

BOROONDARA

Bicycle Users Group

Newsletter November 2009

Boroondara BUG meetings are normally held on the 2nd Thursday of each month. Our next meeting is on Thursday 12th November. It will be held in the function room at the Elgin Inn, cnr Burwood Rd and Elgin St, Hawthorn (Melway 45 B10). Optional dinner at 6.30pm, meeting starts at 7.30pm. Members from other BUGs have been invited to join us at this meeting and a number have accepted.

The Boroondara BUG is a voluntary group working to promote the adoption of a safe and practical environment for utility 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. Two of the positions on the Boroondara Bicycle Advisory Committee, which meets quarterly, are assigned to Boroondara BUG members.

Boroondara BUG has a website at <http://www.boroondarabug.org> that contains interesting material related to cycling, links to other cycle groups, recent Boroondara BUG Newsletters and breaking news. Our email address for communications to the BUG is boroondarabug@gmail.com

We also have a Yahoo Group: Send a blank email to: BoroondaraBug-subscribe@yahoogroups.com to receive notification when the latest monthly newsletter and rides supplement have been placed on the web site and very occasional important messages.

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

Seeing the West at its Best

If asked to name Victoria's top beauty spots I doubt that the Western District would have immediately sprung to mind, however after our recent reviving spring rains it's a real treat to the eye. Lush green paddocks, dotted with fat cattle and sheep, many of them bordered by meticulously assembled dry-stone walls, are punctuated by picturesque conic volcanoes, well-filled crater lakes, and right now hawthorn trees in full luxuriant bloom, mostly white, but some pale pink and a few of a deep reddish pink.

In fact my first choice for this year's traditional Cup weekend bike tour was the Nagambie area, however on learning of a wine festival that would strain accommodation, I needed an alternative. There was a day ride from Colac I'd been wanting to do, and I remembered reading that the Crater to Coast rail trail from Camperdown to Timboon was now more or less open all the way. Could the two be linked by riding from Colac to Camperdown? A quick check of my maps showed that this is a manageable distance, a little under 50km, and though the ride would have to be mainly on the Princes Hwy my recollection was that this has a reasonable shoulder.

Our party numbered 15 and 7 of these travelled by train, enough to justify booking a D-van in my view. In fact there were several other bikes on the Warrnambool Train when we travelled outwards on Saturday morning, and again on the return journey on Tuesday evening, when the pre-booked D-van failed to materialise and we were lucky to squeeze our bikes on board. When the Warrnambool-Port Fairy rail trail opens in the near future the number of cyclists using this train service is likely to increase further – a clear case for a D-van to become a regular addition.

Once all gathered at Colac we were able to deposit luggage at the Colac Central Hotel Motel where we were all staying, after which we enjoyed morning coffee at the Trocadero coffee lounge just down the main street. We then headed west along the highway before turning off to the north towards the Red Rock lookouts, passing between Lake Colac and Lake Corangamite en-route. Despite the decidedly warm weather many of the party gamely tackled the climb up to the two lookouts and were rewarded with stunning views of the surrounding volcanic landscape and the various small towns and businesses in the area.

Perhaps because of the hot road surface two of our party were plagued by a series of punctures on this ride, however after an intensive evening repair session they were fortunately not repeated. After lunching in the well-equipped picnic area part way up to the look-out a few of our group opted to return to Colac, while the rest headed northeast towards Lake Beeac. The hotel at Warrion provided a welcome respite from the heat while we waited for puncture victims, and the milk bar at Beeac served a similar purpose. After this it was a long hot slog back to Colac. At 58km with heat, strong winds and some climbing this was our longest and hardest day's ride.

Next morning we headed once again for the Troc for a morning coffee, and a cut lunch as we knew there would be no more coffee lounges until we reached Camperdown. I hadn't expected the ride from Colac to Camperdown to be of great interest however it was in many ways the highlight of the tour. More by good luck than good management we were riding the Princes Hwy on a Sunday morning and traffic was light. The weather was cool and misty making for easier riding than on the previous day. The Stony Rises provided the first point of interest, though we managed to miss seeing the floating islands. However the real treat came when we turned south off the highway just before Pomborneit. We followed the sort of quiet, but sealed, undulating country roads that touring cyclists imagine but don't always find, through peaceful farming country watched by placid cows and sheep that looked as if they were posing for an artist. Once alongside Lake Purrumbete we came to a caravan park. Enquiring here we learnt that there was no public picnic ground, but were invited to come in and use the very satisfactory picnic facilities in the park. Many of us also took advantage of the opportunity to buy an ice-cream in the camp store.

