

BOROONDARA

Bicycle Users Group

Newsletter February 2006

Boroondara BUG meetings are held on the 2nd Wednesday of each month, except January. Next meeting will be on Wednesday 8th February at Phil Crohn's place, 2/255 Mont Albert Rd, Surrey Hills, preceded by a backyard BBQ from 6:30pm. Phil will provide vegieburgers, some bread and salad and soft drinks. BYO meat and alcohol if desired. RSVP 9836 3329 or { [HYPERLINK "mailto:philcrohn@ozemail.com.au"](mailto:philcrohn@ozemail.com.au) \o ["mailto:philcrohn@ozemail.com.au"](mailto:philcrohn@ozemail.com.au) } The meeting proper will start at 8pm.

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 [HYPERLINK http://www.boroondarabug.org/](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 [HYPERLINK "mailto:BoroondaraBug-subscribe@yahoogroups.com"](mailto:BoroondaraBug-subscribe@yahoogroups.com) to receive this monthly newsletter and occasional important messages.

Send a blank e-mail to [HYPERLINK "mailto:BoroondaraBugDiscussion-subscribe@yahoogroups.com"](mailto: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

Our Journey through Paradise

This cycling trip began when one member of our group bought a copy of the booklet *Journeys through Paradise* when he was doing the Great Victorian Bike ride in 2003. The Latrobe Valley BUG produces this booklet. Our group decided it looked interesting for a week of riding and we based ourselves at a motel in Traralgon in November.

We used the booklet as a basis for 3 rides, riding a circuit north west of the highway via Cowwarr Weir, south to Tara Bulga National Park and south east through Yinnar and dairy country. One of the interesting factors was the wind, which was westerly all the time. Our return along the highway on the first day was very testing, with the west wind in our face and a very small shoulder on the road making the passing trucks a menace! In contrast when we returned from the east to Traralgon along the freeway, it was a glorious ride with the wind behind and plenty of room for the traffic and us on the freeway! It is best to avoid the Princes Highway while cycling and take small back roads.

After our highway experience, I decided we should ride a local rail trail. We incorporated the Moe to Yallourn rail trail into a north east circuit via Yallourn North. The trail is extremely hard to find when approaching it from Yallourn North, as there are no signs at all. Even the locals didn't know exactly where it was. The surface is good but as it was raining we found it quite slippery. The scenery is excellent along the track but it is too short, only 8km. in length. Also the natural beauty in the area is dwarfed by Yallourn W power station. We also rode past the Loy Yang power station on our return from Tara Bulga and the experience is especially humbling from a bicycle. There is a viewing area and it is essential to visit with a great view of the valley and excellent information boards on the power station and its history. Somehow it is so much easier to visit on a bicycle than stop the car.

During the other day of our week the temperature soared and instead of cycling to Walhalla as planned, we drove! The highlight of the week was the ride down from Tara Bulga, with the road almost empty and the wind in our faces.

Paradise wasn't quite what I expected and it wasn't what we found but it was an excellent cycling experience.

PS: We rode 290km in 4 days.

Janet Bennett, and the over 50's COTA cycling group.

Coast to Craters Tour

In early November I had a five-day cycling holiday with my friend Kerryn. We rode our bikes from Warrnambool to Port Fairy. The following day we travelled to Mt. Eccles National Park where we camped for three nights. Between the different accommodation locations we carried a tent and food. A loop trip was achieved by travelling from Port Fairy, along the coast, then turning right into Bessiebell – Codrington Rd to get to Mt. Eccles. We returned to Warrnambool by using Hamilton – Port Fairy Rd until Ryans Corner, where we turned left into Spencer Road. Bessiebell – Codrington Rd was the best road on which we rode our bikes. The beginning of this road is located at Codrington which is 26km along the coast from Port Fairy, just past the windmills. There are shrubs on either side of the narrow road, which acted as a wonderful wind break. Only three cars passed us while riding along this 15km straight road.

I wish you to note Macarthur is located 8km from Mt. Eccles. It is a comforting thought that it has a general store. When using Mt. Eccles as a base, additional food items were easily purchased. Although the map indicates a fair quantity of 'towns' located in this region, often they do not contain a store. When bike riding for a day, to a different location, it was best to carry a day's supply of water and food. To obtain a camp site at Mt. Eccles during long weekends it is necessary to book accommodation beforehand. The best drinkable water at Mt. Eccles is located above the camping area. It is in a drum which is attached to a shelter, overlooking the lake in the crater of Mt. Eccles. While doing bushwalks at Mt. Eccles it is important to carry insect repellent. This is used to keep both the giant and small leeches away. The giant leeches are the size of snails. I discovered that after smothering a leech on my skin with repellent, it is necessary to WAIT for it curl up before flicking it away with a stick. The best way to stop any bleeding is to apply pressure for quite a while. Tying a sock around the wound on my ankle worked well. We did a 100km day ride to Mt. Napier, an extinct volcano which has a classical shape, similar to that of Mt. Fuji in Japan. The beginning of the 1.5km walk to the crater is found on the edge of the track, on the left, just past the rear of the parking area, where there is a small open space and the sign regarding the walk is not easily visible.

