

BOROONDARA

Bicycle Users Group

Newsletter April 2005

Boroondara BUG meetings are held on the 2nd Wednesday of each month, except January. Next meeting: 7.30pm Wednesday 13th April, at the Swinburne Hawthorn Campus in room TD244, diagonally opposite TD246 where we met last year. The TD building is between Park and Wakefield Streets.

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://home.vicnet.net.au/~bdarabug/boroondarabug.htm> 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 Simple Traffic Treatment for Major Roads in Melbourne

Arterial roads have the Melbourne shuffle and it is primitive. Melbourne's arterial roads such as Riversdale and Toorak Roads are almost clogged with traffic and the tram service is grinding to a halt. Cars snake their way between the tram lane and kerb lane to dodge parked cars then to pass trams. Now we have bike riders hugging the kerb but regularly having to divert around parked cars. General traffic basically goes in one irregular lane and everything is in a mess.

Is there a solution? I think so and it can be relatively inexpensive. We have to bite the bullet with these roads and define what we should use the road space for. We must ban parking for most of the day, perhaps from 7am to 7pm. The road space must be used for the movement of trams, cars, bicycles and so on. With parking banned for most of the day the roadway will generally provide just over two lanes in each direction. Trams will continue using the central lane with the yellow Fairway marking remaining unchanged. Bicycles will be given a narrow exclusive kerbside lane (EBL) which is similar to that recently marked in parts of Riversdale Road (as a shared bike and parking lane). Perhaps this would be marked in blue and with signs to indicate that it does not apply after 7pm and before 7am. Vehicles will use the lane between the blue bike markings and the yellow Fairway lines. This lane is adequate for vehicles: it must be or VicRoads would not have approved the present road treatment.

The difference with this No Parking/Tram Priority treatment is that for most of the day bikes have an EBL while vehicles have the next lane. This will be a dedicated lane for cars, buses and trucks. The only interruptions will be for left turning vehicles and the need to stop for trams at tram stops. If a vehicle breaks down, following vehicles would be permitted to go around. Trams will have the central lane almost exclusively. Other vehicles will only be allowed to use this lane for right turns at controlled intersections where approaching trams can activate right turn arrows. Other Right turns will be banned: we need to speed the tram service. This may seem a severe restriction however consider that Parramatta Rd in Sydney has had this system for at least 30 years.

The simplicity of this system is one of its virtues. Bikes, vehicles and trams are almost entirely separated from each other. Each type of vehicle has a straight run on its dedicated lane. Accidents should be reduced by this system.

Disadvantages of the system seem few. Parking is banned for the greater part of the day. This will be a severe inconvenience, especially initially. However other roads in Melbourne such as Waverley Rd east of Warrigal Road have almost no parking even though parking is permitted for most of the day. Those areas are making do without parking on the major roads.

The advantages are many, I feel. There will be safer travel for the three types of vehicles and each could well reach its destination more quickly. Trams will be almost unimpeded by other traffic and should have considerably reduced travel times particularly in peak hours. Although general traffic will have one lane only (instead of at present vaguely two lanes) the traffic should flow more freely because there will be fewer holdups.

The costs for this treatment will be relatively low. There will be no moving of tram tracks (as in Mont Albert Road), no raised platforms (as in Clarendon Street) and pavement markings will be relatively simple. This system should separate vehicle types effectively and decrease travel times generally, all at a relatively low expense.

Graham Ellis

Great Divide Bike Ride

The inaugural Great Divide Ride took place on Sunday April 3rd. The main purpose of the ride is to raise money for the Starlight Foundation however it has another great benefit being at the start of the year and thereby giving each participant a good excuse to start their training early and then maintain it for Around the Bay in October.

Thirteen of the Ashburton bike boys set off on Sunday morning to join the 500 odd other riders at Keilor. Some people had opted for the 80 kilometre ride from Keilor to Trentham whilst many of us selected the 180 kilometre route which returned us to Keilor.

The pre-ride information described the route to Trentham as a gentle climb of approximately 800 feet over the 80 kilometres. I would rather say that there were a number of significant hills which I found very testing although it is quite likely to be a testament to my lack of fitness rather than anything else. Many people have over recent years set the 2003 Around the Bay as a benchmark for difficult riding conditions. I believe Sunday surpassed those conditions significantly. The weather forecast for the region identified localised gale force winds and we certainly rode into them until we got to Trentham. This also meant that the rain, which commenced shortly after our 7:00 o'clock departure and, was on occasion, extremely heavy was also travelling almost horizontally into our faces, which was another challenge to be overcome.

After lunch, there were a further 30 odd kilometres of sharp climbs interspersed with some excellent descents where some of the riders were topping 80 kilometres. Some of us, including your correspondent, were much more cautious and accordingly took much longer to get back to sea level at Bacchus Marsh. The remainder of the ride was predominantly flat going through the Caroline Springs Development and along the Highway back to Keilor.

Overall the ride was extremely well organised and the check-in and check-out procedures all worked well. For those of us lucky enough to register early for the ride we received a free cycling jersey from *Jagged* although for those of us who are circumferentially challenged the Jagged sizings are on the snug side of snug. It will be a challenge for some riders to see whether it is able to be worn next year.

