

June 2004 Newsletter

Next meeting: 7.30pm Thursday 10th June at Swinburne, Hawthorn Campus, TD building (between Park and Wakefield Streets) room TD246

NOTE: BBUG meetings are on the 2nd Thursday of each month, except January.

The Boroondara Bicycle Users' Group (BBUG) is a voluntary group working to promote the adoption of a safe and practical environment for community 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.

BBUG has a web site www.vicnet.net.au/~bdarabug that contains interesting material related to cycling, links to other cycle groups and recent BBUG Newsletters.

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 BBUG. All rides publicised in this newsletter are embarked upon at your own risk.

Inbox

Trandem? Needed

Hi there, I'm looking for a 3 seater tandem ("?tridem") to hire for a day. Any clues? Cheers, Laurie

Laurie Vigor
Tall Pigmy Productions
PO Box 271, Fitzroy 3065, ph: 0425 730 646, www.tallpigmy.com

Trevor Larsen's Chinese Adventure

I've just had the privilege of experiencing twelve days' cycling in southern China, where bikes are considered absolutely entitled to be on the road. Apart from the usual advantages of travelling under ones own steam and experiencing the sights, sounds and smells of the environment we passed through, we found cycling enabled us to connect with people in ways not possible travelling by car or bus. As foreigners, we were a spectacle in towns and villages where foreigners rarely travel, and as foreigners on bikes, we were even more of a novelty. (Why would westerners choose to travel by bicycle??) Children were the most fascinated, and getting a "Hello" or a "Ni hao" from a passing foreigner was akin to getting a truck-driver in Australia to honk his air horn. Smiles, waves and laughter greeted us everywhere we went and we began to feel like movie stars!

The route followed Highway 321, with occasional excursions through villages and rice paddy fields on smaller tracks. Everything was green, green, GREEN! Later in the tour, the famous limestone mountains of the Guilin area provided a spectacular backdrop. Traffic followed a clear rule that smaller, slower vehicles give way to bigger, faster ones. It was quite acceptable for vehicles to use the whole road regardless of double lines. Most of the traffic consisted of bicycles, motorbikes and weird farming vehicles. When the occasional truck or bus came along honking, we got right out of the way, and if two large vehicles approached each other, we all dived for cover! This system worked really well. There was no evidence of aggression, and the traffic just seemed to flow along as a single entity. Some of my favourite rides were through busy towns where pedestrians also became part of the mix and traffic moved at a top speed of about 20kmh.

We had fantastic back-up with a support bus carrying our bags, a tour guide up front and one at the rear with a Chinese bicycle mechanic and mobile phone. Near-new mountain bikes were provided. We stopped for morning and afternoon tea on the roadside, and had lunch at a small local café. Tea

and breakfast was usually in a café across the road or around the corner from our hotel. The accommodation was basic but absolutely fine after a hard day's ride. It would be fair to say that all of the inexperienced cyclists, including one leader-in-training, announced that they were hooked on cycling and would do it more.

If anyone is interested in doing an MS fundraising tour, Trevor is happy to provide advice and support. Phone: 9889 0692

See also 'The China tourists don't see' in the June issue of BV's *Ride On*, ed

General News Items

Police uncover \$250,000 worth of bikes and parts

Victorian police are trying to find the owners of more than \$250,000 worth of recovered stolen bicycles, bicycle frames and bicycle parts. The collection was discovered in a Geelong house in February while police were investigating the death of a 64-year-old man. Police said the man died after falling from a bike he had stolen from central Melbourne and hit his head.

When police checked the man's home address in Scarlet Street, Geelong West, they found 487 bicycles, 187 bike frames and hundreds of wheels, lights, bicycle helmets and other bicycle parts. Police believe the man had been stealing bikes as far back as 1994 with around 75 per cent taken from the Melbourne city centre and the rest from Geelong. Investigators said the man would use wire cutters to cut the cables or chains used to secure the bikes and ride them away. So far police have only traced owners for 25 of the stolen bikes. The bikes range in price from a few hundred dollars to several thousand dollars.

