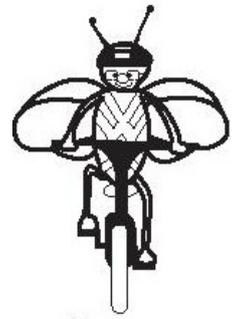


Phillip Island BUG (Bicycle User Group)



Newsletter

President: Don Turner

www.islandbug.info

Secretary: Ruth Scott

Issue 12/2017

1st December 2017

The Fishcreek Ride



Phillip Island
Chocolate Factory

Port Welshpool



More boats at Port Welshpool

The ride from Fishcreek to Port Welshpool and return was 78.6 k's (according to my computer) and all participating riders completed the full journey.

I cannot say the same for the next day's planned ride from Fishcreek to Leongatha and return. It rained all night prior to the ride, Ron K had a puncture and some had different plans. As it turned out no-one completed the ride Rod Mc and I called it off and went home. Some attempted shorter rides but even they were called off due weather.



WHEEL HEAT





Phillip Island BUG (Bicycle User Group)



Page 2

The Cowes Primary School Ride to Rhyll



Phillip Island
Chocolate Factory



WHEEL HEAT



Steve Gallyot carrying out major adjustments prior to leaving the school yard. This was but one of the many chains to come off during the ride

Prior to the ride I do not know how many tyres needed to be inflated - this included teachers' bikes and not just the kids'.

Problems are always many and make you ask "How, or why did that happen?". One kid even lost a jockey wheel from his derailleur – try sorting that out without swearing. The kid ended up walking and pushing his bike back to school (*After all it is a push bike ha! ha!*)

For once I did not have to change a tyre or tube, unlike last year when one kid blew the tube when pumping his tyre prior to the ride. This year I had 4 spare tubes at the start and 4 spare tubes at the finish

No matter, even with all the whinging and the gripes, it is still a fun day and no matter what you say, the kids had a great time, even those with gravel rashes on their knees, Yes with 100 kids on the ride you must expect a couple to come a cropper – thankfully only small ones and the plasters I carry were large.



Phillip Island BUG (Bicycle User Group)



Page 3

The Great Vic Bike Ride



Phillip Island
Chocolate Factory



Ruth, Anne, Mary (an ex-neighbour of Ken and Anne when they had the farm at Bass) and Ken

The PIBUG was also represented by our favourite chaplain (if that is her title now or should I salute and go down on one knee) Wendy Elson.



WHEEL HEAT

More from Fishcreek



Standing around at Port Welshpool and admiring the scenery





Phillip Island BUG (Bicycle User Group)



Page 4

More from Fishcreek



Phillip Island
Chocolate Factory



WHEEL HEAT



Standing around, gasbagging and admiring the scenery at the look-out, midway between Fishcreek and Foster



The view from the look-out. If you look hard enough Wilson's prom can be just made out on the left. As you can see the cloud was forming and certainly ruined what can be a spectacular view



Phillip Island BUG (Bicycle User Group)



Page 5

The Inverloch – Koonwarra – Outrim Ride



Phillip Island
Chocolate Factory



The group at Outrim

I haven't mentioned all the names as you must be able recognise most by now. Missing from the photos is Norm Hall who was the person taking the photo



WHEEL HEAT



For those who missed him, Norm is in this one and Ruth is behind the camera



Phillip Island BUG (Bicycle User Group)



Page 6

Bike Cleaning - Frame



What you will need

- Hose with a trigger
- A bucket of soapy water
- Sponge
- Rags



Phillip Island
Chocolate Factory

Step 1 - Pre wash

Spray the bike down. Don't blast it—if using a high-pressure hose, you risk pushing the muck into the inner workings and bearings of your bike. A light-shower is ample.

Step 2 - Soapy wash

Using the sponge and warm soapy water, thoroughly go over the bike. Don't concentrate too much on the chain, as you risk washing off the lube that you just applied so lovingly.



Step 3 - Rinse and dry

Rinse the bike again to get rid of the suds and prevent soapy marks when it dries, and pat down with a clean rag to dry it off.



WHEEL HEAT

Step 4 - Bike polish

If you're feeling extra-tender, use a bike polish to give the frame some extra sparkle. Something like Pedros Bike Lust should do the trick, but avoid the temptation to apply to contact points like your seat and bar-tape, as a squeaky, slippery ride will be the inevitable irritating result.

Rather than looking for Pedros Bike Lust you can use ArmorAll Liquid Car Polish which is a spray and is available at the Supermarkets. It provides a good shine and is normally used by the Used Car Dealers for internal shine but works just as well on the bike

A point worth noting is that while it does provide shine it is extremely slippery so keep it away from the seat, pedals and handlebars. If you do use it on the interior of the car then be careful to keep it away from the steering wheel





Phillip Island BUG (Bicycle User Group)



Page 7



Phillip Island
Chocolate Factory



WHEEL HEAT



Bikes on public transport – here's what you can do

Tempers flared on a Melbourne train over the weekend when a passenger demanded that other passengers with bikes get off at the next station.

He thought that the oBikes that people had with them would become dangerous if the train stopped suddenly and wanted them gone.

The confrontation became ugly when one of the riders approached the man who then began a fist fight.

It was a poor showing from both — violence is never the answer. However, the riders were well within their right to have the oBikes on the train.

To give clarity, we've pulled together a list of the rules around Australia for taking bikes on public transport.

