

BOROONDARA

Bicycle Users Group

Newsletter June 2005

Boroondara BUG meetings are held on the 2nd Wednesday of each month, except January. Next meeting: 7.30pm Wednesday 8th June, at the Swinburne Hawthorn Campus in room TD244. 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

The Great Tassie Bike Ride

John Markham is a veteran of many BV Great Rides who, after a hard day's riding, still finds the time and energy to keep a very detailed and reflective journal of his experiences. He has kindly agreed to share his account of the 2005 GTBR with readers of this newsletter, so I am serialising it over the next three issues. Ed.

Saturday 5th February – Deloraine to Lake Barrington, 61kms

A poor start. Rain clouds over northern Tasmania and the beginnings of light rain once the plane had landed. I was relieved to find that a bus was actually waiting for the Jetstar flight at Launceston. The BV guide wasn't clear on that point and I had expected to wait to be picked up in their time, later in the morning, and not start the ride until after midday. It was an even poorer start at Deloraine. There was a steady light rain and my bike and many others had not turned up at the town's football oval. The club rooms and the grandstand were crowded with people waiting for the rain to stop. I had a miserable time finding a place to change out of my now wet travelling clothes into cycling gear. I found myself in the club's massage room trying to keep as quiet as possible while a BV official was being interviewed by a local radio station. Shortly after the last bikes were delivered and I had another miserable time reassembling mine out in the rain.

Today's ride was 61kms through some of Tasmania's loveliest countryside, skirting the magnificent ramparts of Mount Roland and the northern reaches of the Great Western Tiers. Railton was the type of declining country town that sets your teeth on edge with its poverty and despondency. The spectacle of a thousand cyclists streaming through didn't seem to have much impact on the place. God knows what it would be like once we had all moved on.

Sheffield was to be the last town for a good while. It has an interesting collection of commercial buildings from the mid-19th C to the 1920s lining the narrow main street. There is an authentic feel of old-fashioned country lifestyle and prosperity and the town appeals to the sentimentality of the modern tourist.

The road climbed steeply through the countryside of the appropriately named shire of Kentish. Anything, it appeared, would grow here. A pleasant evening was developing with bright sunshine breaking out between shortening showers of light rain and illuminating the landscape and the handsome massif of Mt Roland. At one stage I felt the need to stop cycling and start

walking. A ferocious cramp immediately gripped both legs and warned me that I had had a long first day and such training I had done in recent weeks clearly wasn't sufficient.

The road peaked at just on 500m and then for 3.5kms plunged 350m deep into the valley of the Forth River to the spectacular hydro-electric impoundment of Lake Barrington. The lake is the site of an international Olympic standard rowing course and a training ground for a range of water sports. The surface is a network of buoys and markers and the forested slopes of the narrow valley echoed with the shouting of coxes and the grunting of rowers. There are walking tracks along the lake shore. Others headed off into dense rain forest and fern gullies. Once the camp settled down for the evening among the lakeside trees and the sun finally emerged into a clear sky it was a very pleasant place.

Sunday 6th February – Lake Barrington to Cradle Mountain, 45kms

To start this day's ride we had to return up the road to the entrance to the Lake Barrington Reserve. Just about everyone walked the entire distance. At the top the road continued rising but more gently and then entered a windswept expanse of moorland and coarse sub-alpine grazing interspersed with outcrops of dolerite, grotesquely weathered pine trees and battered alpine gums. Bleached weatherboard cabins with rusty roofs inserted a certain cuteness into the scenery. We were closing in on the Central Plateau where the weather and the scenery would be far from cute.

After a short while the moorland came to the edge of the gorge-like valley of the upper Forth River and we enjoyed a sensational 6km dash downhill to the river just downstream from the towering wall of the Cethana Dam. Now, in terms of altitude and terrain, we were back where we started first thing this morning on the shores of Lake Barrington. The climb out from Cethana was equally as steep as the ride coming down but went on further. It was a good 6km before I could stop walking the bike and start cycling, very slowly. This second climb peaked at 760m and landed us well onto the sub-alpine fringes of the Central Plateau. A strong wind blew and there was a rawness and bleakness that closed in on the thin thread of road. In the distance, between low places in the roadside hills, I could see Cradle Mountain with a plume of cloud perched on its summit.

