



Contents

- 1 Stolen bike.
- 2 Hydration
- 3 Riding the everglades.
- 4 What a bike ride

What follows is a tale of theft, chance discovery and recovery of stolen property and past actions bearing heavily on the final positive outcome in the present. The tale also carries with it very strong lessons for all bike riders.

The tale is about a stolen bike – an electric bike.

To help you better understand the tale, a few points of clarification. Roger (the owner of the bike) is a member of Darebin BUG. The bike is an old Shogun converted to a front drive e-bike. Carol, is a former family member and still good friend of Roger. The action all takes place in and around Southern Cross Station.

This is a true story.

a happy story to end the year....

STOLEN BIKE RECOVERED BY DAREBIN BUG IN DARING DAYTIME RAID (the long story- Authorised Version)

A few weeks ago, Roger's electric bike went missing from Southern Cross Station- assumed stolen. It was "secured" to a bike loop by a combination lock, with only one of the 4 numbers moved to lock it. (So much easier to remember just one number)

Roger had returned to find the bike missing and the combination lock re-attached to the pole! The cheek of modern-day bicycle thieves! No point reporting it to the police. What would they do? Roger had returned to the scene of the crime on a few occasions, but no sign of the bike. Other BUG associates had been checking eBay, Gumtree and Cash Converters.

However, on Sunday, Roger's luck changed and he was amazed to find the missing bike parked in a different place at the station! Sadly, it was a bit worse for wear. One pannier missing, the saddle loosened and the battery was flat.

But get this- the thief had secured it with his/her own lock! Now what? Not having any lock-breaking tools on him, Roger sought the assistance of platform staff, who notified the station PSOs, who notified the Wilsons Security man who notified the police and soon there were 5 uniformed officers in high-vis vests, with guns, mobile phones, two way radios and handcuffs conferring about What Should Be Done.

Roger was asked by the constabulary to prove that it was in fact his bike, which, in fact, it wasn't. It belonged to someone else, whom we'll call Christmas Carol (*not her real name). But as Roger pointed out to the 5 uniformed officers, they were his 30-year old panniers, (even though one was missing) and they were his handlebars and his tool bag, However, that milk crate cabled tied on the rack was not his, and No, he didn't have the key to the lock because it was not his lock!

Had Roger reported the bike as stolen? Ah, well... No.

Despite such an open-and-shut case, the attending officers were not ready to assist Roger to break the lock

and remove the bike. After all, he could be part of an organised gang of bike thieves operating in the city. And the new “owner” might sue them for damage to his/her lock. They rang a higher authority to clarify procedures, and their judgement was confirmed.

In desperation, Roger rang a DBUG associate, whom we’ll call Ed (*not his real name) to seek help. This associate thought there might be a photo of Roger with the bike in question, on the DBUG Data Base. Roger then rang another DBUG associate, with a reputation for safe-cracking, whom we’ll call Ian (*not his real name) to obtain some technical advice.

In the meantime, another DBUG associate whom we’ll call Jenny (*not her real name) had located three photos taken at another unnamed railway station, which showed Roger with his bike talking to yet another DBUG associate whom we’ll call Paul (*not his real name). But how to get the photos to Southern Cross station in time?

Unfortunately Roger’s mobile phone is one of those old circular-dial handsets with the spiral cord and does not accept photos. And the nice policeman for some reason was not prepared to provide Roger with the number for his own Smart phone. Roger was advised that should the alleged thief return to the bike, they would be obliged to allow her/him to unlock it and take it away!

In the meantime, the afore-mentioned BUG associates volunteered to divert to Southern Cross station on their way home to deliver the crucial evidence, while Roger waited nervously with the 5 uniformed officers, desperately hoping that the thief would not return before the photos arrived.

The safe-cracker was also on his way into Southern Cross, at breakneck speed with a boot load of useful equipment - but he was coming from Frankston, where he’d been working on another job.

The clock ticked on.

Eventually the photos arrived, (Exhibits A, B and C) and the senior officer studied them carefully, recorded the date in his notebook and pronounced that yes, it did appear to be the bike in the photo, and Roger appeared to be in the same photo.