After a few more kilometres and ups and downs we were at the Commercial Hotel in Camperdown's main street. This turned out to be one of my best accommodation choices ever, with cheap but clean rooms including singles, a pleasant lounge area for guests, ample undercover parking for our bikes, an excellent bistro where we ate dinner, and a very satisfactory free continental breakfast. In fact we all liked it so much that we returned there to fill in the time until the train went on our last day. Camperdown is a beautiful town, with two vast intersecting avenues of elm trees that were looking splendidly healthy in full leaf, unlike their sickly city cousins. There are a number of well-preserved historic buildings in various interesting styles, including the striking clock-tower in the main street. And the lofty botanic gardens, though small, contain some magnificent trees and command stunning views over the surrounding countryside. A volcanoes festival was in full swing when we arrived and some more energetic members of our party rushed off to enjoy organ recitals and such while others settled into the comfortable guest lounge to catch up on the weekend papers.

Our group was sharply divided in its reaction to the 29km Crater to Coast rail trail. Many of those riding bikes at the road end of the spectrum found the going far too rough and tricky. Others, including me with my fairly rugged hybrid, loved it so much that we were happy to ride it in both directions. The approach to the trail from Camperdown is via a big on-road climb up to the lip of the stunning crater containing Lake Bullen Merri, followed by a swoop down to the lake's edge and a dirt track winding round its western side. The first section of the trail proper, to Cobden, is fortunately only about 8km. We all stopped at Cobden for refreshments and those who were not enjoying the trail were then able to take to the roads – there are several possible routes from here to Timboon. Cobden has a café and bakery both of which were closed when we returned on Cup Day, providing the perfect excuse for a counter lunch at the very pleasant pub.

The rail trail passes through a variety of terrain including farmland, the Cobden golf course, and dense native forest. The roughest section, about 4km long, is north of the Curdies River. Here, sections where you pass between the iron rails and over sleepers and tree roots alternate with goat tracks and rough footbridges, bypassing about five very picturesque trestle bridges in various stages of decay. We rode some parts of this on the outward journey but found it trickier on the return, after overnight rain and when we were pushing uphill rather than rolling gently down. Signage on the trail is patchy. On the outward journey we missed both the first section of the trail alongside Naroghid Rd and the last, very pretty section of the trail along the Curdies River. We successfully identified these on the return route but still had to cast around for a couple of connections, even though we'd used them only the previous day. If you're a fan of rail trails you'll certainly enjoy this one, but take a mountain bike or hybrid and don't expect to cover it at great speed.

Timboon is another charming town, though much smaller than Colac and Camperdown. Its current greatest tourist attraction is the Railway Shed Distillery, right at the end of the rail trail, where you can take refreshments and buy local produce. Our party was divided between the two main accommodation options in town – Whisky Villa, a three-bedroom house and the Timboon Hotel-Motel. We all dined in the hotel and as it was Melbourne Cup eve were treated to the spectacle of a Calcutta – a combined horse raffle and auction in which some of our group participated while others watched bemused.

The consensus at the end of the tour was that the Western District has much more to offer the cyclist than most of us had realised and that we would be definitely be visiting again. If you plan to go get the excellent Official Touring Map: *Otways, Victoria Australia*, free from the Colac Visitor Information Centre, and for further information about the rail trail see:

Rail Trails of Victoria and South Australia, 3rd ed 2007, Railtrails Australia
and the Railtrails Australia web site at: <http://www.railtrails.org.au/states/trails.php3?action=trail&trail=31>

Julia Blunden

Bike helmets

A helmet will give you maximum protection only if:

- It is the right size and is correctly fitted
- It is correctly positioned
- The straps are correctly adjusted and the buckle is securely fastened
- It is properly cared for and in good condition

When fitted correctly, it should **not** be possible to push the helmet backwards off your head, forwards to cover your eyes, or sideways to uncover the side of your head.



