



Banyule BUG Newsletter

February
2024

Some Contents
Happy New Year
World Naked Bike Ride
Walmer St Bridge
Open AI
Grey Matter

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

What does 2024 hold in store for you? Will it be the trip of your dreams? Or maybe that much sought after new bike? Perhaps a new adventure in learning a new skill or discipline? Whatever the future holds for you, I hope that it is safe, prosperous and, personally fulfilling.

If you are into Chinese astrology, 2024 will be the year of the dragon
What is the Chinese New Year animal in 2024?

Year of the Dragon

The dragon, one of the luckiest and most powerful animals in the Chinese zodiac, eagerly awaits its yearly celebration, the Year of the Dragon. In Chinese Astrology, each year is associated with an element and an animal sign. 2024 will be the year of the wood dragon.



Walmer St Bridge [\(Link\)](#)

The great news from the end of 2023 to carry us into 2024 was the opening of the Walmer St Bridge. This has been a long time in the making and is a great welcome to all shared trail users wanting to access both sides of the river. Congratulations to all concerned in bringing this to fruition.



There may well be unprecedented interest in members wanting to take part in this event. It is of comfort to know that you would be part of a world event and the image of naked cyclists from many cultures from around the globe is encouraging.

The date for the next World Naked Bike Ride Melbourne is 25th February 2024. Be prepared to have a great day!

World Naked Bike Ride Melbourne [\(Link\)](#)

Please subscribe to our our email newsletters for any last minute changes (which sometimes are necessary).

We ride regardless of weather; hot or cold, wind or rain, the ride will still happen! This is Melbourne, we should be used to the variations of weather. You only get this one day in the year to ride in World Naked Bike Ride Melbourne, don't miss it. It is only due to the most extreme weather conditions which we determine to be unsafe (such as severe electrical storm or flooding), or due to Coronavirus restrictions, which would cause the ride to be postponed or cancelled.



Melbourne Cycle Loops [\(Link\)](#)

This is an excellent resource to keep in mind if you are ever wanting an idea of where to ride or are tired of doing the same old loop. The site is well organized in terms of ride distance and includes excellent maps.

Cyclists are good for business ☐ ☐ ☐ ☐ Wattle Glen General Store - Thursday 11 January 2024 - 22 cyclists there from at least 5 different groupings.



Cyclists hit on Beach Rd

Most of you would be aware of the appalling incident along Beach Rd were hit by an allegedly stolen car with the results being posted on social media. BN has a report about this incident that is worth reading. Well done to VicPol for their quick action. [Link](#)

Jells Park doubles up on trails

Two new trails will be developed in Jells Park in Melbourne's east after community feedback identified a preference for more varied trail experiences.

Parks Victoria had proposed a single 5km loop through the vast 127 hectare site.

Now there will be two new shared-use trails including a bushland trail on a scenic route through the park's open green spaces. [Link](#)

(This is great news for Jells Park. If only the link from Jelss Park to Scotchmans Creek could be made more bicycle friendly.)

Sunday morning rides. A gentle reminder (and plug) that Banyule BUG (in addition to the other plethora of rides) offers a Sunday morning ride currently starting at 0815 from Warringal Park. These rides are user friendly and generally around 40k. They usually have you back home in time for the Sunday roast or barbecue. So, if you are looking for a little more exercise to top of the week. Give them a go.

Dutch police test power of e-bikes

Dutch Police are now checking the power of e-bikes using a roadside test treadmill in an attempt to reveal illegal e-bikes. Could this trend make its way to Australia?

"In the Netherlands, Dutch police have found that the majority of e-bikes that are in excess of local performance limits are fat tire electric bikes. Those e-bikes, which have wider tires similar to scooters and motorbikes," [Link](#)



Open AI

Out of interest, I asked open AI the following question. It produced the following response below.

“What community value does Banyule Bicycle User Group provide?”