Free power bars and mars bars at several of the rest stops were most welcome. The lunch at Trentham was magnificent in variety and quantity (perhaps that is how I became circumferentially challenged – see above). I did find it a little challenging getting through lunch after the wind blew the food off the plate (no I am not joking). A second attempt at lunch was much more productive. On offer were a variety of salads, pasta, sausages and rolls, free bottles of Staminade and all the water you could drink. Each rest stop was well provisioned with fresh, clean tasting water.

On completion of the ride free massages were on offer. There was police control at several of the busier intersections in the morning and St John's ambulance vehicles were patrolling the route. I am told that the buses back from Trentham to Keilor for those completing the shorter ride were on time and well organised.

There was a reasonable amount of vehicle traffic during the ride and a greater number of trucks than I would have thought normal for a Sunday and they presented some challenges. The streets of Caroline Springs have been designed without bike lanes and the roads are too narrow in many places to allow vehicles to safely pass cyclists without significantly crossing double lines.

All in all it goes down as one of the most physically demanding rides I have done. Even after only three days I can look back and say it was a great ride for an especially worthy cause and one which deserves our support. I have little doubt that the weather will be kinder next year and I wouldn't be surprised to see at least two or three times the number of riders participate, which will only add to the enjoyment of the day.

Mark Yorston

P.S: I finished at 4:20pm, David Anderson, who many of you know finished a little after 2:00 pm and was kind enough not to complain about having to wait all that time for me to arrive.

Macleod Secondary College on the Great Victorian Bike Ride, *final episode*

DAY 6 – Rest day, Apollo Bay, 2nd December 2004

People staying at houses were able to sleep in but those of us camping didn't get much of a sleep in. Hannah, Kaela and Daniel went into town to dry clothes, that got soaked through the night, at the Laundromat and waited for 2 and a half hours. After that we were able to swim at the beach and look at all the shops. Many of the students went to the Fun Parlour which had trampolines, air hockey, motorbikes and cars that all the students enjoyed playing on. Prue made sure I included the fact that she won on the motorbike racing and Linda and Tom had a 10 minute air hockey match which Linda eventually won. Well done Linda! There were singers and bands in town that you could sit and watch after a long relaxing day. There was also A Talent Search in the evening at the campsite where people involved in the bike ride were able to show off their 'skills and talents'.

Teachers Notes- Fantastic rest day!! The prospect of sleeping in and not having to pack up and get on the bike is appealing as well as some time to saunter through the town centre, indulge in a leisurely coffee and some much needed retail therapy. Despite the fact that organising our washing took up a good part of the day we had a great time enjoying the café culture and shops of Apollo Bay.

DAY 7 – Apollo Bay to Airey's Inlet, 3rd December 2004

Today we had to pack up our things once again and make our way to Airey's Inlet. It was an easier ride along the Great Ocean Road. Hannah had a puncture in her back tyre which was very frustrating as it took one and a half hours to fix. Thank you to Sharon Devlin and Barry Humphrey for fixing it for me. We had more beautiful views along the Great Ocean Road. Ms. Bourke was knocked off her bike and injured quite badly because a little 8 year old girl cut in front of her and she went flying. She was hurt badly enough to need to go home unfortunately. The boys had fun flattening the long grass for us to put our tents up. We all went to the beach and had more sand fights. Tom threw sand at Lachlan and Lachlan pushed Tom into the water as revenge. We got balloons from the front of the video shop which Prue and Linda tied to the backs of their bikes because it was Zac's birthday.

Tom found he was out of water and really dehydrating when Daniel cycled by. What a saviour! He cycled 6km up the road, filled Tom's bottle and brought it back to him. That's what you call really looking out for your mates. That night before we went to bed Prue, Melissa, and Marelana went to get hot chocolate and as they were walking through the mud and all the holes in the ground they nearly got hit by a great big water truck and Prue nearly lost her thong under the truck.

Teachers' Notes – After a great start enjoying the wonderful and unique experience of cycling The Great Ocean Road sans cars Daniel and I arrived at the first rest stop where I was hailed by some ladies in the queue for the loos. She spied my pink shirt and relayed the awful news that Jan had been knocked off her bike by another rider and sent a message via them that she was in the ambulance receiving medical treatment. The two women had apparently been at the scene and assured me that she was alright although she had sustained injuries to knee, arm and finger. Jan had had the presence of mind to ask them to look out for pink shirted ladies ie Kate and myself to relay the info to-what a boon these pink shirts have been!! Daniel and I saw Jan come into the rest area and raced over. She was bandaged up and was incredibly calm, brave and stoic. I decided to ring the Principal and discuss with him the idea of Jan returning home as she would be in considerable discomfort for the rest of the trip. She was obviously reluctant but in the end agreed it was probably best. We sadly farewelled her that evening at the crossroads presuming her son was just around the corner (he was driving from Melb to pick her up) but that is another story.

DAY 8 – Aireys Inlet to Queenscliff, 4th December 2004

Another easy ride! Not so much to look at but if you had company it didn't really matter. Everybody but the teachers got into camp early, in time to lug all the bags and find a campsite. When we were putting up the tents, the Hayden's went around to all the tents and took other peoples tent pegs out because Tom lost all his tent pegs. We were able to go to the shops and beach. Also, we celebrated Zac's birthday with some nibbles and drinks.

