

BOROONDARA

Bicycle Users Group

Newsletter December 2005

Boroondara BUG meetings are held on the 2nd Wednesday of each month, except January. Next meeting is our pre-Christmas barbecue on 6.30pm Wednesday 14th December, at Julia Blunden's place, 29 Elgin Street, Hawthorn; BYO vegeburgers, meat etc and drinks as well as something (bread, nibbles, salad, cake, etc) to share; all welcome.

The Boroondara BUG is a voluntary group working to promote the adoption of a safe and practical environment for commuting and recreational cyclists in the City of Boroondara. We have close links with the City of Boroondara, Bicycle Victoria, Bicycle Federation of Australia and other local Bicycle Users' Groups.

Boroondara BUG has a web site at <http://www.boroondarabug.org> that contains interesting material related to cycling, links to other cycle groups, recent Boroondara BUG Newsletters and breaking news.

We also have two Yahoo Groups:

Send a blank e-mail to BoroondaraBug-subscribe@yahoogroups.com to receive this monthly newsletter and occasional important messages.

Send a blank e-mail to BoroondaraBugDiscussion-subscribe@yahoogroups.com to monitor or join in an ongoing discussion of bike related issues both local and general.

All articles in this newsletter are the views and opinions of the authors and do not necessarily represent the views of any other members of Boroondara BUG. All rides publicised in this newsletter are embarked upon at your own risk.

Features

A Family's First Bike Tour

In September, after months of planning, my wife, our five year-old daughter and I headed off on our first multi-day bike trip. On most holidays we would take our bikes along (including a trailer bike for my daughter) and do days trips but we decided something longer would be more fun.

The biggest part of the planning was working out a location and route. This being the first big trip it was important that it be enjoyable for all so relatively short days were required, especially seeing neither my wife nor daughter had done more than 20kms in a day. We ended up with a route from Beechworth to Corowa over three days for a few reasons:

- a) this route had a first day of around 30kms with each day getting shorter
- b) it was a very flat route
- c) we had family nearby who could drop us off at Beechworth and pick us up at Corowa

The first day started with a bit of rain but by the time we had stocked up with supplies from the Beechworth bakery and the Beechworth Lolly shop (not to be missed) the rain had stopped. Once we left Beechworth for Chiltern it was a long downhill and then off a side road to Woolshed Falls which the overnight rain had made into a great site for a morning tea break. After that it was uphill for about 5kms but with regular rests nobody was complaining (although the lolly supply was dwindling fast). Another side trip took us to an aboriginal site where we stopped for lunch, and then a gentle pace to finish the day at Chiltern. With the side trips we had done about 35km but the regular breaks and not rushing things left all of us in good shape.

The next day we avoided the main Chiltern-Rutherglen road taking the Chiltern Valley road. This was a great road for a ride with no hills, no traffic and some very nice scenery through old goldfields and a nature reserve. Coming into Rutherglen we stopped at our first winery. The wineries around Rutherglen are ideal for cyclists because not only will they deliver to your accommodation, but they also provide some much needed toilet breaks. With a bottle of wine purchased for the evening meal we headed into Rutherglen for lunch and to check into a motel. Lunch at Rutherglen has to be at Parkers Pies where we had the best pies and cakes any of us had ever eaten (hey the cycling is just an excuse to eat more).

The final day had us heading back south a bit to Bullers winery, but the local tourist map lead us astray and we had an extra 5km nobody was happy with. At Bullers we checked out the bird park (a good one for kids) and continued on our way. We

decided on change of route and arranged for a pickup at All Saints Winery at Wahgunyah which was a very relaxing spot to end the ride, especially after sampling a few of the local wines and picking up supplies to thank our driver.

The important lessons learned were to keep everyone well fed, regular breaks, and the comfort of a good bed each night was definitely important. The other important thing was to keep off the main roads if we wanted to relax; semi-trailers and trailer bikes are not a good combination. But the right planning meant that of the 80km we travelled only about 5km was on main roads. So that was our first big ride complete with no problems and planning starting on the next one.

David Buerckner

Great Victorian Bike Ride 2005

Take 1

I arrived home safely this year from the GVBR! There were several things of note which made it a better experience for me than last year.

Fistly, the numbers were down and there was essentially no queuing for anything other than cappuccinos at the rest stops. Secondly, there were far fewer baby pods trailing behind bikes and the children riding independently were closely guarded by vigilant parents.

The camp sites were covered in luxurious lawn in most cases and the individual toilet units which were needed last year and which smelt very bad, were not there this year. Harry Barber seemed calm through most of the event, other than when involved in the tragic accident that involved a fellow rider. This is in contrast to the frantic and grumpy Harry of last year.

Our school group consisted of 26 students, 3 teachers and 4 wonderful parents, one of whom served as a volunteer. Although this was a large number to manage on such an adventure, we felt that they were safe, well attended medically, well entertained of an evening, fabulously supported by Vicroads and the Victoria Police. Thanks all!

The kids learned a great deal about caring for themselves as well as others in the group and saw people giving generously of their time in a voluntary capacity, both within and outside of the school group. Thanks VOLLIES! From an adult perspective, the food was very good. It was hot, tender, tasty, nutritious and plentiful.

