

*If you are new to riding a bike or starting again after a break give us a call to talk about which rides would suit you.*

## RIDE LEADERS

Ride leaders are experienced cyclists and familiar with the route for each ride. As volunteers for the Marrickville- South Sydney Bicycle Group they are recognised by Bicycle NSW as ride leaders who manage a group ride according to BNSW ride leader guidelines.

Ride leaders will ask you for your name and a contact phone number at the beginning of each ride. Please follow their instructions to help ensure each ride is safe and enjoyable.

If you choose to leave the group ride, please advise the ride leader.

## WHAT TO BRING

**Bike:** geared bike in working order. Some punctures can be fixed if you get to the starting point early. Contact us a week before the ride if you want advice on how to get your bike checked.

**Riders must wear an approved helmet**

**Drinking water and Sunscreen**

**Lunch or money** if the ride includes a rest stop for lunch or coffee break.

**Want help cycling to work?**

**Ask about the Bike Bus  
MASSBUG, the Marrickville-South  
Sydney Bicycle Group is a group of  
local people working together to  
improve the local environment by:**

- **Encouraging cycling**
- **Working to improve cycle ways**

All persons joining these rides do so as volunteers in all respects and as such accept sole responsibility for any injury howsoever incurred and Bicycle NSW Inc., MASSBUG and the appointed ride leaders cannot be held liable in respect of any injury or damage resulting from participants engaging in any such ride activity. Marrickville South Sydney Bicycle Group is affiliated with Bicycle NSW.

Meeting: First Wednesday,  
7.30pm Newtown  
Neighbourhood Centre.

All Welcome

[www.massbug.org.au](http://www.massbug.org.au)

Phone (02) 9294 5900

Email: [massbug@massbug.org.au](mailto:massbug@massbug.org.au)

## LEARNING TO RIDE A BIKE?

Contact your local community college  
<http://www.sydneycommunitycollege.com.au/course/srre9>

*FIND A LOCAL RIDE*

# MASSBUG RIDES CALENDAR

SEPTEMBER  
TO  
OCTOBER  
2008



*Here are a few examples of rides in the next month. There are email lists that can send you reminders or websites where you can find rides to do your own thing*

## TUESDAY 9 SEPTEMBER & 14 OCTOBER

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### TWILIGHT RIDE

Explore the quiet streets and back lanes of the city's edges usually ending at an inner city watering hole. MUST HAVE LIGHTS

Contact: Gilbert; Ph 9560 0739

**Start:** 5:45 PM; Martin place between Elizabeth and Castlereagh  
<http://bikesydney.org/new>

## SUNDAY 14 SEPTEMBER

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### FOUR CANALS RIDE

Cycle via Whites Creek, Johnston's Creek, morning tea at Erskineville shops, then Alexandra Canal and Cooks River to Summer Hill. 35 km, slow, some traffic

Contact: Gilbert; Heather; 9799 0107 (h)  
0408 227 133

**Start:** 08:30 AM; The fountain, Lackey St, Summer Hill

## SUNDAY 26 OCTOBER

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### SIGNERS AND SYMBOLISTS

Newtown to Domain and return. Visit places

of significance to deaf culture, Craft Australia Gallery and Art Gallery of NSW.

Coffee stop: Depot, Danks St, Waterloo.

**Start:** 11:45 AM; Newtown Neighbourhood Centre, Cnr King and Australia Sts

Contact: Gilbert; Ph 9560 0739

[www.massbug.org.au/cgi-bin/twiki/bin/view/MASSBUG/WebHome](http://www.massbug.org.au/cgi-bin/twiki/bin/view/MASSBUG/WebHome)

See AGNSW for 2008 Auslan Tours for 2008

## FIRST SUNDAY EACH MONTH EASY RIDES LEICHHARDT

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LBUG run easy rides for new or returning cyclists once a month. They take a couple of hours. Contact Bob 9810 3706 for more details. All rides starts at Moores cafe, Moore St, Leichhardt.

[www.users.bigpond.net.au/lbug](http://www.users.bigpond.net.au/lbug)

## RIDE TO WORK SUITABLE FOR BEGINNERS

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A group of riders leave at the same time every morning for the city, and return after work.

Ride leader and fellow riders keep together to provide support and show easy routes. For other Bike Bus routes in Sydney:

[www.bikebus.org.au](http://www.bikebus.org.au)

## SHARE A RIDE

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Guttermonkey links people who live in the same area. Their database lets you find riders you can ride with, and routes you can follow

safely, using the knowledge contributed by lots of other people.

[www.guttermonkey.org](http://www.guttermonkey.org)

## RIDES CALENDAR – NSW WIDE

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The 'push-on' site lists rides for all groups in NSW. Entries give details of length of ride and degree of difficulty.

[www.pushon.com.au/rides/RidesCalendar\\_filter.asp](http://www.pushon.com.au/rides/RidesCalendar_filter.asp)

## FIND A SAFE ROUTE

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Bikely is a site that helps cyclists from all over the world share knowledge of good bicycle routes. Cyclists put details on the site and sometimes maps. Good place to find recreational routes. [www.bikely.com](http://www.bikely.com)

## BICYCLE FILM FESTIVAL 2008

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There are lots of events leading up to the festival in on **14 and 15 November**.

Road: Art, craft, design exhibition | Nov 1- 30

Bikes on Show | Sun Nov 9 |

Bike Love Street Parade | Thu Nov 13 |

Bikes Rock | Thu Nov 13 |

<http://bikesydney.org/new/bicycle-film-festival>

## BOOKS AND LOCAL COUNCILS

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Check your local bike shop for 'Bike-It', Cycling Around Sydney or similar titles. Local councils often have maps of their official bike routes on their website.