On a brighter note I would like to relate some highlights of the trip. I recommend for dessert at the end of a day's bike ride, a chocolate banana split. The cooking method involves a banana nearly being split in half, from end to end, with the skin still kept intact. Pieces of chocolate are placed in the split. The banana is then wrapped in foil and placed in the hot fire coals for 15 minutes. This dish is served with the banana skin opened up on one side. This reveals a warm, soft banana with melted chocolate. At Mt. Eccles koalas can be seen. We saw a few during our three-night stay at this location, including a couple of mother koalas carrying babies on their backs. In the evenings, the koalas made a lot of noise, especially when we were trying to sleep. November is the mating season for koalas. This meant the male koala bear was making such a loud noise that he sounded like a wild 'honking' pig, while the female occasionally made high pitched squeals. There is certainly nightlife in the camping area of Mt. Eccles during November! Sights within a day's ride to the east of Mt. Eccles include Mt. Napier, and Byaduk caves which are collapsed lava tubes, and lava blisters.

The ride back to Warrnambool from Mt. Eccles was 66km. On the way to Mt. Eccles we rode into a westerly head wind. To make this situation fair, we hoped to get a tail wind back to Warrnambool. Alas we got a head wind all that day too. All the more reason to stop and have a break at the bakery at Koroit! It was a great bike riding trip.

Marion Green

General News

The Great Commuter Race: Bicycle vs Car and Bus

On 17/11/05, as part of ABC 774 Melbourne's Transport Blitz on Jon Faine's program, the Great Commuter Race between bicycle, car and bus was featured. And the winners were, of course, bicycles!

(1) Chris Starr and partner Steve vs. ABC staffer Jeremy (in Subaru Forester) left Northcote Town Hall at approx 7.45am on Red Symons show. (I should have taken Red's advice and gone for a coffee on Brunswick St, commented Chris.)

Chris and Steve arrived Southbank: 8.09am. Jeremy arrived at approx twenty past, as they were casually relaxing upstairs in the guest lounge waiting to be interviewed by Jon Faine.

(2). Jason den Hollander, also cycling, left Balwyn at 8:40am, he arrived at Fed Square at 9:15am. Gabby Arrived (by Bus/tram) at 9:40!!!

More discussion & idle chatter here: {HYPERLINK <http://www.yarrabug.org/> }

{HYPERLINK <http://www.cyclingforums.com/t299548-bicycle-vs-car-commuter-race.html> }

Twas a Grand Day for cycling!

Thanks to Chris Starr for organising and reporting on this excellent demonstration of the superiority of the bike for city commuting.

Beyond Boroondara

Driving for a Bike Track

Diamond Valley Leader Nillumbik Edition (Vic Suburban), 14 December 2005, Page 1 MOTOR racing legend Peter Brock is leading a push for a bike track linking his home town, Hurstbridge, to the city. Last week he promised to match every dollar raised by township traders to get the project started. Bendigo Bank has already pledged \$10,000, matched by the Peter Brock Foundation donation.

Bikes on Canberra Buses

Canberra bike riders and bus users can now combine their travel with ACTION's new bike racks creating the new Bike 'n Ride service. The bike racks have been fitted to all of the 55 ACTION buses servicing the Intertown bus route (300 series). The Intertown route provides a high frequency service between Canberra's four main town centres of Tuggeranong, Woden, The City and Belconnen.

The ACT Government committed \$345,000 for the introduction of the trial of bike racks. The bike racks are an initiative of the ACT Government's Sustainable Transport Plan, encouraging the use of alternative forms of transport to work. The racks are simple and safe to use. Bike racks are also in use in Brisbane along with many other countries around the world.

Additional information is available from the ACTION website:

{HYPERLINK www.action.act.gov.au } or by calling ACTION on 13 17 10.

Thanks to Graeme Stone for passing on these items

Events

High-country Cycle Challenge, Saturday March 4th-5th 2005

Do you like participating in challenging cycling road events on rolling hills, long straight flats as well as mountain climbs with little traffic and no stop lights?

The organisers of the High Country Cycle Challenge are keen to attract more women to this great inaugural event and together with the Cycling Promotion Fund and support from Avanti Bicycles are keen to assist in making this a great experience for women.

We aim to put together a package with accommodation in a lodge for women only as well as catering and transport options if required. Hopefully this not only lowers the cost but also provides a great opportunity for mutual support and encouragement.

Stage 1: The Mansfield Dash, Saturday March 4th 9.30am, 58km

Stage 2: The Mt. Buller Challenge Saturday March 4th 1.30pm, 51 km

Stage 3 The High Country Hundred, Sunday March 5th 7am-9am, 111 km

Cost of entry which includes a jersey is \$158 p.p. and does not include accommodation or transport.