My new Giant CRX2 was an absolute triumph. It allowed me to complete the journey more easily into winds, up hills and on the flat, than the heavier 2004 GVBR bike. Our teamshirts, that were paid for by our sponsors, allowed us to identify our group members easily on the road, in camp and at stops. Thanks to the Macleod College Sponsors.

In summary, the 2005 GVBR was a great experience. We saw the extremes of weather and suffered from its effects, we learnt about the fragility and preciousness of life and enjoyed some of Victoria's beautiful scenery. We had wonderful company along the way and we all made some new friendships.

This year, for me it was the GREAT Victorian Bike Ride. Thank you to the organisers of Bicycle Victoria.

Jan Bourke

Take 2

I had only done one GVBR before and this was 15 or so years ago. This time I had trained prior and was a little more fit. I am really thankful having done this as the first 3 days of the ride came with very strong, gusty head winds. I could not believe my increased appetite during the ride.

I had many conversations with other riders whilst cycling, putting up the tent, over a beer, washing the dishes, during the lunch break, entertainment, lining up for a massage, reading and discussing topics from the Good Oil and so on.

The volunteers were so friendly and helpful. What has really impressed me about the ride was not only how well organized things were but how much it felt like a real community; all there to watch out for and encourage each other. To hear 'You're doing really well' by other cyclists as they overtake whilst riding up a long, steep hill is an example of this.

I had a great time and hope to return in 2006 to enjoy more of Victoria's magnificent countryside!

Maree Kearton

Take 3

Having ridden the 2003 and 2004 Great Vics, I was keen to do it again although the large numbers last year and the apparent early view by Bicycle Victoria of getting even more to register for 2005 made me hold off registering for a while. When I did register not only did I miss out on the new bike but I also had to pay a late entry fee. I registered for a pro-rata ride which meant for a reduced fee I joined for the last 7 days rather than the 9 days.

The 7 days worked pretty well as I was fresh for Day 5 which was the 106km day from Echuca to Heathcote and I missed out on the 3 days' ride from Swan Hill to Echuca which I was told was very hard going in view of the strong head winds. On the other hand, I felt I missed out on the experience and the towns the other riders had encountered.

Day 6 from Echuca to Heathcote was good riding conditions. Day 7 from Heathcote to Newstead was a bit hilly and the conditions later in the afternoon were very hot with a top of around 35. The next day was the hill climbing day. Most of the riders, particularly the early risers, after a hot night, and a forecast of 22 and possible late showers, dressed very lightly. Soon after the start the weather turned. It got very cold and wet such that at the rest and lunch stops, some of the lightly clad riders had to seek medical help. I resorted to sticking newspapers and egg cartons under my top to keep warm. Arriving at Woodend I was fortunate that it stopped raining long enough for me to put up my tent. The rain started again around 4pm and continued to early morning.

There was good weather for Day 8; Woodend to Whittlesea and although the ride map looked mostly downhill there were a few steep uphill which made it hard going particularly after the hard day the day before. The campsite at Whittlesea and the ride on the last day were both good.

Each GVBR is different and hard to compare but I would say that the 2005 ride was as good as the 2003 GVBR if not better. The ride route, the campsites, the towns we visited and the roads were good. Unlike 2004, I rarely had to queue. I didn't queue for breakfast or dinner at all. Several of the towns had swimming pools which were good to cool down and use their showers.

There were some improvements and possibly some adverse factors from the 2004 ride. Overall it seemed to be better organised; fewer queues, no bar coding if you only wanted cereal, no Port-a-loos, luggage trucks arrived much earlier at the campsites, better information flows, better organisation, better merchandising vans with 4 merchants in competition and a more complete finishing point than 2004. Adverse factors were few and unfair to criticise given the organisation required for such a huge event. Despite the death on Day 3, there were still some who rode dangerously, but nowhere near the number in past years. There didn't seem to me to be the same number of Police and Ambulance motorbike riders and WARBY riders visible during the ride. Some cars, particularly as we got closer to Melbourne, drove quite fast near the riders.

Next year is from Wangaratta to Yarra Glen. Maybe I'll see you there!

Bruce Dite

Bruce also managed to get his photo in the Riverina Herald 30/11/05 with his wife Yvonne. Yvonne wasn't even riding but she is prettier than Bruce! Ed

General News

Cycling and Loving It: New Web site for Women Cyclists Launched

All of our female readers should check out www.womenscycling.com.au the new web site that provides information for women who are interested in any kind of cycling, whether competitive, utility or recreational. It includes lots of useful tips for beginning riders, a directory of cycling events, and some useful links, as well as a chat room for women to share their cycling experiences. There is currently a survey in progress on Women and Bike Shops. The site has been developed by Bicycle Victoria with support from state and federal governments and the Cycling Promotion Fund.

The new site was launched on Saturday 26th November with a breakfast organised by the CPF at Riva at the St Kilda Marina, attended by a large number of women cyclists and a much smaller number of handpicked male sympathisers. Those present were entertained and inspired by the very upbeat MC Freda Mirkis, a financial reporter and Young Business and Professional Woman of the year and four speakers. Anna Wilson shared some of her cycling history including her experiences as a professional cyclist in the USA. Dr Jan Garrard from Deakin University spoke about a research project she is involved with, which aims to identify measures that can be taken to increase the number of women cycling in Australia, currently much lower relative to men than in some European countries such as Holland and Denmark. Some readers may have received one of her questionnaires on this subject. Felicity Dales spoke about her experience of developing the company *Body Torque* that manufactures cycling clothing designed for women. Finally Catherine James gave a most humorous and inspiring account of her first ever ride to work and the gradual growth of cycling confidence and competence she has enjoyed since that fateful day.