Helmet position

Your helmet should be squarely positioned on your head.

The rim of the helmet should sit on the forehead, just above the eyebrows, and should not be tilted back to uncover the forehead.

Straps should

- Be adjusted so there is no slack when they are fastened
- Not be twisted
- Be re-adjusted if they become loose
- Be adjusted so that the buckle is securely fastened under the chin.
- The strap on most helmets should form a 'V' shape just under the ear lobe.



Helmet care – don't damage your helmet

Your helmet will only protect you if it is in good condition.

A helmet should be replaced if:

- The plastic shell is split, cracked or broken.
- The foam is crumbling, cracked or broken.
- It has been mistreated, dropped, suffered a hard impact, or involved in a crash.

Helmets are designed to only work once. The foam may be damaged and unable to protect you in the way it was designed. This damage may not be visible.

Helmets may be seriously weakened by certain chemicals, including cleaning agents, adhesives, paints and solvents. Only use cleaning materials recommended by the manufacturer – this is usually soap and water.

Ultraviolet light will decay the helmet. If your helmet is cracked, split, dented or crumbling or the straps are frayed it should be replaced. Three years is a good rule of thumb for replacement.

Thanks to Loreto Brady for this summary of guidelines provided in a BV brochure.

Trail Notes

Eastlink Improvements

The new footbridge taking the Eastlink Trail over the Maroondah Hwy at Ringwood is due to be officially opened on Wednesday 11th November. The bridge over the Burwood Hwy also looked close to completion when I last rode the Eastlink Trail a couple of weeks ago. So two fewer lots of traffic lights to be negotiated. We also spotted a new toilet at Oakwood Park, which already has a picnic shelter so makes a good refreshment stop.

New Link Provides Better Access to Greenvale Reservoir Park

Until recently the only way to access Greenvale Reservoir Park was via Somerton Rd which is a cyclists' nightmare. However there's now a new connection from the path heading north through Broadmeadows Valley Park linking to the more westerly section along Yuroke Creek, that takes you to within a few hundred metres of Somerton Rd right opposite the entrance to the park. Note that this link is not shown even in the 2010 Melway (maps 6 & 179). No doubt in time the final link to Somerton Rd will be constructed, but in the meantime there's a perfectly serviceable goat track you can use. Once in the park there's a one way road around the park, a lookout from which to view the reservoir, and lots of picnic facilities including toilets. From the

exit you can head to Woodlands Historic Park, or the path alongside Mickleham Rd, either of which provides access to the Moonee Ponds Creek Path.

Gardiners Creek Trail at Brixton Rise

Those of you who ride the Gardiners Creek Trail will be aware that there is a short break in the trail at Brixton Rise (Melway 59 K8). Some months back Stonnington Council installed a daunting array of bollards across the path here. As a result of a barrage of protests from cyclists the number of bollards was reduced but the situation here remains far from satisfactory. In addition to the still excessive number of bollards there is a misaligned pram ramp to contend with. It is also questionable whether path users should have to use the road here. As the road carries little vehicular traffic it could be re-designed to give priority to the large numbers of path users. For Boroondara BUG's ideas on how this could be done see http://boroondarabug.org/wiki/index.php/Brixton_Rise

Events

Semaine Fédérale en Australie

Audax Australia Cycling in cooperation with the Fédération Française de Cyclotourisme (FFCT) of France is proud to announce the introduction into Australia of Semaine Fédérale en Australie. Semaine Fédérale, which is a week of cycle touring from a central location for cyclists of all abilities and their families, will make its Australian debut in Bright, North East Victoria in January 2010.

Speaking from France where the FFCT has been organising the event www.sf2009.fr for 70 years, president Dominique Lamoullier said "It is a special occasion for those with a love of cycling to meet, exchange ideas and experience their cycling passion while exploring and promoting the area". He went on to say that "The exchange was a great opportunity for us to strengthen our relationship through our common passion of cycling".

