



Banyule BUG Newsletter

June
2023

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Our thanks to the Office of Anthony Carbines MP, state member for Ivanhoe, for their support in providing the photocopying facilities for this newsletter.



'When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking'

Arthur Conan Doyle, Scientific American Magazine - 1896

With the above in mind, it is opportune to remind our riders of additional rides that may be undertaken.

Thursday "Apple Pie Ride". So called because it includes a refreshment stop at Petty's Orchard where a mountain of delicious food awaits. This is a circuit ride that takes in the Yarra Main Trail, Koonung Trail and Mullum Trail. Start is 0900 Warringal Park

Secondly. A ride growing in popularity is the Sunday circuit ride from and to Warringal Park. This ride has a variety of competent leaders and the rides are of shorter duration and suitable for all of our riders. 0900 at Warringal Park.

Give either or both a go.

E-Bikes

A very interesting develop from our sister state north of the Murray (NSW) is the recent legislation regarding the power of road e-bikes in that state. Not everyone is happy with the development. ([link](#))

The Road Transport Legislation Amendment (Electric Skateboards and Bicycles) Regulation 2023 increased the permissible level of continuous running power from 250 watts to 500 watts, even though industry representatives advised against the change during government consultation on the proposed amendment.9 Mar 2023

New maps feature previews your ride

Google has introduced a feature for its Maps software that allows people to preview their journey in detail and offers many advantages for bike riders.

Called Immersive View for routes, the Google Maps extension allows users to map out a journey as usual, but takes them on a bird's-eye-view to visualise the trip ahead. That includes routes along dedicated bike paths and lanes.

"Google Maps provides 20 billion kilometres of directions each day, imagine if you could see your

whole trip in advance," says Google CEO Sundar Pichai. "With Immersive View for Maps, now you can."

Google will begin by rolling out Immersive View for routes in Amsterdam, Berlin, Dublin, Florence, Las Vegas, London, Los Angeles, New York, Miami, Paris, Seattle, San Francisco, San Jose, Tokyo, and Venice in the coming months.

The product was introduced in 2022 and allows users to swoop in on cities and neighbourhoods for a closer look. It is built on billions of aerial images, fused together with computer vision and artificial intelligence.

In addition to reviews and general information on landmarks and businesses, Immersive View has a slider that allows users to view the environment at different times of day.

This feature could be useful for bike riders as it incorporates historic traffic data that could be used to simulate the number of cars on the road at different times of the day.

The time slider allows users to tap into this information, along with changes in simulated weather and air quality. Together, these insights might just help the savvy bike rider plan the perfect journey, with minimal motor traffic, the cleanest air and the biggest chance of staying dry ([Link](#))

Great Vic Bike Ride

Snowy to the Sea Sat 25 Nov – Sun 3 December 2023

For the first time in over 25 years, we're so excited to return to Orbost for the start of the Great Vic Bike Ride 2023. Taking in all this picturesque region has to offer, this year's Great Vic will take you riding (and camping) alongside the Snowy River before heading through Gippsland's breathtaking regions where you'll soak in the sea air en-route to Wonthaggi.

In addition to the incredible scenery, each day provides a new riding goal (which you can take at your own pace) before rolling into the heart of each town and setting-up camp. You'll then get to enjoy an afternoon and evening of entertainment, activities, and the warm hospitality that only a regional town has to offer.

With [three, five and nine-day holiday options](#) starting from just \$138 per day, this is your chance to enjoy a week in another world. ([Link](#))



If you have not ridden the Diamond Creek Trail recently, you will be delighted to know the new Eltham bridge is now in place and open. This finally replaces the rather nasty detour that was in place over Bridge St bridge. Very narrow pathway and speeding traffic.

The pictures shows final touches being put in place. The Yarra to Hurstbridge is fully open again. Great news

In late May, Lattie group enjoyed a great ride out to Wollert along Darebin Creek Trail and Findon Creek Trail. On the return trip, we found the BMX track at Sycamore Recreation Reserve in Mill Park. Geoff gave his bike a trial run. It is a daunting matter for a road bike. He came out the other end safely.



Cycling notes: resist the temptation to take liquids – archive, 1895

29 April 1895: Constantly drinking can cause uncomfortable heat while riding, plus tips on hill climbing and using a hairpin for small repairs....

Such was the advice if you planned on cycling in 1895. Times have changed. [\(Link\)](#)

From Jim C

Run, ride, swim to longevity

The secret to healthy ageing is at your feet, writes Sarah Berry.

