



BUG NEWS

The information RE-Cycle

APRIL 2014

EDITOR'S NOTE



I guess you are wondering why the heading reads “Editor’s Note” instead of “Presidents Report”. Your editor has decided to put pen to paper as our President, Vice President and Treasurer are currently on holidays overseas, all in different countries. 2014 seems to be the year of travels, as currently there are 5 members overseas and when they return another group of 6 will depart. Then later in the year while we are in the midst of our winter I know of another 4 members departing our shores. So to all those members who have saved for overseas travels this year, have a wonderful time. Many different countries are been visited from one side of the world to the other.

During the past few months we have endured some very hot riding days, but alas those days are now in the past. Autumn is here and with that we are enjoying some longer and more challenging rides. Such as the hills of the Warby Ranges, Myrree, Hansonville and more recently Beechworth and Stanley. Hills and distance are great individual challenges and workouts so don’t let a bit of hard pedaling put you off. The next time a hard ride appears on our program come and join us and soak up the achievement at the end of the ride and I can assure you that vanilla slice or chocolate cake will not be laced with guilt as you eat it.

Recently members volunteered their time to help out in the Wangaratta Marathon and Fun Run. This event was a huge success for the community and participants alike. Because of its great success a number of sporting clubs received a donation from the Wangaratta Marathon Committee. Our gift of \$200 was very much appreciated but never expected. So we thank Justin Scholz and his committee very much.

In this newsletter you will read about John Holmes and his achievement of riding to Melbourne for the second time. Along with a good outcome as a result of Marjorie having a fall in the tunnel on Morrisons Road. There is also an article on safety as a result of a recent accident on one of our rides. Luckily for our club we have not had many accidents but when they happen it puts a huge dampener on the ride.

Take care and I will see you on the road.

Julie McQuade

STOP PRESS:

At the eleventh hour and just before the newsletter was to be e-mailed to Daro for printing. The President’s report came through. So now you have been blessed with two reports. One of which as travelled all the way from the Mississippi River.

Presidents Report

At the moment would you believe, I am sitting looking out of the window of our riverboat on the Mississippi River, planning what cocktail I will have at this evenings Happy Hour. Life sure is tough. We have just had a few days in New Orleans eating, listening to music, and looking at 'gators in the swamp. The main greeting is "Hi you guys, how y'all goin"

There were lots of bikes being ridden around the streets, mainly big heavy urban style cycles. Nobody seems to wear a helmet, even in quite heavy traffic, or even use lights at night. All a bit un-nerving. We even saw a bike pulling a grand piano, real New Awlins stuff.

Several of our other members will be travelling overseas in the near future as well having all sorts of adventures, so there will be plenty of stories to be told across the handlebars over the next few months.

Five of our members helped out at the recent Wangaratta Marathon and Fun Run, and all of us enjoyed it immensely. Corrie, Robin and myself all led out and/or followed up various runs, while Dianne and Eileen helped out in the baggage room. The whole event seemed to be very well run, with a huge number of runners being continuously sent off in their various events. The organisers, led by Justin and Sharon Scholz were very happy with our contribution, and have donated \$200 to BUG funds in recognition of our efforts. This will be very handy in our efforts to promote cycling in the Wangaratta area, and I am sure that every member will join me in thanking them greatly.

We are now heading back into the cooler months, with our earlier starts and beautiful riding conditions for the next couple of months, so make sure you all join our rides and enjoy it to the full.

Happy cycling and many tailwinds

Tony Ransom

2015 ASIAN HOLIDAY

There are currently discussions with members as to whether there is enough interest to go on a holiday to Asia, sight seeing along with some riding. If you have any interest please contact Corrie and Marjorie and in early April there will be a get together with interested members to find out what country most wish to go to and nut out some plans for the next "escape" from our 2015 winter.



Napoleon Dynamite and Pedro

Napoleon Dynamite was walking down the sidewalk one day when his friend, Pedro, rode up on an incredible shiny new bicycle.

Napoleon was stunned by his friend's sweet ride and asked, "WOW! Where did you get such a nice bike?"

Pedro replied, "Well, yesterday I was walking home, minding my own business, when a beautiful woman rode up to me on this bike. She threw the bike to the ground, took off all her clothes and said, 'Take what you want!'" Napoleon nodded approvingly, "Good choice. The clothes probably wouldn't have fitted."

WANGARATTA MARATHON AND FUN RUN

SUNDAY 23rd FEBRUARY 2014

2,300 runners and walkers registered for this event which is a terrific response from the community. Members of our club assisted on the day in various roles.