Audax Australia Victoria President Gareth Evans said that the Alpine Shire was the natural choice for Semaine Federale to be introduced into Australia. Audax already runs the successful Audax Alpine Classic and the area has without doubt some of Australia's best cycling terrain.

The new event will be held from January 21st to 23rd, 2010 and will culminate with the Audax Alpine Classic and its associated festival Bonjour Bright. Apart from the local market, Audax will promote Semaine Federale in New Zealand, North America, Britain and Denmark. To date the Cycle Tourism market in Australia has traditionally been patronised by local cyclists but as the new event is a week long and includes the Audax Alpine Classic, it will be an attractive package to international visitors.

John Kroeger, Alpine Regional Tourist Board Chairman said "The expansion and extension of the Audax cycle spectacular at Bright to a new global level of participation will lift Victoria's Alpine region in the eyes of the world". "We congratulate the Audax management team, particularly Phil Bellette, for extending one of Australia's greatest cycling events to a week-long international event that will attract many team supporters from New Zealand, North America, the United Kingdom and mainland Europe," "We look forward to this new event with great enthusiasm and support. We can envisage the day when this event becomes the most enjoyable cycling event in the nation," predicted Mr Kroeger.

Further details please contact: Phil Bellette, Mobile: 0405 223 406, Email: alpine@audax.org.au, Web: www.SF2010.com.au

General News

Stonnington BikeScope Survey

Complete the Stonnington BikeScope Survey by clicking on the following link: http://www.surveymonkey.com/s.aspx?sm=Dmoo4aoAJVE5dluBv0CQfQ_3d_3d to take the survey and go in to the draw to win a \$300 gift voucher provided by the Freedom Machine bike store.

Bicycle Victoria and Stonnington City Council invite all cyclists who ride in and through the City of Stonnington to complete an on-line BikeScope Survey, between 4 November and 8 December 2009. The results of this survey will provide Council with direct input on the cycling environment and the key priorities for development in Stonnington. This input will come from riders who are resident in Stonnington or surrounding areas. The BikeScope Survey will clearly identify and prioritise what actions need to be taken to improve facilities and increase cycling in Stonnington.

Don't forget to tell them what you think about the gap in the trail at Brixton Rise, see item above, and about the opportunity for a new link along the M1 – see http://boroondarabug.org/wiki/index.php?title=Golfers_Choice

Myki Tip for Seniors

Recently I attended a Public Transport Users Association meeting where we got all the good oil on the new myki ticketing system. It seems that seniors will do very well out of the new system. We'll still get all our perks and won't even have to think about how to get the best deal with our tickets as the system will automatically give this to us, good for dills like me! Best of all we get free myki tickets sent out to us while everyone else has to buy theirs for ~\$10. However only those who already have a free Seniors Sunday pass will be sent the free ticket, so if you haven't got your pass do so asap and pass on the message to any other seniors you know.

Julia Blunden

New Road rules for Cyclists

From 9 November 2009, there will be some changes to the road safety rules for cyclists. The changes are about the helmet and using the proper seat for bicycle passengers, and for cyclists turning from, and stopping in, bicycle boxes at intersections with traffic signals. For details see: http://roadrules.vicroads.vic.gov.au/9_rule_cyclists.html

Boroondara News

Minutes of Boroondara BUG Meeting Thursday 8th October 2009

Elgin Inn, Hawthorn

Attendance and Apologies

Present: John Parker, Julia Blunden, Glennys Jones, Graeme Stone, Malcolm Faul, Gordon Macmillan, Hedley Finger, Phil Crohn, Graham Ellis, David Leong

Apologies: Alister Huth, Ken Morrison, Peter Campbell, Linda Rohrs

Guest: Stephen Nurse

Correspondence:

1. Email from James about the new Bike Park facility – full details in newsletter
2. .Email from Colleen Hartland about container deposit legislation being introduced in the Senate – Julia B has sent the same submission from the BUG to Federal Environment Minister Peter Garrett as previously sent to State Environment Minister Gavin Jennings.
3. Email from Andrew Mitchell at COB re Yarra Bend Park – **Glennys J** will seek further clarification on this matter which goes before COB at the meeting on Monday 19/10.