Now why did I know that the old airstrip at Cradle Mountain village would be the preferred place to camp over a thousand people? Naturally the fittest and fastest riders grabbed the best sites although any notion of better or best was purely philosophical. It was an appalling place, totally unsuitable for pitching hike tents and rolling out sleeping bags, but in truth there was little else for miles around. The evening was bitterly cold with a strong wind. I was tired and aching after a day when half the time had been spent walking the bike up steep mountain roads and I had little inclination to go through the effort of park fees and tourist buses to get to Waldheim and Dove Lake. I can be such a misery at times.

After tea I had recovered somewhat and in a late evening typical of those parts walked along a near deserted road towards the park entrance and took the short walk to the Pencil Pine Falls. It was a small concession to this stunningly beautiful place.

Monday 7th February – Cradle Mountain to Tullah, 59kms

Today proved to be one of the best rides of this trip and of many others besides. The weather was superb. Much of the way passed through forest and woodland which tempered a scorching alpine sun. We were touching on the very fringes of the great forests of the south-west wilderness region. On each side of the road was a wall of beech and gum. Much of this was commercial forest, access roads being guarded by stout padlocked gates.

The road from Cradle Mountain met the Murchison Highway, the A10, coming up from the north coast at a cute Bavarian style tourist village still shaded mid-morning by tall rainforest trees. Time for a breather before turning south onto the A10. The trend was slightly and satisfyingly downhill and soon the forest gave way to drier woodland.

Breasting a saddle near Mt Charter a crowd of cyclists had gathered at the entrance to a side road. An enterprising local resident had set up fuel stoves and urns of boiling water and was making tea and coffee at a furious rate. The gold coin donation went to the local Red Cross. In spite of being devoted to small but frequent doses of strong coffee, for the first time in years I felt that a cup of scalding hot tea would be more appropriate and wolfed it down with a delicious homemade leatherwood honey biscuit.

From here the road fell in two magnificent sweeps, past paid out mining areas and sawmill sites, and past the fragile barely discernible remnants of the network of mineral and forest tramways that in earlier times had dragged out the wealth from the wilderness. At the bottom of the hill were the Lake Roseberry bridge crossing and the former hydro town of Tullah. Lunch was taken at the town's community centre followed by a short ride to the football oval on the southern outskirts of the town.

It had been a perfect day's ride, fine weather, just 60kms, most of it downhill, and it was over by midday. I enjoyed a lazy afternoon of reading, a lakeside walk, another short walk along a stretch of historic tramway that winds through the town, and an icy cold beer on the lawns outside the town's only pub.

To be continued.

Then and Now

Julia's description of her tour of the Fleurieu Peninsular brought back very fond memories of my first bike tour. Three of us, all female, all in our late teens or early twenties, set out one Easter from Adelaide for Victor Harbour via Willunga etc (the

'usual' route) and returning through Strathalbyn and the Adelaide Hills. It was rather different in those days. There were no freeways or even dual highways, no bike paths – but many fewer cars. We had no gears on our bikes, and panniers were unknown to us. We carried our gear in our bike baskets and on our carriers. We were all used to cycling as we all rode everywhere having very limited access to cars. Perhaps the most striking difference is that we camped under the stars (no room to carry the heavy tents of that period – this was over 50 years ago) wherever we felt like stopping – in any pleasant bit of bush, a creek, once a wonderful pine forest with a full moon overhead. Imagine three nubile young females doing this today! It was a great weekend and one I have never forgotten. I'm sure it is still a 'good ride' – but not quite the same!

Rosemary West

General News

It's Cheaper by Train, *Addendum*

Trips to Craigieburn, Sunbury, Melton and Stony Point are also covered by the Sunday Saver ticket as these stations fall within Met fare zones despite being serviced by V/Line trains.

