



Cycle Link

June 2005

“Promoting a safe & fun environment for bicycle riders of the Illawarra”

Welcome

Illawarra BUG – for the record.

Many enthusiastic or long term cyclists in the Illawarra area have an association with the Wollongong BUG of a few years ago ... but when new arrivals went looking ... nothing was to be found.

The previous Wollongong BUG comprised an enthusiastic bunch who put in many hours and organised many events, including supporting ‘Ride to Work’ Days and ‘Bike Week’ events and tried to work with Wollongong Council to improve the local infrastructure for cycling.

Their energy ran down....

By sheer coincidence, early last year Margaret Butler and Erica Gray rang Bicycle NSW within days of each other to ask about any local BUGs and found out the Wollongong BUG seemed to be in abeyance but were keen meet other cyclists.

So, like any good organiser would do, Bicycle NSW’s Janine Ord put them in contact with each other. They talked, and following a short advertisement in the Advertiser and Illawarra Mercury public notices, lining up SUMDAMCAFE at Wollongong to host the first meeting, and a few phone calls to earlier members of the Wollongong BUG - the first meeting for the reformed group was held on 4th August 2004.

Less than one year later many of those early supporters and new enthusiasts are meeting each month, this time under the banner of the ‘Illawarra BUG’ otherwise know as ‘eye-bug’, we have a web page on Yahoo, have a draft brochure (still under development), have established regular Saturday and Sunday social rides, are developing links and networks with other cycling groups, have started to put rides onto the Bicycle NSW ‘PUSH ON’ calendar, and are active members of the Wollongong Bicycle Liaison Committee.

Importantly, using a good example of a plan from Launceston, Tasmania, the Wollongong Bicycle Liaison Committee reps have put together a draft set of goals and objectives that could form a broader vision for cycling in the Wollongong area.

Wow, that’s an impressive start!!!

However, the group knows that enthusiasm will not last unless we engage others in the Illawarra BUG and have a stream of new members joining in through membership, group activities and advocacy for cycling.

This is the first newsletter. If you would like to continue to receive this newsletter quarterly you need to become a member. See details on page 6.

Erica Gray

<p>Meetings Second Wednesday of the Month at the Master Buildings Club (Sports Room) 6 30-8 30pm</p>

Wollongong City Council is developing a Bicycle Plan for the region. The first draft is out and feedback from members would be appreciated. The documents can be found on the iBug website: www.illawarrabug@yahoogroups.com. au and then click on [Files](#) then [Bicycle Plan Documents](#).

The goals of the plan are to:

1. To improve and build the recreational trail network.
2. To create safer commuting routes and improve the safety of streets for cycling
3. To create safer training routes for competitive & longer ride cyclists.
4. To improve cycling as an activity to increase participation & encourage use of existing facilities.
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6. Raise awareness amongst cyclists & road users about appropriate behaviour.
7. Improve bicycle tourism opportunities
8. To develop partnerships with key organisations to advocate for, promote & fund cycling routes.

Send comments to:

Erica Gray
iBug Bicycle Liaison Committee
Reps

Thirroul Cycleway Bridge is being updated. It is an 8 week project and should be finished in the beginning of July.
According to WCC the safest alternative is to walk your bike across the sand.

iBug Committee:

President: Margaret Butler
Secretary: Cheryl Butler/Narelle Paterson
Treasurer: Lisa Franco
Bicycle Improvement & Defects Reporter: Werner Steyer
Web Master: Austin Greenwood
Bicycle Liaison Committee Reps: Erica Grey, Dave Hines, Austin Greenwood, Dave Power
Membership Secretary: Werner Steyer
Editors: Michelle Webb, Lisa Franco

Bicycle Lockers – Have you used one yet?

Secure bicycle lockers are installed at Thirroul, Oakflats, Wollongong and Dapto Railway Stations. There are still plenty of lockers to rent at these sites. They make it easy to cycle and take the train to work, school, shop or just get about town.

The scheme is a Department of Transport initiative. It aims to provide safe and secure bike storage to make it easier and more enjoyable to combine bicycle and rail travel.

A locker will help protect your bicycle from theft and vandalism, & storage for bicycle accessories such as helmets, pumps and clothing.

You can rent a locker for a minimum period of three months, for \$50.00 including GST, plus a refundable key deposit of \$50.

If you have used a locker we would like to hear about your experience and include in the next issue of Cycle Link. Please contact one of the editors.

Hazard identification and improvements

As part of our endeavour to improve the enjoyment and safety of cyclists within the Illawarra we are encouraging cyclists to be proactive in putting forward improvement ideas and identifying hazards and black spots that affect us as cyclists.