Photos of the stolen bikes will be displayed in the Victorian Police Centre foyer, 637 Flinders, on Thursday and Friday (June 3 & 4), 10am to 6pm, and Saturday and Sunday, 9am to 5pm. Proof of ownership will be required to claim bicycles.

Information obtained from Yarra BUG and from BFA-Oz, a mailing list for people interested in bicycle advocacy at a state and national level in Australia

Taking Bikes on Trains

Many cyclists are missing out on the tremendous convenience of transporting their bikes on trains because they are unsure about the rules. Here's how it works.

The Met

You may take your bike on any Met train at any time and it is now quite free, even in peak hour. Having said that it is obviously better to avoid travelling at peak periods if possible, unless of course you are going in the opposite direction to the peak flow.

There is no special place to put your bike; you just wheel it into any carriage. However it is best to watch as the train pulls in and to try to spot a carriage which has an empty end section, more likely at the ends of the train than in the middle. Your bike can then be propped securely and you can sit down in comfort. Elastic luggage straps are useful to secure bikes to rails. On very full trains you may need to stand in the entrance with your bike, ready to move it as needed to let other passengers in and out.

Getting around Flinders Street and other stations with your bike may seem a bit daunting at first if you are unable to lift your bike and carry it up and down stairs. However most stations do have ramps to all platforms if you look around. Flinders Street and some other large stations, such as Dandenong, also have lifts for transport between platforms and concourse, which are a great boon, especially when your bike is well laden. You can take your bike on escalators but be braced, hands on brakes, ready to take its full weight quite suddenly as the steps stretch further apart.

V/Line

When planning to travel on V/Line trains, especially with a group, it may pay to ring and make enquiries before you travel. However, bear in mind that in general, staff on platforms and trains are more flexible than those who deal with enquiries. Some V/Line trains have guard's vans while others

have only a small luggage area at the end of a carriage. There is a charge of \$3.50 each way for taking bikes on V/Line.

There are a number of short sections at the ends of Met train lines that are serviced by V/Line trains. Met tickets can be used by passengers travelling to these stations. At present the \$3.50 charge for bikes also officially applies on these trips.

Checking train timetables

There is one phone number you can ring for all Metlink timetable information: 131 638. For V/Line the main information number is 136 196. Numbers for premier train stations are listed in the White Pages under 'Connex'. It is also now possible to receive timetable information as a text message on your mobile.

The following Web sites provide timetable information, as well as news about work on tracks that may affect services. The latter is an important consideration at present with major works in progress on several country lines.

- Victrip: www.victrip.com.au/
- Connex: www.connexmelbourne.com.au/
- V/Line: www.vlinepassenger.com.au/

Julia Blunden

Events

Bell Vue bike-a-thon

Bell Vue Primary School, as part of their regular fundraising program, are organising a Bike-a-thon.

It is envisaged that Staff, students and volunteers will be involved with a BBQ-sausage sizzle to be the likely destination. The favoured route is from the school (Bulleen Rd) and setting off along the adjacent bike path heading east to Elgar Park. This originally came about at a council meeting when the suggestion of a walkathon was raised and someone said "Done that!"

We are approaching local business for sponsorship for the BBQ and investigating the possibility of getting the local Police-on-bikes to speak to the kids before they set out. Target date is mid-August

Jason den Hollander

Boroondara News

Victoria Bridge and Barkers Road Cutting

Boroondara BUG members have been discussing the problem that Victoria Bridge and the Barkers Road cutting pose for cyclists. Like Hawthorn Bridge this is a squeeze point for cyclists. We believe that we have come up with workable alternative routes for cyclists using this route in both directions. These routes involve using the footpaths on either side of the bridge.

On the north side cyclists heading east could continue riding on the footpath above the cutting. On the south side, because of steps, cyclists heading west would need to detour via Findon Street and Elm Street, across Myrtle Street and through the laneway (Melway 2H J3) to Harrison Crescent. Ramps would need to be constructed at either end of the laneway. Signs would also need to be erected to indicate all the shared footways and the detour route, and parking across the laneway would need to be prevented in some way. Not all cyclists would use these alternative routes but we believe that some would find them preferable to mixing with heavy traffic on the bridge and through the cutting.

