



Winter 2009 Calendar

Sunday June 14th LIVERPOOL LOOP Grade: Easy

25 km; Slow pace / Some Traffic / Uses Off-road Cyclepaths & On-road Cycleways / **Start:** 09:00am; Liverpool Railway Station. 2-3 hour ride along the T-way cycleway, Orphan School Creek cycleway and the Rail Trail. Early lunch stop at Canley Vale (Vietnamese restaurant) and then back to Liverpool. Suitable for children 12 years and over accompanied by a cycling adult.

Contact: Alison Pryor; Ph 9874 2382

Sunday June 28th GUILDFORD to LAKE PARRAMATTA Grade: Easy-Medium

Start: 10.00am start from Guildford Station. Easy-Medium grade ride 43km ride with a couple of short hills. Take in sights around Harris Park and Parramatta Park before heading to Lake Parramatta Reserve for a meal break. Kiosk and cafe facilities available. Return to Guildford via Rail Trail. For a longer option start at Liverpool .

Contact Russell; 0434 141 810

Sunday July 12th EAST HILLS Grade: Easy-Medium

Start: 8.30am Liverpool Station – 40km ride – Cycle paths through Moorebank and Wattle Grove then on-road through Voyager Point to East Hills. Coffee stop in Panania, then on-road routes with some traffic routes in Condell Park, return via Georges Hall & Chipping Norton lakes paths. **Contact:** Alison Pryor; Ph 9874 2382

Sunday July 26th GUILDFORD TO OLYMPIC PARK & RETURN Grade: Easy

Start: 10am; Guildford Station, Railway Terrace entrance. 30 km; Mostly on cycle paths and some roads with low traffic. For shorter option return via train. For a longer option start at Liverpool. Bring lunch or buy at our coffee stop. **Contact:** Russell; 0434 141 810

Tuesday August 18th - 6pm Liverpool Bicycle Group – Planning and Advocacy Meeting - Education Centre Liverpool Hospital. Contact Maree on Ph 0419 203 379 for more information.

Sunday August 2nd LIVERPOOL LOCAL & NATIONAL TREE DAY RIDE Grade: Easy

Start: 8am Liverpool Station. An easy 15km local ride in Liverpool / Casula returning to Light Horse Park (Riverpark Dr Liverpool) to participate in community tree planing activities as part of National Tree Day. Free Council BBQ. **Contact** Maree; 96025293 or 0419 203 379 for more information.

Saturday August 15th WARWICK FARM MARKETS

Start: 9am Meet Warwick Farm Railway Station – Western Side.

17km As part of the ride we will visit Warwick Farm Farmers Market and Orange Grove Markets by Bike. Suitable for children 12 years and over accompanied by a cycling adult.

Contact: Alison - Ph 9874 2382

Sunday August 30th CANLEY VALE - GUILDFORD - PROSPECT - ORPHAN CREEK

Grade: Easy-Medium

30km entirely riding along off-road cycle paths.

Start: 10am Canley Vale Station. Ride to Guildford and on to Prospect reservoir via the Prospect canal cycle path and then undulating paths through Western Sydney Regional Park, the Orphans creek path to Canley Vale. For a longer option start from Liverpool.