Guest Speaker

Stephen Nurse, author of 'An Illustrated Guide to the Cycling Zoo' spoke about his experiences of building his own human powered vehicle and provided an overview of the different types such vehicles that have been and are still being built. Several members present purchased discount copies of Stephen's book and one copy was bought for our BBUG library.

Matters Arising:

1. **M1 Widening and Golfers Choice Shared Path** – John P reported that a large bank of soil has been dumped along the eastern side of the Malvern Valley Golf Course beside the existing very substandard footpath. This could provide the opportunity to create a pleasantly shaded shared path along this stretch, which carries significant pedestrian traffic and would also link to the Markham Reserve link currently being constructed. **John** suggested that it would be worth talking to Stonnington Council staff again about this opportunity in addition to Golfers Choice, and possibly also to Bob Stensholt and to Holmesglen TAFE.
2. **East Malvern Station Bridge:** Glennys J reported that she and John P had met with Peter Murray from COS about the problems on the south side of the bridge. The 'Cyclists dismount' sign has now been correctly positioned on the ramp down to the station platform. However the problems of bollards, gravel and an inadequate turning circle for cyclists approaching from Belgrave Rd remain. If nothing further happens by Ride to Work Day we need to follow up on this. **Glennys** will write to the Minister.

3. **Anniversary Trail at High Street:** Glennys J reported that the new building adjacent to the path now has a sign inside the door opening onto the path warning those exiting about cyclists on the path. This door provides the only access to a section of the building and it will be used regularly. The question arises of liability in the case of a serious accident here. Glennys also reported that the building has a grease trap which suggests that it is likely that there will be a café fronting onto High St, thus creating a further obstacle and hazard for users of the trail. Possible solutions would include re-routing the trail to the west side of the building or down along the unused part of the rail reservation. **Hedley F** offered to look into the feasibility of the second of these options. This issue will be an agenda item for the November BAC meeting. In the meantime **Glennys J** will write to Jim Hodrakis and cc Catherine Olive from Planning.
4. **Web Site Copyright/Licensing Issues:** Peter C was not present to report on this.
5. **Community Bike Ride** – Malcolm F reported that this has been postponed as the aim is to attract families and the organizers have realized that the date they had chosen falls in the school holidays.
6. **Display Boards for Use at Events:** Julia B provided details of sandwich boards available from *Easysigns*, including one with a whiteboard finish which can be made with a logo printed on it which she favoured. There was some support for this but others had a preference for a higher, easel type stand though none had been sourced. A motion was passed to spend up to \$250 on a display stand of some sort. **Phil C and Graeme S** agreed to conduct further research into options.

New Business

1. **BAC meeting 11/9:** Minutes of this meeting have not yet been circulated. Julia B mentioned a few of the issues covered. A bulky summary report on off-road signage was tabled but this contains no recommendations and it is unclear what the next step is and when this will occur. **Julia** will write to Jim H about this. The Domestic Animals Management policy recently approved has a 3-year duration. We need to be ready to try for improvements with respect to dogs off-lead near shared paths when it comes up for revision. We learned that Jim has been invited to speak at the forthcoming *Bike Futures Conference* on the topic of minimizing conflict on shared paths.
2. **Gardiners Creek Trail, Brixton Rise Area:** Graham E identified the unnecessary crossing to the Boroondara side of the creek here as an issue. Glennys J reported that there are a number of changes planned in this area which may affect the trail. **John P** offered to create a web page on this area. Again it was agreed that if there have been no announcements on improvements here by Ride to Work Day we need to follow this up, perhaps with John P's petition.
3. **Ride to Work Day, Camberwell Community Breakfast:** Graeme S, John P and Glennys J have distributed posters to local businesses. Graeme reported that sadly once again there will be no banner. We need to pursue this with Julia Smith for 2010. All BUG members were urged to attend the community breakfast. **Julia B** is to bring the BUG poster, laminated TravelSmart map, business cards and copies of the newsletter and rides supplement. John P distributed chalk for marking of pavements.
4. **Meeting Invitations:** It was agreed that Chris Star from Yarra BUG should be invited to our next meeting.

