



BUG NEWS

The information RE-Cycle

AUGUST 2013

President's Report

I had my first BUG ride for quite a few weeks last Saturday morning. A combination of a couple of wet weekends and other commitments had kept me away, but I did enjoy the crisp cool morning run down to Glenrowan and back.

Our next meeting will be the first in our new clubrooms, which we are sharing with the Wangaratta Cycle Club. Let's hope this arrangement will work out well, and this will be our home for many years to come.

Some of us will be helping out the Cycle Club with the Junior State Cycling Championships next weekend. This should be good fun watching the younger bunch of cyclists coming through.

Our AGM is also coming up next month. There is a plan to shift the AGM to the 23rd September from the advertised date of the 9th September. This is because quite a few of our members will be away on the original date. This change of date will be discussed fully at our next meeting, and we will let you know the result. The meeting will also be held at our new clubrooms, so it will be a chance for everyone to see them.

There will be a nomination form for all positions attached to this newsletter, so consider who you would like to be on our committee next year. Maybe you would like to contribute yourself. Please consider it if you are asked to come onto our committee.

Happy Cycling and Many Tailwinds

Tony Ransom

WANGARATTA BUG AGM

You are all invited to attend the **Annual General Meeting**

Monday 23rd September at 7.30pm. (to be confirmed)

BUG Club Rooms—Sale Yard Complex. Please bring a plate for supper.

All members are asked to be financial to vote. You are encouraged to nominate members or nominate yourself to help lead your club for the next 12 months

The Big Move!

All hands on deck for the move from the old club meeting rooms in Grey Street to the new meeting rooms at the Saleyard Complex which the Wangaratta BUG will share with the Wangaratta Cycling Club.



THE OLD



SHIFTING OUT



OUR NEW CLUB ROOMS

CLUB MEMBERSHIP

2013/2014

The time of the year has come around once again and the committee is asking all members for your co-operation in renewing your membership. Subscriptions are due from **1st July 2013**. Unpaid members will receive the August newsletter and if no payment is received thereafter your name will not be on club records. I am sure you can all appreciate the work that is done at a committee level and with your co-operation in regards to promptly renewing your membership our office can effectively run smoothly. Again this year a list of names, addresses and phone numbers of members will be distributed with the October newsletter. You will see a footnote at the bottom of your membership renewal/application form in regards to this. If you object to your details being distributed to other members then please tick the box. This year members will receive their receipt via email.

A WINTER'S RIDE

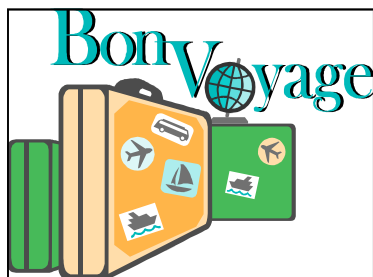


What a scenic ride it was along the Great Alpine Road, snow as a back drop and blue sky. We will not mention the air temperature on this day. Nevertheless, the ride was enjoyed by all.

Paul, Rick, Peta-Lyn, Heather, Eileen, Tony and Judy.
Where is Dianne? - Yep, taking the photo— someone has to.

HAPPY HOLIDAYS TO ALL OUR MEMBERS WHO ARE LEAVING THE WINTER MONTHS OF NORTH EAST VICTORIA

EUROPE



Bon Voyage to Dianne and Graham Cribbes as they head off on their trip of a lifetime to Europe early in August.

Flying to Barcelona in Spain will be the first port of call, joining other members of the tour group, they will spend 3 days before a coach trip around the French Riviera.

At Arles the first river cruise begins up the Rhone and Soane rivers with interesting excursions along the way, even some cycling. From Lyon to Basel they will travel by coach over the Swiss Alps to join up with another river boat, cruising up the Rhine through Germany to Amsterdam including a

cruise up the Moselle river also excursions and cycling along the way. From Amsterdam they will travel by coach through Belgium to Paris where 3 days will end the trip before flying back to Singapore for 2 days then finally home on the 4th September.