For details of the event please visit the website { HYPERLINK "<http://www.highcountrycyclechallenge.com.au>" \o "<http://www.highcountrycyclechallenge.com.au>" }

If you are interested to participate in the event and are keen to join a group of other women please fill in the expression of interest form ASAP and email, send or fax:

Cycling Promotion Fund

Email: { HYPERLINK "<mailto:cfund@cyclingpromotion.com>" \o "<mailto:cfund@cyclingpromotion.com>" }; Fax: (03) 9818 4535; Post: P.O. Box 3052, Auburn 3123; Phone: (03) 9818 5400

Mad Ride 2006, Sunday 23rd April

Melbourne Bicycle Touring Club's MAD Ride (Melbourne Autumn Daytour) has its 24th anniversary this year with a new location and new routes.

The 2006 MAD Ride will start and finish at Woodend, an easy hour's drive from Melbourne. Choose from 2 road routes, 110km and 60km and a 65km MTB route.

Download and print details of the ride from the MBTC web site at { HYPERLINK "<http://home.vicnet.net.au/~mbtc/>" } or send your name and address to mad_ride@mbtc.org.au

Great Divide Ride, Sunday 23rd April

The next Great Divide Ride is on Sunday 23rd April 2006 and we look forward to seeing you for a memorable day of cycling and entertainment. Visit our website and read about our new initiatives, including the generous and exciting Rewards Programme where two **\$5,000 Giant bikes** are on offer, plus plenty of other rewards.

{ HYPERLINK "http://www.greatcycling.com.au/overview.html" \o "http://www.greatcycling.com.au/overview.html" }

As organisers of the Great Divide Ride we are committed to making your day on **Sunday 23rd April 2006** both enjoyable and satisfying and delivering a better and more innovative event each year.

The most noticeable developments for this year include an improved route where the Calder Fwy has been replaced by a peaceful ride via Gisborne and extensive positioning of course marshals around the entire circuit.

In addition, there are a number of new initiatives highlighted by the Rewards Programme which is a major fund raiser for seriously ill children where sponsorship collected is rewarded by quality products. Raise just \$300 and receive a quality Jaggad jersey worth \$109.

I'd be delighted if you would join us by { HYPERLINK "http://www.greatcycling.com.au/GreatCycling/WebObjects/GreatCycling.woa/wa/register" \o "http://www.greatcycling.com.au/GreatCycling/WebObjects/GreatCycling.woa/wa/register" } today. Create your own { HYPERLINK "http://www.greatcycling.com.au/create_team.html" \o "http://www.greatcycling.com.au/create_team.html" } and invite your cycling friends along and automatically be in the running for some great prizes.

If you want to receive the latest event information, please assist us by providing your current details:

- Full name
- Preferred email address
- Mobile #
- Home #

Just click on { HYPERLINK "mailto:contact@greatcycling.com.au" \o "mailto:contact@greatcycling.com.au" } to send us an email with this information. Your support is much appreciated.

Daniel, Event Director, Great Cycling Events

B: (03) 8508 9845; F: (03) 8640 0498; { HYPERLINK "http://www.greatcycling.com.au" \o "http://www.greatcycling.com.au" }

Boroondara BUG News

Eastern Rail Trail Proposal

Boroondara BUG member Peter Campbell is currently working on a proposal for an Eastern Rail Trail. The suggested route follows the Box Hill railway line from Surrey Hills Station over the Yarra River to the Main Yarra Trail and Swan Street. Most of the route can be situated on or next to the railway easement, which will offer unimpeded and enjoyable cycling. The detailed proposals including maps can be viewed on the web at { HYPERLINK

"http://www.lexicon.net/peterc/Eastern_Rail_Trail/Eastern_rail_trail.html" \o "http://www.lexicon.net/peterc/Eastern_Rail_Trail/Eastern_rail_trail.html" }

There is also provision for feedback from potential users of the trail via a survey form or the Eastern Rail Trail Blog.

Burwood Road Improvements

Not sure who has visited this neck of the woods recently but the Exclusive Bike Lanes along Burwood Rd, between The Tower Hotel Corner (Camberwell Rd) and Burke Rd are complete. Nice and wide and nice and smooth surface. Much easier heading west (downhill) than east though! Enjoy!

Jason den Hollander

Minutes of Boroondara BUG Meeting 7.30pm Wednesday 14th December 2005

Our December meeting took the form of a barbecue. While there was much bike talk no official business was conducted.

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: { [HYPERLINK "mailto:jblunden@bigpond.com"](mailto:jblunden@bigpond.com) }; web site: { [HYPERLINK "http://www.keypoint.com.au/~bbwinc"](http://www.keypoint.com.au/~bbwinc) }

Hawthorn Cycle Tours: contact Hawthorn Aquatic and Leisure Centre, phone: 9815 0988; e-mail: { [HYPERLINK "mailto:lexbishop@bikerider.com"](mailto:lexbishop@bikerider.com) }; website: { [HYPERLINK "http://www.geocities.com/perften/Hct.html"](http://www.geocities.com/perften/Hct.html) }

Council on the Ageing (COTA) Cycling Group: contact Janet Bennett, e-mail: { [HYPERLINK "mailto:janpeter@vic.bigpond.net.au"](mailto:janpeter@vic.bigpond.net.au) } or COTA, phone: 9654 4443.