Rules state by state

Victoria

Bikes can be carried on metropolitan trains, you just can't board the first door of a carriage which are reserved for mobility impaired passengers.

Only folding bikes can be taken on trams and buses, including buses replacing trains. **The one exception is a handful of bus services that have bike racks.**

Bikes can be taken on regional V/Line trains, but only if there is enough room in the storage section of the train and it is at the discretion of conductors.

Victorian bike riders can keep their bikes secure at train stations and public transport hubs with Bicycle Network's free Parkiteer service.

Bikes are usually respected

Passengers don't usually respond poorly to others with bikes, most are polite and understanding. In early 2017, bus passengers stood up for a rider when security guards tried to kick her off a late night bus.

Trains had been cancelled so the rider boarded the replacement bus with her bike.

The guards said she must get off, however passengers said she should be able to stay as she wasn't being an inconvenience, and as trains were cancelled the driver should exercise common sense.

Please take care

Whenever you do take your bike on public transport please make sure you are following relevant rules, keep control of your bike while travelling and be courteous to other passengers.



Phillip Island BUG (Bicycle User Group)



Page 8

RACV bike research highlights potential



Phillip Island
Chocolate Factory



WHEEL HEAT



Research into bike riding habits of Victorians by the Royal Automobile Club of Victoria (RACV) has found that with a little bit of help we can get more people riding.

The 2017 RACV Bicycle Market Research report shows that 70% of Victorians either already do, or want to ride a bike, and of that group only 6% don't have a bike in their household.

The biggest reason people gave for not riding was that distances are too far. Concerns about riding among cars was also a setback, as was a belief that other forms of transport are quicker.

It once again highlights the desperate need for improved bike riding infrastructure that separates bikes from cars on the road, however the barriers stopping people from riding are not insurmountable.

Part way is ok for those who feel the distance to ride is too far, with Bicycle Network's Parkiteer service offering free and secure bike parking at train stations and public transport hubs.

This can also be addressed by workplaces installing end-of-trip spaces with lockers, showers and changing facilities that encourage riding and make it easier to prepare for work after a ride.

The RACV have themselves acknowledged this, with the recent launch of a state of the art end-of-trip facility.

The report was released by the RACV to coincide with Bicycle Network's National Ride2Work Day, which saw tens of thousands of Australians come together to celebrate bike riding.

Bicycle Network spokesperson Anthea Hargreaves said that by subbing out the car, train or bus with a bike ride, it is easy to get your daily dose of physical activity, plus save time and money.

“Whether you’re a teacher, doctor or banker, riding to work is the easiest way to get your daily dose of exercise. It’s also cheaper, far less stressful and is often the quickest way to get around,” said Ms Hargreaves.

“People that ride to work tell us they save up to \$15,000 a year on transport costs, while a 5km to 10km ride to work takes less than 30 minutes.

The program is seeing success, with more than half of those who ride to work for the first time on Ride2Work Day reporting that they then become weekly bike riders.

The RACV bike report also found that of those who do ride, the majority do it for health and fitness and because riding a bike is fun. There is no doubt that when those who want to get on their bikes do so, they too will discover the joy of riding.



Phillip Island BUG (Bicycle User Group)



The Seven Seas Ride



On Sunday 17th Dec, the off-Island ride is actually an on-Island Ride and is the Seven Seas Ride. Below are maps of the ride – one in a clockwise direction and the second, in an anti-clockwise direction. I would suggest a clockwise as preferable as this makes the majority of turns, left hand whereas the anti-clockwise direction has a number of right hand turns or crossing ahead of traffic



Phillip Island
Chocolate Factory



The clockwise route



WHEEL HEAT



The anti-clockwise route



BICYCLEREPAIRMAN
SERVICING PHILLIP ISLAND
WAYNE FOSTER
0418 144 481
THEBICYCLEREPAIRMAN.COM
WAYNE@THEBICYCLEREPAIRMAN.COM



Phillip Island BUG (Bicycle User Group)



Page 10

Ride Calendar for December 2017



Pannys

Phillip Island
Chocolate Factory



WHEEL HEAT



- Sun 3rd Dec Start: Bass Opp Shop 09.30am
Bass Loch Bass. Lunch at Loch
Road bike 70k
- Wed 6th Dec Start: A Maze'N Things 10:00am
Smith's Beach circuit
Road Bike 20k
- Wed 6th Dec BUG Committee meeting**
- Wed 6th Dec BUG End of year dinner at Garage 117**
- Sun 10th Dec Start: A Maze'N Things 10:00am
Casual Sunday ride to Cowes for coffee
- Wed 13th Dec Start: A Maze'N Things 10:00am
Tour de San Remo
Coffee at Newhaven Bakery
Road bike 20k
- Sun 17th Dec Start: A Maze'N Things **9:30am**
Seven Seas ride
Road bike 75k
- Wed 20th Dec Start: A Maze'N Things 10:00am
Central Island Ride
Coffee at the Ventnor Butcher/Coffee shop
Road bike
- Sun 24th Dec Start: A Maze'N Things 10:00am
Casual Sunday ride to Newhaven for coffee
- Mon 25th Dec Merry Christmas**
- Wed 27th Dec Start: A Maze'N Things 10:00am
Rhyll Wet Lands via Oswin Roberts and the
Boardwalk . Return via same paths
Coffee at Rhyll Trout Farm
Off road bike
- Sun 31st Dec Start: A Maze'N Things 10:00am
Casual Sunday ride to Cowes for coffee
- Mon 1st Jan Happy New Year**