The CPF is to be congratulated on providing such an enjoyable opportunity for women to share their cycling experiences.

Julia Blunden

CYCLE NOTES No. 17 – Terminal Treatment of Off-Road Paths

VicRoads have just released the next in the series of bulletins highlighting design issues for engineers and planners. The debate on path end treatments might end here too. A 'City of Camberwell' type chicane on the Anniversary Trail is pictured to illustrate how cyclists ride around a barricade that is inconvenient! Holding rails as on the 'City of Kew' section of the Outer Circle Rail Trail are favoured and discussed. Some good illustrations from NSW of bright yellow bollards at path ends are given along with line marking that leads the rider away from the bollard. Copies available at December BorBUG meeting or ring VicRoads bookshop on 9854 2782 or visit www.vicroads.vic.gov.au.

Graeme Stone

Beyond Boroondara

Wodonga on Wheels

Wodonga has become a bike-friendly city. The council has adopted a bicycle strategy as the basis for planning and promoting cycling across the community. Wodonga Mayor Lisa Mahood said the council was keen to promote cycling as it improved accessibility, transport efficiency, individual health and quality of urban living. Bicycle Victoria made a valuable contribution to Wodonga's Bike Strategy. A pathways map has also been developed for the city

The Weekly Times Nov 30th.

Geelong Bypass

The \$134.8m contract for section one of the Geelong Bypass was awarded on 17 November 2005. The Geelong Bypass will provide a four lane freeway for around 15,000 vehicles per day, and deliver the first stage of an important overall link for the community between the Princes Freeway at Corio and the Princes Highway at Waurin Ponds.

A shared bicycle and pedestrian pathway will be one of the features of the bypass, which includes architecturally designed noise walls built from weathered steel, significant landscaping along the length of the reservation and an environmentally sensitive drainage system. Other environmental features like specially designed wetlands and landscaped water courses will protect the water quality in creeks and rivers, while encouraging local wildlife with more than 800,000 native and indigenous trees and shrubs provided in the landscape plan.

Thanks to Graeme Stone for passing on the above two items

Events

Moulton Club December Ride

Sunday 11 December. An easy 34 km riding along the Outer Circle Rail Trail, parts of the Main Yarra Trail and Lower Gardiners Creek Bike Path. Meet at Ashburton Station car park, 10 am, lunch at Fairfield Boat House, return to Ashburton.

For further information contact Nigel Jenkins, nigelj@cat.net.au, 9878 2588

Amys Ride

The Amy Gillett Foundation, established in the memory of Amy Gillett who was killed during a training ride in Germany in July 2005, is organising a community ride on Saturday 7th January 2006. You can ride with the stars of the Jayco Bay Cycling Classic on one of five routes. There are two rides for MTB and hybrid riders, 70km and 40km in length on the Bellarine Peninsula Rail Trail, and three rides for roadies of 120km, 45km, and 5km. All rides start and finish in the Geelong Botanic Gardens and there will be a party afterwards with a live band and the opportunity to watch stage 4 of the Jayco Bay Cycling Classic. Entry fee is \$58 for all riders or \$120 for families of 2 adults and any number of children.

More details and sponsorship forms available from www.amysride.com

Boroondara BUG News

Minutes of Boroondara BUG Meeting 7.30pm Wednesday 9th November 2005

Held at Swinburne, Hawthorn Campus, room TD244

Present: Graeme Stone, Phil Crohn, Peter Campbell, Tim Connors, David Leong, Julia Blunden

Apologies: Jason den Hollander

Business Arising

Bunnings Development: TC reported that he had lodged an objection. The response included plans showing that there is still no provision for bikes so his objection still stands. GS has spoken to the planners who acknowledge this lack of provision but have not undertaken to rectify it. All we can do now is wait.

Tooronga Village: GS has spoken to Gavin (can you clarify who he is GS?) having previously attended the BCC Planning Subcommittee meeting. The developer Stockland is not responding to residents' concerns. Plans currently available are insufficiently detailed. GS has contacted Ann Gibbs with a BUG draft submission drawing attention to the gap in the Tooronga Road Bike lane. This submission has also been given to the appropriate VicRoads staff.

Bicycle Advisory Committee: JB wrote to Jim Hondrakis, with copies to all BCC members, on 19th October requesting that a BAC be set up along similar lines to that in the City of Yarra. There has been no response to this letter to date. JB to follow up with a phone call. It was decided that in view of the fact that establishment of a BAC is likely to take some considerable time a further informal meeting between Jim Hondrakis and BUG members should be arranged. JB and GS agreed on possible times.

JB to contact JD to arrange a time to suit and check if Cr Menting is available too. Agenda items will include those discussed at the November BUG meeting.

Gardiners Creek Missing Link: GS and JD went to the meeting concerning this at VicRoads. Tony Barton queried whether this off-road path links any activity centres. This would be an important criterion for VR funding. Jim Hondrakis is looking at alternative sources of funds.