Did Roger have a serial number or a licence number on the bike? Well, yes, Officer, there is a licence number, but it’s not actually my licence number. It’s Christmas Carol’s. The officer nodded thoughtfully, and suggested that C.C. might need to attend to verify this. In the meantime, they would go off to deal with some other crimes, and would return if and when Roger rang back. A hasty phone call was then made to summon Christmas Carol to the station.

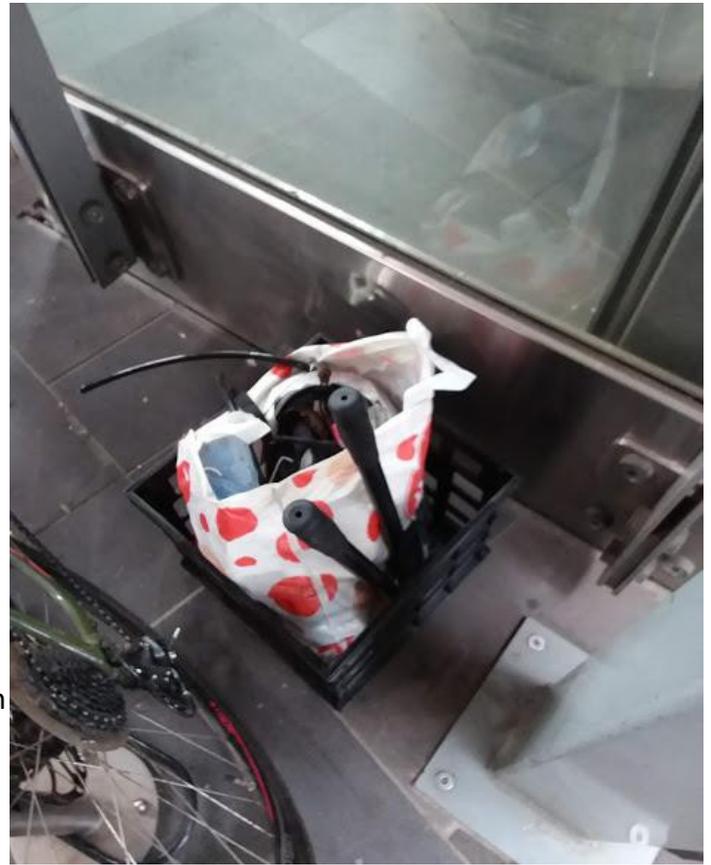
Roger made good use of his time pumping up the tyres and going through the “new” owner’s possessions, and rehearsing his martial arts moves in case the thief returned before the police. He was initially excited to find a cement sheet cutter, but alas, it was ineffective on the thief’s bike lock cable.

Just then the safe-cracker arrived, screeching into a car park just in front of the police car, just as they were driving off. In a T-shirt and shorts, he strode confidently into the station with a huge set of bolt cutters under his arm, found Roger and the bike and immediately tackled the lock. The other two BUG associates suddenly merged into the crowd, well away from the daylight crime about to occur.

Whilst the bolt cutters were surprisingly effective on the plastic cable ties attaching the milk crate, but were not the right tool for the cable lock. So it was back to the car with the bolt cutters and “Ian” returned with a smaller side cutter tool, just as the police arrived back on the scene. At the very same time CC arrived with her licence! Things were looking up.



Christmas Carol was whisked away to an interview room and was interrogated for some 3 minutes before all the players reassembled to watch as the police officially authorised the bike to be freed and returned to its rightful owner. The Thief's remaining possessions and hacked cable lock were left tidily in the milk crate in case he/she returned.



Roger was very keen to ride triumphantly back to Fitzroy - but what about a helmet? Luckily the "new" owner had thoughtfully left two helmets in milk crate. Clearly one was meant as a Christmas present for Roger, so he chose the better one, put it on and pedalled off. Everyone left the scene and returned to their ordinary lives, satisfied that justice had been done, and confident in the knowledge that whatever trouble you are in, Darebin BUG can be there to save the day.

Take home messages, kindly offered by the constabulary.

1. Take a picture of your bike and the serial no. to store on your (modern) phone
2. Report any theft to the police, with the above info.
3. Engrave your licence no. on your bike, with the letter V.
4. Change more than one number on your combination lock.

Happy new year everyone!