What do you want to be doing in your later decades, and what is your plan for the rest of your life? These are the two questions Dr Peter Attia asks all his patients. The idea is twofold: to refocus their attention on their healthspan and to jolt them from the human tendency to choose immediate gratification over potential future gains, particularly when those gains take effort. It doesn't have to be like this, says Attia in his new book, *Outlive*, which is No. 1 on the *New York Times* non-fiction best-seller list. We can live longer and live better and to go to our deathbeds having lived fully to the end. Of the various ways we can delay the deterioration of brain and body, many of which Attia explores in his book, he says the most potent longevity "drug" is exercise. "I used to prioritise nutrition over everything else," writes the 50-year-old father of three. But, he says: "The data are unambiguous: exercise not only delays actual death but also prevents both cognitive and physical decline, better than any other



OUTLIVE
THE SCIENCE & ART
OF LONGEVITY
DR PETER ATTIA
WITH BILL GIBBERN

Dr Peter Attia and his book *Outlive*, which is No. 1 on the *New York Times* non-fiction best-seller list.

strong core muscles. In fact, it begins with our breath. A calm breath can steady our nervous system and create mental equilibrium, and it has knock-on effects to our physical function too. "Poor or disordered breathing can affect our motor control and make us susceptible to injury," Attia writes.

AEROBIC EFFICIENCY
Our aerobic fitness doesn't just increase the likelihood of living an extra decade compared with someone who is sedentary; it also enhances our ability to enjoy our lives, enabling us to walk, run, swim, hike, dance, travel, have sex, or go shopping – whatever our jam is. Aerobic exercise also powers our mitochondria, the little cellular engines that burn glucose and fat to provide us with energy and are fundamental to our metabolic health. The best news is that healthy mitochondria are fostered by zone 2 training: that's the type where we move at a moderate pace where we can still maintain a conversation, only for longer. For someone with a low level of fitness, that might mean two 30-minute sessions a week.

VO2 MAX
It's the metric for our maximum rate of utilising oxygen and though we often hear of it relating to

than he had at 25, but what's even more of a concern is that we lose muscle strength at about three times the rate we lose muscle mass. On a practical level, if we want to be able to pick up and play with our grandchildren, carry shopping or travel and be able to lift our

[Amsterdam experiment reveals paths of stolen bikes](#)

Amsterdam is home to an estimated 850,000 bikes, which provides fertile ground for thieves to ply their trade.

But what happens to these bikes once the locks are busted apart and the cables are cut?

Dismantling bikes into parts for reselling is a common practice for crooks around the world. Another is sending them off to faraway places to minimise the chances of getting caught.

Thieves have been known to steal bikes in Germany and [resell them in Ukraine](#), for example, and authorities have [intercepted entire shipping containers](#) packed with bikes stolen in Ireland and sent across Europe.

Scientists have now leveraged advanced tracking technology to shed new light on the issue in the Dutch capital, where around 11,000 bikes are reported stolen each year (the actual number is thought to be much higher). And the work has turned up some surprises.

"I think the most surprising thing was that it's happening locally," says MIT's Fabio Duarte, who undertook the

work with collaborators at Amsterdam Institute for Advanced Metropolitan Solutions and Delft University of Technology.

The team took low-cost GPS tags designed to track electronic waste and fitted them to 100 secondhand bikes. They identified 20 hotspots for bike theft in the city, and left five bikes at each of the locations.

"We thought bikes might be stolen and sent abroad. We found they are used in the same [locations]," says Duarte. If they're stolen and sold, the new owner uses the bike in the same areas, probably without knowing it was stolen. There are so many bikes in Amsterdam, you're likely never going to know it was yours."

After five months, 70 of the bikes had been stolen but the GPS data revealed that most stayed a lot closer to home than expected.

For the most part, the stolen bikes continued to travel locally with 50 of the 70 frequently visiting the city centre. 68 out of the 70 remained in the local Amsterdam area.

The GPS data suggests a handful, between three and six, were sold at secondhand bike stores and 12 were taken to places known to facilitate informal sales (the black market).

Interestingly, 22 of the bikes made movements similar enough to suggest they were being trafficked as part of an organised crime network.

"Every year, the bikes of tens of thousands of Amsterdam residents are stolen," says Melanie van der Horst, the alderman for traffic and transport, and the deputy mayor of Amsterdam "They must buy a new bike, while their bike is sold again somewhere else in the city. This research makes it clear that part of bicycle theft is organized."

The research was published in the journal [*PLOS One*](#).

