

Hi TBUG

Lots of people stopped on Saturday to fill in a **survey on the West Tamar Hwy**. If you haven't completed one, there is one attached – forward it to Malcolm at Malcolm.cowan@bigpond.com

Our next ride is **this Sunday – a training ride around White Hills** which should take a couple of hours if we ride moderately hard. Coffee afterwards. See the program attached, and contact Anna (6334 6633) if you want to come.



At last, another **Full Moon Ride** is coming up on 3rd October at Carrick Pub – meet 6:30pm. We'll have a meal first, while waiting for the moon to come up, then ride at 7:45, back to the pub by 9:15. If you haven't tried night-riding, it's really fun! It is peaceful (apart from chatting), and you feel FAST (even though the pace will be modest). Good lights and reflective gear essential.



“Roger, Nigel and I met with Robert Groenewegen at **Inveresk and Aurora** today. Here we are choosing a site for **bike parking outside The Tram Sheds**. Robert was very enthusiastic about providing rails. We chose sites outside the Bacon Gates, Gate 7 and Gate 10 and outside the Tram Sheds. We will trial these and create more as the need grows. Robert was keen to have a "ride to the footy" day and he would set up a cage with security to store bikes. Another run on the board for TBUG!”
Malcolm Cowan, President

A **Draft Tasmanian Mountain Bike Plan** is available for public comment. The plan and a summary are available at the Sport and Recreation Tasmania (SRT) website at www.development.tas.gov.au/sportrec/mtbplan. Or contact the Project Manager, Keith Ryan on (03) 6336 2011.

Register for **Ride to Work Day** (Wednesday 14th October) so that nationally they can get a count. Also people registering go into the draw for a bike. Get a free breakfast at Pages in the Mall. There is also info at the website <http://www.bv.com.au/ride-to-work>

Want to ride to work (shops/etc) but not sure how? We have some **Bike Buddies** who can help you get started commuting. Not just on Ride to Work Day, but anytime - we can match you with an experienced cyclist to help you find a safe route and get hints on using your bike in everyday life. You'll make a time between you to practice a route (normally on a weekend), and maybe go shopping for some panniers, lights etc. It's easier than you think!

Want to try **overnight touring**? We have a trip coming up in the Mole Creek area, on 17/18 October, run by Peter Ford. Stay tuned, or contact our Activities Coordinator Lu (ph 6334 6749) for more information. Cycle touring is another thing which is easier and more enjoyable than you might know.

The **Tasmanian Bicycle Council's** Annual General Meeting will be held at Evandale Community Centre 10.30am Saturday 24th October. Nominations for Chair, Deputy Chair, Treasurer and Secretary are invited. If you would like to help this statewide organisation get really strategic for bikes, go along or contact Tim Stredwick Tim.Stredwick@dier.tas.gov.au

Tips for cycling in the wet:

- 1 Avoid if possible!
- 2 Remember your brakes are less effective so try to anticipate braking distances and apply brakes earlier e.g. going down hill
- 3 Wear clear glasses (safety glasses are cheap and effective) to stop mud and water flying in your eyes
- 4 Think about mudguards; rear ones stop dirty water going up your back and front ones stop water flying up into your eyes
- 5 Slow all your movement down, avoid sharp angles and movement
- 6 Use lights if visibility conditions are at all poor
- 7 Wear old cycling clothes then have a dry change available in a plastic bag.

What does our TBUG committee do each month?

A lot of what you see here comes from the actions of our committee members. Also underway at the moment:

- We obtained sponsorship from St Lukes Health and Xerox, and have discounts coming together for members from several shops (we'll let you know more soon).
- We just bought a TBUG banner and are working on a display. Another banner is on order, for the windy outdoors, and we are putting together brochures.
- We have a first aid kit for use on our rides.
- We obtained Public Liability Insurance.
- We have worked with Launceston City Council Bike Committee on a survey of the potential for a Holbrook St cycle/pedestrian bridge (THANKYOU all who completed the survey – it went well. Results soon...)
- We are still conducting a survey of the West Tamar Hwy, with intentions to pursue improvements.
- We are drafting cycling questions for candidates for council elections.
- Much more...

For a vision of where the Tamar could be one day, see "Copenhagen: City of Cyclists"! <http://www.youtube.com/watch?v=ibCcp0Y3OB0> and <http://www.youtube.com/watch?v=99LhLZEP7z4>

JOIN us!! Our membership flyer is on our website www.tbug.org.au