Hawthorn and Victoria Bridge Shared Paths: JB reported that she had attended a meeting of Yarra BUG and had found them supportive of this proposal. She had also put the issue on the agenda and attended the last Yarra BAC meeting. Richard Smithers has undertaken to apply to VicRoads for agreement to signing shared paths on Hawthorn Bridge and also to putting bike lanes across the bridge with a green lane across the end of the Boulevard on the east side. No action will be taken on Victoria Bridge for the present.

Web Site: TC reported that he had been in contact with JD with some suggestions of a very technical nature as to how to redirect searchers from the old web address to the new which JD has adopted.

Integrated Transport Strategy: At the Yarra BUG meeting Richard Smithers stated that the Boroondara ITS draft report had been released. JB had emailed Jim Hondrakis to confirm this but had received no reply.

Guide Dog Path: DL reported that this is well advanced but not yet complete. The path is of a very substantial nature. Work on improving the Main Yarra Trail approaches at Belford Road had been completed on the on the east side but not the west. This too looks as if it will be a significant improvement.

Tram 109: PC reported on the public meeting which he had attended. The current plan is for fewer stops further apart and in the centre of the road. This means that the tram lines need to be moved further apart for the whole length of the project with the consequence that the car lanes will be narrowed leaving no room for a bike lane. Footpaths will also be narrowed disadvantaging pedestrians, shop owners and householders fronting the route. It was agreed that the BUG should lodge a submission regarding the need to find some solution for cyclists traveling east-west through the area and PC agreed to draft this.

New Business

Running the Red Light: DL raised the issue of a spot on the Chandler Highway where cyclists could ride through a red light without any conflict with cars and in fact would be safer doing so and getting ahead of the traffic. Various options were put forward to deal with this situation, which is by no means unique to this particular location. These included a special cycle lamp that always shows green, or on and off ramps to enable use of the shared footway to bypass the light. DL agreed to contact Tony Barton at VicRoads to discuss this issue.

December Meeting: Traditionally the BUG has a barbecue for members, partners and anyone else who wants to come rather than a formal meeting in December. JB offered to host this at her home and to email those likely to attend to organise who will bring what food.

Eastern Rail Trail: PC reported that John Thwaites has created a new structure for cycle funding. A relatively large sum has been allocated for rural rail trails but little for urban ones. PC will put up details of his proposed Eastern Rail Trail on the web. He will also write a report on it for the December newsletter.

Survey of Cycling Needs: PC proposed that the BUG undertake a survey of Boroondara residents regarding their cycling needs. PC undertook to draft the questionnaire and circulate this to those interested for comment. It was suggested that BV could be asked to email the questionnaire to Boroondara residents on their database.

BUG Promotion: It was noted that a number of people unknown to the BUG have written to the *Progress Leader* recently in support of bike lanes. It was agreed that it would be worth trying to contact these people to alert them to the existence of the BUG in the hopes that they might check out the web site, subscribe to the newsletter, come to a meeting or even join. JB agreed to draft a letter to be sent to such people if addresses can be found for them.

Office Bearers: GS no longer wishes to be listed as Convenor of the BUG as this means that media people expect him to be available for interviews. GS's new title is to be Membership Secretary and Treasurer. It was agreed that JD should be approached by JB to see if he would agree to be listed as Publicity and Media Contact Officer or some such. PC has agreed to be listed as Meeting Chair and JB has agreed to be Minutes Secretary as well as Newsletter Editor. JB also agreed to prepare meeting agendas in future. The contacts lists in both the newsletter and the web site will need to be changed to reflect these new roles.

Notes by Julia Blunden

Contacts for Rides

There are many BUGs, clubs and other organisations, several of them local, which organise rides. Below are some of their contact details. At the end of this newsletter is a separate section with details of many of their forthcoming rides.

Camberwell Downhill Gourmet Bike Riders: contact Elva Parker, phone: 9836 6392

Boroondara Bushwalkers: contact Julia Blunden, phone: 9853 5095, e-mail: jblunden@bigpond.com; web site: www.keypoint.com.au/~bbwinc

Hawthorn Cycle Tours: contact Hawthorn Aquatic and Leisure Centre, phone: 9815 0988; e-mail: lexbishop@bikerider.com; website: <http://www.geocities.com/perften/Hct.html>

Council on the Ageing (COTA) Cycling Group: contact Janet Bennett, e-mail: janpeter@bigpond.net.au or COTA, phone: 9654 4443.

Knox Bicycle Touring Club Incorporated, email: Email: Mikeaatleisure@aol.com Web site: home.vicnet.net.au/~knoxbike

Manningham BUG: e-mail: seball@netlink.com.au, H.Edwards@bom.gov.au; web site: www.vicnet.net.au/~mannbug

Maroondah Bushwalking Club: to obtain details of how to book on a walk and a copy of the current walks and activities program Contact **information officers:** Sandra, phone: 9728 3833; Aileen, phone: 9876 1104; web site: home.vicnet.net.au/~mbush/

Whitehorse Cyclists: e-mail: ejhopper@vicnet.net.au; web site: <http://www.whitehorsecyclists.org.au/>

Darebin BUG: Rides and Events Coordinator, Doug Morffew, phone: 9499 7325 (AH), email: dougmorf@alphalink.com.au Download the [Darebin BUG rides flyer](#), with details of rides. (Word doc); web site: www.darebinbug.org.au

YHA: contacts: Claire, phone: 9726 5142 or Jane, phone: 9525 6462; e-mail: yhacycling@yahoo.com.au; website: <http://www.vicnet.net.au/~yhacycle>