Knox Bicycle Touring Club Incorporated, email: { [HYPERLINK "mailto:Mikeaatleisure@aol.com"](mailto:Mikeaatleisure@aol.com) } Web site: { [HYPERLINK "http://home.vicnet.net.au/~knoxbike/"](http://home.vicnet.net.au/~knoxbike/) }

Manningham BUG: e-mail: { [HYPERLINK "mailto:seball@netlink.com.au"](mailto:seball@netlink.com.au) }, { [HYPERLINK "mailto:H.Edwards@bom.gov.au"](mailto:H.Edwards@bom.gov.au) }; web site: { [HYPERLINK "http://www.vicnet.net.au/~manbug"](http://www.vicnet.net.au/~manbug) }

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: { [HYPERLINK "http://home.vicnet.net.au/~mbush"](http://home.vicnet.net.au/~mbush) }/

Whitehorse Cyclists: e-mail: { [HYPERLINK "mailto:ejhopper@vicnet.net.au"](mailto:ejhopper@vicnet.net.au) }; web site: { [HYPERLINK "http://www.whitehorsecyclists.org.au/"](http://www.whitehorsecyclists.org.au/) }

Darebin BUG:{ [HYPERLINK "mailto:darebinbug@yahoo.com.au"](mailto:darebinbug@yahoo.com.au) }; web site: { [HYPERLINK "http://www.darebinbug.org.au/"](http://www.darebinbug.org.au/) }

YHA: contacts: Claire, phone: 9726 5142 or Jane, phone: 9525 6462; e-mail: { [HYPERLINK "mailto:yhacycling@yahoo.com.au"](mailto:yhacycling@yahoo.com.au) }; website: { [HYPERLINK "http://www.vicnet.net.au/~yhacycle"](http://www.vicnet.net.au/~yhacycle) }

Melbourne Bicycle Touring Club: contact Touring Secretary, Dave Cash, phone: 9817 3269, or e-mail { [HYPERLINK "mailto:rides@mbtc.org.au"](mailto:rides@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: { [HYPERLINK "http://home.vicnet.net.au/~mbtc"](http://home.vicnet.net.au/~mbtc) }

Boroondara BUG Contacts:

Membership Secretary & Treasurer:

Graeme Stone, 16 Jervis Street, Camberwell VIC 3124.
e-mail: { [HYPERLINK](#) "mailto:graeme_stone@optusnet.com.au" }

Media Contact & Webmaster:

Jason den Hollander, phone: 0407 11 88 91
email: { [HYPERLINK](#) "<mailto:fdutch@gmail.com>" }

Newsletter Editor & Minutes Secretary:

Julia Blunden, phone: 9853 5095
e-mail: { [HYPERLINK](#) "<mailto:jblunden@bigpond.com>" }

Meeting Chair:

Phil Crohn: { [HYPERLINK](#) "<mailto:philcrohn@ozemail.com.au>" }

Additional Contact:

David Leong: { [HYPERLINK](#) "<mailto: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

Ride Report for the January ride:

Our usual January ride from Ashburton RS to Botanical Gardens attracted eleven riders. It was a beautiful day for the picnic in the park and was enjoyed by all those present. It was great that Heather and Barry from the Boroondara BUG joined us on the ride - we hope they join us again on another occasion.

Now for a little bit of "housekeeping". On all our future rides, we need to make stopping points so that we can check to see that all riders have made it to that point before we proceed further. Also, when there is a fork on the trail or a turn-off, e.g. a bridge, the group does not move until they see that the last rider is visible.

Not every rider is familiar with all bike trails/routes and we want to ensure that every rider has an enjoyable day with our group.

Elva.

February Ride: Sunday 19th February

The Ride: South Down The Bay

Meet at: Southbank near the footbridge at 9am for a 9.15am start. (Catch the train that arrives at Flinders Street at 8.56am.)

Description: Ride from Southbank to Beacon Cove, then south down the Bay to Frankston. Return to Flinders Street by train. A moderate ride, mainly off-road but with a few short sections on road. Total distance 57km but lots of opportunities to bail out at various stations on the Sandringham and Frankston lines for a shorter ride. Morning coffee at St Kilda. Lunch at Ricketts Point – BYO or buy there.

Weather: If hot, ie high 20s or low 30s, bring bathers for a possible swim and a shorter ride. If forecast maximum is for 35 or over the ride will be cancelled.

Further Enquiries: Julia Blunden, phone: 9853 5095; email: { [HYPERLINK "mailto:jbunden@bigpond.com"](mailto:jbunden@bigpond.com) } Notification of your intention to join the ride would be appreciated.

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: { [HYPERLINK](#)

"<http://www.geocities.com/perften/Hct.html>" } or e-mail: { [HYPERLINK "mailto:lexbishop@bikerider.com"](mailto: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 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 2006

We will ride 4 Wednesdays in the month .We will meet at 10 am 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.