Interesting web sites/stories

[*Is it foolish for a woman to cycle alone across the Middle East?](#)

[BN Letter writing campaign](#)

[Stolen Bikes of Melbourne Facebook Page](#)

From the rumour mill.

Roumour has it that Maureen has now got a brand new e-bike.

(Sent in by a member)

The importance of hydration in fitness

Hydration Choices Whilst Exercising

1. Water

The general rule of thumb is to take at least [8 glasses a day under normal activity](#). When exercising, we want to ramp up the hydration. Although there are no guidelines for water intake during training, it is highly dependent upon the individual, due to each person having a unique body composition and weight. While the key organ that detoxifies our blood is the liver, the [primary agent](#) is water. It dilutes toxins and flushes them away as urine.

Additionally, the body cools through sweating. As you perspire, the heat from your body is absorbed by sweat as it evaporates. Equally, water is beneficial in carrying oxygen to your muscles and ensures to train more efficiently and for a longer period. It's important to note, excessive consumption can be counter-productive. You may develop [hyponatremia](#), which simply means low sodium levels in the blood due to dilution. Sodium is an essential electrolyte which helps maintain a stable balance of water in and around your body cells, while keeping your blood pressure levels in check.



2. Water with electrolytes

This means water infused with minerals and these minerals in this context are called electrolytes. The primary [electrolytes](#) are sodium, calcium, phosphate, magnesium, and potassium. They're muscular and nerve stimulants responsible for transporting electrical charges throughout your body. Your blood volume and pressure are also kept in check by electrolytes. Since exercising often involves excessive sweating, your body loses these electrolytes. It's therefore important to hydrate with water containing electrolytes. Whilst exercising, just take a few sips at a time to replenish the electrolytes that have been lost.

3. Recovery Drinks & Sports Drinks

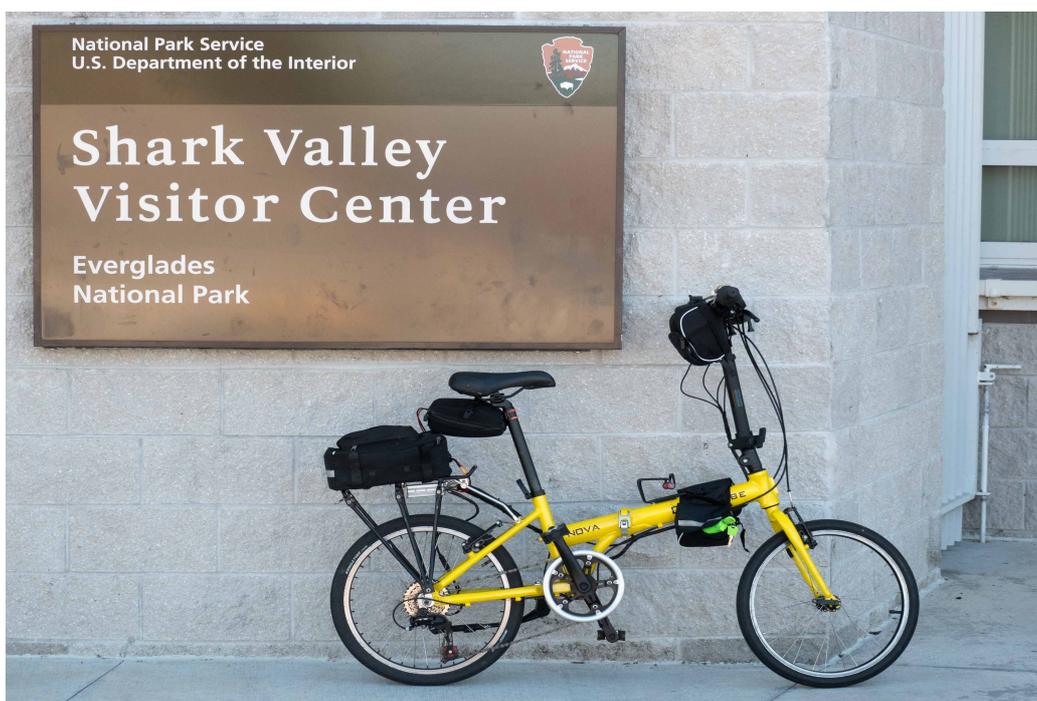
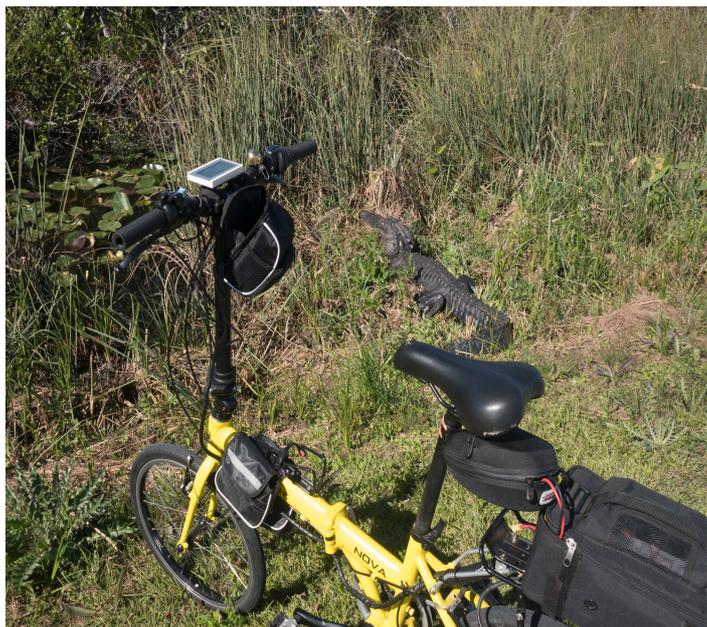
These drinks can take many forms but with the sole purpose of maximising your muscle recovery post exercising. Variety is important, and they may include smoothies or sports drinks. It's worthy to note, after a workout, your muscles lose glycogen and muscle waste. Muscle waste is important because older muscles are discarded giving room for new and stronger muscles to develop. Recovery and sports drinks help in jump-starting this muscle development. They are formulated to replenish carbohydrates and protein lost as you exercise. These carbohydrates and proteins take a simple form like glucose that can easily be absorbed in the body and you will feel instantly recharged. Additionally, they contain traces of vitamin A, vitamin C, vitamin E and mineral selenium which act as [antioxidants](#) and eliminate free radical elements like lead that damage body cells, leading to poor performance as you try to keep fit.