Lunch option after the ride. **Contact** Russell; 0434 141 810

Preview of spring calendar

<p>Sunday September 13th DUCK RIVER LOOP (CANLEY VALE - GRANVILLE) Grade: Easy-Medium Starts: 8:30am; Canley Vale Station (eastern side). 30 km at moderate pace - Canley Vale cyclepath then on-road to Reagents Park, then using Duck River path to Granville for a cafe stop and return via Rail Trail cycle path. Contact: Alison - Ph 9874 2382</p>	
<p>Sunday September 27th SYDNEY SPRING CYCLE – “RIDE LIVERPOOL” OPTION Distance 50km - with the opportunity to add 10km at Sydney Olympic Park Some difficult hills. Mainly cycle way. Start: 7.30am at Liverpool City Robins Sports Club, Ash Road, Prestons Entry fee & registration - on line prior to the ride (<i>ctrl + click</i> on the picture)</p>	
<p>October Saturday 3rd BIKE WEEK 2009 COMMUNITY RIDE Grade: Easy Location: Greenway Park Carnes Hills – based at– <i>details of times to come</i> but it in your diary as we will need Liverpool BUG regulars come on the community ride. Contact Maree on Ph 0419 203 379 to let us know that you comes as volunteer on the ride.</p>	
<p>Sunday October 11th VISIT THE VELODROME (<i>and see some track racing</i>) Grade: Easy Start: 8:30am Liverpool Railway Station, Main entrance Bigge St. Ride through Chipping Norton Lakes then up to the Velodrome at Bass Hill. 28km Mostly cycle paths. Attend a track cycling competition session at the Masters games and return by same route – Entry cost to the velodrome to be confirmed. Suitable for children 14 years and over accompanied by a cycling adult. Contact Alison on Ph 9874 2383</p>	
<p>Wednesday October 14th RIDE to WORK DAY Ride to work and join the free Liverpool Community Breakfast Bigge Park, Liverpool 7:00am – 9:00am Ride all the way form home – or combine with taking your bike part way on the train. Need some advice about good routes to commute by bike, to get to Liverpool – Contact Maree on Ph 0419 203 379</p>	
<p>Sunday October 25th LAKE ILLAWARRA Grade: Easy-Medium Start: 10am start from HARS Museum - Illawarra Regional Airport (Cnr Airport Rd & Boomerang Ave, Albion Park Rail - 2 minutes walk from Albion Park Station). Scenic ride around Lake Illawarra taking in Shell Harbour. 30km ride mostly on cycle paths with one significant hill. Café lunch stop. (Personal guided tour of aircraft museum available at end of ride - Adults \$15, Kids free). Contact Russell; 0434 141 810 to confirm you are coming and for possible car pooling.</p>	



Sydney is Hosting the **World Masters Games**, for athletes in aged groups over 35years. And a number of cycling events will be held in South West Sydney. Criterion heats held mid week (Wednesday) at Lansdowne criterion circuit and also Dunc Gray criterion circuit. Track racing is held over multiple at Dunc Gray Velodrome. The road racing will be in the city/eastern suburbs and criterion finals will be held at Mrs Macquarie chair. We have a ride to see some track racing in October- or free road-side spectator criterion or road racing events.

Other Organised cycling holidays / Community rides etc

1) CYCLE SOUTH SULAWESI

Join me (Colin Freestone) on the second Indonesian Sulawesi Tour, August 2009. Sulawesi's that spidery shaped island east of Borneo, north of Bali. After 40 years of family, work and recreational travel all over the archipelago I've concluded that Sulawesi is the best place for cycling in Indonesia. I want to share, through cycling, my experience, love and knowledge of Indonesia.

THE ROUTE Makassar (capital of the historic spice trade) Malino Highlands (tea plantations, waterfalls, rustic mountain villages) Tana Beru (home of Indonesia's wooden sail boat building industry) Tanjung Bira (white sands and crystal clear waters)
Bantaeng (spectacular Bisappu waterfall) Jeneponto (Horse, corn and salt making regency)

TRIP FEATURES Leader: Fluent Indonesian speaking Australian

Timing: 1-9 August 2009 Cycle days: 6 Distance: 500 km Terrain (days): 4 mountain, 2 coastal, 1 beach relax Accommodation: (nights) Hotel (6) beach cottage (2) guesthouse (1) Yoga: Every day Swimming: 8/9 days Cost: US\$ 1099 (all in after touch down in Makassar)
Options: 6 day option half distance daily rides Web: <http://www.cycleindonesia.com.au/>
Phone +61 2 9983 0205 Colin Freestone [cycle_indonesia@ozemail.com.au]

2) MULGA BILL FAMILY FUN BIKE RIDE

The Ride will be held on 26th July 2009

Part of the Yeoval Country Energy Mulga Bill Festival, the MULGA BILL FAMILY FUN BIKE RIDE sponsored by DARRYL GRANT CYCLES, ORANGE. We have a prize for every competitor and one lucky rider will win a new Mountain Bike donated and presented by Darryl Grant. It will be drawn at 2pm and you have to be present to collect.