WHITSUNDAY ISLANDS



Lucky for Pat and June Trethowan, Pat looked at the weather map a few days before they were due to fly from their Dookie airstrip that is hugged by a winter cereal crop. Pat decided to take off down his runway and fly into Shepparton airport and leave his plane there. This decision proved to be the right one as the following few days his airstrip received 40ml of rain on it. All turned out for the best as they passed over our skies a few days later for the lure of warm sunny beaches of Queensland.

CAMBODIA & VIETNAM



In September six of our members will join a cruise down the Mekong River from Siem Reap in Cambodia to Ho Chi Minh City in Vietnam.

TERRY IS NOW OFFICALLY RETIRED



The clock's been punched for the last time and the daily grind has been left behind. It's now time to kick back and relax!



Although Rick and Shane Crawford (former ALF Hawthorn player) are worlds apart they share a common bond of riding across the Nullarbor.

As you all would have read and seen in the media during July Shane rode from Melbourne to Perth to raise money for Breast Cancer Network Australia. Shane finished the 22 day, 3,600km riding further than the Tour de France riders in fewer days. Along the way he raised around \$1.5 million for BCNA.

Rick's journey was slightly different but never the less still challenging. In 2006 Rick started his journey from Perth and rode to Adelaide with 40 other riders, this group was on tour so they had time to take in the scenery, riding 2,886kms over the course of 21 days. Along the way the group managed to raise \$64,474 for the Fred Hollows Foundation. When the tour finished in Adelaide Rick decided to throw his bus ticket away and continue riding on to Oxley solo. This leg of his journey took 6 days and covered 871kms. Rick's total distance over 26 days was 3,757kms which is an average of 142kms per day.

So well done to both men, a ride neither one of them will forget.



Shane encouraged by a breast cancer patient.



The welcome home mat at Glenrowan for Rick. Alan, Gunter and Rick



HELMET SAFETY

This essential piece of equipment for bike riders will provide **NO PROTECTION** if:

- the helmet is sitting towards the back of the head therefore exposing the forehead to injury
- the helmet is not the correct size: this could do more damage to the skull rather than protect it so worth buying a correctly fitting helmet
- the chin straps are loosely dangling below the chin: correct by slipping two fingers between the chin and the chin strap of the helmet, at the same time adjusting the buckles. The side buckles should be just below the ears
- bulky head gear worn under the helmet for warmth during winter months restricts the helmet from sitting correctly and protectively on the head

A CORRECTLY FITTED HELMET HELPS TO SAVE HEAD/BRAIN INJURY, OR FATALITY, SHOULD AN ACCIDENT OCCUR.

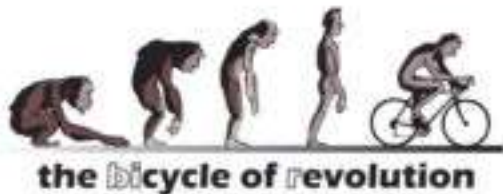
CHILTERN SEPTEMBER RIDE - INFORMATION

On Wednesday September 11 there is to be a ride with Handlebar Harriers (HH) in the Chiltern area. At the time of printing the Rides Program it refers that members will be advised of details of this day in the August newsletter.

The ride will still happen with the HH on that day but details are sketchy at the time of printing our August newsletter. This is due to an unforeseen health problem with the organizer of their weekend away and the organizing has been handed to another member, Allandra. I am in touch with Allandra who will forward details of the Wednesday ride to me as soon as everything is finalized. Once I receive the plan I will make sure that all members are informed by email or mail (for those not on computer). I'm told that the HH have 40 riders to date that will be staying in the Chiltern area and they look forward to the Wangaratta BUGs joining them on the Wednesday ride.

Maureen

Wayne & his new Cannondale



I don't ride a bike to
add days to my life.
**I ride a bike to
add life to my days!**

WANGARATTA BUG COMMITTEE:

President– Tony Ransom, Vice President– Maureen Adcock, Secretary– Terry Kirby
Treasurer– Colin Andrews. Committee– Fran Kneebone, Adrian Redfern and David Spivey
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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SURFACE

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What's inside:

President's Report,

The big move

From the Committee

Holiday Times Ahead

Helmet Safety

Ride with the Handlebar Harriers

Wayne's New bike

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.



21-23 Rowan Street, Wangaratta Ph: 5721 4744



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