Thanks to Gordon Macmillan for pointing this out.

Reviews

Movie: Hell on Wheels

Myself, Mark Yorston and six other regulars from the Ashburton Bike Boys Association (ABBA) went along to see "Hell on Wheels", a documentary celebrating the 100th birthday of Le Tour de France. The movie is essentially an inside story of the 2003 tour from within the German Telekom Team where you experience many of the highs and lows through conversations with Ete the team masseuse. In between massages, the origins of le Tour were explained, beautiful scenery displayed and an acknowledgement of the media, the supporters and the pomp & ceremony associated with such an enormous event.

I have heard mixed feedback, some saying it was too German & that the sub-titles were too distracting. If you go to see the film expecting to hear about Brad Mc Gee winning the prologue or the Baden Cooke & Robbie McEwen tussle for the green points jersey, you will be disappointed and probably should consider the SBS highlights DVD. Personally I enjoyed it with some of the highlights being:

- The cool calm Eric Zabel saying he was just not fast enough to beat McEwen during the early stages of the race which amazed me as this guy has won 6 sprinters jerseys
- How cramped the team of nine riders are in the team buses as they move from town to town
- The excitement of some of the media commentators - maybe it was a language thing, however these guys were loud and incessant, which kinda makes you appreciate the dulcet tones of Phil Ligget and Paul Sherwin
- The orders being barked out from the team car to the riders - maybe we saw the highlights of the action, but I think I would be turning down the volume so I could get on with the riding
- the work of the domestics of the team doing hunch back impressions by loading up 9 bottles down the back of the jersey, getting back into the peleton and distributing the goods
- if you are worried about t-shirt tans, then maybe being a pro-cyclist is not a good choice for you

Some of the highlight of the 93 race are covered which includes Beloki's crash and Lance taking evasive action through a grassed paddock, Lance clipping a spectator coming down and taking Eban Mayo with him, and Tyler Hamilton riding 20 stages of the race with a broken collar bone and winning a stage.

David Leong suggests that all serious BBUG members should go and see this film wearing their best lycra to show that they are serious members and committed to the cause of cycling. Anything less and you get referred to as being apathetic and narrowed minded.

See <http://www.cinemanova.com.au/session.html> for session times

David Anderson

Boroondara News

Main Yarra Trail Chandler Highway Steps Bypass Update

Parks Victoria has prepared a brief to the Yarra Bend Park Trust for them to consider to approach Parks Victoria to seek some of the Metropolitan Trails Network funding. This brief is for the design of the works proposed between Chandler Highway and the Pipe Bridge (exclusive of bridge).

The Trust next meets in late May so this will be tabled then and duly sent to PV for funding request.

Thanks to Stuart Hughes of Parks Victoria for this item

New Pedestrian Lights on Gardiners Creek Trail

The Dunlop Street pedestrian signals west of Francis Crescent for the Gardiners Creek shared path were switched on on Monday afternoon 16 May 2005. The signals are working well. Some minor adjustments are necessary and are being pursued with VicRoads. These should be sorted out within the next 2 weeks.

Thanks to Jim Hondrakis for this information

New 'Watch for Cyclists' Signs

'Watch for Cyclists' signs are to be erected at the Barkers Road cutaway and at the Victoria Bridge within the next few weeks.

Thanks to Tony Barton, Acting Manager - Bicycle Programs, Traffic and Transport Integration Department, VicRoads for acting on this matter, and to David Leong for the initial suggestion.

Chandler Highway and Glenferrie Road Bike Lanes

Bike lanes on the Chandler Highway have now been completed according to the plan discussed with BUG members some months ago. Thanks to BUG members who pursued this issue, especially Jason den Hollander.

Bike lanes have now been marked on Glenferrie Road between Burwood Road and Kooyong crossing and shared footways signed on the footpaths between Callantina Road and the freeway.