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

Date	Place to meet	Description	Grade
Feb 1st	Westgate Park Mel 56 F1 or ride from Flinders St. station.	We will choose a 30km circuit to ride on the day.	#
Feb 8 th	As above	The Bayside trail to Ricketts Point and return, 50km. Possible extension along the Bay to 60km, weather permitting.	*
Feb 15 th	As above	We will choose a 30km circuit to ride on the day.	#
Feb 22nd	As above. Will need to arrive at 8:30am to catch the punt	Catch the punt across the Yarra at 8.45am, cost \$4 return, then ride to Point Cooke and return, ~ 60km. 1 st punt returns at 4.30pm, then _ hourly to 7pm.	* ! with wind.
Mar 1 st	Yarra Boulevard, jct. of Main Yarra trail and Gardiner Creek trail MEL 59 B1 (near St. Kevin's boathouse) or ride from Flinders St. station.	We will choose a 30km circuit to ride on the day.	#
Mar 8 th	As above	Ride the Capital City Trail circuit, via the Games village if possible, with an extension down St. Georges Rd., ~50km.	#
Mar 15 th	No ride	The Commonwealth Games !	
Mar 22 nd	No ride	The Commonwealth Games !	
Mar 29th	As above	We will ride the main Yarra trail, Plenty river trail, the Western Ring path and return via Merri Creek trail, ~ 60km.	
Apr 5 th	Collingwood Children's Farm carpark, St. Heliers St., MEL 44 G5 or ride from Victoria Park station.	We will choose a 30km circuit to ride on the day.	#
Apr 12 th	Smythesdale at Courthouse Hotel, Brooke St., 15km. past Ballarat on Glenelg Highway.	We will ride part of the Ballarat to Skipton rail trail, from Smythesdale to Pittong or further depending on the weather and track condition. Distance 52km +. Ring Janet to organise car pooling as no train is available currently.	*
Apr 19 th	Collingwood Children's Farm carpark, St. Heliers St., MEL 44 G5 or ride from Victoria Park station.	We will choose a 30km circuit to ride on the day.	#
Apr 26 th	Somerville (carpark behind the hotel), MEL 107 E12 or train to the Somerville station.	Tour through Hastings, the Bittern Coastal Wetlands to Stoney Point and Somers and return, approx 55km.	# if no wind!
May 3 rd	Jell's Park East, MEL 72 A6, car park 5 or ride there from Glen Waverley station.	We will choose a 30km circuit to ride on the day.	#

May 10 th	As above	We will ride the Blind Creek and Upper Dandenong Creek circuit with an extension to Belgrave, ~ 55km.	* some ^
May 17 th	As above	We will choose a 30km circuit to ride on the day.	#
May 24 th	Flowerdale area, meet at Break O'Day cnr Whittlesea-Yea rd. & Break O'Day Rd., MEL 510 P9 or 610 P9.	Ride to Flowerdale, Strath Creek, Yea, and return to Break O'Day. This is an undulating road ride of ~70km. Bring lunch as we may try a short-cut to avoid most of the Goulburn Highway and Yea.	!
May 31 st	No ride		
June 7 th	Collingwood Children's Farm carpark, St. Heliers St., MEL 44 G5 or ride from Victoria Park station.	We will choose a 30km circuit to ride on the day.	#
June 14 th	As above	Ride the Capitol City trail to Moonee Ponds trail and then cross on western Ring path to Merri Creek trail with an extension along the new Craigeburn bypass trail, approx 65km.	#
June 21 st	As above	We will choose a 30km circuit to ride on the day.	#
Jun. 28 th	Carpark at the Lilydale Station or take the train there.	We will ride a circuit of part of the Warburton rail trail and then roads to Healesville returning to the Lilydale station via back roads, ~ 70km.	!
July 5 th	East Malvern RSL Bowls club, MEL 60 A12 or train to East Malvern or Darling Station.	We will choose a 30km circuit to ride on the day.	#
July 12 th	As above	We will ride the Scotchmans Creek trail to Jell's Park and then a circuit of Oppy's trails to return via Waverley rail trail ~60km.	*
July 19 th	As above	We will choose a 30km circuit to ride on the day.	#
July 26 th	As above	We will ride the Gardiners Creek trail to Blackburn lake, the Koonung Creek trail including the new section and then the Main Yarra trail to return, approx 55km.	*

For further details later in the year, see the Cota website, { HYPERLINK http://www.cotavic.org.au/events/cycle_group.htm }

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 AH 9499 7325 { HYPERLINK "mailto:dougmorf@alphalink.com.au" }

Download the { HYPERLINK "http://www.darebinbug.org.au/docs/small_rides_calendar.doc" }, 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.

{ HYPERLINK "<http://www.darebinbug.org.au/rides.html>" \ "mon#mon" } - { HYPERLINK "<http://www.darebinbug.org.au/rides.html>" \ "tues_thurs#tues_thurs" } - { HYPERLINK "<http://www.darebinbug.org.au/rides.html>" \ "sun#sun" } - { HYPERLINK "<http://www.darebinbug.org.au/rides.html>" \ "weekend#weekend" } - { HYPERLINK "<http://www.darebinbug.org.au/rides.html>" \ "atb#atb" }
{ HYPERLINK "<http://www.darebinbug.org.au/rides.html>" \ "reports#reports" } - { HYPERLINK "<http://www.darebinbug.org.au/rides.html>" \ "photos#photos" }

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

Details TBA

Market Rides

Collingwood Children's Farm Market ride - Second Saturday of each month - 9:30am

Meeting Place: Jika Jika Community Centre

Ride Leader: Vivienne 9482.3147

Ride Distance: 12km

Ride Grading: Easy

Ride Route: Merri Creek path then Yarra River Path to Collingwood Children's Farm

Notes: Time to ride event

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.

