

Manningham B.U.G. Newsletter - March 2008

Minutes of the General Meeting

18/2/08

Present: Gary Suffolk, Terry Mc Donnell, Anne and Harvey Edwards, Katherine and Bernard Ford, Helen Joyce and Joan Gaughwin

Apologies: Ed and Helen Mantel, Jo Pugh and Fiona Biss

Treasurer's Report:

Bank Balance \$2,936.24

Correspondence: Whitehorse wheels

Future Rides: (See newsletter & calendar for more details)

Ride the Hume FWY - Thomastown to Craigieburn - Sat 23rd Feb- Gary

Healthy Lifestyle Week Ride - Sat 1 March- Gary

Ride reports.

Warburton Rail Trail: Sat 26th Jan (Aussie Day) - Harv

Diamond Creek or bust: Sun 10th Feb - Terry

General business:

Peter and Marion Cook declined membership,

Australians for Refunds on Bottles and Cans,

MAD Ride 6th April details in Newsletter,

Bike Path Committee sent us a Christmas Card

A number of future rides were suggested and Harvey is working on putting them into a new calendar

Meeting closed at: 9.20pm and 19 seconds!

OUR NEXT MEETING

- Monday 17th March 8pm Venue: Pancake Parlour, 550 Doncaster Rd Doncaster

Manningham Pedestrian and Cycling Link Committee

Terry attended meeting on 14 Feb.

Progress reported on construction (tenders called early March, expect completion by June).

This refers only to the shared path along Council St from Doncaster Rd to Goodson St, then along Goodson St to Westfield Doncaster.

Existing paths are to be widened, resurfaced and signposted.

This work is a subset of the 2003 bike path strategy, which also proposes to link the Doncaster Hill precinct to Ruffey Lake Park, etc.

A Quote

Isn't it better to triumph by the strength of your muscles than by the artifice of a derailleur?

As for me, give me a fixed gear!

Henri Desgrange: Founder of Tour de France 1903 & Audax France 1904

A Quiz for the Email Recipients of this Newsletter

Name a Scot, an Italian, a French family and two gentlemen in America who all can lay claim to inventing the bicycle.

The first deemed correct entry sent to harvey@edwards.net will receive a small prize.

Only financial members will be eligible and the judge's decision is final because he says so!!

RIDE REPORTS:

Diamond Creek or bust - Sun 10th Feb

Harvey must have used his influence at the Met Bureau, because they turned on beautiful weather for the ride - sunny, 21 degrees, and a nice southerly breeze. Fiona, Bev and Gary linked up with Terry to start from Beasley's for a leisurely meander along the northern end of the Mullum Mullum trail, then on the Main Yarra trail to the new footbridge at Eltham Lower Park, and then the Diamond Creek trail all the way to its namesake.

Despite the glorious day, we encountered very few walkers. The nearest that we came to any drama was when a tail light fell off one bike, but it didn't matter much in the broad daylight. On arrival at Diamond Creek, Gary's local knowledge took us to a very nice café/wine cellar where we had enjoyable refreshments in the open air while we discussed lots of important matters. The trip back to Beasley's was even less eventful, but was just as pleasant.

It emerged that the ride leader had exaggerated - he nominated the distance as 38 km, but it turned out to be just 32 km (I blame the previous Government). Anyway, it was a pleasant morning's ride with pleasant company.

Terry

Ride the Hume FWY - Thomastown to Craigieburn - Sat 23rd Feb

The weather report was rainy & windy, so I chickened out, well, it didn't rain, but it was windy. I will try again soon.

Gary

Healthy Lifestyle Week Ride - Sat 1st March

A great day for a bike ride, 12 riders turned up for the ride, starting at Westerfolds park we rode along the main Yarra trail to Beasley's nursery, then onto the Mullum Mullum creek trail to the end at Tindal's Rd. Then we turned around and rode back again, but of course we just had to stop for coffee & cake at Beasley's, which was, long lingering & leisurely where we all enjoyed meeting & sharing stories with new friends. Many thanks to the Bug members who helped with this ride.

Gary.



From the mailbox:

We have received flyers from Michael Naismith on behalf of the Christine Noble Children's Foundation for two charity fundraising rides:

Murray to the Mountains (Wangaratta to Beechworth, 80 km round trip, plus options to go to Bright, etc),
24 & 25 May: 13-17 yo, \$50.00; >18 yo, \$95.00.

Vietnam and Cambodia - no dates or route details but it is planned for November this year
\$500.00 registration, plus commitment to fundraise.

Terry will have the flyers at our next general meeting on 17th March.

More info from www.cncf.org

FUTURE RIDES: - remember to ring the Ride Leader before you ride.