The above proposal has been included in a letter sent to Evan Boloutis at the City of Boroondara on behalf of the BUG. Yarra BUG are also aware of

this proposal.

Julia Blunden

Minutes of Boroondara BUG Meeting Thursday 13th May 2004

Meeting held at Swinburne, Hawthorn Campus, Room TD246

Present: Graeme Stone, Jason den Hollander, Phil Crohn, David Leong, Graham Ellis, Annie Malesic, Julia Blunden

Apologies: Brett Robson, John Welsford

1. **Riding to School:** JD reported that 25 out of 220 students at his children's school, Bellevue Primary, ride to school as do a couple of staff. A Ride-a-thon along the Koonung Creek Trail is being planned to encourage even more to do so. Suggestions from the meeting included making moves to provide secure storage for bikes at the school, either bike rails or a fenced and locked enclosure; and contacting Heidi Marfurt at Bicycle Victoria (BV) with a view to involvement of the school in Ride to Work Day.
2. **Gardiner's Creek Link:** It was noted that there had been mention of this in *BVnews*. GS offered to check with Mary McParland at BV with a view to following this issue up with Evan Boloutis at BCC.
3. **Web site:** BR was not present but had offered to meet with interested members to work on the web site on Thursday 27/5. JB and JD agreed to meet with BR. Other members to look at JB's suggestions for content for the web site which were posted to the Yahoo discussion group and respond before 27/5.
4. **PBN:** GS summarised the current state of the PBN in Boroondara and voiced his concern that Council is getting cold feet about proceeding with new works. GS agreed to contact Evan Boloutis to sound him out about this and gauge what assistance the BUG might be able to offer in this matter. A letter to Council thanking them for the proposed Whitehorse Road crossing and urging continued work on the PBN was one possibility. A query about ramp access to the Whitehorse crossing could be included in this letter.
5. **Publicity Sheets:** JB reported that the A4 sheets publicising the BUG appeared to have reached the libraries as one was on display on a noticeboard at Kew Library. However none remained for collection at either Kew or Ashburton Libraries. It was decided that we should wait until the web site is revamped before considering further publicity efforts.
6. **Shared Footways on Bridges:** Shared footway signs have still not been erected on the Hawthorn Bridge. BUG members have also made suggestions for alternative routes for cyclists crossing Victoria Bridge and riding through the cutting. These involve using the footpaths either side of this bridge. On the north side cyclists heading east could also ride on the footpath above the cutting. On the south side, because of steps, cyclists heading west would need to detour via Findon Street, Elm Street, Myrtle Street and a laneway to Harrison Crescent. JB agreed to write to Evan Boloutis regarding this proposal with a copy to Bart Sbeghen at BV. The City of Yarra will need to agree to the shared footways on the bridges.

Notes by Julia Blunden

Contacts for Rides

Boroondara BUG does not organise rides. However there are many BUGs, clubs and other organisations that do. 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: 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.

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

Whitehorse Cyclists: e-mail: ejhopper@vicnet.net.au; web site: home.vicnet.net.au/~wcycle

Darebin BUG: contacts: Kathleen Kemp, phone: 9482 3276; Ray Davis, phone: 9470 –3029; e-mail: darebinbug@yahoo.com.au; web site: www.darebinbug.org.au

YHA: contacts: Claire, phone: 9726 5421 or Jane, phone: 9525 6462; e-mail: yhacycling@yahoo.com.au; website: 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:

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

Other Contacts:

Phil Crohn: philcrohn@ozemail.com.au

David Leong: leongd@anz.com

Newsletter editor:

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

Boroondara Bicycle Users Group

Membership 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

Full details of the next ride are not yet available. David and Geraldine Powell are organising the June ride. Geraldine says: ‘We hope to do from Glen Waverley Station to Jells Park through to Dandenong and onto Carrum and return by train back to Glen Waverley. As it is getting colder and darker

earlier we may have to modify it and those details I do not have as yet. I will pass them onto Graeme Stone when they are finalised for circulation.'

Boroondara Bushwalkers

Boroondara Bushwalkers have occasional bike rides as part of their program. The next ride, scheduled for Sunday 20/6, is from Belgrave to Hawthorn.

