



BUG NEWS

The information RE-Cycle

FEBRUARY 2013

President's Report

Happy New Year to all BUG members and families. It has certainly been a hot and windy start to 2013, making early starts essential for pleasant riding.

Our Christmas gathering at Gracebrook Winery was a great afternoon. It really has to be one of the most beautiful spots in our area, and we are very much spoilt for beautiful spots. Well done to Fran and all those involved in organising this very pleasant outing.

Our recent information evening run by Grasshopper Adventures was very interesting, and may have inspired some of us to take that dream trip. Those mountains in Bhutan looked the goods to me, but maybe I'm biting off more than I can chew. I'll think about that one.

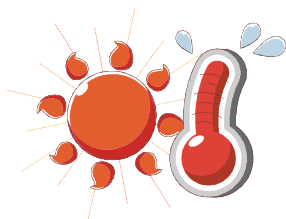
I am starting to get excited though about my 3rd Tasmanian bike ride next month. This ride, organised by Bicycle Victoria, follows a similar format to the Great Victorian bike rides, and this year runs from Launceston to Port Arthur, down the East Coast. Sadly, some of the ride will be through areas recently affected by bushfires, so I might leave some donations at the local pubs and eateries, just to help out. Ann from Albury will also be on the ride, so our Wangaratta BUG club will be well represented.

I recently had a call from Justin Scholz who is organising the Wangaratta Marathon and Fun runs next month. He asked for some riders to help by leading out the runs, and also following behind, to assist any stragglers. Our Sunday Morning Road Bug trio has volunteered to take on the job, so this might be my one and only chance to lead in a marathon. That's if we can beat the runners home!!!

Our upcoming rides program looks as interesting as ever, with lots of opportunities to see our beautiful North-East in it's summer and autumn tones, so see you out there.

Happy cycling and many tailwinds

Tony Ransom



FRIDAY RIDE TIME CHANGE

Due to the hot summer weather that we have been experiencing there has been a change to the Friday ride program. It has been agreed that the Friday rides will start at 8am till the end of February.

CHRISTMAS PARTY 2012

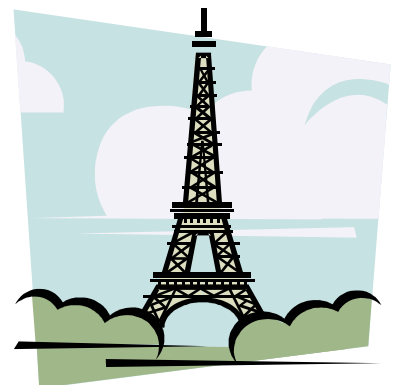
Once again club members enjoyed a very relaxing day at Gracebrook's winery for our end of year luncheon. Thirty meals were served and washed down with the local wines of the King Valley region. Thanks to Fran for organising the day, Terry who was our bus driver and Gunter who generously donated the wine which was distributed to the winners of the lucky door prizes that was held throughout the day.



TRAVEL FRANCE IN SIX WEEKS

Are you thinking of travelling to France?
Wish to know more about the country, it's food and culture?
Then read the attached flyer and attend a six week course and learn all about the country and what it has to offer without leaving Wangaratta.

Contact Florence Desoutter as soon as possible because term one starts on 5th February.



ACTIVITY NIGHT

On Friday 30th November, Jason Williams from Grasshopper Adventure Tours gave us a presentation of what his company has on offer for cycling tours in Asia. The evening was enjoyed by all and it was great to see every chair occupied on the evening. We welcomed six visitors, some from Out & About along with other interested persons. Although the evening was a warm one everyone left with visions of another overseas cycling tour. The presentation concluded with a raffle, we all took a number and the lucky winning number was held by Wayne. Wayne was then presented with a Grasshopper Adventure Tour Jersey. The following day Jason joined members in a ride to Glenrowan.



www.grasshopperadventures.com

**Grasshopper
Adventures**
Unique journeys through Asia



Wayne & Jason



L-R, Jason, Maureen, Paul, Robin, Rick, Heather, Wayne & Peta-Lynn.



Birthday celebrations at Glenrowan.

Back L-R: Eileen, Jeff, Wayne, John and Rick.

Front L-R: Jenny, Peta-Lynn, Robin, Fran, Dianne and Heather.

HOP GARDEN TOUR

Included in one of the BUG December rides along the Murray to Mountains Rail Tail was a pre-arranged visit to the Rostrevor Hop Gardens at Eurobin.

We enjoyed a very informative talk by Gail Monshing about the progression throughout the years of the previous tobacco farming and present day hop farming.

Hop growing on the farm started in the 1890's with the Chinese Pan Look Brothers, who grew hops and tobacco at "Panlooks" (renamed Rostrevor c1930).