As in Europe, bike theft in Australia is [a real and growing problem](#), but there are steps that can be taken to reduce the risk. We recommend that you:

- Record your bike's serial number and details
- Make your bike identifiable, for example by engraving your name Consider using a high-quality hardened lock, such as a D-lock
- When parking, wrap your bike lock between the bike's wheels and frame, as this will increase the bike's protection
- If travelling to a railway station, use a secure bike cage, such as [Parkiteer](#).
- Consider bike insurance. Bike Insure, for example, offers insurance policies for any kind of bike. You can check our site to see if there is a policy that's right for you.
- Register your bike. There are a number of voluntary bike registers where you can record your bikes details. This helps police and the general community return your bike, should it become lost or stolen. [BikeVAULT](#) and [Project529](#) are two examples of platforms you can use.

This article was made possible by the support of [Bicycle Network's members](#) who enable us to make bike riding better in Australia.

If you are like me and in need of new tyres, this article might help you decide which ones to buy.

Schwalbe Marathon Plus tire review - robust and reliable . [\(Link\)](#)

Members may find the following “Limestone Coast “ rides of interest. Follow the link.

Beauty in South Australia's South East [\(Link\)](#)

From wild coastlines and dramatic geographic features to famous vineyards and undulating regional landscapes, the 2023 Annual Tour is a magnificent 9-day cycle tour covering approximately 600km, exploring the delights of South Australia’s South East and Limestone Coast.

The Annual Tour is an enjoyable challenge for up to 200 riders of all ages and abilities. There's no rush: simply take on the open road at your own pace, in solitude or with friends, and savour the region's natural beauty and unique history.

Walmer St Bridge

For those of you waiting anxiously for the Walmer St bridge to reopen (every cyclist) might be interested in the following article about the progress to date. Read on. [\(Link\)](#)

The Wright Brothers and the development of roads.

Recently I listened to a podcast about the Wright Brothers and their development of the first heavier than air flying machine. It was an interesting podcast that detailed their background and engineering problems they faced in the development of the flyer that eventually flew for 12 seconds and a distance of 120 feet.

*During the podcast, mention was made about their success as bicycle retailers /repairers/developers etc. and how the development of better roads in America was due to **pressure from cyclists, not motorists. The demand for better roads came from cyclists – cars followed.***



Put this in your diary

Banyule BUG - Dates to Note:

Annual General Meeting, 7.30 pm Weds 9th August -venue Banyule Council Chambers, Ivanhoe Library and Community Hub, Upper Heidelberg Rd, Ivanhoe. (Thanks to Tom Melican for organising the venue). The meeting will be followed by a presentation by club member Geoff Sutter on his cycling experiences in South America early in 2023.

Club Informal Dinners at Godfathers restaurant, Briar Hill (6.30 pm) - Monday 19th July, and Monday 18th September. Good food, good company, reasonable prices.

Committee Meeting - Monday 11th September, 7.30 pm. Venue TBA.

From Peter Gurney

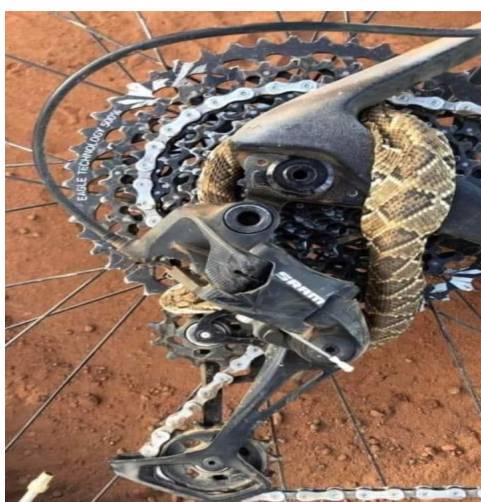
On a recent trip to the Kimberley region our small tour group came across this Frenchman, Steve, at the Doon Doon roadhouse on the Great Northern Highway.

He had ridden and crewed on sailing vessels 45,000 km since leaving France.

Since landing in Qld he had pedalled alone to Sydney, across to Adelaide, up to Alice Springs then across the Tanami to the Great Northern Highway. He was eventually going to Darwin to sail to Asia. He'd had enough rough roads and dust on the Tanami and was sticking to the bitumen.

His bike was heavily loaded but well equipped. He had plenty of water and had carried 20 litres more on the Tanami track. Schwable tyres and only one puncture he said. A cheerful fellow in good health enjoying his

experiences. We gave him a bacon and egg roll which he put in a pannier for lunch and off he went.
Peter Gurney



The next time you think that you have picked up a stick in your derailleur, look carefully. It just might be the moving type of stick

I look forward to seeing you on a ride over these winter months. It is hard to get out of bed some mornings and take out the bike, but the rewards are always positive.

Please send your contributions to allang@bigpond.net.au for inclusion in our newsletter. I thank those who have contributed to this newsletter.) It may be a ride you have been on. An anecdote related to cycling. An interesting image from one of your rides etc.

Ride safely and take care over the wetter months.