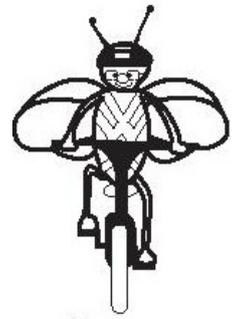


Phillip Island BUG (Bicycle Users Group)



Newsletter

President: Don Turner

www.islandbug.info

Secretary: Ruth Scott

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Job done for another year (and time for a nap)



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Chocolate Factory



Also nap time for me



WHEEL HEAT





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The End of the Year Dinner



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A very pleasant evening was had by all at the End of the Year Dinner which was held recently at Garage 117. The dinner serves as a Christmas celebration but we normally hold it in early December hence the name "End of the Year" rather than "Christmas"



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More from the End of the Year Dinner



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- Resolutions**
- lose weight
 - eat chocolate
 - not work
 - call my mother
 - exercise only
 - leave the dog
 - clean the car
 - buy a new
 - buy my friends
 - subscribe to
 - Time-a-day
 - pierce my eard
 - become a blonde
 - paint my back
 - buy a Mustang
 - buy the a Mustang
 - own a Porsche
 - plant a garden
 - drink a glass
 - of water a day
 - read the Bible



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Seven Seas Ride



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Bike Cleaning - Wheels

What you'll need

- A rag
- Emery paper
- Flat file

Step 1 - Braking surface

- Remove your wheels from the bike. Lightly work your way around the braking surface—but just the braking surface—with fine emery paper, which will clean the rim.

Step 2 - Brake pads

- While the wheels are out, if you've got the time and are struggling with gritty braking, check the pads for small pieces of embedded metal, pick these out and lightly file the flat surface of brake pads.

Step 3 - Clean the rims

- With a dry rag, work your way around the rim, cleaning both the braking surface and the rest of the rim. The grey brake pad residue should come off easily.

Step 4 - Finishing up

- Reinstall the wheels and stand back to admire your newly sparkling bike.

Bike Cleaning – Final Thoughts

- It's worth taking your bike to a bike shop for a really thorough job. They'll be able to take the chain off, remove the cassette and clean everything in a way that can't be done with all the bits still on the bike.
- If you have disc brakes, when cleaning your drivetrain, spray degreaser away from the rotors. Disc brake pads are susceptible to contamination, and a bit of care can avoid a ride punctuated with sharp squeals from your brakes.
- Don't apply any lubricant or grease onto the braking surface or pads of any brake systems. Ever.
- It's smart to wear a pair of disposable rubber gloves when working on your drivetrain, and remove them when cleaning the rest of the bike. This will save your seat and bar-tape or grips from unnecessary soiling later on in the cleaning process.



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Riding a bike is not just for the elite



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The silly season has begun at the Sydney Morning Herald apparently, with a report today that riding a bike is for the elite. Of course, the truth is precisely the opposite – bike riding is accessible to everyone.

In fact, the bicycle is a powerful tool for social inclusion because the cost of participation is low and the benefits apply to all equally. The cost of buying and running a bike is vastly lower than for a car, and is less than public transport too.

Yet, in analysing data on riding to work trends, an expert rolled out the tired old trope that ‘bike riding is the new golf’.

No, riding to work is not the new golf – it’s transport.

The pronouncement is on the basis that most bike riders in Sydney and Melbourne come from the popular and populous inner-city suburbs, which apparently links bike riding to affluence.

Dense suburbs such as we have in our inner cities are always going to have more bike riders, because everything is closer to everything else, and within easily riding distance.

What this data also shows is that alternatives to driving are not provided elsewhere.

If bike lanes and paths exist in a connected network people will ride.

People ride 5–10km for their commute because that’s the sort of distance where the bike is most efficient form of transport.

At this stage in Sydney and Melbourne it is only within a 10km radius of the CBD that a useful array of bike lanes and paths exist.

What’s missing is space for bike riding for residents of our cities outside the inner-suburbs.

We continue to build road space for cars across our cities and don’t accommodate bike riders.

Bike lanes and paths that connect in a network, and that also connect to public transport, must extend throughout residential areas to fully utilise bikes as the healthy efficient transport that they are.



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The A Group at YCW Beach

The rest of us were still climbing Price's Hill or if we had made it to the top were resting and trying to catch our breath.



