



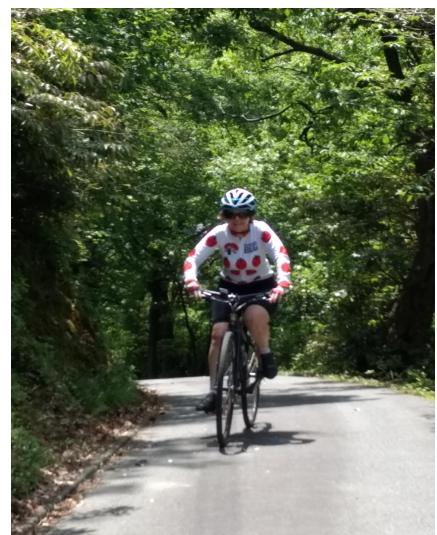
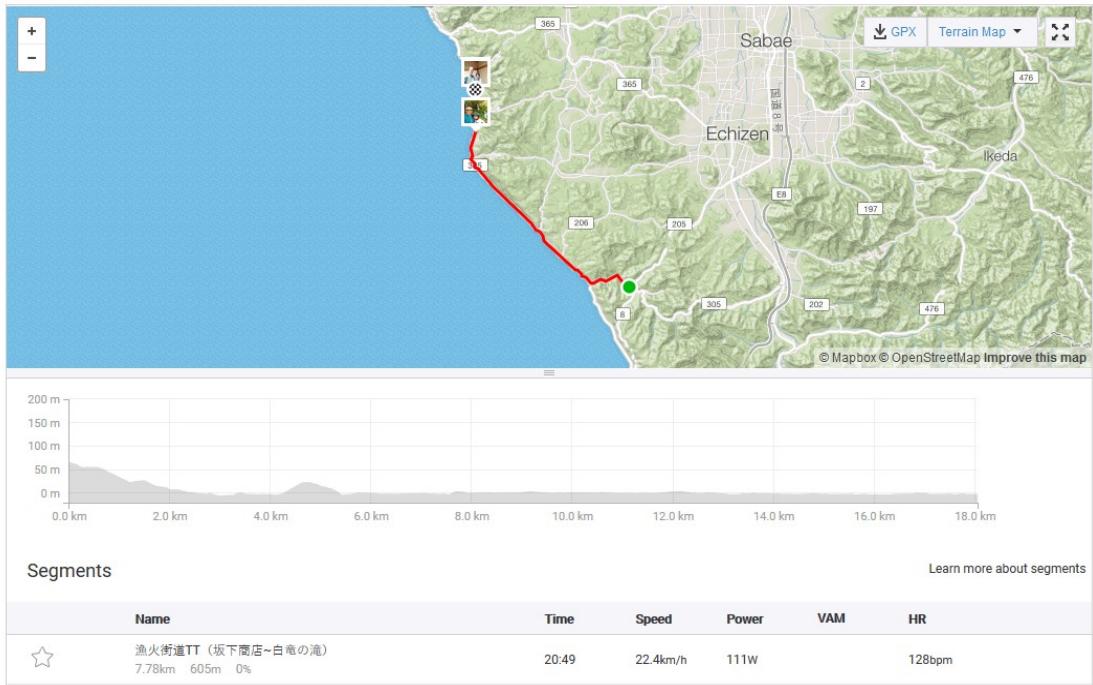
Banyule BUG Newsletter

July
2018

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Members will be thrilled to see the Banyule BUG cycling top being displayed around Japan. Michael and Sofia are part of a cycling tour of Japan and are proudly flying our colours in that country.



Enthused by the current trend for ebikes, I have electrified my old(ish) Specialized Pro. An aluminium frame-bike of around 11kg. The motor is a Bafang 250w powered by juice from a 19.2ah battery. The system has a technology from RevBikes called lovo (low voltage) which precludes overcharging, but lowers the top ah to 18. This much improves battery life. Only had a few rides, but I am very pleased that I can now negotiate the mountains of Eltham better. Allan G

Update on the life and times of Kelvin

Last edition of our newsletter we featured a very interesting article about Kelvin; his life history and riding habits. Kelvin is a regular rider with the “Latte” group and rides whenever he can.

Well, kelvin has taken a leap into the future and is now the proud owner of a Merida, eSpresso city 8000 electric bike. No one will catch him now. His system is a 250w motor with a 36 volt, 14 amp battery.



Hello fellow Banyule BUGs. My name is Randall and this August I will be riding in the EuroEyes Cyclassics in Hamburg, Germany. This is Europe's biggest cycling race in which both amateurs and the Pro's race.

For those interested here is a link <http://www.cyclassics-hamburg.de>

The biggest? How many riders you ask? Sit down; in 2017 this event had around 22,000 riders. All shapes, all ages, all types of bikes, serious riders, town characters and pretty much everything in-between. As either a rider or spectator this is possibly bucket list worthy.