We are presently developing an addition to the iBug Web site to collect your ideas so they can be presented to councils for inclusion into maintenance and future development plans.

A hazard identification form will be available via our web site soon. Until that time any improvement ideas can be sent to me at wernersteyer@yahoo.com.au

Any cycleway defects that create an immediate risk to cyclists should be reported to council and a copy provided to illawarrabug@yahoo.com.au so fellow cyclist are made aware of the hazard.

Shellharbour City Council 4221 6111

Wollongong City Council 4227 7111

Hopefully by publicizing our concerns and offering suggestions we will improve the cycling facilities within the Illawarra.

Werner Steyer
iBug Defect and Improvement
Coordinator

SAFETY IN NUMBERS

A NEW STUDY PUBLISHED IN THE April 2005 edition of the *Health Promotion Journal of Australia* has found that the more pedestrians and cyclists there are to share the roads with motorists, the more likely they are to arrive at their destinations safely, supporting the concept "safety in numbers".

Statistician Dr. Dorothy Robinson found that when the amount of cycling in Australia was last comprehensively measured, cycling was safest and most popular in the ACT, Queensland and Western Australia.

"In Western Australia, where the number of cyclists almost doubled from 1982 to 1989, numbers of fatalities and serious injuries per cyclist fell by 48% and 33% respectively," Dr. Robinson said.

"In NSW on the other hand, where people cycled only 47 % as much as residents of Queensland and WA, there were 53% more fatalities per kilometre," Dr Robinson said.

Dr. Robinson said the results were consistent with overseas research concerning the "safety in numbers" principle.

"Similar studies in the United States, Denmark, the Netherlands and throughout Europe found that the greater the number of people cycling the less likely they are to be injured," Dr. Robinson said.

Dr. Robinson said the most likely reason for the fall in fatalities and injuries is that motorists drive more carefully when they expect to see and share the road with more cyclists and pedestrians.

"Also, as walking and cycling become increasingly popular, the average motorist may occasionally walk or cycle and so pay more attention to cyclists and pedestrians," Dr. Robinson said.

This article was published in the June 2005 issue of Push On, magazine of Bicycle NSW.

A Bug's View

Members are invited to contribute tales from their travels, favourite rides, tips or other cycling experiences

*Locally on a iBug Ride –
From Kirk Bendall*

7 April Sunday Social Ride.

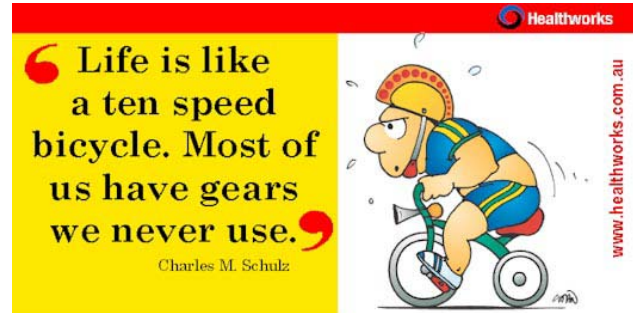
We left Belmore Basin and headed south along the Coastal cycleway to Port Kembla Pool. After lunch at the kiosk we climbed up the Hill and went West along the top of Lake Illawarra. We found the Berkeley Boat Harbour Fish and Chips shop had closed, so we had picked the right lunch venue! The pelicans were out, so we had a pleasant ride beside the lake, with other walkers, learner skateboarders etc.

Our return west along Northcliffe Drive showed us some recent cycleway construction, with work underway on a couple of corners in the Unanderra Industrial area. We also noticed some project sites in the Wollongong Cycle Strategy.

After the Figtree refuelling stop (we didn't use the drive thru) we picked up the Gladstone Parade cycleway back to Wollongong. The inland return kept us out of the afternoon breeze, and gave us about 4 hour round trip.

Next time? I might be a bit more relaxed about time, and not keep the 'peleton' moving so quickly. As the trains were out we had to be self sufficient.

WELL DONE
Austin Greenwood
For creating a great website for iBug.
Check it out at
www.illawarrabug@yahoo.com.au



Healthworks

Life is like a ten speed bicycle. Most of us have gears we never use.

Charles M. Schulz

www.healthworks.com.au

Did you know?

- * Frenchman De Sivrac built the first bicycle-type vehicle in 1690. Pedals were added in 1840 by a Scottish blacksmith, Kirkpatrick Macmillan.
- * There are approximately 1 billion bicycles in the world.
- * The approximate number of calories burned per hour riding a bicycle is 375-600, depending on speed.

