

LIVEBUG NEWS

Summer 2013



Coordinator: Maree Stacy 9602 5293 | Treasurer: Russell Field 0434 141 810 | www.bikeliverpool.org.au

Summer rides

Our friendly social rides cater for riders of all levels. We ride at a leisurely pace. No one is left behind. If you are concerned about the distance talk to the ride leader and ask about shorter options within the ride. Essentials: helmet and water. If you're joining our evening rides you must have front and rear lights.

Friday Dec 14 Dinner Ride: Christmas Lights

Grade: Easy

Start: 6pm from Liverpool Station.

An approx 35km ride to Panania for dinner via Chipping Norton, ride back through Milperra to check out the Christmas lights, then return to Liverpool. Riders are encouraged to decorate their bikes and themselves with the festive season in mind. All riders must bring own set of working lights for bike - front & rear. Contact: Maree; 96025293 or 0419203379 to confirm – essential for bookings.

Sunday Jan 13 Liverpool-Carnes Hill-Casula Loop

Grade: Easy

Start: 08:00 am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays. This 22km ride is a great beginner's ride exploring the shared user pathways (SUP) of Hoxton Park Rd, Cowpasture Rd, Camden Valley Way & Hume Hwy. Then exploring the new SUP from Throsby Park to Casula Powerhouse Arts Centre (stopping for morning tea) & return to Liverpool via the new SUP to Shepherd St. Contact: Maree; 96025293 / 0419203379 to confirm.

Friday Jan 18 Dinner Ride: Taste Of Asia

Grade: Easy

Start: 6pm from Liverpool Station

Up the rail trail and a circuit of cycle paths Fairfield area, dinner at Asian eatery in Canley Vale on the way back. 25km. Gentle pace, some traffic, cycle paths. Bike lights needed for riding after dinner. Contact: Alison 0438171484 to confirm

Sunday Jan 27 Liverpool Loop

Grade: Easy

Start: 08:00 am Liverpool Railway Station, Main entrance Bigge St. Unlimited car parking in Railway street on Sundays. An easy 25km ride along the T-way cycleway, Orphan School Creek cycleway and the Rail Trail. Stop at Canley Vale for morning tea and then back to Liverpool. Contact: Maree; 96025293 / 0419203379 to confirm.

Sunday Feb 10 Guildford to Lake Parramatta

Grade: Easy-Medium

Start: 09:00 am Guildford Railway Station. 27km. Mostly easy ride with a couple of short hills. Take in sights of Harris Park and Parramatta Park before heading to Lake Parramatta Reserve for a meal break. Kiosk and cafe facilities available. Return to Liverpool via RailTrail. Contact: Phil Rylatt; 87950564 to confirm.

Friday Feb 15 Dinner Ride: Carnes Hill Night Feeder

Grade: Easy

Start: 6pm from Liverpool Station 25km. Meet at Liverpool Railway Station 6:00 pm and ride to Carnes Hill Marketplace for Italian at- il Vivo. The restaurant has both outdoor and indoor dining depending upon the night. We will be riding along local roads and Shared User Paths both to and from the Restaurant.

Bike lights essential, this will be an opportunity to enjoy the SUP's in Hoxton Pk, Horningsea Pk and other locations west of Liverpool.

Contact: Phillip Jackson 97208297 or 0434633490

Sunday Feb 24 Thirroul-Wollongong

Grade: Easy

Start: 9:30am Wollongong Station (for 9:39am train to Thirroul) or 11am at Thirroul Station (near the bottom of the stairs on Station Street)

16km. Scenic coastal ride. Gentle pace, shared coastal paths. Bring your bathers if you feel like a dip at lunch. Train from Wollongong back to Thirroul or the city. Option to ride to Nan Tien Temple in the afternoon (about 8km from Wollongong on shared paths and quiet streets). Sunday Mar 10 Russell will be exploring further south taking in Lake Illawarra and Shellharbour. Contact: Elaena 0402 253 915 to confirm

Diary dates

HAPPY HOLIDAYS



Tuesday Feb 19 LiveBUG Meeting

Start 6:00pm

Seminar Room 2, Thomas and Rachel Moore Education Building, Liverpool Hospital. All welcome. Contact: Maree 96025293

Tuesday Mar 5 Super Tuesday Bike Count

Australia's biggest visual bike count. Each LiveBUG volunteer earns us \$50. Contact: Maree 96025293

Summer rides cont...