Tram 109 Community Consultation

I have been attending the tram focus groups (for my third of the route within Boroondara). I was unable to go to the most recent focus group and meeting. However BV has been involved in all the discussions and VicRoads plus the consultants have been very mindful of the needs of cyclists. I've put in my bit. The end result will be a compromise and the motorists and traders are in the ascendancy, but I am heartened nevertheless as cyclists have certainly not been forgotten.

Rosemary West

Events

Queens Birthday Bike Ride

For people not going away on the long weekend, I'm running a train based day ride on Sunday 12 June. Belgrave to Ferntree Gully, via Jells Park for BBQ lunch, mostly on trails, 50 km medium.

All welcome. Contact Phil Crohn, 9836 3329 or philcrohn@ozemail.com.au.

An Evening with Kate Leeming

Darebin BUG is hosting a free presentation by outback cycle tourer Kate Leeming on 16th June at the Preston Shire Hall.

Kate rode 25,000km through Australia in 9_ months. She linked communities and inspired youth to be environmentally proactive. Her 7000km of off road cycling, included the Tanami Track and the Canning Stock Route.

Come along to hear about Kate's experiences and win great prizes in our raffle, including a couple of copies of Julia Blunden's cycling guide.

When: Thursday 16th June 7:30 – 9:30pm

Where: Preston Shire Hall, 286 Gower St, Preston

For further information contact Kathleen Kemp, Co-convenor, Darebin BUG, PO Box 362, Northcote 3070; email: kathkemp@bigpond.com

Boroondara BUG News

Minutes of Boroondara BUG Meeting 6.30pm Wednesday 11th May 2005

Held at Swinburne, Hawthorn Campus, Room TD244

Present: Graeme Stone, Phil Crohn, Jason den Hollander, Tim Connors, Peter Campbell, Julia Blunden

Apologies: David Leong

Correspondence:

1. A large quantity of brochures from CARE Expeditions regarding their next two rides in Laos and Vietnam. GS to contact CARE to request that only 1 or 2 copies be sent in future.
2. Information about a BCC workshop on business planning for community groups and about a Community Grants Program. GS to contact BCC to request that BBUG be deleted from these mailing lists as not appropriate for BBUG.
3. VicRoads Cycle Notes no 14 'Coloured surface Treatments for Bicycle Lanes'. The colours recommended by the Australian Road Authorities are yellow for pedestrians, red for buses and trams and green for bicycles.
4. Email from Parks Victoria regarding the Pipe Bridge track. Can Graeme please forward me a copy of this email?

Business Arising

Projects currently being pursued by BBUG:

Harrison Crescent Ramp: now completed. Shared footways on Victoria Bridge still to be agreed to – JB to pursue.

Leonda Link and Hawthorn Bridge Shared Footway: Don Glasson has been pursuing these issues. The future of Leonda and the car park is uncertain and until this is resolved BCC is unwilling to commit to any work on the link. DG has contacted Richard Smithers at Yarra City Council to indicate that we are happy to settle for a shared footway on the north side of Hawthorn Bridge at this stage but has had no reply. JB to write to Boroondara and Yarra Councils regarding an accident to a cyclist on Hawthorn Bridge.

Chandler Highway Bike Lane: JD has written to his state MP Andrew McIntosh regarding delays in the completion of this work.

Glenferrie Road: Bike logos indicating a SBPL are in place. There will probably be no lines because of the tram fairway. Shared paths on the section from Callantina Road to the rail line are not yet signed.

Main Yarra Trail between Chandler Highway and Pipe Bridge: See JD's report in the May newsletter.

Walmer Street Bridge: DL is pursuing the issue of the centre line that leads to a kerb with BCC. DL and JD are liaising with Evan Bolutis on the issue of chicanes.

Landscaping of Burwood Road from the Tower Hotel to Burke Road: GS reported that this will include bike lanes. Concern was expressed about the intersection with Camberwell Road where there is a squeeze point and also the danger of cars cutting across cyclists to continue along Burwood Road. GS agreed to raise these issues with BCC.

New Business

Web Site: JD reported that the free disk space provided by Vicnet is now full. JD will investigate the cost of getting a domain name and a larger disk allocation and also finding sponsorship to cover the cost of this.