BIKE MAINTENANCE CLASSES

Interested in learning how to get out of trouble when you have problems with your bike out riding? Like to feel confident about changing an inner-tube? What tools should you carry when you go for a ride?

The answers to these and other questions can be solved by going to one of David Hansen's evening classes at Spearman Cycles, Shop 3/47 Prince's Hwy, West Wollongong. Phone David on 42292317 for information about dates, times and cost

VICTORIAN RAIL TRAILS – By Michelle Webb

For anybody looking for easy, leisurely cycle rides through beautiful countryside, the Victorian Rail Trails should be high on your wish list.

The sealed trails follow the historic railway lines which join the small country towns in North Eastern Victoria.

I recently did a two week trip which had been organised through the Illawarra Ramblers, just as autumn colours started to transform the high country. Starting at Bright we took 4 days to reach Wangarratta via Beechworth.

We rode at a leisurely pace, stopping for morning tea at country hotels, berry and nut farms or just by the side of the trail where the only sound was the warble of magpies. Mostly flat, there is no gradient steeper than what a train can manage.

While most of the group were content to cycle one way, some of us did the return trip in the afternoon to pick up the cars and bring them to our next overnight accommodation. That ensured a healthy appetite to really enjoy the many fine restaurants and great wines available in this “gourmet triangle” of Victoria.

We also rode the rail trail in East Gippsland which links Bairnsdale and Orbost. The trail here passes mainly through grazing land with glimpses of the Gippsland lakes through the gum trees.

There is a section of the trail close to Lakes Entrance which needs a special mention. Not strictly a rail trail, the Discovery Trail follows the old tram line which was used to transport the great slabs of granite that were used to create the entrance between the sea and lakes at Lakes Entrance. Our leader had briefed us the night before and suggested that nobody should talk during this section of the ride. She needn't have .



As we entered this magnificent forest we all naturally fell silent. It was a damp morning and there were wisps of mist still clinging to the towering eucalypts. Huge ferns glistened with rain drops and the only sound was that of our tyres crunching on the gravel path as our small party passed through. We were all moved by this heart-stoppingly beautiful place.

There is a great variety of places to stay in both areas. We opted for cabins in caravan parks and by sharing the cost of them and petrol the cost of the holiday was incredibly cheap.

For more info go to www.railtrail.com.au .

• To join the Illawarra Ramblers contact the
• WEA Illawarra, PO Box 1472, Wollongong
• 2500 or phone 42261622.
• You can also look at the Ramblers program
• of rides and walks at
• www.weaillawarra.com.au . It is also
• possible to download an application form
• from the website.

Membership

Membership is open to everyone. However, people under the age of 16 must be accompanied by an adult on rides.

Benefits of being a member

- ★ Receive newsletter 4 times a year
- ★ Keep updated on local cycling news
- ★ Rides you can join
- ★ Borrow books on cycle maintenance & travel with your bike.

iBug is affiliated with Bicycle NSW, the peak body of cyclists in NSW and we encourage iBug members to join this organisation. Membership of Bicycle NSW provides individuals with insurance cover, a comprehensive list of rides in other areas, event information and advocacy support. To find out more visit the website at: www.bicyclensw.org.au

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JOIN iBug

Surname:

First Name:

Address:

Home Phone:

Mobile Phone:

Work Phone:

Email Address:

Preferred Contact Number:

Emergency contact

Name:

Relationship:

Contact Number:

How would you like to receive the iBug newsletter?

Email

Post

Your name and preferred contact number will be shown on the iBug Web site and your Emergency contact information and preferred contact number will be on the Ride Leaders information sheet. All other information is only used to contact you should we have information that we feel needs to be forwarded to you.

You should only provide information you feel comfortable sharing with others.

Please send your information to Fax: 42568604 or email to

wernersteyer@yahoo.com.au or post to iBug, PO Box 741, Wollongong 2500.