Fireworks were good entertainment in the evening as well as the movie everyone went to and a great way to end the ride. Everybody went to bed knowing that tomorrow would be the last time we have to get dressed in a tent, load on the sunscreen, pack up our campsite, line up for breakfast, toilets and luggage trucks and ride 100km in a day.

Teachers Notes – Last night. There was a real celebratory air about Queenscliff that evening, including fireworks. A great place for a finale.

DAY 9 – Queenscliff to Geelong, 5th December 2004, FINISH LINE!

The last 50km of the ride! Last 5:00am morning! Everyone decided to have pancakes for breakfast to celebrate the last day. A short ride into Geelong saw us at the finish line. Ms. Bourke was there dressed up and taking photos as we got to the meeting spot. She had driven all the way from Melbourne to be there for 9.30 to snap us as we crossed the finish line. Boy was it a good feeling to finish. We all felt proud of our achievement but a little sad that it was over and we were all going our separate ways.

While Ms Moorhouse, Ms Bourke and Kate had a celebratory champagne, we students all had a little swim at the beach while we waited for our parents and said our final goodbyes to each other.

Thank you to Ms. Moorhouse, Ms. Bourke, plus Kate and the parents; Sharon Devlin, Barry Humphrey and Mark Rowe for organising everything and looking after all of us. You made the trip fun and worthwhile! Thank you also for all your support which kept us going in the tough conditions. An experience we'll never forget!!!

Also, the students of Macleod College would like to thank our sponsors, without your support we wouldn't have been able to raise the money that we did and have our own riding jerseys which made it easier for us to find each other while riding and in the camp sites. Thank you so much again! Best wishes to all the Macleod College students:

Hannah Cox, Hayden Solar, Liam Cusack, Prue Humphrey, Samantha Bannan, Callum Smith, Linda Devlin, Daniel Tuddin, Maralena Christogannis, Tom Bebbington, Zac Braxton-Smith, Joanna Telianidis, Kaela Folvig, Joel Rowe, Melissa Miller, Hayden Stewart, Lachlan McMahon

Thanks to Anne Moorhouse and the students from Macleod Secondary College for these journal entries

General News

BV Workshop for BUG Webmasters

Boroondara BUG's Jason den Hollander recently attended a Bicycle Victoria workshop for Webmasters from BUGs and clubs. This is his report.

The event ran from 6-9.30pm and was catered. About a dozen people attended, including Harry Barber, Ben Zipper, and Nicola Dunicliff-Wells from BV, Robin Gallagher (Darebin/Yarra/MelbourneBUGs), Bruce (Maroondah), a representative from MBTC, Michael Oxer (Railtrails Australia), Bev (Wangaratta), Kevin (Warby Ghostriders.com) Mark (Mitchell BUG) and a couple of others.

Harry, Ben and Nicola proceeded to tell us about the bigger picture, how they see differing cycling web-presences at the moment. Some overlapping, some using each other to refer to, etc.

They had recently been to many government bodies discussing how their differing web material could be utilised and to try and sort out 'ownership' of differing areas (ie Vicroads taking care of laws, etc which they do currently but in a rather haphazard manner) Linking to any material on Vicroads and many govt sites is currently rather risky as every time they update their sites the addresses of individual pages change (a bit like changing their phone number every week!).

We all then took it in turn to walk through our respective sites. They ranged from the basic (Maroondah, Wangaratta, Yarra, Melbourne) to the middling (MBTC, Warby).

Mitchell's is only weeks old but already had some simple, but good features. Ours was somewhere in the middle and then probably Darebin and Railtrails being the standout (mainly because they have commercial funding/grants!).

We shared some technical issues. Interestingly ours was the only one with a site meter on it (refer to lower-left of BBUG site) which shows who/how/when/and by which search-words they are arriving. I think almost all the others were going to adopt this.

Bart then asked what we would all like to see from BV's site. Options mentioned:

- Improved search function
- A BUG-specific zone/page listing such things as: how to start, insurance issues, relevant documents for reference
- Clear listing of all BUGs (not their current pdf)
- Map of Victoria with hotspots linking to relevant BUGs in corresponding places on map

The Insurance issue broke off into a discussion from Bart regarding Liability (MitchellBUG having just started and paid \$950 for theirs based on membership numbers!) about how many house-contents policies will cover an individual for any liability whilst leading a ride.

He also explained the Cyclesafe Home Insurance Policy (outlined on BV's site) has extra coverage for officebearers/directors to cover such issues. (I think this could be worth more investigation)

One other element that Bart shared was BV's intent to offer a 'Shell' for setting up and hosting (on BV's servers) BUG websites, with authoring access given to relevant people. Possibly under the generic banner of www.name.bug.org.au (www.boroondara.bug.org.au for example)

This initiative has both pluses and minuses

Pluses:

- 1 Easier for people to find our site (try verbally telling someone where our current site is!)
- 2 Free (although our current one is the domain name would be done by BV)
- 3 Multiple authors (ie not just me) could access this system (although I can set this up for other BBUG members with a commercial product of \$200)

Harry and Ben were keen to get together again at a later date and were quite keen to work more closely with the BUGs in particular.

Harry commented on being impressed with our site as 'nice and clean'.