Sunday Mar 3 Merrylands to Windsor with options

Grade: Easy-Medium

Start: 08.00 am Merrylands Station, eastern side. Parking available (08.45 Queen St gate, Parramatta Park. Parking available) A medium, undulating ride with 74km (return) or 37km (one way) options. Using 95% cycleway and some quiet back streets go past Westmead Hospital to Windsor Rd. Coffee break along way of course. Windsor for lunch then back same way. Options for those who only want to ride one way is catch train from Westmead Station or if getting too warm catch a return train from Windsor Station. The ride is more demanding going to Windsor. Ring about train times closer to event. Contact: Tony Penz; 0422037666 to confirm.

Sunday Mar 10 Lake Illawarra - Shellharbour

Grade: Easy-Medium

Start: 9.30am from HARS Museum - Illawarra Regional Airport (Cnr Airport Rd & Boomerang Ave, Albion Park Rail - 2 minute walk from Albion Park Station). 30km ride scenic ride following the lake shore and beaches to Shellharbour for morning tea and returning by the same route the ride is mostly on cycle paths and quite back streets (Personal guided tour of aircraft museum available at end of ride - Adults \$15, Kids free). Contact: Russell; 0434 141 810 to confirm.

Friday Mar 15 Dinner Ride: Quakers Hill - Liverpool

Grade: Medium

Start: 6:30pm Meet for dinner at Maharaja's Haveli 14 Douglas Rd, Quakers Hill (around the corner from Quakers Hill Station). www.maharajahaveli.com.au. 36km. Gentle pace, cycle paths, some traffic. We'll head off from the restaurant at about 7:30pm riding to Liverpool via the M7 cycleway, Hoxton Park Road shared path and finishing at Liverpool Station. Bike lights required. Contact: Elaena 0402 253 915 to confirm

Sunday Mar 17 Merrylands - M7-Liverpool- Merrylands

Grade: Medium

Start: 08.00 am Merrylands Station (08.45 Queen St gate, Parramatta Park) 60km-72km. Depart eastern side of Merrylands Station at 8am. Parking available Travel to Parramatta Park and meet other riders at Queen St gate at 8.45. Using cycleways along Windsor Rd to start of M7 cycleway. Coffee break at Rooty Hill shops. Great coffee!! Option to leave ride at Rooty Hill (railway station). Then continue along M7 to Hoxton Park Rd cycleway to Liverpool. That's 60km, then along rail trail to start back to Merrylands - 72km. This ride is undulating along Windsor Rd and parts of M7. Contact: Tony Penz; 0422037666 to confirm.

Sunday Mar 24 Sydney Olympic and Bicentennial Parks

Grade: Easy-Medium

Start: 9.00 am from Guildford Station (34km) (Railway Tce entrance). An easy ride including a 10km loop through Sydney Olympic Park. Take in the sites of the Parramatta River and Bi-Centennial Park. Stop for lunch at Bi-Centennial Park. Return to Guildford via Rail Trail. For shorter option return via train. Contact: Phil Rylatt; 87950564 to confirm.

Sunday Mar 31 Liverpool to Olympic Park: ARTEXPRESS at the Armoury

Grade: Easy

Start: 9.00 am Liverpool Railway Station. All day parking available in Railway St. An easy 26km ride to Sydney Olympic Park & Newington Armoury to view the ARTEXPRESS exhibition at Sydney Olympic Park. ARTEXPRESS is a showcase of the best major works produced for the HSC Visual Arts examination. Kiosk and cafe facilities available. Return via train or longer option to cycle back. Contact: Maree Stacy; 9602 5293 to confirm.

Sunday Apr 14 Highlights of Camden

Grade: Medium

Start: 09:00am Rotary Cowpasture Reserve Carpark, Camden Valley Way, Camden A 38km medium ride with a few hills, undulating, mostly quiet country roads with great views of the district. Stop at Cobbitty for coffee and cakes. Highlight is the Brownhill Loop road (hard packed unsealed section). Moderate pace, some traffic, cycle paths, unsealed roads. Contact: Phil Rylatt; 87950564 to confirm.

Walking, Riding and Access to Public Transport: draft report for discussion

In October the Australian Government released *Walking, Riding and Access to Public Transport: draft report for discussion*. The draft report explores how the Australian Government can work with other governments, business and the community to encourage and support walking and riding as part of the transport systems in Australia's cities and towns. The Department of Infrastructure and Transport is seeking feedback on the report which will guide the Department's policy development process.

