

COFFS HARBOUR BICYCLE USERS GROUP

Newsletter No. 3 MAY/JUNE 2007



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Welcome to the THIRD Coffs Harbour BUG newsletter. We do hope you enjoyed our previous newsletters filled with local bicycle news and articles. Our aim is to keep you up to date with local news and local matters. Thank you to all contributors to our newsletters.

GREAT NEWS IS BLOGSPOT NEWS

Our Web Page appears popular not sure how many hits we have received but the pages are well used. Have you tried our web **BLOG!** Go to coffsbug.blogspot.com click and choose your topic. Try out the links and see where it takes you and have some fun with your fellow riders.

Committee meetings happen every two months.

Venue: Usually Gary's place **Time:** Usually at 5.30pm

Note: You do not have to be a committee member to come along to the meetings. All input is very welcomed.

BIG RIDE 2007



Some of Coffs BUG on the Big Ride 2007. This was taken at Timbertown; some riders are missing from the photo, probably hiding behind the train!



Having a lazy evening after a long ride and bragging about our achievements.



**This is April at Lake Cathie on her first Big Ride. Had a great time and will do it again but would prefer to leave out the big wet on the last day.
(photo courtesy of Jo)**

News from our President

We have started a new regular BUG ride.

You are probably aware that there are new cyclists around that need to build up their confidence and their strength on flat easy rides as they find our first Sunday of the month easy rides a little difficult. (We sometimes forget how hard we used to find it.)

So the **Midweek Easy Ride** is designed to cater for them. The basic ride is just up and back on the Hogbin Drive Cycleway.

You are probably also aware that there are many regular cyclists who found that work was interfering with their cycling so they opted to give up work and retire. These cyclists are also catered for on this ride as those who want a little more can do some "add-on" bits before, during or after. Usually the ride involves coffee and Jim Ward is the ride coffee advisor. We have discovered that the coffee is good at the university.

The ride should finish by 9am including coffee. Sometimes riders may then decide they want to do more -if they haven't got to rush off to work! Or drink more coffee!

So if you are able please come along and nurture the newer riders and support the ride leaders. If we have enough leaders we can maintain this as a weekly ride. If you know any new riders who could join us encourage them to do so.

Tell them they will soon get the bug with the BUG!

Here is the ride description:-

Every Thursday **-Easy Ride** 13-20 km; slow pace; Mostly off-road cycle paths/possibly some on road with light traffic. Contact: John 6655 4898

Meet 7:30 at Howard Street (racecourse)

Very easy flat ride for inexperienced cyclists on Hogbin Drive Cycleway with optional extra distance for those wanting to do more.

And still more news-----

100 MILES !!!

Have you ever ridden 100 miles? That is 160km! An idea is gestating in the mind of the president for a CH BUG "century" ride maybe in spring.

You will have to check out the web blog <http://coffsbug.blogspot.com/> where the idea is being floated for comment. I suggest you keep your fitness level up through winter if you want to do this one!



Jack and Jill have just climbed Le Alp de Huez on a tandem:

"Phew that was a tough climb," said Jack

"Thought I was going to bonk". "Yeah good job I kept the brakes on" said Jill "or we'd have slid all the way back down!"



Where's Wally and Sue!

On May 31st the Tour de Cure riders arrived in Coffs as part of the fundraising ride from Brisbane to Sydney.

A few Coffs BUG were there to welcome the riders and cheer them along. Our local councillor Ian Hogbin was part of the team and appreciated the reception in his home town.

Below is a photo of some of the bicycles that the riders lived with for the 10 day tour.



These guys even had enough energy to race with local cycling identities in the Harbour Drive criterion.

Four Coffs BUG, one NEBUG and 2 NAMBUG cyclists rode from Coffs to Grafton on the 3rd June to help raise funds for Camp Quality. Westlawn Finance raised \$50,000 with the help of cyclists riding from around the North Coast. Well done team a great effort.

Thank you to David, Gurk and Helen of Westlawn and their families who supported the riders to Grafton and Jim, Richard and Viv who transported riders and bikes from Grafton.





What's Jim up to!

Jim is starting a new project with a \$5.00 bike and a budget of \$100.00 for used parts. We will follow Jim's progress.

Know your parts!

For those of us who would like to know the names of parts on our bicycles below is some information sourced from the internet.