Jason den Hollander

In Box

Great Victorian Bike Ride

I read with interest in the last two newsletters the comments of the teachers and students of Macleod High concerning last year's Great Victorian Bike Ride. Whilst I have no doubt that each of the children and each of the students and those parents and teachers who accompanied them now look back with enormous pride on their achievement in completing last year's ride, the challenge this year is to communicate even more thoroughly to new riders what they should expect to encounter on the ride.

Last year even though there was a significant amount of information on the Bicycle Victoria Website, it was clear, as one of the WARBYs on last year's ride that that information had either not been seen or not been understood by riders. It was surprising to find that even towards the end of the ride a number of people had not properly understood the need to know how to change a flat tyre or indeed the necessity of carrying a spare tube and a pump.

Of greater concern was that a number of riders had not properly understood the need for constant hydration and I am sure that all people involved in the organisation of the ride this year will be doing their utmost to ensure that the right messages get across and are understood by all of the riders.

Last year the WARBYs organised a number of training rides and it may be that we, in the Boroondara BUG, are able this year to organise some rides in our area which might be of assistance to first time riders and any of the local schools which are intending to participate this year.

I would be interested in hearing from any other experienced riders who would be able to assist in organising and participating in such rides. It might also be possible to meet with a number of the teachers prior to the ride to communicate first hand our experiences on previous Great Vic and similar rides.

Happy cycling

Mark Yorston

Ps: Rumour has it that this year's ride is starting in Swan Hill, no doubt we will receive confirmation over the next few weeks.

For Sale

Bianchi ML3

Celeste blue, 53cm frame; Campage centeur components; Cinelli groove headstem and handlebars; SL carbon forks; Look pedals, ARC; (You might want to put a different seat on the bike.)

Valued at \$1200, will sell \$1000

Available after April 1st, Hawthorn area, Phone Claire: 0418 352 428

Help Needed

Cycling with Kids

I am currently compiling information about suitable places to take children cycling. What I am trying to identify is not every local park that has a few cycle tracks, but those parks, and sections of bike paths, that are sufficiently suitable and attractive to warrant parents travelling some distance to take their children cycling there. Brimbank, Westerfolds and Jells parks are the standout examples, along with the Bayside Trail from Altona to Williamstown and Port Melbourne to Ricketts Point, and I have identified a number of other contenders. However as I do not have young children myself I am keen to hear from those of you who do with any thoughts on this subject. Please email me with any suggestions you have.

Julia Blunden, email: jblunden@bigpond.com

Boroondara BUG News

Minutes of Boroondara BUG Meeting 6.30pm Wednesday 9th March 2005, held at Swinburne, Hawthorn Campus, room TD244

Present: Graeme Stone, David Leong, Phil Crohn, Jason den Hollander, Graham Ellis, Julia Blunden, Marion Green, Don Glasson, Jin Lee

Apologies: none

Correspondence:

1. Letter from Anne Moorhouse, the teacher in charge of the Macleod Secondary College group on the Great Victorian Bike Ride, thanking BBUG for its sponsorship of the group. A hard copy of the group's journal of the ride was enclosed. Photos could possibly be included on our web site.
2. Kit from the RACV promoting their Bike Assist program.
3. Letter from John Flynn detailing problems on the Gardiners Creek Trail. GS to contact John suggesting he write to Council.
4. Letter from Jason Hill about problems with dogs on Koonung Creek Trail. JB to check local laws and respond.
5. Canadian query regarding school based BUGs. GS to refer them to BV and other appropriate links on our website.

Business Arising:

BV Letter to Boroondara Council: Bart Sbeghen's letter went to the Mayor and Councillors on 15th February. Bart to be contacted before the next BUG meeting regarding the response to this. Council agendas to be checked for reference to issues raised by anyone who gets the opportunity.

PBN: GS reported on the response by Alex at VicRoads to BBUG suggestions regarding treatments on Chandler Highway. While not all suggestions have been accepted plans have been modified to take account of BUG concerns. GS also reported that the main contact person at Boroondara Council for bike matters is now Jim Hondrakis.

Leonda Link and Hawthorn Bridge Shared Footway: DG reported that he is pursuing both these issues. There have been various causes for the delay to the Leonda link, and it may be easier to get the shared footway on the north side of Hawthorn Bridge if we forget about the south side for now.

Harrison Crescent Ramp and Chandler Highway Path: DL reported that both these projects have been agreed to in principle but there is no date set as funds have not yet been assigned.

New Business:

Bike Trails Discovery Day, Sunday 20th March: It was agreed that this is a unique opportunity to canvas support for needed improvements to the Main Yarra Trail which is one of the trails included in the program. Re-routing of the trail between the Chandler Highway and the Pipe Bridge nearer to the river to eliminate a major climb has been identified as a key issue.

It was decided to set up a stall to catch riders after they have tackled the steps leading up to the Boulevard. Copies of a letter to the Premier Steve Bracks, written by JB and duplicated by DL, would be made available and riders asked to write their name and address and sign these for bulk mailing. Sweets and flyers promoting the BUG would also be distributed. A contact sheet for people interested in receiving email information about the issue would also be available. Total budget for the exercise \$30 maximum.

The stall to be staffed as follows: 9-11am, DL and JB; 11am-1pm JD and GE. Other volunteers would be welcome. JB to provide a folding table and chairs.

DL to liaise with Yarra BUG regarding these actions as it was their idea in the first place.