Doing Doncaster East on Easter - Sat 22nd March

20km Easy- (with a few tiny hills).

Coffee at Beasley's.

Meeting 9:30am Ruffey Lake Park 'The Boulevard' carpark Mel 33 F10

Ring Terry 9848-6027

The Dihurstnutck Ride - Sat 29th March

Diamond Ck - Hurstbridge - Nutfield - Diamond Ck

Three short challenging hills but with lots of flat. Passes three coffee shops!!

Medium 25km

Meet 9.30am at Diamond Ck station: Mel 12B6

Ring Gary 9439-5016

The You Yangs Ride - Sat 19th Apr

Details are yet to be announced - see the next newsletter but mark your diary now!

This ride will involve train travel as well

Leader - Gary 9439-5016

Autumn in Blackburn - Sat 26th Apr

An easy 20km Saturday ride starting and finishing at Blackburn that wanders north to the freeway and around through Nunawading. Lots of bike paths and side roads. Of course there's the opportunity for a stop at a café on our return.

Meet at 10am on the north side of Blackburn Station-

Book with Anne on 9890-8006

Super Tuesday Bike Count

From Alan Tonkin via vicbugchat

Today (Tuesday 4 March) I participated in the Super Tuesday Bike Count on the corner of Bulleen Rd and the Koonung Creek Path between 7 and 9am. Out of interest I also noted the number of cyclists who jumped the red lights.

The two points for jumping the red light where

1. City bound cyclists crossing from the path to the island at the City bound off ramp on to Bulleen Rd where cars turn south onto Bulleen Rd. I saw this as less serious offence.
2. Cyclists travelling in either direction jumping the red lights to cross Bulleen Rd itself. I saw this as a more serious offence.

The results:

I counted 144 cyclists all up and of those 57 committed the less serious offence and 29 the more serious offence although in the eyes of the law all 86 (60%) were offences :)

I was once told that a piece of research done by the police in Shepparton showed that 80% of cyclists regularly break the road rules where only :(20% of cars do.)

Other observations:

Only one person wasn't wearing a helmet and 7 had no lights when (in my opinion) it was still dark enough to warrant them, especially on an unlit bike path where lights not only act as a means of seeing where you are going, but maybe more importantly, where the front light provides a warning to oncoming cyclists on the narrow winding paths with poor sightlines and tree/shrub growth close to the path.

Amazing Facts about Cycling

On a bicycle you can travel up to 1037kms on the energy equivalent of a single litre of petrol.

On a bicycle you can expect to be as fit as an average person ten years younger, if you cycle regularly.

On a bicycle you weigh about six times more than your vehicle. With a car your vehicle weighs around twenty times more than you do.

On a bicycle you provide a motor - your heart - which improves its own strength and efficiency - and even it's working life - the more it is used.

On a bicycle you use up fewer watts of energy than a car consumes simply to power its lighting system for the same distance.

On a bicycle you protect yourself against the 'Western Diseases' of heart disease, high blood pressure, obesity and stress.

On a bicycle you consume a fiftieth of the oxygen consumed by a motor vehicle, and expel no pollutants.

On a bicycle you can travel four times faster than you can walk using the same amount of energy.

On a bicycle you can have your cake and eat it. A moderate half-hour each-way commute will burn eight calories a minute equivalent of 11kg of fat in a year.

On a bicycle you are faster, friendlier and freer than any other vehicle in city traffic.

When time travel is measured from door to door for trips up to 5km on congested roads, bicycles are generally faster than any other mode of transport. People do not factor in walking to or from the car or bus stop.

Around half of car trips in our major cities are less than 5km - In fact 40% are less than 3km (7-8min bike ride.)

Most state and many local governments are working to improve conditions for the bicycle riders, making it easier and safer to get around on bicycles.

Bicycles have outsold cars for the past six years in Australia, with sales of more than a million bikes per year for three years in a row.

Driving 4km less a day reduces driving by 1460km a year - and cuts greenhouse gas by 3358kg and running costs by \$876 for an average medium car (RACV figures).

Joan

Remember the Melbourne Autumn Day (MAD) Tour - Sunday 6 April

MBTC will conduct the 25th annual MAD Ride with three options- 60 km road ride, 110 km road ride, 65 km mountain bike route. All rides start from the Woodend indoor sports stadium between 8.00am and 9.30am, and also finish there. Limited to 1,500 riders. Entry fee after 29 Feb \$35.

Download information and entry form from: mad_ride@mbtc.org.au

The editor would always be pleased to receive contributions for the newsletter but in particular by the first of the month.

To harvey@edwards.net or 18 Wavell St Box Hill 3128

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Remember to mention you are a member when purchasing your parts to receive 10% discount.



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Accessories for all your bike needs

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