The Marathon morning. Answering the call for volunteers for the Wangaratta Marathon, Eileen Ransom and I were given the task of baggage clerks, very official! We took the competitors' bags and belongings and filed them in order for their collection at the conclusion of their events. Our morning began at 5.45am on Sunday 23rd February. No sleep in that morning !!

Surprisingly, we weren't idle like I thought we would be, as people came and went all morning. It became a bit chaotic at one stage when most competitors completed their run at the same time, and there were great lines of people waiting patiently for us as we fell over

each other and the bags trying to find the right numbers tagged on the bags. Bags were only handed over if people had their ID number on them, or could identify their belongings (to our satisfaction).

We felt like we were the information stop, as many and varied questions were asked, like where is lost property? Where do we get water and something to eat? Where is the choir gathering?

(Yes there was entertainment all morning). Where is Sharon? These and more. All in all, Eileen and I enjoyed our role as "baggage handlers" and will volunteer for next year if asked.

Dianne

This event was a great experience for Tony, Robin and myself.

We were very surprised as to just how quick most of the athletes were moving, therefore for us to stay in front to lead we really had to be aware and switched on. The event was well organised by a small band of volunteers, well done to these people.

All in all it was a great day enjoyed by everyone who participated.

Corrie



Corrie, Robin and Tony

MARATHON WINNER—CAINE WARBURTON

Well 2013 was a stellar year for me, I was able to train well, race a lot and by Christmas time I had racked up a number of great results, so to say I was excited about 2014 is an understatement. I had planned a number of races, all of which required logging high km's and loads of vertical in January and February of 2014.

Unfortunately my well laid plans had come unstuck. I carried a number of niggles through 2013 and at the start of 2014 they caught up with me. So instead of training the house down on the trails I was restricted to the opposite, low km's (<50km/week) on flat road at a slow pace for all of January. Running was becoming a bit of a mental chore and it wasn't until February that things started to look up.

Late at night on the 19th of February 2014 my wife and I decided to take a spontaneous road trip with our 4mth old daughter, not really knowing where to go, I did what every runner does, scan the internet for potential races and I found 2 marathons for that Sunday the 23rd of February.

What makes a marathon great you ask? Well some people might say a beautiful course, cheap entry, recovery facilities and atmosphere? Wangaratta Marathon offered all of these, but for me it is having the ability for the family to participate. Wangaratta allowed participants to push a pram in their longer events and the other marathon did not. As my wife wanted to run we decided to drive an extra 1000km round trip so she could run the ½ marathon as well. Two days later we packed up the car and drove the 1500km to the race and kick start our holiday. Camping in a tent for the first time with a 4 month old the night before a marathon isn't exactly the best preparation, but given the start of my year, I was happy to just have an injury free run and try to run about 2:45, which is where I thought my training would have me.

So race morning arrived and with two days of travel and a restless night under our belts we got ourselves organised, popped our daughter in her Chariot and jogged down to the start.

Now, Wangaratta isn't what you would call a "bustling metropolis" so I was very surprised to see around 250 people in the early morning light already at the race area getting prepped. This really is a testament to the great work of the race committee including local ultra-legend Justin Scholz who managed to get the whole community behind these events. I believe in total there were 2000+ participants across the range of distances from Marathon to 1km on the day.

So, with a quick kiss from my girls I stuffed some Endura Gels into my shorts pocket and took my place among the other runners on the start line and after some quick and helpful words from Justin it was Ready Set ...BANG and we were off.

Instantly a stocky looking runner, in a Woodstock Runner's shirt, took the lead and led myself and the rest of the field around the first few bends and onto the twisting bike path that would be our home for the next 2-3hours. The first few km's started to tick over ,3:45,3:44,3:47 and I was thinking to myself geez this might be a bit quick, I had only really planned to run around 3:55. Nevertheless, I let it roll and hoped my legs (which were quite dead at that point) would warm up.

Through the twisting turns and under bridges we went, and before long it was down to just three of us at the front all taking turns in the lead and keeping to the 3:45 pace set at the start. At about 15k I passed Tymeka and Indie in the half marathon, snuck a quick high five and finally began to feel my legs warm up. My stride became less strained and I started to work into my groove...things were feeling great and surely enough, I also started to pull away from the other two boys.

One of the other guys managed to hold on about 10m back from me until about 26k, when the elastic band finally snapped and the next time I looked back he was gone. The course was particularly nice at Wangaratta with more than 70% in the shade of the tree lined river which meant the temps were down and running was very pleasant given the recent spate of 40 deg days they have had.