Eastern Rail Trail: Peter Campbell spoke about his plan to revive the proposal for a bike path alongside the rail line from Box Hill to the Yarra near Hawthorn Station. The impetus for this is the planned redevelopment of Camberwell Station and the first step is to secure a cycle route through this area. PC's proposal includes construction of a tunnel under Burke Road. PC provided BBUG members with a detailed proposal for the whole route including maps. Other BBUG members present were enthusiastic about the general thrust of the proposal but agreed that they needed more time to consider it in detail and to provide feedback. A staged approach was seen as most likely to succeed.

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

May Ride

After a chilly and foggy start the sun came out providing ideal cycling conditions. Our first stop after Alphington Station was nearby Darebin Parklands where we viewed one pleasant duck-pond and another pond that we were informed contained water of a most noxious variety. We refrained from riding to the southern end of the trail knowing that a steep ascent on our return would be the price and instead turned northwards along Darebin Creek. Our next stop was just past Darebin Road to view from afar the new Velodrome and Bowls Centre constructed for the Commonwealth Games. At Southern Road we diverted to Northlands for a welcome coffee break before pushing on to Bundoora Park where we lunched at the very pleasant café in the company of a peacock and a sulphur crested cockatoo. Perhaps the highlight of the ride was the stretch on the return journey along the recently completed path down the centre of St Georges Road. It was cheering indeed to see such superior provision for cyclists. A third refreshment stop at Station Street Fairfield demonstrated that the *Gourmet* part of the group's title is indeed justified. Thanks to Bruce and Yvonne Dight for organising and leading such a relaxing and rewarding ride.

Julia Blunden

Bairnsdale Long Weekend - 11th To 13th June 2005

Meeting place for start of all rides is Howitt Park in East Bairnsdale (just to left over Mitchell River Bridge)

Our aim is to arrive in Bairnsdale on Saturday (11th June) morning and meet from around 12.15pm for a quick lunch if not already eaten and to leave by 1.00pm for a short ride to the Silt Jetties of approx 20ks return.

Saturday night dinner will be either at one of the hotels or if preferred at one of the eating places in Bairnsdale ie: Asian Cuisines, etc. We can discuss this before heading off on the ride.

Sunday we are to meet at 9.15am for a 9.30am start riding from Bairnsdale to Bruthen and return. This is 60km return but some may prefer to meet at Nicholson River which will make the ride approx 51km return and will need to be ready by 10.00am. There are no shops or conveniences after Nicholson River until we reach Bruthen, so it would be wise to stop-up with water bottles and snacks for the morning. Lunch will be at Bruthen and can be obtained from either the Bakery, Take-away General Store or from a delightful little Devonshire Tea Café at very reasonable prices.

Sunday night we have booked a table at the Italian Australian Club which serves an "eat as much as you want" for only \$14.00 per head. This venue is for members but 'outsiders' are welcome. They also have pokies for those wanting to try their luck!!!

Monday morning we will meet at 9.00am for 9.15am start to tour around local Bairnsdale and the Mitchell River. This will finish approx. at 11.00am before heading off homeward.

We already have riders committed to the weekend but would be pleased to see more though they will have to organise their own accommodation. I would only need to know if they wish to join us for dinner on the Saturday and Sunday nights for booking purposes.

Further enquiries please contact/leave a message for David Powell phone: 98070114 or email

Geraldine.Powell@macquarie.com

CDGBR Program for 2005

Ride Dates for 2005: Sundays: 17/7, 21/8, 11/9, 16/10, 20/11; and also dinners 8/7 and 25/11

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
June 8 th	Collingwood Children's Farm carpark, St. Heliers St., MEL 44 G5 or ride from Victoria Park station.	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.	*

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

Rides Program

		GRADE	CONTACT	MEET AT...
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
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, Lorrikeets & 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