ChatGPT

The Banyule Bicycle User Group (BBUG) likely provides several valuable contributions to the community of Banyule. While I don't have specific information about BBUG, I can outline potential community values they may offer based on typical functions and activities of bicycle user groups:

1. **Advocacy for Cycling Infrastructure:** BBUG likely advocates for the improvement and expansion of cycling infrastructure in the Banyule area. This may include advocating for the creation of bike lanes, bike paths, bike racks, and other amenities that support safe and convenient cycling.
2. **Promotion of Cycling as a Sustainable Transportation Option:** BBUG likely promotes cycling as a sustainable mode of transportation within Banyule. By organizing events, workshops, and educational programs, they may encourage residents to choose cycling for their daily commutes, errands, and recreational activities.
3. **Community Engagement and Events:** BBUG likely organizes community events, group rides, and social gatherings that bring together cyclists of all ages and skill levels in Banyule. These events help foster a sense of community among cyclists and promote networking and camaraderie.
4. **Education and Safety Initiatives:** BBUG likely offers educational resources and safety initiatives aimed at promoting responsible cycling practices and reducing accidents and injuries. They may organize workshops on bike maintenance, road safety, and cycling skills, as well as campaigns to raise awareness about sharing the road with cyclists.
5. **Environmental and Health Awareness:** BBUG likely raises awareness about the environmental and health benefits of cycling. By promoting cycling as a mode of transportation, they contribute to reducing air pollution, traffic congestion, and greenhouse gas emissions. Additionally, they highlight the health benefits of regular physical activity through cycling.
6. **Partnerships with Local Government and Organizations:** BBUG likely collaborates with local government agencies, businesses, and community organizations to support cycling initiatives and projects in Banyule. By working together, they can leverage resources and expertise to improve cycling infrastructure and promote cycling-friendly policies.

Overall, BBUG likely plays a vital role in advocating for cycling, promoting community engagement, and supporting initiatives that enhance the cycling experience in Banyule. Their efforts contribute to creating a more sustainable, healthy, and vibrant community for residents and visitors alike.

That all sounds positive. (Ed)

Increase your grey matter

Now we all want to have a bigger brain. Don't we? This article from BN might help you get started. It seems that quadriceps are not the only muscle to be improved by moderate bike riding.

31 January 2024

Exercise makes your brain bigger

It's true! Riding a bike builds volume in key areas of the brain for memory and learning, contributing to a better life with age.

A new study looked at MRI brain scans of more than 10,000 people and found that those who participated in moderate-to-vigorous physical activity, such as bike riding, had more grey matter, which helps with processing information, and white matter, which connects different brain regions, plus higher hippocampus volume, which

is important for memory.

The study was undertaken by the Providence health care network in Southern California and published in the [*Journal of Alzheimer's Disease*](#).

Editor-in-chief of the journal, George Perry says: "This study demonstrates the influence of exercise on brain health imaging and, when added to other studies on the role of diet, stress reduction and social connection, offers the proven benefits of drug-free modifiable factors in substantially reducing Alzheimer's disease."

The authors say the research supports earlier studies that show being physically active is good for your brain.

"Exercise not only lowers the risk of dementia but also helps in maintaining brain size, which is crucial as we age," they say.

"We found that even moderate levels of physical activity, such as taking fewer than 4000 steps a day, can have a positive effect on brain health. This is much less than the often-suggested 10,000 steps, making it a more achievable goal for many people.

"Our research links regular physical activity to larger brain volumes, suggesting neuroprotective benefits. This large sample study furthers our understanding of lifestyle factors in brain health and dementia prevention.

"With comprehensive imaging scans, our study underscores the interconnected synergy between the body and the brain. It echoes the knowledge of past generations, showcasing that increased physical activity is a predictor of a healthier ageing brain."

Have a great 2024. Our club continues to prosper and grow and I hope to be with you on a ride somewhere.

I also look forward to your contributions to your newsletter. Send them to allang@bigpond.net.au

Safe cycling to all.



Finally a note of caution if you use the Yarra Crossing to access the Yarra Trail at Eltham. The Yarra Trail at this point, turning right, is in very poor condition with roots and ruts a major problem. I saw two cyclists come to grief while on a very recent ride. One was badly hurt (cuts and scrapes). Take care (Ed)