Running on my own now I just focused on the things I could, getting my nutrition in on schedule, drinking and watching the km's tick by. I was very surprised when I hit the 30k mark and dropped a succession of 3:38-3:40min/km splits without even thinking about it.

Nearing the end of the marathon you pass the start line again and complete the final loop over some interesting swinging suspension bridges. It was here that I encountered some serious congestion from the shorter events but thankfully for me the lead bike was clearing a path through the crowds, who of course, offered nothing but cheers and words of support.

The last 500m of the course runs onto the show grounds and through the finishing shoots where 100s of people were waiting and cheering, it really was a great finish atmosphere. After 1-2 slower km's due to the congestion I crossed the line in 2:38 taking first place and unexpectedly set a 6 min PB and new Course Record for the Wangaratta marathon.

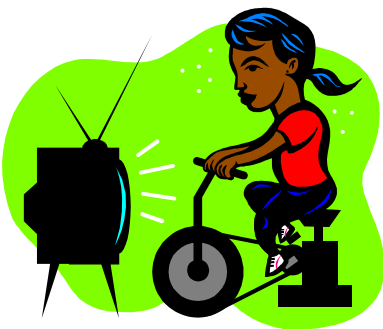
Wangaratta marathon really does have it all – a shady interesting and flat course, community participation, good recovery facilities and most importantly inclusion of everyone! As it turned out my wife had a great run pushing our daughter in the Chariot clocking a cool 1:53 for the 21k, which included a speedy nappy change. If you ask me that performance is more impressive and memorable than my win! As an active family we really enjoyed the event and it would be good to see some of the other marathons in Australia follow suit and allow running prams in their longer events.



Winner— Cain with Garry Nash of First National Real Estate who was one of the event's major sponsors.

Cain Warburton

PAUL CYCLES IN ALL WEATHER



One Saturday in February, Paul's alarm went off early and he proceeded to organise himself for the club ride to Glenrowan via Greta. All was going to plan until he walked out the door and saw that it was raining and the skies above looked like we were in for a full day of rain. Undeterred by this set back he placed his bike onto its stationary mounts and proceeded to ride along Greta Rd (in his mind at least), stopping occasionally for a drink. After a few hours he figured he would have now reached Glenrowan so he dismounted and sat to eat his Vegemite roll. After a brief stop it was back on the bike for the make believe return leg of the trip back to Wangaratta. All in all Paul reported a happy morning's ride, bit on the quiet side but nevertheless he clocked up the required 60ish km's.

Who said wet weather hampers our riding?

