other goodies. Register at www.registerridetowork.com.au/home - you may win a free bike!

Mole Creek Overnight Touring	17/18 October	Choose where you join in (see description below)	Peter Ford 6394 3516 evonpeter@yahoo.com
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Meet Saturday, 8.30am at the Casino car park in Prospect. Ride to train park at Deloraine for lunch (43km). Join the ride there if you like. Depart Deloraine at 12.30pm. Ride to Mole Creek via Red Hills, Western Creek and Caveside (55km). Camp at Mole Creek Caravan Park (\$8/person). On Sunday ride along main road to Deloraine (30km). Of course it's another 43km back to Casino. If you've never toured before, this is a great chance to learn how!

Tamar Valley Cycle Challenge	Sunday November 15 th	Royal Park, Launceston	www.rccl.org.au
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Sally's Ride 2009 – a fundraiser. Ride right around the Tamar, or opt for a shorter route. 25, 45, 95 and 140km options (cost \$25-\$60).