Meeting Place: Belgrave Station
Meeting Time: 9.50am for a 10.05am start
Ride Distance: 45km approx but can be shortened

Ride Description

From Belgrave Station we will follow the path alongside the rail line to Ferntree Gully, then turn onto Blind Creek Path and follow this to Jells Park where we can buy lunch in the kiosk. From Jells Park we will follow Scotchmans Creek Trail, a mixture of shared paths and quiet streets, to meet up with the Gardiners Creek Path near East Malvern Station. This path will take us to Kooyong, or if preferred you can continue through to the Main Yarra Trail. Glen Waverley Station is only a couple of kilometres from Jells Park and we will pass many train stations along the way including East Malvern and Kooyong. Glenferrie Station is only about 2km from the finish of the ride. Note that this is **not** a circuit ride but is designed to use trains rather than cars for access

Please contact Julia Blunden on 9853 5095 after Wednesday 16/6 if you are interested in coming.

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: 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 May – July 2004

We will ride every 2nd and 4th Wednesday in the month. We will meet at 10 am at the place specified. If the weather forecast given for the day is above 30°C 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 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 ride details follow- abbreviations are #easy *medium !hard ^hills.

Date	Place to meet	Description	Grade
June 9 th	Park near the Woori Yallock primary school MEL 286 F10	We will ride the Warbuton Trail to Warbuton East, finishing at Riverside Dr., approx 45km. No coffee stops until lunch at the Warbuton pub!	#
June 23 rd	Dight Falls carpark off Trenerry Cres, MEL 44 F3	We will ride the Merri Creek trail to Reservoir and then cross on small local roads to Darebin Creek trail, approx 45km. Coffee at the Preston Market and lunch at Bundoora Park.	#
July 14 th	Park near the Woori Yallock primary school MEL 286 F10	We will ride the Warbuton Trail to Lilydale and return, approx 45km. No coffee stops until Lilydale.	!^
July 28 th	Dight Falls carpark off Trenerry Cres, MEL 44 F3	We will ride the Main Yarra trail, the Koonung Creek trail and the Gardiners Creek trail via Blackburn lake, approx 50km.	*

Contact Janet Bennett, e-mail: janpeter@bigpond.net.au or COTA on 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, Kathy Brunning, on 9489 4275 or 0410 667 634, or at bikerides@vtown.com.au

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

Please note all rides are free to anyone who would like to participate. 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 4 pm. Bring lunch & water.

Tuesday Rides

For experienced riders.

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

Thursday Rides

For experienced riders.

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

Saturday Market Rides

Beginners and families welcome.

Meet 10am at Jika Jika Community Centre, corner Plant & Union Streets, Northcote, near Westgarth train station.

Saturday 5 June - Bundoora Park. travel 30km along the Darebin Creek Trail to Bundoora Park. Bring \$2 for entry which includes entry to Cooper's Settlement and the farm. Buy your groceries, join us for lunch, and maybe a leisurely jaunt to the top of Mount Cooper.

Saturday 10 July - Collingwood Children's Farm. Travel 10km along the Yarra Trail to Collingwood Children's Farm. Bring \$2 for entry which includes entry to the operating farm. Buy your groceries, join us for lunch and maybe an ice cream soda afterwards at Fairfield Boathouse.

Sunday Rides - Varying Distances & Locations

9-11am 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.

Sunday Social Rides

Some for beginners, others for experienced cyclists.

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

Sunday Rides 2004

20th June - Maribyrnong River

Grade: Medium

Get warm on wheels! Celebrate the Maribyrnong on this scenic winter ride from Ginifer to SouthBank.

Meet at Flinders St Station under the clocks at 9:45 am to catch the 10:16 Sydenham line train to Ginifer. We start along the railway path from Ginifer Railway Station (going south) to Western Ring Rd (going east). Then we cross St.Albans Rd and follow a path parallel to Western Ring Rd. Heading across EJ Whitten Bridge takes us onto the Maribyrnong River path. At Footscray Rd we leave the river trail and head east along the bike path to Southbank. Some steep, short hills, distance: 30km. Rest Spot: Canning Reserve. Lunch Spot: Aberfeldie Park. Returns to the city at 3:00pm. **BYO Lunch, Water. MET: 2-hour zone 1+2.**

July 18 - Outer Circle Rail Trail

More details soon.