[photo - just a small snapshot of riders waiting]



For the Pro's it is an official UCI sanctioned event which means teams such as Mitchelton Scott, Team Sky, BMC, Astana and many others will feature in this one day classic, racing around 260K's. Primarily it is a sprinter's race and the finish, which is lined with thousands of spectators, is on Hamburg's famous street, the Monckebergstrasse.

First staged in 1996, 3 Australians have saluted: 2004 - Stuart O'Grady, 2008 – Robbie McEwan and Caleb Ewan in 2016.



The amateurs can choose from 60K, 100K or 160K courses.

All courses finish on the Monckebergstrasse after traversing through and around Hamburg.



The northern German city of Hamburg is Germany's second largest city with 1.8 million people and has the third busiest port in Europe.

It is known for the famous or infamous Reeperbahn in St Pauli. Those who know the Beatles will know of this inner city suburb of Hamburg.



A city of major importance it is also exceedingly beautiful, from the imposing Rathaus [city hall]



to the port area,



the many parks and gardens,



and the stunning new Hamburg Elbphilharmonie [concert hall] costing €789 million.



So why am I competing. My wife and I have a 4 year old grandson, Marlow, in Hamburg. Marlow's German Opa [grandfather], Frank, used to race [2nd tier] back in the day. We were in Hamburg last year and watched the race in which Frank and Marlow's uncle Daniel raced. We were on the Monckebergstrasse and witnessed many amateurs finish, including Frank and Daniel.

[photo – Opa Frank finishing]

That was a highlight but seeing the Pro's race along the Monckebergstrasse is indescribable. The speeds, the closeness of the rider's, the smoothness of their peddling, think the phrase "poetry in motion". WOW.

Since I have started riding again I had a dream to do this race. I thought that Marlow would think it special if BOTH his German Opa and Australian Opa could be in this iconic event.

As things have worked out [well we planned it] we will be in Hamburg in August visiting Marlow. Therefore I have entered the Cyclassics, I have organised to rent a bike, I am doing the 100K route [was thinking the 60K, but had had a few wines and thought 100K, why not!!!] and I will be wearing my Banyule BUG jersey with pride.

I hope you have found this interesting and providing I survive I will contribute another article for the newsletter detailing how I went and photos of a "Banyule BUG in Hamburg".

Randall Dehnert

From The Web

[**Chart of the day: Stop and give way are danger signs for cyclists**](#)

[**Playing in the dirt keeps these Garden City 'BMX bandits' off the street and off their screens**](#)



This will bring new meaning to the much treasured 'latte stop'.

[Broccoli coffee: scientists create new way to eat more greens](#)

[Nutrition for cycling: 10 tips to get your food and drink dialled](#)

This crossing will slow any vehicle down



[Outback town takes a 3D approach to slowing motorists at pedestrian crossings](#)

[Cycling delivers on global goals](#). This is a terrific site with lots of info about cycling for everyday cyclists.



Coburg kids defy driver and stop school bus to rescue teen after bike fall. They are in no doubt that a helmet should be worn when riding a bike.

[Link](#)



A reminder for all riders with Banyule BUG to arrive for our scheduled rides with bike in good (legal) order and ready to ride. Attention needs to be paid to tyres, brakes chain etc. and to have a working pump. In addition, with darker days over winter, working head and tail lights are a good idea. If all of this works, then groups can set off in a timely fashion. Ed.

You might be interested in the following statistics for my electric bike. Mine is a mid-mount Bafang 250w with a 36volt 19.2ah battery.

Full Charge 40.7v
19/5 36.8k Koonung Trail
20/5 46.95k Yarra/Darebin loop
21/5 21.8k Diamond Creek 37.5v
30/5 31.6k Watsonia loop 36.1v
Total 137.15k 40.7 – 36.1=4.6v

Full Charge 41.7v
1/6 58.3 Diamond Creek 39.5v
3/6 58.5k Yarra/Merri/Ringroad 37.1v
6/6 41.2 Ruffy Lake/Koonung 35.8v
Total 158.0 41.7 – 35.8=5.9v

Full Charge 41.8v
10/6 40.2k Darebin Creek 39.2v
11/6 48.89k Anniversary Trail 38.2v
14/6 26.9k Diamond Creek 36.9v
18/6 29.2k Banyule Circuit 35.9v
Total 145.9k 5.9v

I have been using mainly level 1 and 2 assistance with 3 and 4 for very short periods. I have yet to run the battery down to being flat. I thionk that on my current riding habits, I would get close to 200k out of a full charge. I will keep you posted on this.

That's all folks. Remember to contribute to your newsletter. The greater the variety of material the better it will be. Send your contributions to – Allan Garbutt allang@bigpond.net.au or failing that. Give your contribution to any club member to pass on. Safe cycling over the winter monts.