Links with Other Cycling Groups in Boroondara: Hawthorn Cycling Club is the largest group with whom the BBUG has no links. Suggestions included writing a piece about the BBUG for inclusion in their newsletter, and inviting Peter Cayley, their president to address one of our meetings. DL also suggested contacting Ray Blucher at Mascot Cycles about acknowledging Mascot Cycles on our newsletter and website in exchange for getting the BBUG logo onto the Mascot Cycles/Hawthorn Cycling Club jersey.

Cycling in Europe: GS suggested that JD and JB might be willing to speak and show slides at a future meeting about their experiences of cycling in Europe. No decision was reached on this.

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:

Convenor:

Graeme Stone, 16 Jervis Street, Camberwell VIC 3124.
Phone: 9889 5426
e-mail: graeme_stone@optusnet.com.au

Webmaster:

Jason den Hollander
email: communic8@iprimus.com.au

Newsletter editor:

Julia Blunden, phone: 9853 5095
e-mail: jblunden@bigpond.com

Other Contacts:

Phil Crohn: philcrohn@ozemail.com.au
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

April Ride, Sunday 17th April 2005

A ramble around Brighton's parks, grand houses, seaside and canals. We will meet at Allnutt Park in Wheatley Road, McKinnon (Melways ref Map 68 C 11) at 10:30am for an 11am start. Distance is approximately 25km and the terrain is easy. Riders are best to bring their own lunch but there are coffee stops along the way. This ride does not lend itself to early departures.

Enquiries: Contact Karen or James, phone: 9576 8081

May Ride, Sunday, 15th May 2005

THE RIDE:

Start and finish at Alphington Station. Parking on the **North** side of the station. This ride is about 35-40km but can be shortened by bailing out at train stations on the way home. A moderate to easy ride that is mostly flat. The ride has been adapted from the Rushall to Alphington Stations Darebin Creek and Epping train line ride in Julia Blunden's *Bike Rides Around Melbourne*.

MAPS: Melways 31, 19, 18, 30 & 31.

WHERE: Meet at Alphington Station at 9.45am for 10am departure along Darebin Creek bike track to Bundoora Park for lunch. Return on roads and tracks to Reservoir station. Along High St Reservoir to Robinson's Park (Garden Street) to join the bike track alongside Epping Rail Line. Join Spring St at Frankston Street (Spring Street becomes St Georges Road). Ride in the bike lane in St Georges Road centre strip all the way to Merri Parade, Northcote. Join the Capital City trail to Rushall Station and continue to Alphington Station along Westgarth and Wingrove Streets - visting Fido along the way at Fairfield.

Bail out opportunities at Reservoir and other stations on the Epping Line or Clifton Hill or Westgarth on the Hurstbridge Line.

REFRESHMENTS:

Morning tea at Northland Shopping Centre and lunch at Bundoora Park (Mount Cooper Settlement Visitors Centre Cafe) where a good choice of food is available and there are interesting displays.

ENQUIRIES: Contact Bruce on 9852 1921 or 0401 145009.

CDGBR Program for 2005

Ride and other Dates for 2005: Sundays: 17/4, 15/5, 12/6, 8/7 (Dinner), 17/7, 21/8, 11/9, 16/10, 20/11, 25/11 (Dinner)

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 7:30 am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00 am and leaves Sassafras by 9:30 am Arrives back in Hawthorn around 10:45 am.

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 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
Apr 13th	Collingwood Children's Farm carpark, St. Heliers St., MEL 44 G5 or ride from Victoria Park station.	Ride the Yarra Trail/ Anniversary Trail/ Gardiners Creek Trail via Hayes Paddock, approx 45km.	*
Apr 20 th	As above	We will choose a 30km circuit to ride on the day.	#
Apr 27 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 40km.	# if no wind!
May 4 th	Melbourne Zoo carpark, MEL 29 E11 or train to Royal Park	We will choose a 30km circuit to ride on the day.	#
May 11 th	As above	Ride the Moonee Ponds Trail to Woodlands Park and return, approx 50km.	! with wind.
May 18 th	As above	We will choose a 30km circuit to ride on the day.	#
May 25 th & 26 th	Carpark at the Lilydale Station or take the train there.	Ride the Warbuton Rail Trail over 2 days, staying at the Warbuton Hotel overnight. Distance each day is 40km. And the cost for accom.. is approx. \$50 per head. Please register with Janet for this trip.	*
June 1 st	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 8 th	As above	Ride the Merri Creek trail to Reservoir and then cross on small local roads to Darebin Creek trail, approx 45km.	#
June 15 th	As above	We will choose a 30km circuit to ride on the day.	#
Jun. 22 nd	Flowerdale, meet cnr Whittlesea-Yea rd. & Broadford- Flowerdale Rd., MEL 510 P9 or 610 P9.	Ride to Strath Creek, Yea, Break O' Day and return to Flowerdale. This is an undulating road ride of approximately 70km.	!
June 29 th	No ride this week.		
July 6 th	Glen Iris Bowls club, MEL 59 G6 or train to Gardiner Station.	We will choose a 30km circuit to ride on the day.	#
July 13 th	As above	Ride the Merri Creek Trail/ Western Ring trail/ Plenty River Trail and return, approx 60km.	! some ^
July 20 th	As above	We will choose a 30km circuit to ride on the day.	#

July 27 th	As above	We will ride the Gardiners Creek trail and the Koonung Creek trail via Blackburn lake and then the Main Yarra trail, approx 50km.	*
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For further details later in the year, see the Cota website, www.cotavic.org.au/events/cycle

Contact Janet Bennett, e-mail: janpeter@bigpond.net.au or COTA, phone: 9654 4443.