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

Whitehorse Cyclists Inc

Rides Program

Club members.... Like to lead a ride? Click here for 66 ideas ...There are also more detailed ride lists in the members' area: New passwords will be sent around May 1				
Cycling opportunites in our area: Graeme's message board				
More cycling opportunites in our area: While Ron is overseas, Hans of Rotary Forest Hill leads an easy ride every Sunday at 8am:Contact Hans on 0419 312 866				
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 2 June	Berwick via Jells Park	60	Med	Ken 9801 7157
Sun 5 June	Yarraville Brunch ride	45	Med	Jacques 9497 2306
Mon 6 June	"Hell on Wheels" Tour de France documentary at the Nova	Jacques (9497 2306) is going to the Nova Theatre Carlton to see this, and invites you to join him. But check the session time is still 6.50pm. Need to be 45 mins early. Make own arrangements to buy tickets \$7.50 (This is not a ride)		
Tues 7 June	First Tuesday easy ride	30	Easy	Ken- 9801-7157 Len- 9898-2660
Note: Tuesday rides are designed to enable new, inexperienced or recovering riders build up their abilities.				
Thur 9 June	Circuit in the east	50	Easy	Ken 9801 7157
11-13 June	Wilson's Prom	Varies		Mike McN 9830 4195
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 14 June	Second Tuesday easy ride	45	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 16 June	Go with the Cats	50	Easy	Keith 9857 5805
Tues 21 June	Third Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 23 June	Box Hill to Clifton Hill via Capital City Loop	50	Med	Ken 9801 7157
Sun 26 June	Quiet Sunday ride	40	Med	Darby 9878 3589
Tues 28 June	Fourth Tuesday easy ride	45	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 30 June	Hoppers Crossing to city/ Box Hill	50	Easy	Ken 9801 7157
Sun 3 July	Brunch ride Begins at FTGully station Ends Bayswater.	30	Easy	Sandra 9878 4179
Tues 5 July	First Tuesday easy ride	30	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 7 July	A Vietnamese Lunch in Richmond	42	Easy	Ken 9801 7157
Tuesday 12 July Note new time: 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804				
Tues 12 July	Second Tuesday easy ride	45	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 14 July	Box Hill to Preston Market	42	Easy	Ken 9801 7157
Tues 19 July	Third Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 21 July	Camberwell Down along the	50	Med	Ken

	Bay			9801 7157
Sun 24 July	Progressive Luncheon			Marion 9844 2306
Tues 26 July	Fourth Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 28 July	Launching Place to Powelltown	50	Med	Ken 9801 7157
Tues 2 August	First Tuesday easy ride	30	Easy	Ken- 9801-7157 Len- 9898-2660
Tuesday 9 August Note new time: 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804				
Tues 9 August	Second Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 11 August	Thursday ride	50	Med	Ken 9801 7157
Tues 16 August	Third Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 18 August	Thursday ride	50	Med	Ken 9801 7157
Sun 21 August	Warburton Trail Working Bee			Sandra 9878 4179
Tues 23 August	Fourth Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 25 August	Thursday ride	50	Med	Ken 9801 7157
Tues 30 August	Fifth Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 1 Sept	Thursday ride	50	Med	Ken 9801 7157
Sat-Sun 3-4 Sept	Walhalla Weekend	50	Med/Hard	Darby 9878 3589
Tues 6 Sept	First Tuesday easy ride	30	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 8 Sept	Thursday ride	50	Med	Ken 9801 7157
Tuesday 13 Sept Note new time: 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804				
Tues 13 Sept	Second Tuesday easy ride	45	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 15 Sept	Thursday ride	50	Med	Ken 9801 7157

[Last updated 26 May 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!

