



The Great Bicycle Race

An article by Matt Wade in the Sydney Morning Herald July 31st 2013 reported : That according to a policy statement released by the then Deputy Prime Minister Anthony Albanese .

“The economy benefits by more than \$21 every time a person cycles 20 minutes to work and back and \$8.50 each time a person walks 20 minutes to and from work, construction of walking and riding paths was relatively cheap compared with other modes of transport. A bicycle path costs only about \$1.5 million a kilometer to plan and build.” Mr. Albanese also said “The government has agreed that, where practical, all future urban road projects must include a safe, separated cycle way. For shorter trips we need to get more people choosing alternatives to the car,” He went on to say in a speech. "People will walk or cycle if it's safe and convenient to do so. "He also drew attention to the high cost of parking in Australian cities Sydney ranked the third most expensive city in the world to park.

Read more: <http://www.smh.com.au/national/bike-riders-save-economy-21-on-each-commute-20130730-2qxdg.html#ixzz2yAuA7gi9>

A recent study carried out by a group of people in Banyule has found that to commute by bike as well as being cost effective is also time effective. John Merory reports : I organised a Monday Morning Peak Transport from Heidelberg Heights to the CBD on 31st March. 4 modes were used: bikes, electric bikes, public transport and cars. The fastest was

Banyule Bug

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Cr. Tom Melican, in 30 minutes and the slowest was the car driven by Mayor Craig Langdon in 75 minutes. He had to curtail his time in the Journal cafe as he had only a 15 min park. Craig actually volunteered to drive as virtually no-one else would- otherwise he would have taken public transport. The fastest PT users took the same time as the slowest cyclists, a little over 50 minutes. There were 2 electric bikes, one taking 35 minutes and the other arriving at the same time as the slow push bikes. The slow cyclists were in a bunch chatting all the way and taking quiet streets and trails. 22 people took part, 11 leaving from Murundaka at 42 Bamfield Rd Heidelberg Heights. The start time was 7.30am, so the worst of the peak was experienced. So if you take into account health, economy, environment and social value

John Merory

<http://simplelives.com.au/banyule-monday-morning-peak-transport-race>



In a similar “Race Study” conducted by the Wyndham City Council and reported in the Age 3rd April this year

At 7.30am more than a dozen teams set off from different points in the municipality bound for Federation Square. Each travelled up to 40 kilometers by car, bus, train, boat or a mixture of two modes of transport.

This race was organised by the council to raise awareness of the urgent need for multibillion-dollar investment in growth suburb transport projects. The result for this study

1. Bike/ Train from Point Cook 57min
2. Bike/ train from Tarneit 57min
- 3. Bike from Point Cook 67min.**
- 4. Bike from Tarneit 68min**
5. Car/train from Point Cook 69min
6. Bus/Train from Wyndham Vale 69min
7. Bike /Train from Wyndham Vale 69min

9. Car/Train from Tarneit 69min
10. Bus/Train from Tarneit 72min
11. Speed Boat from Werribee South 73min
- 12. Bike from Wyndham Vale 84min**
13. Bus/Train from Point Cook 87min.
- 14 Car from Point Cook 97min**
- 15. Car from Wyndham Vale 100 min**
- 16. Car from Tarnelt 101min**

Once again the bikes win!!!

Read more: <http://www.theage.com.au/victoria/wyndham-councils-race-to-the-cbd-shows-cyclists-are-on-a-winner-20140402-35yw9.html#ixzz2yF7jzGmD>

What Cheeses You Off

People who don't walk to the left'.

People walking three or more abreast on a footpath

Car drivers who stop at lights protruding over white line.



The economic benefits of riding and walking to work include better health, less congestion, reduced infrastructure costs, reduced greenhouse gas emissions, better air quality, noise reduction and savings in parking costs. Matt Wade Sydney Morning Herald



What cheeses you off is a new column open to all ages and genders we would love to know what cheeses **YOU** off

Worthy BUG folk,

HELP SOUGHT - OFFERS VERY WELCOME

The Banyule BUG offers a Moderate Ride option at 9.00am every Sunday, for any riders - new or members - who'd like to go on a Sunday ride but are not anything that's fast or far. Something akin to enjoying a leisurely nine holes of golf rather than tramping round the full eighteen.

At the moment we only have four members willing to lead these rides; it would be great if a few more members would volunteer to help. The target is eight Ride Leaders (preferably more) which will mean a spin every two months or so — not at a great call on your time and the opportunity to meet different people and strike up new friendships.

It's easy and enjoyable to lead these rides. They start at 9:00am Sundays, Warringal Park; same time as the Lycra Group. If no intermediate riders turn up, you're welcome to duck off on the Lycra Group ride, or gorge yourself with coffee and cakes at Burgundy Street. Whatever takes your fancy.

We usually ask the intermediate about their preferences but, generally, think of routes that are 25-35km in length; no long steep hills; trails and paths where possible or quiet back roads; possibly one stop for breather/refreshments.

If you're keen to give it a try please call or text me on 0425 886 261, or email pohnjerkins@gmail.com. Very happy to answer any questions.

Thanks,

John Perkins

Malahangs New Look



Malahang Reserve has had a new face lift with some “organized” graffiti and some new concrete.