Melbourne Bicycle Touring Club: contact Touring Secretary, Dave Cash, phone: 9817 3269, or e-mail info@mbtc.org.au (Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!) Web site: mbtc.org.au

Boroondara BUG Contacts:

Membership Secretary & Treasurer:
Graeme Stone, 16 Jervis Street, Camberwell VIC 3124.
e-mail: graeme_stone@optusnet.com.au

Media Contact & Webmaster:
Jason den Hollander, phone: 0407 11 88 91
email: fdutch@gmail.com

Newsletter Editor & Minutes Secretary:
Julia Blunden, phone: 9853 5095
e-mail: jblunden@bigpond.com

Meeting Chair:
Phil Crohn: philcrohn@ozemail.com.au

Additional Contact:
David Leong: leongd@anz.com

Boroondara Bicycle Users Group

Membership Application Form

Name: _____

Address: _____

Postcode: _____ Member of Bicycle Victoria? Y / N

Phone: (H): _____ (W): _____

e-mail: _____

Membership requires a one-off payment of \$10 per household. There is an additional charge of \$10 per annum for delivery of a hardcopy newsletter. Please send cheque (made out to *Graeme Stone*) along with this form to: Graeme Stone, 16 Jervis St , CAMBERWELL, VIC 3124

Past and Forthcoming Rides

Camberwell Downhill Gourmet Bike Riders

Christmas Break-up Dinner:

On the evening of Friday 18th November the Camberwell Downhillers and friends filled two large tables upstairs at Andiamo's, Evans Place, Camberwell. There was plenty of purely social chatter but amongst this much useful planning for the 2006 ride program got done. Thanks to Elva for organising another most enjoyable dinner.

November [Ride Report: Richmond to Ricketts Point](#)

What a lovely day it was, on Sunday 20th November, 12 of us set out following a combination of two rides from Julia Blunden's "Bikes Rides Around Melbourne". Unfortunately Julia was unwell and could not be there to lead us along the way, however Graeme and Elva very ably followed the guide and led us from Richmond Rail Station to Ricketts Point, Beaumaris. Along the way we enjoyed riding through all the 'Warming Up for the Games' events which also celebrated the opening of the new recreational areas adjacent to the great new bike path in Brighton. The Welsh Choir were noticed preparing for their songs but only Elva was there at the right time to hear them.

The weather was just perfect, except for a bit of a headwind heading down the bay, so the coffee break at Ricketts Point was well deserved! Thanks Elva for the idea of this lovely ride on a perfect day and to Graeme and Julia (per her book in her absence!) for making sure we got there ! Elva reports that she had a most pleasant ride back along the path to Southbank while others returned home by either train or riding the bike lanes of East Boundary Rd back to Burwood and East Camberwell.

We all agreed a lovely day was had and another year of bike riding as a group comes to an end. So all the best for the festive season to everyone and see you in January.

Thanks to Bruce and Yvonne Dite for this report

January [Ride: Sunday 15th January 2005](#)

[THE RIDE:](#) A nice easy start to 2006 is assured with the familiar ride to the Royal Botanic Gardens from Ashy Railway station.

[WHERE:](#) Meet at Ashburton [Railway Station](#), west [side](#), at approx. 10.00 [for](#) 10.15 [am departure](#).

[DESCRIPTION:](#) An easy ride mainly on shared paths. From Ashburton the group can decide to ride via the Anniversary Trail to the south and the Gardiners Creek Trail from East Malvern or via Summerhill Park route to the Botanic Gardens. We will ride via the south side of the Yarra River from Mac Robertson Bridge and return via the north path. Toilet and morning tea stop at Hawthorn velodrome. Let's then ride to Gate A of the Gardens and if time allows we could ride 'the tan' around to the observatory café / gate and walk down through the gardens before lunch at the lake near the kiosk. All up approx 18km one way.

Return options: ride back or train from Flinders Street or Richmond Railway Station.

ENQUIRIES: Elva – 9836 6392.

Weather: If the temperature is forecast to be 30 deg or over the ride will be cancelled.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders ages vary from 20-70 years old.

Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Sassafras Ride

Every Sunday all year. Starts at "Bike Life", 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70 kms from Hawthorn to Sassafras return (includes the 7 kms 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café "Ripe", 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melways Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Council on the Ageing members have started a cycling group for people who want to ride more and learn more about their bikes and riding, as well as for people just getting started.

Plans for Seniors Bike rides in 2005

We will ride 4 Wednesdays in the month. We will meet at 10am at the place specified. If the weather forecast for the day, published the evening before, is 31°C or above the ride will start at 8am and conclude by 12midday. Every effort will be made to find a coffee stop midmorning! We will generally take our own lunch and picnic together. Some rides are on rail trails or roads in the country and the starting times for these rides will be specified, if different. Riders are welcome to join the ride along the way if it is closer to home. Please contact Janet Bennett on 9853 9808 to discuss any details.

The 1st and 3rd Wednesday rides will be reasonably short, approximately 30km. The details of these rides will be decided on the morning with the group, at the listed starting point.

The 2nd and 4th Wednesday rides will be more challenging, approximately 50- 60km, and are detailed below.

All riders are encouraged to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Program December 2005

Abbreviations for the ride grades are #easy *medium !hard ^hills.