At least one of our group, Julie, was very familiar with hop growing as in (dare I say it) her younger days her parents were very involved with hop farming on a neighbouring property and Julie was expected to help them out – couldn't have impressed her too much since she only drinks water these days!!



Maureen Adcock

DOUGLAS SINCLAIR 25.09.1930 - 05.12.2012

BUG members who knew Doug are very saddened by his recent passing. Doug was a keen member from the earlier days of the club and was deeply respected by his unique way of helping cyclists with advice by way of humour and his special giggles.

Seven Bug members who attended the funeral formed a guard of honour. Doug was a true gentleman.

Our condolences to Doug's wife Margaret, daughter Bev Makin her husband Neil, their three children and great grandson.



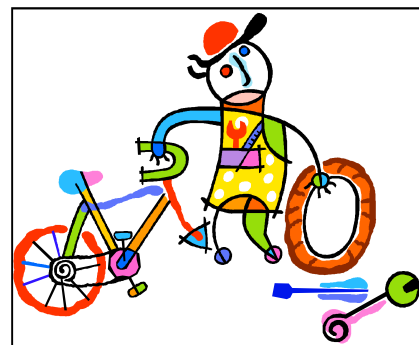
Dianne Cribbes.

DATE, PLACES & TIME CHANGES

Just a reminder that information in the newsletter and on the ride program is only accurate at the time it goes to print. Changes are always kept to a minimum but sometimes for a variety of reasons and at short notice some changes are necessary. When this occurs an email is sent out. If you are not on email then only members who are active and who I think it concerns, will be contacted by phone. So if you have not been in touch with club members and there is a ride or activity that you wish to attend then please contact someone prior to the day and this will avoid any situation of you been in the wrong place or at the wrong time.

PEGGED BACK INTO THE FIELD

A certain well-known tearaway, who fronts a major retail food outlet in town, was brought back to the field recently by a spate of ill-timed punctures. Unable to effect repairs prior to a group ride, he had to revert to his standby machine, a somewhat sturdier and heavier machine than his preferred choice. As a result, he rode and finished the event along with the "also rans". At the conclusion, one wag was heard to comment "That's the most I've seen of Paul in the last fifteen years!".



Adrian Redfern

RETURNING WITH A BANG



Recently members welcomed the return of Trevor Wolfel to the Wednesday rides. Trevor has spent part of 2012 travelling overseas, and since returning to Oz has finished the year by participating in the Great Victorian Bike Ride. As we were returning from Milawa Des and Trevor decided to make a dash back to Wangaratta, this was going well until he got a puncture. It wasn't long before the group caught up to Trevor and yes we did offer our assistance. Welcome back Trevor.

NEW WHEELS



Club President, Tony is now leading the club on a new bike. It is a Scott brand of bike from Wes of West End Bike Hub. The mattress on the tray of his ute is for the new bike, not comfort for his working dog.

NEW MEMBER



Welcome to Marita Samuelssen who is our newest member. Marita is from Sweden but has lived and worked in Myrtleford for the past 33 years. After giving nursing away Marita became a podiatrist. Around Myrtleford she is known as the "bike lady" because she rides everywhere.

FROM THE EYES OF A VOLUNTEER

The Great Victorian Bike Ride has become an Australian institution and has been an annual event since 1984. Each November 4,000-6,000 cyclists ride approx 600 kms around different areas of Victoria. Many bike riders, including students from schools all over Victoria, see it as an annual pilgrimage each year and look forward to packing their 20 kilos of baggage and heading off for "a week in another world".

I recently participated in the 2012 GVBR as a volunteer (vollie). The GVBR would not be able to function without a large team of approx 400 volunteers who give up a week of their time and come from all walks of life. Vollies fill many roles from emptying garbage bins to giving massages and directing traffic and they usually have a smile on their face. I was put on the camp catering team which comprised of about 40 vollies. We were responsible for serving approx 4,000 riders their breakfast and dinner for 9 days from the very large camp catering marquee.

I was looking forward to my week as a vollie and was hoping that it would give me new challenges, some much needed relaxation and some new adventures. I wasn't disappointed. The very first morning I woke up to the GVBR "morning chorus" and immediately felt a sense of excitement. If any of you have ever done a GVBR you will know what I mean. Tent zips unzipping, plastic bags rustling, whispers and muffled body sounds. It's the sound of cyclists slowly rising to join the breakfast queue, eager to start their day's bike riding. As a catering team vollie, I had to be up and on duty before this morning chorus. The 5am starts were a challenge but I very much enjoyed the early mornings and being a member of the very committed early morning breakfast team. We were all very anxious to feed the hungry riders as quickly as possible so they could alight their treddies and get the days ride started. The length of the brekkie queue at 6am was dependant on the weather and if it was going to be a scorcher, we all knew that the queue would be very long by 6am and we were very happy to start serving earlier. It was not uncommon to serve most of the 4,000 odd riders in around 90 minutes. I could always feel the expectation and energy from each bleary eyed cyclist as they loaded their plates with a selection of porridge, cereals, bread, muffins and fresh fruit salad. I quickly became aware that every cyclist had their own specific requests, and being a cyclist myself, I know I can be a little fussy about what I want in my tummy before a tough ride. Most were happy with a scoop of their favourite cereal and a selection of what was on offer and would happily wander away to enjoy their spoils. Others were very specific about what, how much and where they wanted it on their plates. "Say when" became my GVBR mantra. Good manners were the norm and it was unusual for anybody under 30 to request porridge even when I was promoting it as "mountain climbing food".