A beneficial training regime can only be successful if all the general rules regarding hydration are followed. All

drinks are important, but water is the most critical because it forms the basis of all other hydrating drinks. Although water doesn't hold any calories, it's classified as a nutrient making up to 60-70% of our body's composition. Whereas sports drinks containing electrolytes will help regulate muscle and nerve functions, the bottom line is pure drinking water is important for optimal performance as you keep fit.

Sidrah is a writer and marketing coordinator at [Waterlogic](#), an international provider of [office water dispensers](#), and has contributed to many blogs on environmental and health issues such as improper waste disposal, the use of single use plastics, water pollution and is passionate about health research, medical discoveries and environmental news.

I **correspond** with a number of American e-bike riders over EBR (Electric Bike Forum) and Steve, from Florida, sent me these pictures of a ride he did through the Florida Everglades. Our biggest worry are snakes and magpies. Steve has to watch out for bigger predators.



Not sure if the name of the visitor center means he needs to watch out for sharks as well? Nice e-bike.

What a bike ride By Peter Gurney



The photo above comes from Bill Colman who joined the Latte Group for a number of rides over the summer. Bill is a keen bike rider who lives in Cornwall, England and was visiting family in Montmorency. Bill was invited to join the Latte Group as a guest rider while he was here.

The photo was taken by Bill in 2010 and is of his recumbent cycle at the top of Col de Bonette in the French Alps north of Nice. Bill explained that the road over the Col de Bonette is the highest in Europe at 9,000 feet and it was a long standing goal of his to ride it.

It is understood that Bill enjoyed the challenge, and the scenery from the Col!

Bill now owns a Banyule BUG jersey and will be seen riding in it on a conventional bicycle around Cornwall once the weather in southern England permits. Bill said that he will join the Banyule BUG on his next visit to Melbourne and looks forward to riding with us again.

Have a safe and enjoyable year cycling in 2019 (Year of the pig) and we look forward to reading your contributions to your newsletter over the year. Contributions to allang@bigpond.net.au or to anyone on the club committee and they will forward. Again, all the best for 2019.