Date	Place to meet	Description	Grade
Dec.14 th	Drysdale Historic Station carpark MEL 238 C11 or 456 F12 after 2002!. There is no train station nearby.	We will ride a circuit of the Bellarine Peninsula – Drysdale, Portarlington, Queenscliff, Pt. Lonsdale and return, approx 50km.	*
Dec.21st	Meet at Southbank footbridge MEL 43 G10 at 9.30. Nearest railway station is Flinders St.	Christmas Ride. We will ride from the meeting place to Fairfield boathouse for lunch and return to the city.	

Darebin BUG

Social Rides

Darebin BUG runs rides of distances approximating 10-20km every Monday, 40-60km on Tuesdays and up to 90km on Thursdays and a variety of rides of various lengths on weekends.

The **DBUG Rides Planning Committee** is looking for people who are interested in arranging and leading a ride, or in gaining leadership experience by co-leading a ride. Ride dates, suggestions and leaders should be coordinated through the Rides Coordinator. Please contact Doug on 9499 7325 / 0409 956 913 with your ideas.

Unless otherwise stated, our rides meet at **Jika Jika Community Centre**, corner Plant & Union Streets, Northcote near Westgarth train station.

For information about any of these rides, contact the Rides and Events Coordinator, Doug Morffew AH 9499 7325
dougmorf@alphalink.com.au

Download the [Darebin BUG rides flyer](#), with details of these rides. (Word doc)

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this **does not** cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

Rides for Beginners

Monday Rides

Regular Monday rides for those looking for short easy rides. Travel local bike paths around 10-20km. For more information, call 9481 8853.

"Time to Ride" Beginners Rides

Brimbank Park Ride - Tuesday 13th December Meeting Place: Flinders St Station main concourse 9:20am for 9:47am St.Albans train. Ride Leader: Jacques 9497.2306 to register Bring: Zone 1 & 2 Met ticket, lunch and money for coffee. Ride Distance: Approx 4.5 hours Ride Grading: Easy/Medium Ride Route: Brimbank Park

Market Rides

Collingwood Children's Farm Market ride - Saturday 14th January - 9:30am Meeting Place: Jika Jika Community Centre Ride Leaders: Vivienne Aroin 9482.3147; Michael Hansford 9482.3276 Ride Distance: 12km Ride Grading: Easy Ride Route: Merri Creek path then Yarra River Path to Collingwood Children's Farm

Tuesday & Thursday Rides

Both are social rides largely on bike trails that conclude around 4 pm. Bring lunch & water.

Tuesday Rides *For experienced riders.*

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.45am. They vary in length from about 40 to 60 km.

Thursday Rides *For experienced riders.*

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.30am sharp. Rides can be up to 90km.

Saturday & Sunday Rides - Varying Distances & Locations

Sunday Morning Rides *For experienced riders.*

Every Sunday, 2-3 hours riding, various distances, training for ATB.

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9am.

Contact Yannick on 0438 785 450

Saturday & Sunday Social Rides *Some for beginners, others for experienced cyclists.*

Occasional Saturdays & regularly on 3rd Sunday of the month - a diverse program, some rides local and others involving public transport.

Saturday and Sunday Social Ride Program for 2005-06

"Special Event" Rides

Christmas Lights Ivanhoe Boulevard Ride - Wednesday 21st December - 8:30pm. Meeting Place: Dan Murphys Liquor Store, Heidelberg Rd, Alphington. Ride Leader: Aaron Bailey 9646.5494. Bring: Lights, reflective jacket, warm clothing, lock and money for supper. Ride Distance: 15km Ride Grading: Easy. Ride Route: Heidelberg Road, then the length of The Boulevard return. Coffee and Cake in Fairfield on completion of the ride.

Amy Gillett Challenge Ride - Bellarine Peninsula - Saturday 7th January 2006 - 10:30am. DBUG Team Leader: Expressions of interest - Aaron Bailey 9646.5494. Meeting Place: Spencer St Station 8:00am. Ride Distance: 120km. Ride Grading: Difficult. Ride Route: Loop of the Bellarine Peninsula. Notes: Catch 8:00am train to Geelong.

Weekend Rides

Gourmet Overnight Ride - Drouin to Lilydale - Thursday 29th to Friday 30th December. Accommodation: A-frame hut and caravan or tents. Distance: 70km both days. Grade: Hard / Medium, hills and some busy rural roads, return by Warburton Rail Trail. Ride Organiser / registration: Jo Southwell 9499.5987. Costs: \$50 deposit by 12th December, Train ticket to Drouin plus bike, Met 3 Zones return from Lilydale.

Benalla to Tatong Weekend Ride - Saturday 4th March to Sunday 5th March 2006 - Ride Leaders: Jo Southwell 9499.5987; Roger Parris 9381.4650. RATING: EASY PEASY; GREAT FOOD (of course); COMFY ACCOM AT TATONG HOTEL. A good one for non-cycling partners to join us via a carpool. Train to Benalla (\$51.20 return, plus bikes), early lunch and enjoy Benalla Gallery and Botanic Gardens, inc bronze statue of Weary Dunlop, then easy 30km ride to Tatong. Weather and energy levels permitting, there could be an additional 20km circuit to add distance and variety. Tatong Hotel is the only building in Tatong, is listed the Age Good food Guide, and has accommodation of couples, singles and a family room for 18 people. There is also a B&B nearby which could accommodate an overflow of up to 8 people. 30 km return via same route on the Sunday.