The ride starts at 10.30 so please register early - \$5 adults, \$2 children - \$10 family. The ride will start in two directions to eliminate safety and logistical concerns. For the more accomplished and Professional Adult riders only, the ride will proceed from the starting point at the Banjo Paterson Bush Park and head out along to Cumnock and return with pilot vehicles fore and aft, ending back at the Banjo Paterson Bush Park. This will be an overall distance of 54 kms. There is plenty of Parking and once you return we hope you will join in all the festivities at the Festival across the road at the Yeoval Showground. The wrist band you receive when you enter will entitle you to free access to the Festival Site, so please don't take it off or loose it.

For Mums, Dads and Junior riders, we have a wonderful easy going ride out from the Banjo Paterson Bush Park over the Buckinbah Creek, then turning right along the Bournewood Road. This road will be closed to all through traffic to ensure a very safe environment and every 3 km you will pass through one of the towns of the Paterson Poem. There is Eaglehawk, Conroy's Gap, Castlereagh, Walgett and the last one will be Dead Man's Creek everyone can set their own pace, its not a race, and ride the distance they feel comfortable with. The ride is very picturesque and the overall Return distance is if you choose to complete the whole journey is 32 km. You also will return to the Banjo Paterson Bush Park and then come across the road to the Showground and join in the fun of the Festival. Don't remove your wristband, as it will give you free entry to the Showground and please remember to be on hand at 2pm for the drawing of the new mountain Bike, donated by DARRYL GRANT CYCLES of Orange, to the lucky rider.

Website – www.mulgabillfestival.com.au for up to date information and the daily program.

3) FNQ Wilderness Bike Tour <http://www.fnqbiketour.org.au>

The FNQ Wilderness Bike Tour (19th-26th September) is now taking registrations for 2009 . After a break in 2008, this fully catered and supported bike tour is on again. Over seven days, the 580 km ride climbs through the World Heritage rainforest-covered mountains behind Cardwell, to Blencoe Falls, the Herbert River, Innot Hot Springs, Ravenshoe, Lake Tinaroo and through to Copperlode Dam and down to Cairns. Half of the Tour is on sealed roads and half on dirt roads, so this ride requires mountain bikes or touring bikes with wider tyres.

The FNQ Wilderness Bike Tour is a unique opportunity to experience North Queensland's beautiful natural environment in a small group ride. Only 60 rider places are available, so get in early to secure your place. Prices vary, and there are limited opportunities to come as a half-volunteer/half-rider.

This a major fundraising event for CAFNEC (the Cairns and Far North Environment Centre), the peak North Queensland regional environment organisation.



Information for cyclists

A handbook for bicycle riders – new government / RTA e-publication

New electronic resource by RTA - this is a newly produced instructional resource that cover core information for cyclists. There are sections on increasing safety for bike riders, the Australian/NSW road rules that apply to cyclists.



An excellent resource for adults participating in back on your bike programs, for bicycle education and skills programs for school children. If buying a new bike for someone in the family, download a copy and include it.

Road Rules – and special rules applying to bicycles

Under NSW legislation a bicycle is considered as a vehicle.

As such, cyclists are required to obey the road rules, including stopping at red lights or Stop signs, Giving Way as indicated by signage and giving hand signals when changing direction.

Just as cyclists have responsibilities when using the road system, they also have the right, like other vehicles, to use the road and be shown courtesy and care by other road users.

A bicycle means a vehicle with one or more wheels that is built to be propelled by human power through a belt, chain or gears (whether or not it has an auxiliary motor) and includes a pedicab, penny-farthing, scooter, tricycle and unicycle. See Australian Road Rules for further information.

