



BUG NEWS

The information RE-Cycle

FEBRUARY 2014

President's Report

Happy New Year to all BUG members and their families. Summer has hit us with an absolute blast these last couple of weeks, making cycling definitely an early morning activity. Luckily, we have plenty of gentler bike rides in our local area which suit this weather really well. Our Christmas gathering at Gracebrook Winery was again a great afternoon. It is always a special occasion when our members get together for a non-cycling gathering. Well done to Fran and all those involved in organising this very pleasant outing.

We have recently had the resignation of Maureen Adcock from our committee and our club. Maureen has been involved with our club for many years now. It started when she still lived in Melbourne, and used to ride with us while she was up here visiting her daughter. Since she moved to Wangaratta, she has become heavily involved with the committee and particularly with the rides program in recent years. She has organised some particularly memorable riding weekends, including to Mansfield, and Mt Beauty. Maureen has been a great contributor to our club, and we will miss her greatly.

Fran and Robin, together with Marg and Corrie, have offered to take on the job of organising our rides program, so a great thanks to them. They are getting together in the near future to put our next program together, so be sure to let them know if you have any suggestions.

Don't forget to always keep your eye out for new members. We have so much fun together, it seems a shame not to share it around, so think about who you think would enjoy coming out with us.

Happy cycling and many tailwinds

Tony Ransom

RIDE PROGRAM



On Monday 3rd of February the ride program for April, May and June will be worked out. If you have a particular ride that you wish to lead then please contact Fran or Corrie with your request. New destinations, variations of roads or any new ideas will be most welcome.

Remember it is your ride program so member input is important. It has been decided that as of April all rides that start out of town will be on a Saturday so keep this in mind when requesting rides.

CHRISTMAS PARTY

On December the 7th members enjoyed lunch at Gracebrook Winery in the King Valley. An enjoyable afternoon was had by all . We thank Tony for driving the bus for us, Fran for organising the celebrations and Dianne for donating the lucky door prizes.



Dianne, Jeff and Tony reviewing the year that was.....

EILEEN AND JEFF
JUST KIDDING AROUND



FIRST RIDE FOR 2014

(Wednesday 1st January)



UNICYCLE MARATHON

The occasion was Love Your Sister campaign for Breast cancer. Samuel Johnson (actor) was riding his unicycle around the country to raise funds and awareness of breast cancer, of which his sister is in the terminal stages of this insidious disease. It affects so many women. Bendigo Bank put on a breakfast, with the help of Rotary, to which BUGs were invited to support Sam in his quest where he hopes to raise \$10 million. At this stage he has raised \$1.4million. Sam was a very likeable character and you could feel his passion for the quest..

Dianne



STRIKE ONE FOR THE DOOKIE DUDE

The Mayor of Dookie (Pat Trethowan) headed East to Wangaratta in plenty of time for a 8am ride start, but decided to detour and get a coffee and read the paper. Meanwhile a group of 17 keen cyclists had already gathered, talked and departed from Batchelors Green. After Pat heard the church bells chiming he decided to look at his watch. (Cannot print the next set of words that he uttered.) On his arrival to Batchelors Green surprise, surprise no one was in sight. With no ride program in his possession he recalled what he had read the day before so he set off looking for the group. Luckily for him on this day the group decided to follow the first half of the programmed ride. So he found them. After joining the group at the Vine Hotel, club President and ride leader on this day ordered 15 push ups for being late. While everyone stood back with great laughter, Pat managed to do one push up.

**PAT IN ACTION -
LOOKS LIKE HE STILL HAS
WHAT IT TAKES !!!!!**



BUT WAIT THERE IS MORE.....

As the group continued their journey for a brief moment it looked like our leader had lost control of the group as somehow there was a split in the ranks and a number of riders rode along the road instead of the Rail Trail. When we became one group again, authority was once again shown by our leader. After much discussion Dianne was the soul who took the rap for this renegade group.

Well done Dianne you showed us all what you are made of and went along with what was dished out.





WANTED.....

I am looking for another newsletter proof reader. Ideally I need two and currently I only have my treasured aunty. The only skill required is a reasonable background in the English language to be able to pick up the many spelling errors that I am renowned for.

Julie



This is John's 3rd new bike in recent years. Back in 1988 John's doctor suggested he take up bike riding to help with his knee problems.

John has been an active member of BUGs since 2009.

As we all know, John has certainly clicked up the kilometres.

Marjorie

DOREVITCH LAKE HUME CYCLE CHALLENGE

Saturday 22nd February there is a choice of 134km Granya Grind, 100km Tallangatta Tour, 40km Weir Wall Waddle or 5km Family ride-walk. This event is in aid of **Border Wellness Cancer Centre**.

If you are interested go to www.lakehumechallenge.com.au All relevant details can be found here.

WANGARATTA MARATHON AND FUN RUN SUNDAY 23rd FEBRUARY 2014



Volunteers are still required.
Nothing too strenuous, mainly just manning a checkpoint for a few hours, somewhere along the route, which is along the cycle trails within the town area, and out to Waldara.

You will receive an event t-shirt and a meal at the Town and Country Tavern the evening before.