While the concrete is not quite up to expectations yet when complete it will add to the available working space allowing helpers to spread out and have some leg room. It will also give the kids a bit more space

to move around and observe the mechanics required in mending a bike. This week the hut was thanks to Les lucky to receive a supply of new saddles pedals and racks donated from S.D.S. a disability service supported by some Bug members.

Malahang could still do with some more helpers. If enough could be found we could perhaps get a roster going.



Arty Farty



The Arty Farty Festival was a huge success this year. With a bit more support from the council we managed to park up to 144 bikes, prams and scooters and other assorted stuff. Jim once again kept the crowd entertained with his range of different bikes and his ability to sometimes fall off

them. With the number of members attending setting up and packing up were fairly straightforward affairs. What we didn't find out though was who spat the dummy



And a Grate Time Was Had By Gill



Well not exactly, could have been not so great when she went over the handlebars after her wheel was caught in this grate Campbellfield Plaza Shopping Centre another hazard to look out for while riding.

The latest way to get around Melbourne and its free. Just make your way down to Southbank and enjoy the ride.



Words Of Wisdom from an Observant rider

With the increase in our ride numbers and other people cycling and walking raising the frequency of accidents it would seem an opportune time to prompt awareness within our group.

-Use your voice, bell and signal as much as possible when passing, stopping, turning and spotting obstacles in the way. Following riders can't always see what is happening upfront.

-Keep left and ride single file on narrow pathways

-Be aware of other riders, peds, children and dogs approaching from other direction.

-Listen to the leader who will outline the ride and the direction you will take, at the commencement of the ride.

-Inform the leader if you intend leaving the ride at some stage.

You are part of a cycling group which requires sharing an amount of responsibility.

Anon

Who Is Up for this ????



The Copenhagen Wheel turns any bike electric

Back in 2009, MIT's SENSEable City team

unveiled its Wheel prototype. In a nutshell, it's a self-contained electrically-powered rear bicycle wheel that can be installed on any regular bike, instantly turning it into an e-bike. Today, it was announced that a commercial version of the Copenhagen

Wheel is now available to consumers. For more information google gizmag.

Ecotopia Junction

10-4pm Sunday 13th April
Yarra Junction Parklands

- Live Music
- Bee Keeping observation and workshop
- Market stalls and scrumptious food
- Pedal powered Merry Go Round
- Bike Displays Free Bike Maintenance and advise
- Electric and vegie oil home car conversions
- And much more



The peddless Bike

The task of teaching a child to ride has taken a step further with what is now known as the balance bike much a much safer way for a child to gain enough confidence to balance. Training wheels never a great success are now a thing of the past. Not only is this bike peddless it is also made from Eco friendly timber.



In The Land Of The Long White Cloud

Kathy L has just spent 2 weeks in New Zealand's North Island with her mountain bike; The first week had 6 mountain bike orienteering events: 2 days on private property with forested pine forests on steep sand hills, near and similar to the Woodhill mountain bike park. Very interesting single tracks winding through the forest – although on a sand base, mainly rideable. Then a day near Riverhead (east of Helensville) with a mix of forest roads and single tracks similar to those at Lysterfield. For these events we were based in Auckland and drove out each day. Then we headed south. The next day was in a private forest area often used by motor cycles. It had rained and the clay-based smaller tracks were deep and soft. Thick clay mixed with pine needles and grass when we moved to the side of the tracks to avoid the worst of the soft clay: the result was a mud-brick-like consistency on shoes and tyres. Frequent stopping to clean the tyres so they could rotate!

Lots of DNFs. A most unpleasant outing. (Can't say "riding" – I spent a good part of my race off the bike. Just aimed to finish. Took me 3 hours for 12 km!)

The events finished at Rotorua. If you get the opportunity to ride at the mountainbike park at Whakarewarewa on the outskirts of Rotorua, go for it. Lovely tracks. Many designated as one-way so no risk of riders approaching around blind bends. Interesting forest – lots of tree ferns in the native bush, and some big redwood trees. There are more technical tracks for higher standard riders, but much of the area was very rideable for me.

After the competitions, I went to stay with friends near Taupo and they took us to ride on 3 of the many mtb tracks in that area. The Old Coach Road near Ohakune (snow-capped Mt Ruapehu just near there): take the shuttle to the top of the track; follow the line of the old coach road (built in 1904 and in use for a couple of years while the railway was completed through this hill-gully area, still some riding on the original cobblestones) and in some places following the old railway easement which was realigned in 1987, including one reconstructed viaduct.

<<...>>

The next days we rode two sections of the Great Lake Trail – we took them as one-way rides, getting dropped off on the top road west of Taupo and riding down to the lake. Nice smooth tracks with good width. Some broad switchbacks on the climbs and descents, but much of it was fairly freeflowing. One of our riders took a video of the second of these rides – we dropped down to the lake where there is a campsite, then back up over the next ridge before heading down to the town of Kinloch. This ride was 19km with 180m climb and 340m descent. The edited video is on Youtube at

<http://youtu.be/PW55AancvZU> There are shuttle services available to take riders to the start of the rides. A new track which is under construction will finish on a remote lake-shore point where boat pick-up can be arranged.

There are other possibilities but after 3 days our time was at an end. But certainly worth a look if you are in New Zealand with your bike – or bike hire is possible if you don't have your own