Other Business

1. **BV AGM and Board Elections:** David L drew attention to the fact that the BV AGM is on Monday 16/11 and that BV members currently have the opportunity to vote for Board members.
2. **Library items:** Graeme S showed a number of publications he holds on behalf of the BUG now including a copy of Stephen Nurse's book. A future project will be to make a list of these and other publications scattered amongst our members.

Next meeting: Thursday 12th November.

Notes by Julia Blunden

Contacts for Rides

There are many BUGs, clubs and other organisations, several of them local, which organise rides. Below are some of their contact details. A separate supplement contains details of many of their forthcoming rides.

Ashburton Riders Club

Contacts:

Tony Landsell - email: tony@diacher.com

Justin Murphy - email: murphjj@au1.ibm.com

website: <http://www.ashburtonridersclub.asn.au/>

Banyule BUG

email: banyuleBug@yahoo.com.au

website: <http://home.vicnet.net.au/~banylbug/>

contacts: Richard phone: 9459 8648, or Les phone: 9459 2701

Boroondara Bushwalkers

contact Julia Blunden

phone: 9853 5095

email: jblunden@bigpond.com

website: www.keypoint.com.au/~bbwinc

Camberwell Downhill Gourmet Bike Riders

contact Elva Parker, phone: 9836 6392

Email David & Geraldine Powell: dgpowell@internode.on.net

Kew Neighbourhood Learning Centre Bike Riding Group

Contact: Robin Kendrick, phone: 9853 3126

Council on the Ageing (COTA) Cycling Group

contact Janet Bennett

email: janpeter@bigpond.net.au or COTA,

phone: 9654 4443

website:

http://www.cotavic.org.au/_data/assets/pdf_file/1006/cota_cycling_brochure_jul-dec_2007.pdf

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)

website: www.darebinbug.org.au

Surrey Hills Neighbourhood Centre

Phone: 9890 2467

Email: info@surreyhillsnc.org.au

Website: www.surreyhillsnc.org.au

Boroondara BUG Contacts

Membership Secretary & Treasurer:

Graeme Stone

16 Jervis Street, Camberwell, Vic 3124

email: graeme_stone@optusnet.com.au

Newsletter Editor & Minutes Secretary:

Julia Blunden

phone: 9853 5095

email: jblunden@bigpond.com

Hawthorn Cycle Tours

contact Hawthorn Aquatic and Leisure Centre

phone: 9815 0988

email: lexbishop@bikerider.com

website: <http://www.geocities.com/perften/Hct.html>

Knox Bicycle Touring Club Incorporated

email: Mikeaatleisure@aol.com

website: home.vicnet.net.au/~knoxbike

Manningham BUG

email: seball@netlink.com.au, H.Edwards@bom.gov.au

website: 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

website: home.vicnet.net.au/~mbush/

Melbourne Bicycle Touring Club

contact Touring Secretary, Dave Cash, phone: 9817 3269

or email info@mbtc.org.au (Note that this email address doesn't get checked every day - so don't expect an immediate response!) website: mbtc.org.au

Whitehorse Cyclists

email: ejhopper@vicnet.net.au

website: <http://www.whitehorsecyclists.org.au/>

Finbar Neighbourhood House Rides

Contact Deb in the office on 9428 7668 or 0403 028 200

YHA

contacts: Ride Co-Ordinator Kathy

rides@yhacycling.org.au or mobile 0425-792 574

or Secretary Voula on secretary@yhacycling.org.au

website: www.yhacycling.org.au has free registration

Meeting Chair:

Phil Crohn

email: philcrohn@ozemail.com.au

Boroondara Bicycle Users Group

Membership Application Form

Name _____

Address & Postcode _____

Phone (H) _____

Phone (M) _____

Phone (W) _____

Email _____

Member of Bicycle Victoria? Please circle: Yes / No

Membership requires a one-off payment of \$15 per household. There is an additional charge of \$10 per annum for delivery of a hardcopy newsletter. Please send cheque (made out to Boroondara Bicycle Users Group) along with this form to:

Graeme Stone
16 Jervis St
Camberwell
Vic, 3124