{ HYPERLINK "http://www.darebinbug.org.au/sunday_rides.html" }

Saturday Jazz in Fitzroy Gardens Ride: Saturday 4th February - Grading: Easy/Medium, 22km

Meeting Place: Jika Jika Community Centre

Ride Leaders: Aaron Bailey; Susan Pennington 9646.5494

Start Time 3:00pm

Ride Route: Merri Creek path then Yarra River Path to Federation Square in the city

Notes: Warm clothes and food required for the Jazz. Free entry

Darebin Festival Ride: Sunday 26th February - Grading: Easy/Medium, 30km

Meeting Place: Jika Jika Community Centre

Ride Leaders: Aaron Bailey; Michael Hansford; Sean Walsh; Sue Pennington

Start Time 10:00am:

Ride Route: Jika Jika, up Darebin Creek along Western Ring Road then down Merri Creek. Finish at All Nations Park.
Notes: Darebin Festival event.

Weekend Rides

Benalla to Tatong Weekend Ride - Saturday 4th March to Sunday 5th March 2006

Ride Leaders: Jo 9499.5987; Roger 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. 30km return via same route on the Sunday.

NB: Deposit \$40 by end January.

Northern Victoria Easter W/E Ride - April Friday 14th to Monday 17th.

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 9381.4650

Other weekend rides are being planned. Offers to assist with planning and leading are very welcome, please contact the Rides Coordinator, Doug on 9499 7325 / 0409 956 913

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...
February				
Sat 4th	Pedal With Confidence program (PWC) Our program to help you improve or regain your cycling skills. Bookings essential, see { HYPERLINK "http://home.vicnet.net.au/%7Emannbug/pwc/index.htm" }		Harv 9890-8006	
Sat 11th	Ruffey Ck Ride A short ride around Templestowe and along Ruffey Ck with a café stop afterwards. Especially for those who want something not too difficult - nearly all on tracks. Ring Harv to show your interest.	Very Easy 10km	Harv 9890-8006	9:30 am Westerfolds at Porter St. bottom car park Mel 33 F3
Sat 18th	Finns - Heidelberg & return Along Main Yarra Trail to a cafe a la Heidelberg Easy and most pleasant cycling along the river	Easy 15km	Harv 9890-8006	9:30 am Westerfolds at Porter St. bottom car park Mel 33 F3
Mon 20th	BUG Monthly Meeting -a chance to discuss all your favourite rides as this month we will generate a ride calendar for the next six months, so bring your diary. In the Stanley Room at The Manningham Club, 1 Thompson's Rd Bulleen		Ed 9850-7062	8pm Mel 32 D10
Sat 25th	Westerfolds to Eltham A meander out to Eltham, all on tracks. Possibility of coffee at Eltham or on our return to Westerfolds after our few 'rises'!	Easy 20km	T.B.A. but meanwhile ring Harv 9890-8006	9:30 am Westerfolds at Porter St. bottom car park Mel 33 F3

March				
Sat 4th	T.B.A. - The last of the PWC rides for '06 A slightly more ambitious ride in the east category. A decision as to where and how far will be made closer to the date.	Easy	Harv 9890-8006	Morning - TBA
April				
Sat 8th	Warrandyte Festival			
Sun 9th	www.vicnet.net.au/~warrfest/			
Up-Coming Rides:				
{ HYPERLINK "mailto:harvey@edwards.net" } with suggestions please.				
If you like to think about riding to an event try looking up { HYPERLINK "http://www.eventwatch.com.au/" }				

Interested?

{ HYPERLINK "mailto:seball@netlink.com.au" }

Whitehorse Cyclists Inc

Rides Program

Last updated January 19 2006

Cycling oportunites in our area: { HYPERLINK "http://www.byteblitz.com.au/ridecal.htm" }

Do you need to be a member to join in a ride? No! Try out some rides first. Just phone the nominated leader for more details. .