Walking, Riding and Access to Public Transport poses six questions for discussion:

1. How can we better plan for comprehensive 20-minute walking and riding networks around central business districts, major activity centres and major education and health campuses?
2. How can we improve access to public transport (train stations, bus, tram and ferry stops) through better walking and riding connections? What are the roles of local, state, territory and Commonwealth governments?
3. How can the Australian Government, through its various programs, encourage better planning and building of networks for walking and riding?
4. How can we ensure that appropriate infrastructure for walking and riding is included when other transport infrastructure is being constructed so that we can avoid costly retrofitting at a future date?
5. How can governments, businesses and the community work together to leverage infrastructure investment with other programs and incentives to encourage greater uptake of walking, riding and public transport?
6. How can we further achieve consistent standards for facilities, road rules and vehicle design to ensure the safety and convenience of all road users?

The report can be downloaded from the DoIT website. www.infrastructure.gov.au/infrastructure/mcu/urbanpolicy/activetravel.aspx

Submissions are open until 5pm, 31 January 2013.

Other Rides & Events

9th- 17 Feb Great Escapade (Tasmania)
greatescapade.com.au

Mar 29 -Apr 1 Mudgee Bike Muster (Easter)
www.bikemuster.com.au

Ride Report: Parramatta to Windsor Return



Henry & Phillip at Windsor



In the Park at Windsor



Tony, Toni & Mark at Windsor

On a beautiful sunny day end of October Liverpool Bug put on a new ride from Parramatta to Windsor return (with the option of Windsor to Parramatta). The return ride was approx 65km - quite do-able at a relaxed pace with coffee breaks and stopping every 10km to relax and chat for a few minutes.

Tony, our new leader, met most of the riders at Queen St. Gate Parramatta Park for an early start. There were seven of us to start with, using quiet back roads and cycleway past Westmead Hospital to get to the cycle path to Windsor Rd.

It is an undulating ride to start off with but becomes a lot easier up near Rouse Hill area where it's basically flat. It's amazing to see how much this semi rural area has become part of the Urban Sprawl over the last decade. About 15km into our ride we stop at Maccas of course for coffee or something to eat.

It was a lovely sunny day and being on the cycleway 99per cent of the time it was very relaxing. Riding along near McGraths hill we were minding our own business and a Magpie attacked Steve. Magpie was OK, but poor Steve fell off his bike and scraped a bit of skin off. He was OK, though his bike was a little bit more damaged.

We meandered into Windsor where the craft market was on and Steve took his bike to Windsor Cycles for a quick repair (they are open seven days a week and very professional). After one hour his bike was ready.

Another two riders who caught the train to Windsor met up at the park and rode back to Parramatta with us after lunch. We had a tail wind for most of our trip home and of course another coffee break en route. It was fun having a rolling Race to see how fast one could go. I think the fastest was about 44kph.

A great day out with good people and a relaxed atmosphere. Thank you for those that came, and hope to see you on a ride again in the near future.

May you have many Tailwinds - Tony Penz.

Upcoming Cycleway Projects

In November Roads and Maritime Services (RMS) announced the local cycleway projects to receive funding in 2012/13.

50/50 Funded Projects

Funding for 50/50 projects is shared by councils and the state government. Local projects include:

Liverpool - construction of a shared use paths (SUP) along the southeastern side of Maxwell Avenue, Ashcroft and along the northern side of Jedda Road, Prestons.

Fairfield - construction of a SUP along the northwestern side of Green Valley Creek, Wakeley.

Camden - construction of SUPs along the eastern side of Hilder Street and the northern side of Lodges Road, Elderslie, and the northern side of Lodges Road, Narellan.

Campbelltown - construction of a SUP along the northern side of Cleopatra Drive, through Cleopatra Reserve, Ambarvale.

RMS Bicycle Program

The RMS bicycle program funds the development and construction of major cycleway projects. Projects in Sydney's west and south-west include:

Liverpool River Cities - construction of SUPs along the Hume Highway, Southern Railway Line, Cabramatta Creek and Elizabeth Drive/Street, Liverpool.

M4 - construction of a SUP along the southern side of the M4 from Ledger Road to Burnett Street, Merrylands.

M7 Links - construction of SUP links connecting the M7 path to the cycleway networks of the Blacktown, Fairfield and Liverpool Council areas.