Cyclists also have some special rights, which include:

- Riding two abreast, no more than 1.5 m apart

- Travelling to the front of a line of traffic on the left hand side of the stopped vehicles

- Travelling in Bus Lanes and Transit Lanes. However, cyclists cannot travel in Bus Only Lanes

- Travelling on the footpath where indicated by signage

- Cycling on the footpath if the cyclist is less than 12 years old. An adult, who is riding in a supervisory capacity of a cyclist less than 12 years old, may also ride with the young cyclist on the footpath

- Turning right from the left hand lane of a multi-lane roundabout with the proviso the cyclists must give way to exiting traffic

To be a legal road vehicle **during the day**, a bicycle must have:

- At least one working brake

- Either a bell or horn fitted to the bike, within easy reach and in working order

To be a legal road vehicle **at night**, a bicycle must also have :

- Lights fitted and in use when riding at night - a steady or flashing white light that is clearly visible for at least 200 metres and a flashing or steady red light that is clearly visible for at least 200 metres from the rear of the bike

- red rear reflector that is clearly visible for 50 metres when light is projected onto it by a vehicle's headlight on low beam

It is compulsory to wear an approved helmet correctly when riding a bike. This applies to all cyclists, regardless of age, including children on bicycles with training wheels and any child being carried as a passenger on a bike or in a trailer.

Failing to obey road or bicycle rules may result in a fine.

Maps for Cycling in Sydney.

Cycling maps are a key part of promotion of cycling, by;

- encouraging local residents to use cycling as a local transport option through suggesting routes good to local shopping centers, schools, rail/ferry transport and workplaces.
- showing recreational paths/trails – combining physical activity and leisure. These are often presented in a simple linear route, rather than a map. Sydney - Cooks River cycle way, Western Sydney Parklands cycle path.
- assist cyclists navigating in a new areas – (in the same way you would use a street directory) for riding in suburbs outside their local area – what is needed is maps that will range over a number of suburbs showing local routes but also regional routes.

Sydney is lagging behind other Australian cities in quality cycle maps

The RTA is the Government department currently tasked with producing Sydney cycle maps while they have good quality printing, hosted in a central website and have a resource ordering system – they fail to map the majority of local cycling routes in Sydney and the lack of detail on the maps reduce their value for promoting cycling. They do not match the cycle map systems that exist in Brisbane (Brisbane City Council), Melbourne (Travel Smart), Perth (Ministry of Transport) or Adelaide (SA Dept of Planning). Perth maps set the preferred standard. The RTA maps fail to show many cycle routes designated by local government bicycle plans. Hopefully when the next state bike plan comes out one of the goals is to improve the standard of RTA maps.

Alternative Sydney Cycle Maps

Some local councils (Ryde, Willoughby, Woollahra/Waverley) and NSW Health, through Health Promotion Units, have produced detailed cycling maps for some parts of Sydney. Notably these have actively involved local bicycle users groups (BUGs) in gathering information and testing routes. Not surprisingly these quality maps are a major attraction at information stalls.

Web links for bicycle maps

Cycling Liverpool Fairfield

Fairfield and Liverpool cycleways – page 1

http://cyclingconnectingcommunities.files.wordpress.com/2007/10/fairfield_liverpool_p1.pdf

Fairfield and Liverpool cycleways – page 2

http://cyclingconnectingcommunities.files.wordpress.com/2007/10/fairfield_liverpool_map.pdf

Cycling to Parramatta / Westmead

Westmead and Parramatta by bicycle – page 1

http://cyclingconnectingcommunities.files.wordpress.com/2008/10/westmead_parramatta_p1.pdf

Westmead and Parramatta by bicycle – Page 2

http://cyclingconnectingcommunities.files.wordpress.com/2008/10/westmead_parramatta_p2.pdf

RTA Maps

http://www.rta.nsw.gov.au/trafficinformation/downloads/bicyclicysydne_d12.html

Cycling to RPAH/Sydney Uni - 2009 updated version

http://www.cs.nsw.gov.au/pophealth/healthpro/physical/pdf/RPAH_SydUni_cyclemap.pdf

Cycling to Sydney Olympic park

http://www.cs.nsw.gov.au/pophealth/healthpro/physical/pdf/SydneyOlympicParkFlyer_Dec07.pdf