Please Contact:

Tony Ransom ASAP. 5726 5365



The Great Victorian Bike Ride

Mount Gambier to Geelong

Saturday 23rd November – Sunday 1st December 2013

According to the 'The Good Oil' (the daily ride magazine) I can hold my head high because I was part of cycling history on the 30th RACV Great Victorian Bike Ride and rode the spectacular Great Ocean Road. There were more than 5200 bike riders from across Australia and overseas. Crossing the finish line in Geelong is an amazing feeling, a real sense of achievement . The organisers set up the end like a tour de France stage finish crowds of cheering people, media, blow up finish arch etc. They make you feel special!

It was a trip to a totally different world. The countryside was unbelievably green and lush along the way and the ocean beautiful as always. We experienced all types of weather along our journey so the scouts motto 'Be prepared' really rang true. We started in Mt Gambier in the rain, the rest day in Port Campbell was perfect for swimming and washing, Lavers Hill freezing at 3 degrees at lunch time.

One thing I love about the GVBR is the people you meet along the way, the conversations you share at meal times, or when you are walking around exploring a town each evening. You never fail to meet some old friends or establish new ones. Although I had my own little tent I shared the bike ride with my friend Loris and her daughter Kerryn. The organisers look after you so well, one night I could even see the evening movie "Red Dog" from my tent .

The ride profile was very challenging for me, and exhausting at times, which makes the whole experience quite a personal achievement . If it was just an easy ride in the park it would not be so memorable. The longest days were 95km Portland to Port Fairy, followed by 112km Port Fairy to Port Campbell. The toughest days for me were the two back to back ascents up Lavers Hill. Big climbs in freezing wet conditions. I can certainly tick those off my bucket list - I did it! The GVBR always provides terrains and lengths of rides to suit all types of riders so you have to accept the good with the bad. Riding through the Otways certainly wetted my appetite to return and check out the area at leisure and stay at one of the magnificent Bed and Breakfasts perched high on the ridges. We rode down Turton's Track which was edged by spectacular massive ferns, giant messmate and beech trees . I am sure Hans would agree with me.

Whilst on the ride they announced the 2014 ride with a short film highlighting our beautiful North East area and the diverse vistas it had to offer. We felt so proud that it was our home territory. They have introduced a new 5 day ride option called the RACV Great Vic Escape which will take riders from Albury to Mansfield via Bright and the High Country. Start planning your escape.

Eileen Ransom

Apart from myself (a de facto member of the Wangaratta BUG group) there were two other member's from the club. It wasn't till our last camp site at Torquay that I actually ran into one of them, lost trying to find our truck and designated camping area. I hear "Hans, Hans, Hans" turning around I find Eileen Ransom in the shade created by one of the 50 or so semi trailers travelling with the group. When asked as to how the journey had been, she very quickly told me about Lavers Hill and the miserable conditions they had endured. I had to excuse myself as my family were quickly disappearing and I didn't want to spend another hour finding them. We, that is myself, son-in-law Adrian and grandson Hugo only did the last three days from Gellibrand to Geelong, I think we were the only three generation riders in the event, and a very proud satisfied group we were. When entering the Geelong show grounds riding through an avenue of supporters waving banners, balloons and cheering, it was very up lifting and all the aches and pain had disappeared quickly. The three of us embraced one another on our accomplishment. Adrian being very generous quickly told me I was good for at least another 8 years! As a result I quickly purchased a carbon fibre bike.

As I mentioned we only did the last three days starting from Gellibrand. We arrived the night before in gloomy conditions, the next day it wasn't any better but off we went starting gently, then climbing 560m in drizzling conditions all the way to the top. At Ferguson we rested and continued through Turton's Track which was closed to the public, stunning scenery. Lunch stop was at Forrest, conditions by now had improved and continued to improve all the way into Birregurra.

Day 8, went from Birregurra to Torquay via Lorne, after a steep climb (550m) up to Deans Marsh and then it was mostly down hill to Lorne for lunch. The weather had improved all the way to Torquay which we were bathed in warm sunshine and pleasant riding conditions and a great camp site. The last day was a short 50km basically flat ride into Geelong passing through Ocean Grove for a break.

The logistics that support this event which had more than 5000 participants are staggering. 50 semitrailers and over 200 support vehicles. There are 7 shower trucks providing 112 showers as well as 9 toilet trucks and a fleet of porta loos. Over 3500 tents pitched each day. Over 350 volunteers prepare and serve 120,000 meals over the 9 days, each rider will consume approx. 25 litres of water each day. I never heard any person complain about the food quality or quantity, you were never going to experience 2 hat style restaurant food, it was satisfactory.

In closing, 2 weeks before the event, the three of us were on a training ride around the city loop and Studley Park etc. When approaching the Collingwood Children's farm, a 2 year old toddler decided to stray onto the walking/cycling track away from his inattentive parents we weren't going fast, but I had to break very suddenly, and as a result, the rear wheel lifted and I went head first over the handlebar, landing heavily on my left side. X-Rays showed no fractures and I had 2 weeks to recover. I did the ride with some discomfort and was happy that I did so, my grandson I think, was very keen for me to be there with them. I was receiving calls from Melbourne every second day enquiring on the status on my condition. I am happy to report I did it with one and a half arms.



Hans, Hugo and Adrian
at Bells Beach

Hans Jakowenko

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:

President's Report,

Christmas Party

Unicycle Marathon

Great Victorian Bike Ride

John's new bike

Fun on our Rides

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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