Rides Program

	JUNE		
Thur 2nd	Club Auction - Bring along your unwanted cycling treasures. Buy some from other members. Fun and useful.		
Sat 4th	Pakenham loop. Gentle dirt roads, via Toomuc Valley. Pretty!	45km EASY/MED	Heather
Sun 5th	MAD ride revisited. A re-run for club members who were helping with the organisation on the day.	100km MED/HARD	Gael
Thur 9th	Travels around Australia. Kate Leeming.		Jon
W/E 11/13	Beechworth. Car or train based. Rail trails, wineries, Yackandandah	150km MED	Glenn
Sun 12th	Belgrave - Ferntree Gully. Bike Track Explorer with BBQ lunch at Jell's Park.	50km MED	Phil
Tue 14th	Club Lunch. Camberwell	Delicious	Fred
Wed 15th	Club Lunch. Fitzroy.	Delicious	Margo
Thur 16th	Elliot Fishman. Urban Transport Sustainability		Glenn
W/E 18/19	Bellarine Delights! Beach, Barwon Heads, Ocean Grove, Point Lonsdale, overnight in Queenscliff. Sunday return to Geelong via Portarlington.	150km EASY	Max
Sat 18th	Maribyrnong River to Brimbank Park. Trail riding at its most pleasant.	45km EASY	Peter
Sun 19th	Beaconsfield to Pakenham via Emerald.	60km MED/HARD	Geoff
Tue 21st	Moreland Club Lunch "A Minor Thing"	Yummy	Gael
Tue 21st	Moonlight ride - evening ramble	20km EASY/MED	Fred
Wed 22nd	Exploration of Cresswell Forest, Watsonia and/or ride along Ring Road	?	Durelle
Thur 23rd	Annual General Meeting. Election of office-bearers for next year followed by a social get-together.		
Sat 25th	Bicycle maintenance day		John
Sat 25th	Kilmore East loop. Train based. Road.	90 - 100km MED	Peter
Sun 26th	Books to Boathouse - our regular ride for beginning or returning cyclists - all on trails.	25km EASY	John
Sun 26th	Lysterfield single track - MTB	25km MED	Graham
Thur 30th	Social Night.		Elizabeth

	JULY		
Sat 2nd	Pakenham to Drouin - camping - join Gael's ride on Sunday	60km MED	Heather
Sun 3rd	Late Autumn Ramble - Drouin on-road loop. Quite hilly. Car or train based (no hanging about!).	60km MED/HARD	Gael
Thur 7th	Leading a ride. The finer points and etiquette of ride leadership and group riding. Of interest and value to everyone.		John
W/E 9/10th	Avenel - Seymour. Train based. Good introduction to winter touring and bush camping. Roaring campfires guaranteed!!!	60km EASY	Leon
Sat 9th	Smith's Gully Roller Coaster. Fat tyres preferred.	42km MED/HARD	Alister
Sun 10th	Badger's Weir - Healesville loop from Lilydale	75km MED	Peter
Thur 14th	Uno Clothing. Come and see the new season's cycling gear.		Alister
Sat 16th	Lebanese Pizzas and Italian Ice Cream. Suburban ride taking in back streets, bike paths and FOOD.	40km EASY	Kerry
Sun 17th	Malmsbury loop via Chewton and Fryerstown. Car based.	70km HARD	David
Tue 19th	Club lunch - Camberwell		Fred
Thur 21st	Trip Planning		Alan
Sat 23rd	Donna Buang snow tour. Car based ridge ride through mountain ash forest.	70km MED/HARD	Peter
Sun 24th	Hurstbridge to Mason's Falls plus optional ride from Fido at Fairfield.	73 or 110km MED/HARD	Phil
Thur 28th	Italian night		Elizabeth
W/E 30/31	Archies Creek. Divine Gippsland ride, car based, pub stay (limit 12), optional beach visit.	100km MED	Glenn
Sat 30th	Fairfield East Doncaster loop, with lunch at Beasley's Nursery. Mainly trails.	55km MED	Alan
Sun 31st	Inner, Outer and Rosstown Rail Trails	35km EASY	John
Sun 31st	Bear's Head Range. Car based. MTB	50 - 60km MED/HARD	Peter
	AUGUST		
Thur 4th	Ian Christie. "Nuclear powered vegetarian bicycle design for 21st Century"		Margaret
Sat 6th	Moonlighting with Kerry in the Strezleckis"	75km MED/HARD	Kerry
Sat 7th	Woodend Winter Wander into the Wombat State Forest.	60km MED	Liz

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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 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.