Darebin BUG

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.

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, phone; 9499 7325 (AH), email: dougmorf@alphalink.com.au

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

Please note all rides are free to anyone who would like to participate. 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.

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

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

Tuesday Rides *For experienced riders.* These rides leave from **Jika Jika Community Centre**, corner of Plant and Union Streets, 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 Market Rides *Beginners and families welcome.*

Sunday Rides - Varying Distances & Locations *Some for beginners, others for experienced cyclists.*

9-11am (ish) Sunday Boulevard Or Bust *For experienced riders. Ride along the Yarra Blvd hills at a steady pace of around 20 k/ph. Distance: 30km +. Join us for coffee or brunch at Hugos after if you have time.*

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

Weekend Rides Darebin BUG hopes to offer a series of weekend rides throughout 2005:

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

Around the Bay in a Day 2005

Darebin BUG usually has teams going in the 100km and 210km ATB rides. Watch this space for 2005 info.

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...
April				
Sat 9th/ Sun 10th April	Neville & Cheryl's famous SANDY POINT RIDE Complete with Spit Roast or something similar on the Sat night. Beds for about 12 people and plus tent space for more.	Sat 55km Sun 30km	Neville 9802-0187	Bookings essential

Sat 16th April	Nagambie wineries Start at Nagambie, take in Chateau Tahbilk & Mitchelton wineries, picturesque country riding, some unsealed roads.	40km Easy	Gary 9439-5016	10.30am town centre- Post Office
Sun 17th April	Melbourne Autumn Dayride (aka "MAD Ride") Choice of Mountain Bike Ride, Beginners/family ride. Entries before 21st March get the chance to win major prizes http://www.mbtc.org.au/	Road: 55 or 100km, MTB 60km, 23kmBeginner	MBTC 9817 3269	Yarra Glen Showground
Mon 18th	BUG Monthly Meeting In the Stanley Room at The Manningham Club , 1 Thompson's Rd Bulleen		Garry 9435-5016	8pm Mel 32 D10

May

Sat 7th May	Docklands & Southbank A ride to the city via Docklands, stop for lunch at Southbank and return on Main Yarra trail. Finish approx 3pm.	54km easy/moderate	Ed & Helen 0401 704 547	Yarra Flats 10am
Sun 1st May	15th Annual Ballarat Autumn Dayride (BAD Ride) from Ballarat to Dunnstown and return Adult (17 & over) \$15.00, Lunch \$10.00 All early entries will be eligible for the random prize draw with prize of a Giant Bicycle-Closing Date for early entries: April 22 www.ballarat.com/bushwalking.htm	50, 75 or 100km	5345 6337 (AH)	9am Pleasant Street Primary School
Sat 14th May	The Warby Ride Starting at Mt Evelyn we ride the picturesque rail-trail for lunch at Warburton and return	70 km Medium	Joan 9859-7188	9am Mt Evelyn car park Mel 118 B12
Mon 16th	BUG Monthly Meeting In the Stanley Room at The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
Sat 21st May	Belgrave Downhill Train up to Belgrave for the great downhill favourite – all the way to Ringwood options of hoping on a train anywhere down the line!	Easy/Medium	Harv 9890-8006	9:15am sharp Blackburn Station Mel 47 K10
Sat 28th May	ABC of trails Altona – Brighton – Carrum An all-dayer Gary does another of his very long rides along the paths of Melbourne!	Solid 70km	Gary 9439-5016	9:05am Altona train from Flinders St station

June

Sun 5th June	The Editor's Expedition Our editor takes us to coffee at Beasley's. (- does he have shares in the company?)	21km Easy	Terry 9848-6027	10am Ruffey Lake Park The Boulevard carpark Mel 33 F10
Sat 18th June	Dights Falls Follow the Main Yarra Trail to Dights Falls & return	Medium 30km	Gary 9439-5016	Yarra Flats 9:30am Mel 32 B6
Mon 16th	BUG Monthly Meeting In the Stanley Room at The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
July				
Sun 3rd July	Woodend Wander Quiet country roads BYO Lunch or buy at Woodend before we ride to Hanging Rock (A winery too)	40km medium	Harv 9890-8006	10am Bourke's Bakery Woodend
Sat 16th July	Clifton Hill -Infectiously Delicious Ride A little of Merri Ck and St George's track combined-with a Cafe Quince chaser.	15km Easy	Harv 9890-8006	9:30am Yarra Bend Rd (Mel. 2D F1
Mon 18th	BUG Monthly Meeting In the Stanley Room at The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
August				
Sun 7th August	Beasley's to Diamond Ck & back some hills, choice of some easier options depending on the riders	Easy 30-40km	Gary 9439-5016	10am Beasley's Nursery Car park Heidelberg-Warrandyte Rd., Mel 34F3
Mon 15th	BUG Monthly Meeting In the Stanley Room at The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
Sat 20th August	Training Ride (Progressive Dinner Ride warm up) Start, distance and location yet to be determined!	Solid	Kevin 9842 3323	
Sun 21st August	Training Ride (Progressive Dinner Ride warm up) Start, distance and location yet to be determined! Most likely a repeat of yesterday's ride for those that can't do Saturdays!	Solid	Kevin 9842 3323	
Sun 21st August	Terry's Tour About 30 km, includes trails, roads, and good hills - but if the old man can do it, so can you! Might even cover areas that are new to you. Coffee at Beasleys when we finish.	Solid 30km	Terry 9848 6027	9.30am. Beasley's Nursery Car park Heidelberg- Warrandyte Rd., Mel 34F3