Werner Steyer
Membership Secretary

Upcoming Rides

Saturdays – First and third	The Coffee Club - Easy, Moderate Pace, Off Road ride Start at 9am Belmore Basin, North W'gong. Suitable for new riders. Contact Margaret 4268 0606; 0413 185 163 to confirm.
Sundays - Second & Fourth	The Beach and Beyond – Mod Pace, includes some on road. Start at 10.30am Belmore Basin, North Wollongong. 30/50kms. Contact Margaret 4268 0606; 0413 185 163 to confirm.
Sunday 12June	North of The Gates (to Bundeena) - Fast Pace, For Experienced riders, includes hills. Contact Bob 4283 5715 to confirm.
Saturday 18June	Jamberoo from Mt Warrigal - Fast Pace, For Experienced riders, includes hills Approx. 50km Start 8 am (Mt Warrigal), Ride thru Shellharbour, Minnamurra, Kiama, to Jamberoo (coffee stop), then via Albion Park, Oak Flats, back to Mt Warrigal. Contact Bob 4283 5715 to confirm.
Sunday 19 June	Wollongong Jamberoo Shellharbour Circuit Slow- Mod Pace, some traffic and hills. Start 8.30am Wollongong Station east. All on road, Princes Highway to Dapto, out to Marshall Mt & Albion Pk, over big hill to Jamberoo and coffee, Swamp Rd, Dunmore, Shellharbour for lunch, back to Wollongong via Pt Kembla cycleway. Return about 2-3pm. Contact Erica 4228 5961 to confirm
Tuesday 21 June	Women on Wheels – Easy Pace, For Beginners 9.30am Meet at Stuart Park, (near stone hut next to cycleway) gentle ride to Towradgi, stop for a cuppa and return. Suitable for beginners. Contact Michelle 4284 0355.
Sunday 26 June	Around The Lake from the Gong - Fast Pace, For Experienced riders, includes hills. . Approx. 75km Start 8 am. Belmore Basin. Ride around Lake Illawarra - via highway through Figtree, Kembla Grange, West Dapto, Marshall Mount, Calderwood, Albion Park Rail, Shellharbour (coffee stop), back via Windang and Warrawong. Contact Bob 4283 5715 to confirm.
Saturday 2 July	Warrawong via Keira and Kembla - Fast Pace, For Experienced riders. Approx 50 km. Start 8 am Belmore Basin. Up Mt Keira, down Mt Kembla to Warrawong (coffee stop) via Nolan St, Unanderra, back streets of Berkeley and Northcliffe Drive. Return to Belmore Basin via Springhill Road. Contact Bob 4283 5715 to confirm.
Sunday 10 July	Wollongong to Kiama - Fast Pace, For Experienced riders. Approx 80 km. Start 8 am Belmore Basin. Ride to Kiama (for coffee) and return. Route is along highway to West Wollongong, Dapto, Albion Park, up Mt Terry to Jamberoo then onto Kiama (coffee stop). Back via Bombo, Shellharbour, and Warrawong. Contact Bob 4283 5715 to confirm.

Saturday 16 July	Around the Lake with a twist - Fast Pace, For Experienced riders. Approx 60 km. Start 8 am at Mt Warrigal, ride to Warrawong, then twist thru Berkeley. Continue out via West Dapto to Albion Park Rail, Oak Flats & then to Shellharbour for coffee stop. Contact Bob 4283 5715 to confirm
Saturday 30 July	Jamberoo from Mt Warrigal - Fast Pace, For Experienced riders. Approx. 50km Start 8 am- Mt Warrigal, Ride thru Shellharbour, Minnamurra, Kiama, to Jamberoo (coffee stop), then via Albion Park, Oak Flats, back to Mt Warrigal. Contact Bob 4283 5715 to confirm
Sunday 7 August	Keira / Kembla / Shellharbour - Fast Pace, For Experienced riders Approx 90 km. Start 8 am Belmore Basin, Up Mt Keira, down Mt Kembla, Kembla Grange, West Dapto, Marshall Mount, Albion Park Rail, Shellharbour (coffee), return via Windang, Warrawong. Contact Bob 4283 5715 to confirm
Saturday 13 August	1/3 Tony Torture (Macquarie/Jamberoo Pass) - Fast Pace, For Experienced riders. Approx 70 km Start 8 am -Mt Warrigal. Ride thru Albion Park, up Macquarie Pass to pie shop for coffee, back down via Jamberoo Pass, back to Mt Warrigal via Mt Terry. Contact Bob 4283 5715 to confirm
Sunday 21 August	Wollongong to Douglas Park - Fast Pace, For Experienced riders Approx 95 km Start 8 am Belmore Basin. Ride up Mt. Keira then along Picton Rd to Menangle turn off. Continue to Douglas Park via Menangle Rd (coffee stop at Douglas Park). Back to the Gong via Picton Rd and Mt Keira. Contact Bob 4283 5715 to confirm
Saturday 27 August	Jamberoo from Mt Warrigal - Fast Pace, For Experienced riders. Approx. 50km Start 8 am- Mt Warrigal, Ride thru Shellharbour, Minnamurra, Kiama, to Jamberoo (coffee stop), then via Albion Park, Oak Flats, back to Mt Warrigal. Contact Bob 4283 5715 to confirm

This newsletter was produced with the assistance of South Eastern Sydney & Illawarra Area Health Service.