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

More cycling oportunites in our area: Ron of Rotary Forest Hill leads an easy ride every Sunday at 8am: Contact Ron on 0413 042 043

Date	Event	Distance	Grade	Contact
Thur 2 Feb	Stony Creek	60	Med	Jacques 9497 2306
Sun 5 Feb	Brunch ride	20	Easy	Lesley 0418 509 043
Tues 7 Feb	1st Tuesday easy ride	30-35	Easy	Len 9898 2660
Thur 9 Feb	Follow Blind Creek	50	Med	Mike McK 9816 3386
Feb 10 Last day to book for Whitehorse Bicycle Strategy Forum See Feb 16 below				
Sat 11 Feb	Under the stars:MSO at Myer Bowl	15-30	Easy	Elsa 9849 0131
Sun 12 Feb	Velocity ride	35	Easy	Darby 9878 3589
Tues 14 Feb	2nd Tuesday easy ride	30-35	Easy	David Y 9884 8037
Tuesday 14 Feb 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Mike Taylor 9859 3647				
Thur 16 Feb	French Island	42	Med/hard	Jacques 9497 2306
Thur 16 Feb	City of Whitehorse New Bicycle Strategy Public Input	Box Hill Town Hall 7.30pm Must book by 10 Feb		Phone Deb Blokkeerus 9262 6371 (Whitehorse Council)

Sat 18 Feb	Test ride for Whitehorse Cycling Strategy	4.6	Easy	Steve McGrath Whitehorse Council 9262 6389 BH Must Book
Sat 18 Feb	Mystery ride			TBA
Tues 21 Feb	3rd Tuesday easy ride	30	Easy	Ken 9801 7157
Thur 23 Feb	Richmond via Kensington	60	Med	Ken 9801 7157
Sun 26 Feb	Mystery ride			TBA
Tues 28 Feb	4th Tuesday easy ride	30	Easy	Elsa 9849 0131
Thur 2 Mar	Ringwood Croydon	50	Easy/Med	Ken 9801 7157
Tues 7 Mar	1st Tuesday easy ride	30-35	Easy	Len 9898 2660
Thur 9 Mar	Tour the hills	40	Med	Ken 9801 7157
Tuesday 14 March 7.45 pm : Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Mike Taylor 9859 3647				
28-31 March	Hotham Heights to Nicholson	95	Med/Hard	Keith 9857 5805
Sat 9 April	RAAF Spectacular Point Cook	30	Easy	Darby 9878 3589

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

Date	Ride	Rating	Leader
2006 February			
<i>Thurs 2 Feb</i>	<i>Emma Rickards talks about cycle racing in Europe</i>		<i>Graham</i>
Sat 4 Feb	Port Melbourne to Mordialloc road ramble	60km medium	Rob
Sun 5 Feb	Mad MTB route - Woodend to Wombat State Forest & back	65km hard	Peter
Sun 5 Feb	Frankston to Portsea & return - get some ks under your belt	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	Jon
<i>Thurs 9</i>	<i>Ins and outs out food dehydrating</i>	<i>tasty!</i>	<i>Jon</i>
Sat 11	Ivanhoe station - Whittlesea - Hurstbridge - an early dash	85km med-hard	Les
Sat 11	Suburban explorer to Bundoora Park	40km easy medium	Norm
Sun 12	Lang Lang to Korumburra country jaunt - car based	90km med-hard	Rob

W/E 11 & 12	Traralgon, Erica & Walhalla to Moe; forests, valleys & rivers to please everyone	120k medium	Gail
<i>Thurs 16</i>	<i>Cycletouring in England with Les & Rich</i>		<i>Graham</i>
Sat 18	Craigieburn to city via NEW Craigieburn bypass bike path; train based	65km medium	Alan
Sat 18	Howl at the Moon; dinner & dancing	Social night	Judy
Sun 19	Mini-architectural tour of Melbourne; limited numbers ... first in best designed!	20km easy	James
Sun 19	Southern Dandenongs - Hill Climbs and Descents - loop from Upper Ferntree Gully	85km hard	Dave
W/E 18 & 19	Stony Point - Wonthaggi - Stony point via ferries and rail trails	120km medium	Glenn
<i>Thurs 23</i>	<i>Writing ride reports</i>		<i>John</i>
Fri 24	Audax Ride - Salute to Irene Plowman (night ride at 8pm from Port Melbourne to Mount Eliza)	100 kms hard	Judy
Sat 25	Mad Ride road route	65km medium	Alan
Sun 26	Broadford - Seymour via Strath Creek	65km medium	Elizabeth
W/E 25 & 26	Explore Pakenham and beyond - easy/peasy base camp at my house arrive either Fri night or Sat morning	variable km easy/medium	Pam
	2006 March		
<i>Thurs 2 March</i>	<i>Bicycle maintenance games</i>		<i>Fred</i>
Sat 4 March	Lysterfield Evening MTB Ride. Check out the CWG course before the big event. Lights & MTB essential. Car or train.	15-30km med-hard	Tony
Sun 5 March	Bayside with The Bobs: join Baby-Bob on his 1st ride. City - Mordialloc on bike paths; beaches, ice-creams & family fun.	35km easy & other options	Anna
Sun 5 March	Yea loop including Flowerdale Pub for lunch - serious fun	85 km hard	Judy
<i>Thurs 9</i>	<i>Trip planning</i>		<i>Gael</i>
Sat 11 - Sat 18	Retiree's Ramble of Mornington Peninsula & Sth Gippsland	400km medium	Roger
Sat 11	Port Melbourne to Frankston for an early dash	90km med-hard	Rob
Sun 12	Docklands to CERES - bike path delight!	25km easy	Byron
Sun 12	MAD Ride 110km route - challenging but enjoyable		Dave
W/E 11 - 13 March	Base camping at Nagambie, rides & routes to suit all	50-200km easy to hard	Jon
<i>Thurs 16</i>	<i>Warren Cay from Bike Now re matters bicycle</i>		<i>Elizabeth</i>
Sat 18	Moonlighting in the Strzeleckis - Classic day trip with much to offer including hills, scenic views & quiet back roads	75km Med-Hard	Kerry