EVERTON-BEECHWORTH-STANLEY-MYRTLEFORD AND RETURN

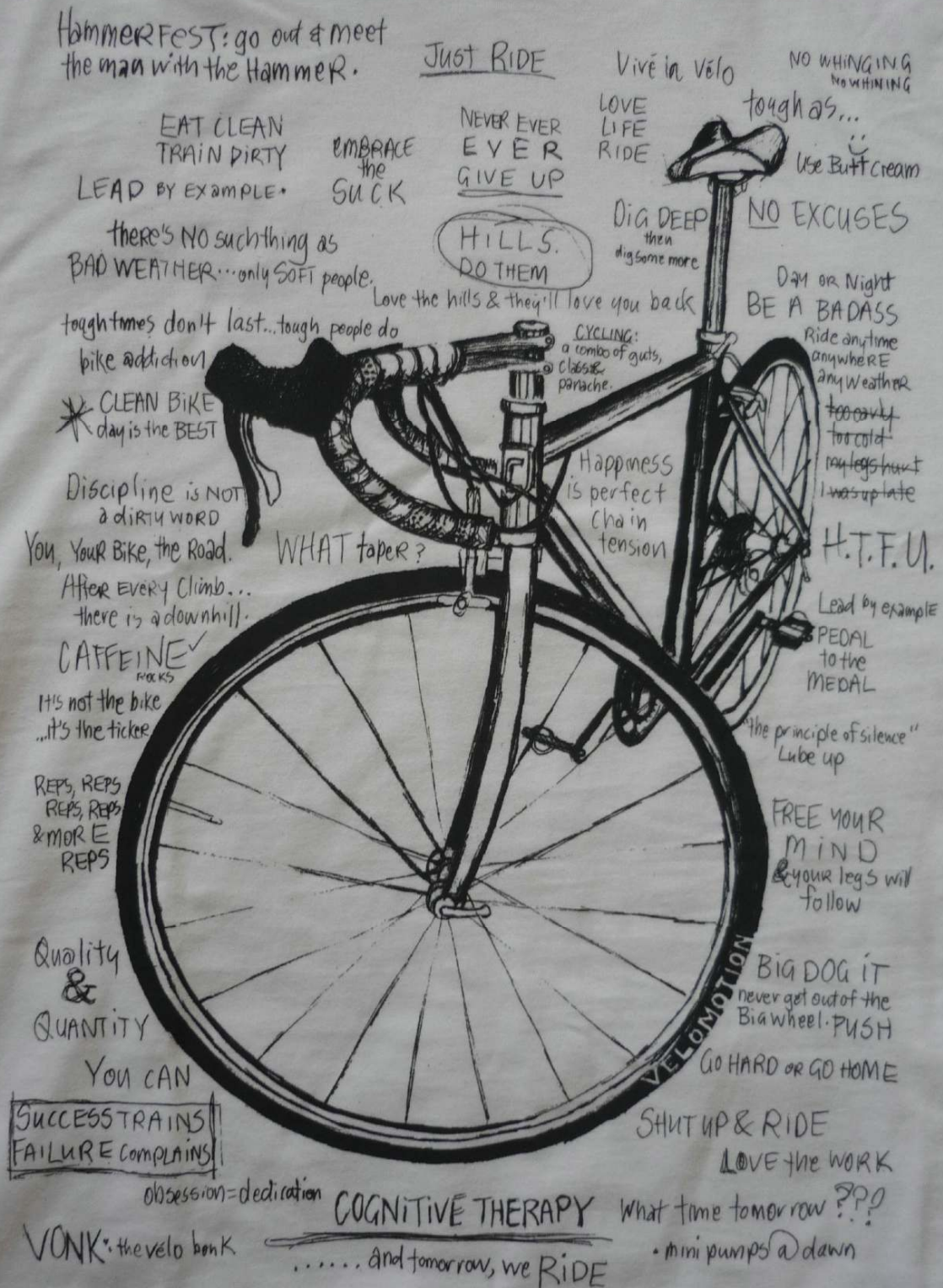
On Sunday 6th April, 8 members enjoyed 80kms of trails and undulating roads in perfect weather and picturesque scenery to match. John rode to the starting point and then rode back to Wangaratta, so he had cycled around 125kms for the day. As for the rest of us we were glad to see our cars parked at Everton Station. A most enjoyable ride had by all.



L-R Derek, Adrian Rick, John Robin, Pat
Front Julie and Fran



This T-shirt was recently given to Mile Molloy from his daughter



TOUR de BRIGHT

Did you participate in Tour de Bright in 2007? For those members who did then you will remember what a great weekend we had. Well the good news is, that the club is looking to do another weekend ride to Bright. We are gauging interest at this point in time, and it will be 18th & 19th October 2014. The plan is leave from Apex Park on the Saturday, ride to Bright and use Motel accommodation and then return Sunday. No meals will be provided as we will buy our food along the way. Your overnight bag will be transported so no need to worry about carrying any bags on your bike. If you are interested please let Fran and Robin know.

SAFETY MATTERS

Wednesday's ride 2nd April, started out in the usual fashion, with everyone happy and enthusiastic. I was leading the ride to Milawa via Byawatha Road through to Tarrawingee etc. However along the Tarrawingee Road after the Carraragarmungee school, there was a spill involving 3 cyclists. One had clipped the back of another's bike wheel, causing her to fall across the road, when another cyclist, following behind, avoiding running over the sprawled cyclist's body, swerved, but collected her head !!!

Traumatic this all turned out to be, with the swerving cyclist sustaining a terrible gravel rash to left elbow, knee and leg. But she was more worried about the cyclist who's head she had just run over.

Both cyclists are OK. The person with head injury being attended to at Hospital Emergency Department.

This story is being written for a reason.

As cyclists, we must be vigilant, and exercise CARE at ALL times !!

Not be complacent as we head out on great cycling adventures.

All in attendance, when this accident took place, are so grateful that, what was a busy road that morning, was clear of traffic when the injured cyclist was sprawled across the road.

PLEASE let us take MORE care on future rides and watch where we are going, and what is happening around us. Giving at least 2 metres behind the cyclist in front of us.

Never underestimate the value of your helmet and padded gloves !

It is EXTREMELY important for those cyclists who ride ahead of the group to a designated stop area, that after a few minutes, if no riders turn up, that SOMEONE MUST turn around and go back to check that everything is OK !! The above incident was quite distressing to find that others had gone on and didn't bother to wait.

Dianne Cribbes

DASHING DES

Recently "Dashing Des" was reined in by the leader of the day. On a Wednesday ride of 50km's Des was nominated as tail-end Charlie, a task that is not familiar to Des. Straight away he raised his hand and ask, "What do I have to do?" Leader replied, "Talk to anyone who is at the rear of the group and make sure everyone is okay".