- | | | | |
|---------------|---------------------|----------------|---------------------------|
| 1 Top tube | 8 Seat post | 15 Back rack | 22 Crank arm |
| 2 Down tube | 9 Saddle | 16 Chain rings | 23 Cassette |
| 3 Seat tube | 10 Rear derailleur | 17 Chain | 24 Rear wheel |
| 4 Seat stays | 11 Front derailleur | 18 Toe clips | 25 Front wheel |
| 5 Chain stays | 12 Brake levers | 19 Pedals | 26 Gearshift |
| 6 Headset | 13 Forks | 20 Front brake | 27 Front rack [Low Rider] |
| 7 Stem | 14 Handlebars | 21 Rear brake | |

This is a Touring bike, but most bikes have matching parts. The main difference that you may notice is the gears. Some bikes will have no front gear changer, some bikes will have a hub gear at the back and a few bikes will have no gears

BUGs on BLOGs with Tracey

You knew there was a Coffs BUG website, thanks to Gavin Merchant of Crossroads Media, and the work done by Mark and Ian in getting it set up. We can now update the website at any time (as I know just enough website stuff to be dangerous!) so along with the more static general information about Coffs BUG, the calendar pages are now being kept fairly up to date with upcoming rides, and we can add any new information on the other pages as it comes to hand.

As an extension of that we've also created a **BUG Blog**. (A what?!!!) Well, basically a blog (short for *web log*) is a journal-type website, where you can write (or "post") up a journal entry, and anyone who reads it online can immediately add a comment or reply. It is a more interactive online forum than a website, and it has the scope to promote a lot more BUG style conversation in between meetings and rides. We thought a blog was a great additional way of sharing information, ideas, photos, ride reports, etc amongst BUG members (and indeed anyone else 'out there' who might stumble across the blog and read it.)

So how does it work? Once you get there (the 'address' is <http://coffsbug.blogspot.com> but you can find the link to it from the website), you'll see that there are "posts" that are displayed in reverse chronological order. You can scroll down to read earlier posts, or jump to ones that interest you via links down the side of the page.

Who can write a post? Any BUG member. Simply email your "post" (ie. your blurb) in any sort of document to trace@exemail.com.au. I will post it up for you as soon as possible - most likely same day. Photos can be attached separately in the email... and you could indicate in the text where you want which photos to be placed. (If you are already familiar with blogging, or not fazed by having a go, you *can* post your own posts. Talk to Tracey, John or Ian on one of the rides about getting the passwords.)

Any photos of BUG rides (or anything!) would be terrific to post up. A smaller photo in the body of the post links to a bigger size/resolution one - so it's fine to send a large size photo. [If you have some good photos, but only a dial-up connection, let me know and I'll happily call in sometime and collect them on a usb-drive or cd] As the new website 'apprentice' (and on the lookout for more BUG photos for the website) the better resolution you can give me photos in, the better - I can always crop them down to the size required. If they are taken or given to me in a low resolution, I can't make them bigger!!

There is also a comment feature at the end of each post for feedback. All you have to do is click on the Comments link at the bottom of the post. You'll be taken to a page with a text box under a Leave Your Comment heading. Type your comment in there.. then at the bottom select 'other', add your name, and then hit 'Publish your comment'. Just like getting a letter to the editor published only easier!

So far on the blog you'll find stuff like photos from Bob & Barb's cycling holiday in Vietnam, info on various rides (local and otherwise), Big Ride reports, some thoughts on inter-BUG rides, a 'Where's Wally?' photo (from Wally & Sue's big trip), and The Gospel according to John.

Given the topics of conversation over coffee on some rides, and all the 'bike talk', there is a lot more that could be added!

So, go on! Hop online, and get the BUG blog bug!

Tracey Schmidt



Editor's news:

Bicycles outpace cars and trucks

Sydney: Car and truck sales hit a near record high last year despite waning enthusiasm for the kind of big cars made in Australia.

The Federal Chamber of automotive Industries said 962,521 new vehicles were retailed in 2006, the second highest ever, after a 2.6% fall on the market record of 988,269 set in 2005.

However, bicycle sales outpaced vehicles – the Cycling Promotion Fund said 1,273,781 new bikes were sold last year.

Source: The Advocate 5.1.07

Pedal Power in Action

The Leichhardt Council has purchased a fleet of bicycles to replace cars for short distance travel by inspectors, city rangers and other staff. What a great initiative.

This is an outcome of the Leichhardt Council's environmental friendly transport strategy. They are also offering \$2000.00 bicycle allowance to some staff as an alternative to vehicle leaseback packages. Of course as with all bureaucracies the bicycles are off the road until a policy has been developed to address concerns on maintenance, safety and fitness.

Source: The Sunday Telegraph 7.1.07

Are you interested in becoming a member of the Coffs Harbour BUGs?

Membership is currently \$10.00 per person per year and family membership is \$20.00 per year.

Would you like more information! Below are the names of people you can contact:

John 6655 4898, Ian 6658 3049, Dale 66533029

Do you have something to sell?

You can use the newsletter to advertise your old bike or bike parts or some other saleable item that could be of interest to other riders.

Contact the editor on the email address below and leave details. Don't forget to leave a contact address or phone number.

april@hot.net.au