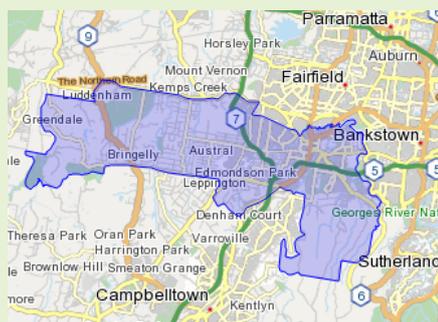
Parramatta River Cities - construction of the SUP missing links along the northern side of the Parramatta River between Church Street, Parramatta and Thackeray Street, Rydalmere.

Penrith River Cities - construction of a SUP along the eastern side of Mulgoa Road, Penrith. Design of a shared bridge over the Nepean River, Penrith.

Prospect - Blacktown - construction of a SUP along the western/southern side of Blacktown Road, and the northern side of Main Street, Blacktown.

For more details see the NSW Bike Network section of www.bicycleinfo.nsw.gov.au

Liverpool: how we get around



Census 2011 Quick Stats Liverpool

Residents

All	180,143
Male	89,323
Female	90,820
Median age	33

Families	46,563
Av children per family	2
Av people per household	3.2
Private dwellings	58,834
Av weekly personal income	\$510
Av weekly household income	\$1,299

Motor vehicles

None	5,026
One	16,426
Two	19,711
Three	6,932
Four or more	3,433

Dwellings

All journeys to work that include a bicycle

Journeys into Liverpool from...

Bankstown	13
Blacktown	6
Blue Mountains	3
Botany Bay	3
Burwood	6
Campbelltown	21
Canterbury	3
Fairfield	12
North Sydney	3
Sydney	3

Journeys within Liverpool

194

Journeys from Liverpool to...

Bankstown	11
Blacktown	4
Camden	3
Campbelltown	3
Fairfield	15
North Sydney	3
Parramatta	11
Sydney	20

In October 2012 the Australian Bureau of Statistics released a second round of 2011 Census data showing how Australians get to work. More than 180,000 people live in the Liverpool Local Government Area (LGA) and about 65,600 of them travelled to work on census day.

Overall the number of Liverpool LGA residents who travelled to work increased by about 11% in comparison to the last census held in 2006.

The transport mode with the most significant growth was public transport with a 19% increase in the use of trains and an 8% increase in the use of buses to get to work.

The number of people using their cars to get to work increased by 13%. Fewer drivers took a passenger with them.

Close to 300 people who live in the Liverpool LGA rode a bike either all or part of the way to work on Census day. 250 people used their bike as the sole means of transport while about 50 combined their bike ride with another form of transport.

The number of people riding to work has decreased by about 10 per cent since 2006.

More than 70% of Liverpool residents who ride a bike to work stay within the LGA.

While the journey to work is just one type of trip, it's an important measure that helps us understand transport choice and trends.

Mode of transport to work, Liverpool residents

	2011 Census			2006 Census		
	Males	Females	All	Males	Females	All
Single mode						
Train	2,046	2,208	4,254	1,679	1,890	3,569
Bus	454	774	1,228	475	661	1,136
Ferry	6	0	6	0	4	4
Tram (inc light rail)	3	3	6	6	0	6
Taxi	83	25	108	84	30	114
Car, as driver	28,502	19,233	47,735	25,385	16,633	42,018
Car, as passenger	1,832	2,484	4,316	2,009	2,437	4,446
Truck	1,326	24	1,350	1,529	31	1,560
Motorbike/scooter	221	20	241	223	16	239
Bicycle	229	21	250	261	17	278
Other	293	105	398	318	69	387
Walked only	843	819	1,662	974	726	1,700
Total one method	35,838	25,716	61,554	32,943	22,514	55,457

Advocacy briefs

- Roads and Maritime Services is proposing to widen Narellan Road (between Camden Valley Way, Narellan and Blaxland Road, Campbelltown). We'll be taking a close look at the plans and providing a submission about the provisions for bicycle riders.
- In the new year we'll be reviewing the Liverpool Bike Plan which was developed in 2009. We'll be asking Liverpool Council to update us progress with the plan. And we'll be starting to think about what projects we'd like to see prioritised in the future.

If you'd like to get involved with our advocacy efforts please come to a meeting or get in touch with Allison 0438171484 or Elaena 0402 253 915 elaena@gmail.com