August 15 - Lysterfield Lake

More details soon.

September 19th - Darebin to Alamein**Grade: Medium**

Meet at Darebin Station 10:00am. We will ride via the Eastern Freeway, Blackburn Lake and Gardiners Creek, catching the train home from Alamein. About 60km. BYO Lunch, Water. MET: 2-hour Zone 1+2.

October 17 - Dandenong Creek Ride

More details soon.

November 20-21 - Weekend Ride to Brisbane Ranges

More details soon.

December 12 - Yarra Ride to Bell Bird Park - evening B-B-Q

More details soon.

Manningham BUG**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.

DATE	RIDE DETAILS	GRADE	CONTACT	MEET AT...
June				
Sun 6th	Doing Doncaster East - (with a few tiny hills). Coffee at Beasley's.	21km Easy	Terry 9848-6027	10am Ruffey Lake Park carpark Mel 33 F10
Sun 20th	Williamstown Explore the Williamstown area	Medium	Jacinta 9842-3323	9:30am Flinders St, Station
Mon 21st	BUG Monthly Meeting The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
Sun 26th	Dights Falls Follow the Main Yarra Trail to Dights Falls & return	Easy 30km	Gary 9439-5016	Yarra Flats 9:30am Mel 32 B6

July				
Sun 11th	Woodend Wander Quiet country roads BYO Lunch or buy at Woodend before we ride to Hanging Rock (A winery too)	40km medium	Harv 9850-8006	10am Bourke's Bakery Woodend
Mon 19th	BUG Monthly Meeting The night your new subscription is due – but we will let you in for free! The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
Sat 31st	Clifton Hill A little of Merri Ck and St George's track combined- with a Cafe Quince chaser. – See our Cuisine guide	15km Easy	Harv 9850-8006	9:30am Yarra Bend Rd Mel. 2D F1
August				
Mon 16th	BUG Monthly Meeting The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
Sat 21st	St Kilda – Mornington (Progressive Dinner Ride warm up) - Mordialloc option	Solid	Kevin 9842 3323	
Sun 22nd	St Kilda – Mornington (Progressive Dinner Ride warm up) - Mordialloc option Repeat of yesterday's ride for those that can't do Saturdays!	Solid	Kevin 9842 3323	
September				
Sat 4th Sun 5th	Progressive Dinner Ride Medium thru to serious! Car backup and drive options available	40+50 / 230km	Kevin 9842 3323	Bookings essential- fills up fast
Mon 20th	BUG Monthly Meeting The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10

Whitehorse Cyclists: Rides Program

Check the rides calendar on home.vicnet.net.au/~wcycle/calendar.htm Note: All rides are subject to change. Phone the named contact person to confirm details. You do not need to be a member to ride with us! We ride every Thursday and on the weekend, usually on the Sunday. Contact: contact Alec or Barbara 9890 8954.

Date	Ride Details	Kms	Grade	Contact
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Thurs 3 June	Mystery Ride	50	Med	Ken 9801 7157
Sun 6 June	Mystery Event		Med	Pat & Allan 9898 0415
Tues 8 June	Club Night 8.00 pm Box Hill Community Arts Centre			Mike 0407 509 048
Thurs 10 June	tba	50	Med	Ken 9801 7157
Wkend 12-14 June	Queens Birthday in the High Country	Varies		David 9890 3634
Thurs 17 June	tba	50	Med	Ken 9801 7157
Sun 20 June	Diamond Creek	50	Med	Max G 9899 9556
Tues 22 June	Easy Tuesday ride	30	Easy	Ken 9801 7157
Thurs 24 June	tba	50	Med	Ken 9801 7157
Sat 26 June	Waterways	40/80	Med/Hard	Simon B 8502 7466

[Last updated May 2 2004]

Melbourne Bicycle Touring Club

JUNE			
Sun 6	Flinders Street to Fairfield Boat House Enjoy a chino and a cake by the river.	20 km Easy	Sean
Thu 10	<i>Easter Trip Slide Night</i>		Gail
Weekend 12 13 & 14	Long Weekend Trip to Castlemaine Base camping at Castlemaine with day trips in the surrounding country.	120 km	Gail