Northern Victoria Easter W/E Ride - April Friday 14th to Sunday 16th. Accommodation: Rutherglen Heritage Hotel with day rides to local wineries, Millawa Cheese Factory, etc. Costs: Train travel; Accommodation; personal spending. Deposit: \$50 by early December to secure accommodation at Easter. Ride leader: expressions of interest - Roger Parris 9381.4650

Other weekend rides are being planned. Offers to assist with planning and leading are very welcome

Manningham BUG

Rides are subject to change so always phone the ride contact close to the date of the ride to confirm details.

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

		GRADE	CONTACT	MEET AT...
December				
Sat 17th	DEF of trails – the next alphabet ride Diamond Ck – Eltham– Fairfield Gary takes us on another of his alphabet rides along the paths and byways of Melbourne!	Medium 40-50km???	Gary 9439-5016	Ring for details
Mon 19th	BUG Christmas Dinner The Manningham Club , 1 Thompson's Rd Bulleen Book early (bring something to add to the raffle prizes)		Ann T 9459-7112 or 0404 876 156	7pm Mel 32 D10
Wed 21th Dec	11th Annual Fish & Chip Ride The ever popular end of year event Be part of this institution! Lights are required for the return trip after some of the best fish and chips have been consumed	20km Easy	Harv 9890-8006	6pm Floral clock St. Kilda Rd Mel 2F H8
January				
Sat 7th	Amy's Ride- for the Amy Gillet Foundation Three ride options 120 km around the Bellarine Peninsula 45 km from Geelong - Drysdale and return 5 km (loops of the Geelong Botanic Gardens) Solo or Team entry - \$58 per person / \$120 per family YOU NEED TO LOOK AT http://www.amysride.com.au/ to see what you get.... The Amy Gillett Foundation is being established in the memory of 29-year-old Amy Gillett, who was killed after she and five other members of the Australian women's cycling team	5, 45, 120km		Start 9:30 - 11:00am Geelong Botanic Gardens

Interested? [Email us to find out more about the BUG](#)

Whitehorse Cyclists Inc

Rides Program

Last updated December 4 2005

Note: Tuesday rides are designed to enable new, inexperienced or recovering riders build up their abilities.

Date	Event	Distance	Grade	Contact
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Tues 6 Dec	1st Tuesday easy ride	30	Easy	Len 9898 2660
Thurs 8 Dec	Mordialloc and return	55	Med	Mike 9859 3647
Sat 10 Dec	Darebin Velodrome: \$10 entry: Lights home	36	Easy	Elaine 9877 1434
Tuesday 13 Dec 7.45 pm : Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804 Christmas Breakup				
Tues 13 Dec	2nd Tuesday easy ride	40	Easy	David 9884 8037
Thurs 15 Dec	Xmas ride to Woori Yallock hotel	50	Med	Ken 9801 7157
Sat 17 Dec	Boulevard Christmas Lights	18	Easy	Darby 9878 3589
Tues 20 Dec	3rd Tuesday easy ride	Up to 30	Easy	Ken /Len 9801 7157 9898 2660 157 9898 2660
Thurs 22 Dec	Ferntree Gully and surrounds	50	Med	Bob 9874 5078
Tues 27 Dec	4th Tuesday easy ride	40	Easy	Elsa 9849 0131
Sat 27 -31 Dec	French Island Cycle camping tour	45 a day	Med	Darby 9878 3589
Thurs 29 Dec	Moonee Ponds-SouthBank	55	Med	Mike 9859 3647
Tues 3 Jan	First Tuesday easy ride	30	Easy	Len 9898 2660
Thurs 5 Jan	To the Bay and Bayside	50	Med	Russell 9850 4375
Sun 8 Jan	Brunch ride	25/50	Easy	Lesley 0418 509 043
Tues 3 Jan	2nd Tuesday easy ride	30	Easy	Loreto/David 9808 1960/ 9844 8037
Tuesday 10 January 7.45 pm : Club Night: BBQ at Surrey Dive Box Hill BYO all Mike Taylor 9859 3647				
Sun 15 Jan	Shepparton BUG visit	65	Med	Jacques 9497 2306

Melbourne Bicycle Touring Club

We are based in Melbourne, Victoria and conduct rides (or events) every weekend. We are a diverse collection of people with a common interest in cycling - cycle touring in particular. Please feel free to join us!

MBTC Rides and Events

Rides Program

	2005 December		
Thurs 8	<i>Orbea bikes. Come and hear about the new trekking bikes which are big in Europe</i>		Phil
Sat 10	Lilydale to Seville via Warburton trail then through Cockatoo to Pakenham; a pleasant rural ride	70km medium	Dave
Sun 11	Bittern to Bittern via Hastings, Redhill and a couple of wineries; car-based. Some hills	45 km easy/med	Karen
Sun 11	Capital City Trail to Margo's celebration	20km easy	Gail
Sun 11	Open House help Margo celebrate her Sea Change & birthday 4pm		Margo