Dinners are served from 5pm - 7.30pm and are quite a different environment to breakfasts. The cyclists are usually very tired with sometimes sunburnt tired faces and darting hungry eyes. There was lots of chirpiness and chattiness and most were feeling happy from completing the days challenges and were now enjoying relaxing and socialising with old and new friends possibly after a few beers in the "Spokes Bar". There is a buzz as stories are told from the day and if you are prepared to listen, stories from GVBR's of past years are told with possibly many embellishments. I was interested to discover that all the cooked food arrives on trucks from Melbourne, in plastic vacuum bags already cooked. The camp kitchen staff heat up the bags of the already cooked meals in large vats of boiling water and then the food is then placed in large polystyrene boxes to keep warm until served. It is a constant on GVBR's that the meals are always hot, even the morning porridge, and very tasty. No mean feat when feeding 4,000 hungry cyclists. Hygiene is very strict.

I very much enjoyed being a "vollie" on the 2012 GVBR and would recommend it to anyone who enjoys bike riding, meeting new people and is moderately fit.

It's a great environment to be in for a week as there is lots of energy and friendliness. I enjoyed meeting many interesting, friendly people, visiting new places and I loved being in an environment where 4,000 people are generally kind and helpful to one another and smile at strangers. I will certainly do it again and will try a different role next time but I am now looking forward to being a rider on the 2013 GBVR on the Great Ocean Road!!! See you there !!.

Some interesting facts from the 2012 GVBR

- 90,000 meals are served over 9 days
- 600 litres of beer and wine are served at the campsite
- 350kg of recycling is produced each day
- 25 litres of water will be used by each rider each day
- 75,000 kgs of luggage will be carried on 6 luggage trucks
- 40 semi trailers and 100 support vehicles support the event
- 6 shower trucks, 8 loo trucks plus a fleet of porta loos
- 3,000 tents will be pitched each day

Breakfast Queue



Find your tent.



Ann Eulenstein

A Weekend Riding in the Kiewa Valley at Mount Beauty

26-28th April 2013

For those who haven't previously visited Mount Beauty it's a township nestled in the stunning Kiewa Valley, surrounded by mountainous high country, the River Kiewa adding to the beauty of the landscape.

You will drive through townships such as Wangaratta, Myrtleford, Bright and the exhilarating climb through Tawonga Gap where you will have spectacular scenic views before descending into the Kiewa Valley and the hidden gem of Mount Beauty.

You may choose to take the alternative route via Wodonga and the Murray Valley Highway alongside Lake Hume and turning off to Kiewa, Kergunyah, Dederang to meet the Kiewa Valley Highway which leads into Mount Beauty.

Accommodation:

There are many types of accommodation in Mount Beauty and Tawonga - take a look on the internet but I stress to be quick to book as the area is extremely popular and holds many events/festivals where people book from year to year.

The following two accommodations are in the same street in Tawonga and are only 5 minutes drive/ride from Mt Beauty township.

Tawonga Caravan Park, Mountain Creek Road, Tawonga.

Hosts Nola & Bill Turnbull: 5754 4428. The park fronts the Kiewa River and is nestled amongst beautiful, shady trees.

Mountain Creek Motel, Mountain Creek Road, Tawonga.

Hosts Jacques Merkus & Heather Stewart 5754 4247.

Meals:

Friday evening – make your own plans

Saturday evening – The Country Club in Mount Beauty township (gluten intolerant and vegetarian meals available.)

Rides: Day 1 – easy/medium.

Day 2 – medium - undulations plus couple of lengthy inclines.

Day 3 - easy.

Day 1 – Friday afternoon: Meet 2.30pm at the Information Centre.

This will be a short 25-30km ride enabling time to look around Mount Beauty on return from the ride.

Meet at the Information Centre - ride on the trail to the Bogong Lookout – continue to Mountain Creek Road, (Tawonga) – turn right into Mountain Creek Road, cross over the Kiewa River (Rydes Bridge) –turn right into Damms Road and back to Mt Beauty township.

Day 2 – Saturday morning: **BYO as no shops on this ride.** Meet in park opposite Tawonga South Store (approx 500 metres from Mountain Creek Road) – toilets in park. Travel 5kms on Kiewa Valley Highway (single file) then turn right into Redbank Road and continue to Gundowring (50 - 70km return).