Weekend 12 13 & 14	Leongatha-Foster-Leongatha Try out the Leongatha rail trail and enjoy the green hills of South Gippsland.	80 km Medium	Stuart
Thu 17	<i>Taxi Ride to Trekking in Nepal</i>		Glenn
Sat 19	Books to Boat The regular club ride for new members and old members who want get back into the swing of club rides.	30 km Easy	Anna
Sun 20	The Bakery Ride through the hills Lilydale to Kinglake via unsealed forest roads.	Med/Hard 60km	Geoff
Sun 20	Audax style tour of the Mornington Peninsular A tour for busy people who need to get some training in.	Hard 100 km	Christine
Tue 22	Club Lunch Star Park Café at Camberwell Junction.	Social	Fred
Tue 22	Club Lunch La Scala Restaurant, Australia on Collins at 12:30.	Social	Bente
Thu 24	<i>ANNUAL GENERAL MEETING</i> <i>Come and exercise your democratic right.</i>		Fred
Weekend 26-27	Bendigo Mountain Bike Tour A weekend of mountain biking around Bendigo with some wineries thrown in.	Medium 120km	Alan
Sat 26	Bicycle Maintenance Day		John
Sat 26	Hurstbridge to Yan Yean A tour through the foothills and forest north of Melbourne.	Hard 80 km	Jon
Sat 26	Solstice Singletrack Slam. A night ride through Lysterfield Park. Lights compulsory, thermos and hot soup optional.	20 km Dark	Tony K
Sun 27	Sacred Heart Mission Community Cup Come and support a good cause at the Junction Oval. More at www.rrr.org.au	10 km Social	Tony K
	JULY		
Thu 1	<i>The History of the Mountain Bike in Australia</i>		Geoff

Sat 3	Queensland Ride Meet up with Jay and Jackie for a ride somewhere in Queensland. Contact on www.geocities.com/luvtravln		Jay & Jackie
Sat 3	Eltham BikeTrail Tour A tour of the Yarra Valley around Eltham and Templestowe.	Easy 30 km	Alan
Sun 4	Woodlands Park / Gellibrand Hill Ride out to this historic property along the Moonee Ponds Creek and Maribyrnong bike paths.	Medium 65km	Peter M
Sun 4	Peter Boemo's Birthday ride.	Medium 65km	Peter B
Thu 8	<i>Cycle Racing</i>		Margo
Weekend 10-12	Kerang Long Weekend Enjoy cycling along the Murray and escape the rain and cold of Melbourne.	Medium 150 km	Tony B
Sat 10	Lebanon and Italy ... warmer than Melbourne in winter Take a suburban tour of Melbourne's food diversity. Visit Cedar's Middle Eastern bakery & supermarket in Preston & then finish with Italian gelati & hot chocolate in Ivanhoe.	Easy 40 km	Kerry
Sun 11	Yea Highlands A scenic loop through the Yea Highlands and along the Goulburn River.	Medium 60 km	Liz
Sun 11	Dandenong Creek Ride Bayswater to Carrum and beyond	Medium/Hard 45 km or 86 km	Bente
Thu 15	<i>Trip Planning</i> <i>(and deadline for Spokenotes)</i>		David
Weekend 17-18	A weekend in Central Victoria Tour a scenic part of central Victoria from Malmsbury to Heathcote and back.	Medium 100 km	Glenn
Sun 18	Hurstbridge Circuit Visit wineries around Hurstbridge and Arthurs Creek.	Medium 30 km	Geoff
Tue 20	Club Lunch Star Park Café at Camberwell Junction.	Social	Fred

Thu 22	The Saddle Show and Tell (The great Saddle Debate)		Glenn
Weekend 24-25	Geelong-Queenscliff-Geelong Bellarine Peninsular tour with Robyn & Gerry.	Medium 60 km	Gerry
Sat 24	Brisbane Ranges Tour Loop ride from Bacchus Marsh exploring the forest around the Brisbane Ranges. Suitable for touring bikes.	Medium/Hard 65 km	Jim
Sun 25	Capital City Trail A tour around the CBD and inner Melbourne.	Easy 30 km	Margo
Thu 29	Slide Night of Queens Birthday Weekend		Leon
Weekend 30-31-1	Hurstbridge Loop A loop tour via Lilydale, Yea and Healesville with cabin accommodation.	Medium/Hard 200 km	Leon
Sun 1	Fido to Fido via Eltham A variation on the Books to Boat House tour.	Easy 30 km	Lou