Sat 27th August	Woori to Warby Start Woori Yallock, 20km to Warburton for a coffee stop. Then back to Launching Place Pub for lunch (The most dangerous part of the ride.) then 5km to return to Woori Yallock. For those people with energy to burn - ride on to Lilydale and return to Woori Yallock 34kms. Ride option 1: total 40kms, Ride option 2: total 74kms.	Medium 40km – 74km	Ann T 94597112 / 0404876156	10am Old Woori Yallock Station car park, Warburton Hwy -end of Symes Rd (To be confirmed) Mel 286E10
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September

Sat 3rd Sun 4th Sept	10th Anniversary Progressive Dinner Ride Medium thru to serious! Car backup and drive options available	40+50 / 230km	Kevin 9842 3323	Bookings essential- fills up fast
Sat 17th Sept	Eltham - Hurstbridge - Nutfield - Diamond Ck - Eltham Three short challenging hills but with lots of flat. Passes three!! coffee shops	Medium/Solid 60km	Gary 9439-5016	9.30am Eltham Lower Park Mel 21H10
Mon 19th	BUG A.G.M & Monthly Meeting The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10

October

Sun 2nd Oct	Lanes, Lorriveets & Lattés The ever popular family ride. Mostly on paths and quiet roads. An ideal introductory ride.	Easy 20km	Tracey & Steve 9894-7975	10:30 am Blackburn Station (south side of the track) Mel 47 K10
Wed 5th Oct	Ride to Work Day An alternative way to get to work!		BV 8636 8888	
Sat 15th Oct	Mitcham to Jell's Park Jacinta heads downhill for a change! ring for details	Medium	Jacinta 9842 3323	9:00 am Mitcham station Mel 48 J9
Sun 16th Oct	Around the Bay in a Day		BV 8636 8888	
Mon 17th	BUG Monthly Meeting In the Stanley Room at The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10

November

	Great Victorian Bike Ride 26 November 2005 to 4 December 2005		BV 8636 8888	
Mon 21st	BUG Monthly Meeting In the Stanley Room at The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10

December

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

Whitehorse Cyclists Inc

Club members.... Like to lead a ride? Click here for 66 ideas ...There are also more detailed ride lists in the members' area				
Cycling opportunites in our area: Graeme's message board				
More cycling opportunites in our area: Ron Brooks of Rotary Forest Hill leads an easy ride every Sunday at 8am:Phone Ron on 0413 042 043				
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. .				
Date	Event	Distance	Grade	Contact
Thur 7 April	Reverse Warburton Trail	75	Med	Ken 9801 7157
Sat 9 April	Frankston to Warneet	60	Hard	Simon B 0417 325 726
Tuesday 12 April at Note new time: 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804				
Thur 14 April	Belgrave - Lysterfield Lake	55	Med	Lee-Anne 9878 9480
Sun 17 April	MAD ride (not a club ride)	40 or 95 or 190	Various	MBTC web site
Tues 19 April	Third Tuesday easy ride	30	Easy	Ken 9801 7157
Thur 21 April	Box Hill to Pier 35	55	Easy	Mike 9859 3647
Sat 23 April	Cardinia Ride	42	Med	Darby 9878 3589
Thur 28April	Mt Cooper	55	Easy/Med	Ken 9801 7157
Sun 1 May	Belgrave - Lilydale	32	Med	Graeme S 9571 0671
2-5 May	Howitt Rail Trail		Med/Hard	Keith 9857 5805
Tues 3 May	First Tuesday easy ride	30	Easy	Ken 9801 7157
Thur 5 May	Trip to the North	50	Easy	Len 9898 2660
Sun 8 May	Gumnut Village ride	31-50	Med	Darby 9878 3589
Tuesday 10 May Note new time: 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804				
Thur 12 May	Box Hill - Carrum	50	Easy	Mike 9859 3647

Sat/Sun 14-15May				Leader required Phone Darby 9878 3589
Tues 17 May	Third Tuesday easy ride	30	Easy	Ken 9801 7157
Thur 19 May	Hurstbridge Yan Yean	45	Med	Doug 9802 6702
Sat/Sun 21-22 May				Leader required Phone Darby 9878 3589
Thur 26 May	Circuit in the northeast	50	Med	Bob 9874 5078
Sat/Sun 28-29 May				Leader required Phone Darby 9878 3589
Thur 2 June	Berwick via Jells Park	60	Med	Ken 9801 7157
Sat/Sun 4/5-June				Leader required Phone Darby 9878 3589
Tues 7 June	First Tuesday easy ride	30	Easy	Ken 9801 7157
Thur 9 June	Circuit in the east	50	Easy	Ken 9801 7157
Tuesday 14 June Note new time: 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804				
Tues 16June	Third Tuesday easy ride	30	Easy	Ken 9801 7157

[Last updated 23 March 2005]

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 March 2005

For information on the above rides, please contact the Touring Secretary, Alan Hutchison, on (03) 9431 0458, 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!