Note: any further than Gundowring is not part of the planned ride.

The ride is on a secondary road - undulating with a couple of lengthy inclines included. Stunning scenery along the valley surrounded by a backdrop of mountainous range.

Day 3 – Sunday morning: drive along Gundowring Road (the secondary road that we rode on day 2) to the very end of the road where it meets the Murray Valley Highway – turn left and proceed to the Huon Reserve (approx 4kms) – turn right into the Huon Reserve. There are toilets here (not too presentable when I previewed). Huon Reserve is on the edge of Lake Hume and from here we ride approximately 2 kms on the bike trail to the newly constructed Sandy Creek Bridge over Lake Hume and then to the township of Tallangatta where there are plenty of eating places to choose from for brunch. This part of the ride is 25kms (return) but can be extended after brunch if riders wish to put in a few extra km's as the trail goes on to the township of Old Tallangatta. This would add on an extra 18kms (9kms each way) making the total return journey approximately 43-45kms. Recently previewed, this is a fabulous ride alongside Lake Hume all the way.

On return to Huon Reserve we'll disperse and go our varying ways home:

Wodonga – Wangaratta

Cross country to Beechworth

Back to Mount Beauty to explore more of the area

Bright, Porepunkah, Myrtleford, Milawa, Wangaratta

Whichever way you choose – safe journey with great memories of the Mount Beauty weekend.

Non-riders – Mount Beauty is a township to enjoy – you don't have to ride a bike – plenty of shops to peruse, plenty of superb areas to walk in and around, plenty of coffee shops to pass away the hours while the riders huff and puff their way through this spectacular valley. Lake Hume - it's possible for non-riders to walk along the trail up to and onto the Sandy Creek Bridge. Do join us.

Important details:

When accommodation bookings have been made – please contact me with details.

I do need to know how many will be attending the weekend.

Maureen 0411223429.

MEMORIAL RIDES

In December, memorial rides were scheduled in honour of two of our late members, Helen Ellinghausen, and Alan Watson.

We all know the important roles they each played in our BUG club and the impact they had on each member, so it was fitting that these once off memorial rides were planned. Both different rides were well attended by members which shows the great respect held for both of them.

In Helen's honour a ride was organised around South Wangaratta area ending at Fran and Robin Kneebone's place for morning tea.

One of Alan's favourite rides was set in the North Wangaratta area along the Eldorado Road from the Vine Hotel joining the Rail Trail, stopping at the Reedy Creek shelter and the Bowser rest/toilet building which was Alan's pet project. Refreshments at Aroma Deli Café was well attended by members.

We miss very much both Helen and Alan's contributions on rides and BUG activities.

Dianne Cribbes

Great Escapade Tasmania 9th-17th February

Launceston—Port Arthur 531km. All the best to Ann Eulenstein and Tony Ransom who are participating in this ride.

BIRTHDAY CELEBRATIONS

BUG members weren't going to let a celebration pass them by, so on Wednesday 23rd January after a ride to Glenrowan, and amidst a protest from the birthday boy a photo shoot was called for to mark the occasion. As the photo was being organised and positions taken up there were screams - we thought of delight at first until Fran extracted a thorn bush from a place where none of us would like a thorn bush to be! I resisted bringing out the first aid kit - not wishing to cause further embarrassment - simply hoped she had well padded cycling knicks on.

Happy 70th Birthday from us all Robin - sorry about Fran trying to upstage you!!!

Maureen



RICHARD JOINS THE BUG O.B.E.'S

Early in January, Richard Underwood turned a milestone in his life becoming 80 years young !! He joins several other BUG members who have reached this remarkable age and STILL cycling as well as ever! Richard celebrated a very low key affair with the Friday BUGs.

Dianne

BEE FRIENDLY

A man was driving down the road and ran out of petrol. Just at that moment, a bee flew in his window. The bee said " what seems to be the problem?" "I'm out of petrol", the man replied. The bee told the man to wait right there and flew away. Minutes later, the man watched as an entire swam of bees flew to his car and into his petrol tank. After a few minutes, the bees flew out. "Try it now", said one bee. The man turned the ignition key and the car started up. "Wow!!" the man exclaimed, "what did you put in my tank"? The bee answered "BP".



SANDY CREEK BRIDGE

The 600m Sandy Creek Bridge had its official opening on Saturday 20th October 2012.

Here are a few photos showing the transformation. Club members who are involved in the weekend away at Mount Beauty in April will get a chance to ride over this bridge.



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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Hop Garden Tour

Vale to Doug Sinclair

GVBR—From the eyes of a Volunteer

Weekend in Mount Beauty

Birthday Celebrations

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



25 Muntz St Wangaratta ph 5721 4519



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