W/E 10/11	Murchison to Nagambie - camping in Whroo Forest	80km medium	Glenn
Tues 13 Dec	Club lunch Camberwell Junction	3600kcal med	Fred
Thurs 15	<i>Christmas BBQ & awards - BYO everything. 6pm Yarra Bank Reserve, Creswick St, Hawthorn (Melway 44 K 9)</i>		Jon
Sat 17	Beasleys Nursery for that last minute gift shopping	55km medium	Alan
Sun 18	Lysterfield Lake - swim, walk MTB ride.....	0 - 30km easy med	Gael
W/E 17 & 18	Lilydale via Warburton Trail, Powelltown & Noojee	150km med-hard	Peter
Thurs 22	<i>No meeting</i>		
Dec 22- Dec 26	South Gippsland Escape: Christmas Trip Leg 1 Warragul to Rosedale via Great Southern Railtrail and Strzelecki Ranges. Escape the madness of Christmas in Melbourne: try to fit a turkey in your rear panniers!	200km Medium	Kerry
Sun 25 - Wed 4	Warrnambool to Mt Gambier via Mt Eccles NP, Lower Glenelg NP	600km medium hard	Glenn
Dec 26- Jan 2	Over the Great Divide & far away: Christmas Trip Leg 2. Rosedale to Hurstbridge via Licola, Jamieson & Molesworth. Travel one of the highest roads in the state & burn up the excess of Xmas.	400km hard	Kerry
Sat 31	Join the Christmas bunch on Kerry's ride		Kerry
Thurs 29	<i>No meeting</i>		
2006 January			
Sun 1 Jan 2006	Join the Christmas bunch on Kerry's ride		Kerry
Thurs 5 Jan	<i>Social Night</i>		Fred
Sat 7	Amy's Ride: help raise money for the Amy Gillett Foundation riding on the Bellarine Peninsula	45km or 120km	Jon
Sun 8	Mountain bike ride at Lake Mountain	30km med	Geoff
Weds 11	MAD ride mailout	painless & satisfying	Geoff
Thurs 12	<i>Trip Planning</i>	<i>rewarding</i>	<i>Gael</i>
Sat 14	Choo choo ride to the Newport Train Museum (maybe via Williamston)	25km easy	Norm
Sun 15	Gisborne gambol - scenic country with some hills	50km medium	Alan
Sun 15	Lilydale to Hurstbridge via Launching Place, Healesville & Kinglake	100km hard	Peter
W/E 14 & 15	Explore Pakenham and beyond - easy/peasy base camp at my house arrive either Fri night or Sat morn	variable km easy/medium	Pam
Tues 17	Club lunch Camberwell Junction	Delicious!	Fred
Thurs 19	<i>Roz Beste talks about her cycle tour across China. On a unicycle</i>		<i>Alister</i>
Sat 21	Central Victorian touring delight	80km medium	Peter
Sun 22	Mini-architectural tour of Melbourne; limited numbers ... first in best designed!	20km easy	James
W/E 21 & 22 +	Bellarine delights! Queenscliff: limited numbers in caravan or pitch a tent. Extend your stay and see Pt Nepean and pick blueberries etc	75km medium	Max
Thurs 26	<i>Australia Day Picnic - BYO everything</i>		<i>Elizabeth</i>
Thu 26 - Sun 29	Surf Coast Cycle Adventure: ride, swim, walk... limited numbers	variable km easy/medium	Anne

Sat 28	Traditional pancake ride to Frankston	delicious 2km, 45km or 90km	Steve
Sun 29	Pakenham to Lilydale via Gembrook & Launching Place; this is a Peter B special!	80km medium	Peter
W/E 28 & 29	Glen Waverley to Lilydale via Dandenong Creek on Saturday (+ pool volleyball!); Lilydale area on Sunday (winery or historic homestead); staying at Stringybark Rise	70km medium	Gerry and Robyn
2006 February			
<i>Thurs 2 Feb</i>	<i>Emma Rickards talks about cycle racing in Europe</i>		<i>Graham</i>
Sun 5 Feb	Frankston to Portsea & return	110km hard	Steve
W/E 4 & 5 Feb	Intro to Touring - Leongatha to Foster on the rail trail then return via back roads, option of trip to Foster Beach	100km medium	

For information on the above rides, please contact the Touring Secretary, Gael Reid, on (03) 9495 0538, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Rides Program

	RIDE	Bike	GRADE	CONTACT
W/E 10-11 Dec	Nagambie/Seymour Visit the Mitchelton and Chateau Tabhilk wineries	Any	Easy/Medium	Kathy
Sunday 18th Dec	Toomuc Valley	Touring, MTB or Hybrid	Medium	Jon
Sunday 8th Jan	Alpine Classic Training Ride Warburton to Marysville Return	Any	Hard	Jon
Sun 15th Jan	Broadmeadows to Southbank (for Ice-Cream)	Any	Easy	Ann Bull
Tuesday 17th Jan	Ride Planning Night	Elsternwick Hotel	Anna	
W/E 21-22 Jan	Bellarine Peninsula Winery Tour	Any	Medium	Sing

Visitors (whether members of YHA or not) are welcome to attend any of our rides or other activities. Please note that cyclists aged under 18 must be accompanied by an adult.

YHA contacts: Claire, phone: 9726 5142 or Jane, phone: 9525 6462; e-mail: yhacycling@yahoo.com.au; website: <http://www.vicnet.net.au/~yhacycle>

How to join our mailing list

Send a blank e-mail to YHA Cycling with 'subscribe' in the subject line.

Soon after, you will receive an e-mail asking you to confirm your subscription.

Reply to this e-mail and you're in. E-mail addresses are kept private and are NOT broadcast to the masses.