APRIL			
Thur 7th	Unicycling		Margaret
Fri 8th	Wine Lovers' Club	Tasty	Judy
Sat 9th	St Andrews Market. A visit to a local produce market with food and locally made produce. Alternative. Some hills.	35km MED	Norm
Sun 10th	Grantville - Inverloch A quick road tour of the South Gippsland area.	100km HARD	Judy
Thur 14th	Travel Smart Maps Get the low-down on route information available for cycle	John	

	commuting.		
Sat 16th	Ride to Steve and Steph's to make MAD Ride lunches	Free Tea	Tony
Sun 17th	MAD RIDE ALL HANDS ON DECK!	Fun Work	Dave
Thur 21st	Club Lunch - Fitzroy		Margo
Thur 21st	Travels in Vietnam. Hear and see about Gail and Phil's recent cycle tour of Vietnam.		Gail
Sat 23rd - Mon 25th	Loaded touring in the Otways. Colac - Camperdown - Cape Otway area.	200km HARD	Glenn
Sun 24th	Hurstbridge Loop. Scenic and hilly.	50km MED	Peter
Mon 25th	Capital City Trail	30km EASY	Margo
Thur 28th	Mystery night		
Sat 30th	Lilydale - Dandenong Some gravel, hills and great scenery	55km MED/HARD	Geoff
	MAY		
Sun 1st	BAD Ride. (Ballarat)		
Tue 3rd	Club Lunch - Brunswick	Piggy	Gael
Thur 5th	Uno Clothing		Alister
Sat 7th	Books to Boathouse (Optional Fido - Eltham first) For beginner and returning cyclists	30km EASY	Tony
Sun 8th	Southbank -Werribee - Point Cook RAAF Museum via Williamstown	45km EASY	David
Thur 12th	Geoff's trip to Alaska		Jon
Sat 14th	Warragul & Mount Worth Gippsland at its best. Scenic and a bit hilly.	70km MED/HARD	Kerry
Sun 15th	Melbourne Rail Trails	40km EASY	Peter
Tue 17th	Club Lunch - Hawthorn		Margaret
Tue 17th	Club Dinner - Kew	Easy	Tim
Thur 19th	Trip Planning		Alan
Sat 21st	Foodies' Tour of Brunswick - Let the expert show you the multi cultural gourmet delights of the area.	15km EASY	John
Sat 21st	Pakenham Pushover A quick road ride for experienced riders.	100km HARD	Steve
Sun 22nd	Romsey Loop (car based) Let Liz show you around the granite country.	60km MED	Liz
Thur 26th	Club Lunch - 2 Darling Street South Yarra	Easy	Darren
Thur 26th	Paul McKay - Cycle Factory in China		Dave
Sat 28th	Belgrave - Macclesfield - Hilly.	55km HARD	Jon

Sun 29th	Pakenham via Gembrook to Woori Yallock. Very scenic.	70km MED	Peter
JUNE			
Thur 2nd	Club Auction - Bring along your unwanted cycling treasures. Buy some from other members. Fun and useful.		Margo
Sat 4th - Sun 5th	Loch - Loch via Inverloch. Gippsland coastal scenery weekend ride.	100km MED	Sally
Sun 5th	MAD ride revisited. A re-run for club members who were helping with the organisation on the day.	100km MED/HARD	Gael

For information on the above rides, please contact the Touring Secretary, Alan Hutchison, on (03) 9431 0458, 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.

Autumn Rides Program

DATE	RIDE	Bike	GRADE	CONTACT
Sunday 3 rd April	Darebin and Merri Creek Loop	Any	Medium	Paul
Sunday 10 th April	MTB ride at Lysterfield	Mountain	Medium +	Rob
Sunday 17 th April	MAD ride. Not a YHA ride but still worth checking out. www.mbtc.org.au			
W/E 23 rd - 25 th April	Weekend Ride Lara Geelong - Ocean Grove	Hybrid/Mountain	Medium	Sing
Saturday 30 th April	Beaumaris Brunch	Road/Hybrid	Easy	Colleen
Sunday 1 st May	Kinglake West circuit via Yea (110km)	Road	V.Hard	Anne
Sunday 8 th May	Camberwell to Blackburn on Bike paths (50km)	Any	Easy	Jim

Sunday 15 th May	Frankston to Flinders (100 km)	Any	Hard	Jon
Sunday 22 nd May	Ringwood Lake to Carrum Via Dandenong Creek	Any	Easy	Paul
W/E 28 th – 29 th May	Weekend Ride Phillip Island & local farming area	Road/Hybrid	Easy –Medium	Sue
Sunday 5 th June	Mornington Peninsula Ride	Road/Hybrid	Medium	Voula
Sunday 12 th June	Williamstown Ride	Any	Easy	Greg
Sunday 19 th June	Frankston – Mooroduc - Mornington Triangle	Any	Medium	Paul
Sunday 26 th June	City to Williamstown for lunch	Any	Easy	Peter

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.