Group Rides

You may notice a change on the Ride Calendar where mention is made of an "A Group." This is a recently introduced innovation and the intention is to have the faster riders separated from the slower riders, ride a similar route and eventually arrive together at the coffee stop.



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With the large number of riders we have been getting recently it has been necessary to split the ride if going on the roads as large groups of cyclists on roads can cause congestion and displeasure/anger for the motorists.

Some rides will now be split into 2 groups. The faster riders (A Group) will leave first. Otherwise, if the slower riders left first the faster riders would catch them and form into a large group making a traffic hazard.

The faster group will depart and ride a route similar to the slower group but with a diversion and a few extra k's added and then go to the planned coffee stop where the others should be just arriving.

This plan is newly introduced and may need some fine tuning but we will try it for the moment and if changes are necessary they can be made as and when needed.





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Warmer Weather Rides



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Wednesday Local rides are scheduled to depart from A Maze'N Things at 10:00am meaning we will normally be still riding at midday, even if only riding home from the coffee stop. With summer temperatures this can be unpleasant for some and we have introduced a system which, hopefully, will make it easier. This will be an unofficial system and be left to individuals to make it work. So far it has worked well but that has been after I sent an email to all advising of the possibility of an early start. What we have introduced is that should the temperature be forecast to exceed 25 degrees then some may wish to start earlier at 8:30am. Maureen Ellard will be the co-ordinator of whether or not an early start will be made. Maureen may be contacted on email: philipellard@aapt.net.au. Note this is an unofficial system and is proving to be popular with some. The normal 10:00am start will still take place.

Greeting from the Boys at Wheelheat



WHEEL HEAT

Happy New Year Ray to you and all the BUGS
A reminder you receive a 5% discount on parts and accessories on presentation of a membership card. The card must belong to the person claiming the discount.
A reminder that we are stocking E bikes which may be the next step in a cycling experience.
Cheers,
Ken/Morgan

They mention that E bikes may be the next step in the cycling experience. I would not like to be the first to arrive at the start of a ride with an E bike. Could you just imagine the ragging. You would have to go and bury your head in shame and to block your ears from all the loud laughter of your so-called friends





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The Holiday Season



Happy New Year



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Pannys

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Ride Calendar for January 2018

- Wed 3rd Jan Start: A Maze'N Things 10:00am
Tour of Woolamai Estate
Coffee at the Vietnam Vets
Road bike 30k
- Sun 7th Jan Start: Meeniyan Car Park 9:30am
Rail Trail to Leongatha & return
Coffee at Leongatha
Off road bike 34k
- Wed 10th Jan Start: A Maze'N Things 10:00am
Tour de San Remo

A Group Normal to Woolamai Beach Rd, turn left, Turn left into Maoubra to The Esplanade and Bridgeview, then pick up tour de San Remo
Coffee at Newhaven Bakery

- Sun 14th Jan Start: A Maze'N Things 10:00am
Casual Sunday ride to Newhaven Bakery for coffee
- Wed 17th Jan Start: A Maze'N Things 10:00am
Tour de Churchill Island

A Group Lap of Newhaven prior
Coffee at Churchill Island

- Sun 21st Jan Start: Bass Opp Shop 9:30am
Bass, Glen Forbes, Kernot, Krowera Rd, Trewins, Grantville, Bass
Coffee at Grantville
Some hills - Road bike - 50k

- Wed 24th Jan Start: A Maze'N Things 10:00am
Tour de Newhaven

A Group Turn left at start to Coglan Rd then right at Rhyll Rd
Right again at Rhyll-Newhaven Rd though to Tourist Rd and then follow the others to Newhaven
Coffee at Newhave Bakery

Sun 28th Jan Newsletter Editor's Birthday Cheques OK

- Sun 28th Jan Start: A Maze'N Things 10:00am
Casual Sunday ride to Garage 117 for coffee

- Wed 31st Jan Start: A Maze'N Things 10:00am
Rhyll Wet Lands via Oswin Roberts & Boardwalk
Return via Rhyll Newhaven Rd

A Group From start turn right to Rhyll- Newhaven Rd the left into Harbinson Rd to Oswin Roberts
Follow the others
Coffee at the Trout Farm

