



Banyule BUG Newsletter

December
2020

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Our thanks to the Office of Anthony Carbines MP, state member for Ivanhoe, for their support in providing the photocopying facilities for this newsletter.



A very interesting article from "In The Loop" November 2018.

18 NOVEMBER 2020

Riding rises amongst older adults

More over 50's are riding, riding more often, and liking it more, according to a recent survey. The trigger was the COVID-19 outbreak, which motivated many older adults to start bicycling again, or to ride more.

The findings are from a regular survey conducted by the American Association of Retired Persons (ARRP), and likely reflects trends in other countries.

An important finding was that older adults ride more often when they have someone to ride with, again confirming how important the social dimension of group riding is to people.

Other findings include:

- Older bicyclists want access to a high-quality bike network where "everyday cycling" is supported and there are fewer potential points of conflict with motorists. (Such infrastructure enhancements would include protected bike lanes as well as trails with overpasses and underpasses for safe passage across roadways.)
- Older adults prefer to bicycle in communities that feature easily accessible places to shop, work and socialise.
- E-bikes are growing in popularity, with use increasing with a rider's age, especially as a way to continue to cycling when stamina declines.
- Many older adults consider bicycling to be a staple of their lives and cannot envision a time when they would stop riding a bicycle.

Most of the riders surveyed were riding for recreation, often in formal or informal groups, and quite a few were riding longer distances of up to 60 kilometres.

ARRP tips for cycling at 50+

- Dust off the bicycle that's been sitting in storage unused. (Before riding, have the bicycle checked and serviced by a bike shop.)
- If a bicycle is needed, buy a new or re-used one. Make sure it fits properly and has features that promote cycling with ease, whether it's a three-wheeler, e-bike or a traditional two-wheel pedal bike.

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- Research local cycling groups and join one. Having others to ride with is a great motivator for starting and continuing riding.
- Invite a friend to ride and explore new places together.
- Make a plan to bicycle regularly, perhaps replacing one car trip with a bike trip.

From In the Loop - Bicycle Network

https://www.bicyclenetwork.com.au/newsroom/2020/11/18/riding-rises-amongst-older-adults/?utm_medium=email&utm_campaign=In+the+Loop+-+VIC+FRIENDS+19+November+2020&utm_content=bicyclenetwork.com.au%2Fnewsroom%2F2020%2F11%2F18%2Friding-rises-amongstolder-adults%2F&utm_source=www.vision6.com.au

Banyule BUG's gift to Elizabeth



Elizabeth Thompson is a regular rider and ride leader with the “Banyule BUG Latte Group”. She is always keen to cycle and is a valued member of our cycling community. She is not well at the moment, but is responding well to treatment and when I speak to her on the phone, is always bright and cheerful.

Banyule BUG, on your behalf, sent her a wonderful display of Singapore Orchids. Elizabeth provided this photograph of the orchid in an ideal position in her home.

We all miss you on our rides and wish you a speedy recovery Elizabeth

Note The beautiful flower was chosen as Singapore's National Flower in April 1981, due to its vibrant colours, hardiness and resilience — as these are qualities that reflect the Singapore spirit. ... It was selected from among 40 flowers, out of which 30 were orchids

New Shorts for club riders



Club Uniform

Our “Laybird Top” is most distinctive and is often praised and commeted on during our rides. However, I think we need to examine shorts that would complement the top. The photographs of fishnet shorts would be ideal. I have spoken to the uniform committee with a view to making these a regular part of our riding attire.

ED.



New Bike Design

If you are in the market for a cutting edge new bike, you will find the following article of interest. Instead of chains and gear ring, it uses levers and very lightweight frame. It is indeed eye-catching.

The website for this product is nubike.com

..... and here is a link to a promotional video about [NuBike](#)



Murray to the mountains trail/s

A favourite destination for many cyclists is the “Murray to the mountains” network of trails. So, it was with some excitement that I read of a 30k (funded) extension to this already wonderful cycling destination. All up it will add about 30 kilometres of sealed trail to link Beechworth to Yackandandah, and Yackandandah to Osbornes Flat. Read a full report here in [“Bicycle Network”](#).

[Banyule BUG Latte Group “Ride Maps”](#)

A number of people have asked about maps for the Latte group of riders. There is now an up to date list of most of our rides. They ink to Sports Tracker to give route and profile and Google Maps. Please note, that these maps are updated as the need arises. The [Lycra group](#) also have ride maps found in the ride section of the club website.

Whole group ride

Once a year the entire BUG is invited to ride as one. This is our annual meeting at Studley Park Boathouse for our Christmas get-together. So, on the first day of December a large group gathered at Warringal Park and made our way to Studley Park. Rain was promised by BOM, but didn't really eventuate until much later in the day. Even then it was not long lasting. It was fun at the rotunda with food to share and with an eye to Covid 19 regulations, we all settled down to discuss past rides, the latest carbon fibre gear or just simply, chat. Well done to all who attended.



At Warringal Park getting sorted



A few 'BUGS' at the rotunda



A few more happy BUG (ers)

This needs to be noted.

After many years of organising the 'Latte Group' ride calendar, Leigh has handed the task over to Peter Gurney. Much effort goes into compiling and altering the yearly ride calendar and Leigh is to be thanked for this work which is much appreciated by all the ride group.

Any items of relating to the ride calendar are to be forwarded to Peter Gurney at:
petenillumbik@gmail.com

Ski slope cycling

As we move into the festive season and our streets abound with snow related scenes borrowed from the northern hemisphere, (some) thought turn to snow activities. What better and different way to enjoy the ski slopes than to take your trusty carbon fibre beauty down an icy slope.

Now this is a great idea – what could go wrong with this? Click the image and find out.



In case you missed it?

Maurie recently emailed out this really interesting link about the Melbourne to Warrnambool road cycling race of some 10 years ago.

"Banyule BUG members,

I noticed this article re the history of the Melbourne to Warrnambool cycling road race.

About 10 years ago I was in Warrnambool visiting my father when I realised the Warrny was on and later in the day made my way to the finish line to see the end of the race.

A commentary was broadcast at the finish line from a car following the leaders of the race that gave you a picture of what was happening over about the last 20 km.

It was an exciting finish with 3 riders sprinting to the line.

I hope you also enjoy the history lesson.

[Melbourne to Warrnambool Classic](#)

Regards,
Maurie"

Arnold Wheeler alerted me to this article entitled ["Bike Wars"](#) - from the RACV. For cyclists, it makes disturbing reading indeed.

For example *"Disturbingly, 11 per cent of those surveyed admitted they had deliberately driven their car close to a bike rider, while 17 per cent said they had used their car to deliberately block a cyclist's path."*

And further *"None of this should come as a surprise given a study last year by Monash University, QUT and Melbourne University found that half of all motorists saw cyclists as "not fully human", no better than cockroaches or mosquitoes."*

All of this makes that pleasant bike ride you planned with friends look a tad dangerous.

[Pop-up bike lanes coming to Heidelberg Rd](#)

This all sounds very exciting, not to mention safer, for riders along Heidelberg Rd. The lane will extend from Fairfield to Collingwood. This would open up all sorts of rider-options. Here is the link to the VicRoads page showing a [detailed map](#).

On a personal note, 2020 has been the worst year in living memory for me and I will be most happy to welcome in the new year. I imagine many of you feel the same way. So, keep safe and if you must leave your home, follow the Covid 19 safe rules.

If you do any interesting bike rides (Covid Safe) take notes and photographs and send them to me for 2021 (just typing that number feels good) for inclusion in our New Year edition. allang@bigpond.net.au

Stay well, safe and happy.

A very Merry Christmas to you all.