Sun 19	Woodend-East Trentham-Wombat SF. Celebrate St. Pat's Day at the 'pub in the middle of nowhere'	50km medium	Tony
Sun 19	Books to Boathouse - Eltham to Fairfield by bikepath	25km easy	Alan
W/E 18 & 19	Lilydale via Warburton Trail to Yarra Junction to Noojee	130km medium	Peter
Tues 21-Weds 22	Midweek escape! Lilydale loop via Healesville	80km medium	Heather
<i>Thurs 23</i>	<i>Avoiding heatstroke hyperthermia with Heather</i>		<i>Phil</i>
Sun 26	Dandenongs mystery ride - challenging	65km med-hard	Peter
W/E 25 & 26	Blackwood CP weekend; base camping; MTB & touring rides		Gail
<i>Thurs 30</i>	<i>Cycle Touring in Laos</i>		<i>Gail</i>
2006 April			
Sat 1st April	Warburton loop via O'Shannessy aqueduct	50km medium	Leon
Sun 2nd April	Fed Square, Gardiners Creek, Fairfield & Outer Circle	55km easy	Joe
Sun 2nd April	Beasleys Nursery from Fairfield Station	70km med-hard	Peter
<i>Thursday 6 April</i>	<i>MAD Ride mailout - all hands on deck!</i>	<i>rewarding</i>	<i>Geoff</i>

For information on the above rides, please contact the Touring Secretary, Gael Reid, on (03) 9495 0538, or at { [HYPERLINK "mailto:rides@mbtc.org.au"](mailto: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

DATE	RIDE	Bike	GRADE	CONTACT
Sunday, 5 February	Hurstbridge	Any	Easy / Medium	Barbara
Tuesday, 7 February	Lunch in the City to TBA	None	n/a	Jon
Sunday, 12 February	Warburton to Mt Donna Buang	Road / Hybrid	Hard	Lloyd
W/E Saturdav. 18	Weekend Ride Grand Ridge Road (will be supported if we	Touring /	Medium	Jon &

February & Sunday, 19 February	can find a driver - anyone interested? Otherwise it will be unsupported).	Mountain Bike		Belinda
Sunday, 26 February	Sugarloaf Dam	TBA	Medium	Paul Karp
Saturday, 4 March	Ride Leaders Picnic - Venue TBA			
Sunday, 5 March	Mordialloc to Ricketts point	Any	Easy	Leanne & Liz
Sunday, 12 March	Available - please note this is a long weekend, please email Belinda @ {HYPERLINK "mailto:yhacycling@yahoo.com"} if you would like to lead a ride this day			
Sunday, 19 March	Kinglake Canter	Mountain bike	Easy / Medium	Mark & Nevi
W/E Saturday, 25 March and Sunday, 26 March	Weekend ride Kayaking - riding weekend with YHA canoeing - Eildon - Beginner 3 ride options, 20kms, 35kms and 50 kms	Any	Easy / Medium	Daniel & Joe
Friday, 31 March	Elsternwick Sorrento - Night ride leaving 6:00 pm - stay at YHA overnight and return Saturday	Road / hybrid	Hard	Mark & Nevi
Sunday, 2 April	Fairfield - Broadmeadows - Craigieburn return 2 ride options, 60km's and 100kms	Any	Easy & Medium	Ann Bull & Joe
Tuesday, 4 April	Ride Planning Night - Elsternwick Hotel			
Sunday, 9 April	East Malvern and Blackburn Loop	Mountain / hybrid	Easy	Jim
W/E Saturday, 8th April and Sunday, 9th April	Castlemaine - Cider and Wine trip	Touring hybrid Mountain	Medium	Genia
Easter weekend 14, 15, 16 & 17 April	Available - please email Belinda @ {HYPERLINK "mailto:yhacycling@yahoo.com"} if you would like to lead a ride this day			
Sunday, 23 April	Available - please email Belinda @ {HYPERLINK "mailto:yhacycling@yahoo.com"} if you would like to lead a ride this day MAD Ride also on this day Details to come from Jon Miller. This is not a YHA ride	Any	60 or 110km road. Or 65 km MTB options	Jon
W/E Saturday, 29 April & Sunday, 30 April	Wangaratta - Bright Wangaratta 3 ride options 110/180/260km with Friday option to Beechworth	Any	Easy /Medium /hard	Joe

This site was last updated on 29th January, 2006.

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: {HYPERLINK "mailto:yhacycling@yahoo.com.au"}; website: {HYPERLINK "http://www.vicnet.net.au/~yhacycle"}

How to join our mailing list

Send a blank e-mail to {HYPERLINK "mailto:YHA_Cycling-subscribe@yahoogroups.com.au"} 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.