For information on the above rides, please contact the Touring Secretary, Dave Cash, on (03) 9416 2646, 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 Cycling Winter Program May – August 2004

DATE	RIDE	GRADE	CONTACT	TELEPHONE
Saturday 5th June	Docklands, Westgate Park, Bay path to Elwood, return to city	Easy/ Medium	Sing	9482 1206

Sunday 27 th June	Gardiners Creek to Jells Park	Easy	Jim	9576 0240
Sunday 25 th July	Maribyrnong River - Sunshine to Flinders street via Kensington, lunch @ the Keilor hotel (50km's)	Easy/ Medium	Heath	0417 186 320
Sunday 1 st August	Yarra Valley Wineries	Easy	Claire	9726 5142
Sunday 8 th August	Castlemaine	Medium	Jason	9499 4591
Sunday 22 th August	Moonee Ponds bike path - 55km	Easy- Medium	Paul	9587 2940

And also, Around the Bay in Two Days

September 2004

The 2003 ride sold out in a record 42 hours. Watch this space for details of the 2004 ride.

Want to find out more? Then please [contact us](#)

- our website: <http://www.vicnet.net.au/~yhacycle/>
- e-mail: yhacycling@yahoo.com.au
- telephone: Call Belinda 0410 488 288
- mail: YHA Cycling, GPO Box 25A Melbourne Victoria 3001.

General Information.

Grade of Rides

Easy -Suitable for beginners 3-5 hours riding time at easy going pace and plenty of rests.

Medium - Suitable for riders with some experience and good general level of fitness. 4-7 hours riding time. Steady pace some hills with some rest stops.

Hard - Suitable for fit experienced riders . 5 -10 hours riding time some steep hills difficult terrain and consistent pace.

Information on Bicycles.

Bikes must be well maintained with good brakes and tyres. It is recommended the bicycle have at least 10 gears to cope with hills encountered on

most rides. Bikes should also be fitted with water carriers, and water bottles should be used on all rides. Either panniers or day pack can be used for carrying items during the day.

There are three main styles of bicycle suitable for YHA cycling trips.

Touring Bikes and ten Speed Bikes. Best for longer medium and hard trips particularly on country roads. Also suitable on city trails. They are not suitable for Mountain Bike trips.

Hybrid Bikes. These are suitable for most YHA trips except some medium and hard mountain bike trips. Hybrid bikes are the best all round bike for use on YHA trips and are excellent for general riding in the city area.

Mountain Bikes. Also suitable for most YHA trips except longer tours on country roads. Mountain bikes are excellent all round bikes for city and mountain use. Essential for hard mountain bike trips.

Cost

A nominal booking Fee of \$3.00, (Day Rides) and \$5.00 (Weekend Trips) apply. This is in addition to any travel, accommodation, etc. costs.

Day trips

Please contact the leader for the starting place and time for each trip.

Weekend trips.

Low cost accommodation such as Youth Hostels or cabins is arranged for Friday and Saturday night. Weekend trips usually involve two separate day trips on Saturday or Sunday so it is only necessary to carry items such as food, drink and clothing required for each day. Some trips specify panniers in which case clothing and other equipment will be carried during the day.

Bookings for weekend rides must be made no later than Club night prior to the ride. A deposit will need to be paid.

Please note. Participants should have adequate property, medical and especially ambulance insurance.

Further Information.

Contact any of the leaders listed in the program or Claire 9421 3006 or Jane 9525 6462. Or visit our website at <http://www.vicnet.net.au/~yhacycle>. Also visit Clubnight on the Monday before each weekend ride except public holidays (check first that the leader will be there). Clubnight venue is the YWCA building 489 Elizabeth Street Melbourne 8pm.

Next Program

The next program will be out August 2004.