I can report that Des fulfilled his duties for the whole ride, and on returning to Wangaratta his only comment was "Well, I will be home for lunch instead of morning tea!!"



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Little Boy

A little boy out riding his bicycle knocked down an old lady.

She was a bit shaken, but got up, dusted herself off, then turned to the little boy and said, 'Don't you know how to ride a bike?'

'Yes,' he answered, 'but I don't know how to ring the bell yet'

MAIL BOXES THAT WE HAVE SEEN WHILE RIDING



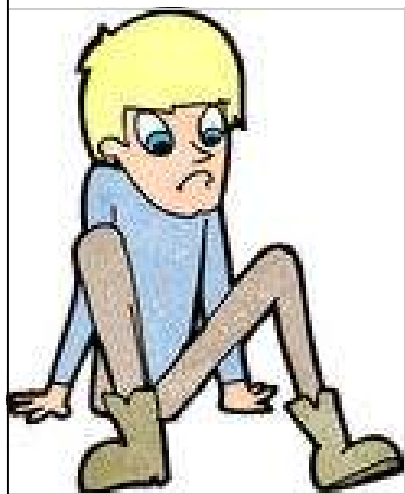
RIDE REPORTS

You are all aware that Dianne is now submitting our weekly ride's report into the Chronicle for publication each Friday. Can all ride leaders please email or phone a report on the days ride to Dianne if she was not on the ride. This saves Dianne chasing members for a report. One small job from a ride leader helps Dianne immensely in compiling an accurate article for our local paper.

CLEAT INSPECTION

Did you know that the cleats on your riding shoes should be changed every twelve months or so. The end towards your toes should be rounded and not sharp like the side of a knife.

One indication of a cleat wearing out is that you may be having difficulty to un cleat. So turn your shoes over and have a look at them. A new set of cleats will only cost you around \$40. Money well spent to ensure safe dismounting. Your pedals may also then require adjustment.



THE MORNING BOB SHOULD HAVE STAYED IN BED

A first for the club, when the group had to leave a member sitting on the side of the road to bond with nature at the 45km mark of a 60km ride. After two tubes and one tyre Bob had to concede defeat and wait for his friends to return to pick him up. I can report that he was picked up further down the Road. Nature was a bit on the friendly side, so he decided to walk some 4kms towards Moyhu.

Bob's troubles had actually started before he had left home. When he went to load up his bike, he saw that he had a puncture. At that stage little did he know what was installed for him later that morning.

COLLINGWOOD FOREVER



It has been 52 years since Des played for Collingwood. Time has passed by, but he still wears black and white on his sleeves. Recently Des was acknowledged for his football achievements in the local paper.

Collingwood played Richmond in Wangaratta for their pre season match, and sure enough, Des was seen in the crowd, but left the sporting venue dragging his feet!! It was reported that Richmond had won the game.....

PERSISTENCE HAS PAID OFF



With numerous letters, phone calls from Tony, Terry and myself to The Rural City and Vic Roads regarding this hazardous spot plus the support from our local police, we have come away with a good result. The tunnel as you can see has been recently hot mixed. I must say the surface is now very good either for bicycle or car. Interesting enough it is just a little over 12 months ago since Marj. had her accident in the tunnel on Morrisons Road.

Corrie

JOHN CLOCKS UP THE MILES

Recently John decided it was time for another “road trip” to Melbourne and return. Once again he set off under the cover of darkness while the rest of us were tucked up in our beds. John’s journey took him from Wangaratta to Melbourne CBD, a total of 237kms in 13 1/2 hours. He reported his trip was puncture free. John then caught the train home. Who knows where his next long distance ride will be? If you have a look at John’s jersey you will see that he has his journey in print for us all to see.

Well done John.



WANGARATTA BUG COMMITTEE:

President– Tony Ransom, Vice President– Corrie Haring, Secretary– Terry Kirby
Treasurer– Colin Andrews. Committee– Fran Kneebone and Adrian Redfern
Newsletter Editor- Julie McQuade, e-mail reports to: aj.jmmcquade@bigpond.com

Keep the reports coming as without YOUR input my job as newsletter editor would be very difficult—I need your help for our newsletter to be successful.

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What's inside:

Editor's & President's Report,
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Asian Holiday,
Safety Matter,
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John returns to Melbourne
and much more.

The following local bicycle shops shown below are proud supporters of the Wangaratta Bicycle User Group. You are encouraged to visit their stores, check out their extensive range of bicycles and accessories and seek qualified advice on your bicycle issues. Please support them through your purchases.



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