



Group Therapy in the Banyule Bug?

Not really just two combined events in the ride program for this term
Tues 22nd Outer Circle rail trail ride
Also combined dinner refer to ride program for details or phone Alan on 9435 9421

Congratulations Jim

On the completion of his first Great Vic bike ride at the age of 79.

Jim had the misfortune to take part in one of the wettest bike rides ever. Braving rain, hail, ankle deep mud and despite being pulled over by the police for speeding down a hill Jim made it to Marysville with flying colours. Of course Jims' call to fame does not stop at the Vic. Bike Ride, he, his double decker bike and unicycle recently featured in the Manningham Leader where it was reported that the secret to riding his unicycle was all about balance and about the wiggle in your bottom. In this article Jim also confessed that it pays to be a bit batty as you grow older.

Jim does live by his principals this was proven the other day when he was caught riding a bicycle rack .The defence rests!!!!!!



Leigh Dukes has the words of wisdom for this issue. There are many things that can be ridden, but a bike is the only one that you don't have to feed

Helmets a Headache?

Seems the helmet issue is rearing its head again with some confusion as to what exactly the new regulations are. The only certainty according to Bicycle Victoria is the new regulations have been deferred till next June this is to allow stores who have overstocked the old style helmets a chance to unload their stock

Dire consequence for male bike riders

Stop before it's too late

A recent report in the MX newspaper states that Boston University has conducted a survey of 2200 men who cycled at least five hours a week. They found these men were twice as likely to be less fertile than men who do not exercise at all. So quit now there may be still time

Why did the chicken cross the road ?
His bike was parked on the other side silly.

Soon to be a Fairy Nice Ride

Rail Trail Tale: Port Fairy – Warrnambool Compliments of Kathy L

Kathy L stayed at Port Fairy over Christmas 2010 and decided to check out this rail trail. There is still a missing section near the Warrnambool end. This is what she found:

The trail starts in Port Fairy just east of the Information Centre. It's well marked – but at the trail head, it's missing important information like 'how far is it'. The first 1.5 km is bitumen, until reaching the Princes Highway. After that it's gravel – initially fairly smooth on the way to Koroit, but some rough patches, probably affected by the recent rain. South-east of Koroit the trail is rougher. I was glad to have the bike with the fatter tyres.

Koroit has a large milk factory and the trail goes through the dairy country.



Koroit is higher than Pt Fairy and Warrnambool, so it's pretty much uphill all the way to there – gentler from Pt Fairy, steeper (probably at the limit for trains) east of Koroit.

The Koroit station was north of the town – the station and goods shed still stand. Deviate into the town for the toilet stop. I was there on Christmas Day – everything closed – so I can't comment on the standard of the coffee or hot chocolate!

About 8 Km SE of Koroit, the trail stops abruptly just before the Princes Highway - at a bitumen lane with lots of farm gates. At this point the trail leaves the line of the railway. Turn right onto this lane and look for the underpass under the highway. Beyond here, the

'trail' continues beside Illowa Road, separate from the (light) traffic by a fence.



The route is now undulating (after the slow steady gradient of the rail section) with one distant glimpse of the ocean over the sand hills. The fenced section stops at Miller Lane (signs to the right to a horse riding ranch). Eventually, I understand, the trail will head up Miller Lane and along a new route to cut across to the coast to meet the trail that comes out from Warrnambool to Point Levy.

The missing link from the top of Millers Lane:



The distance from Port Fairy to Millers Lane is approx 29 km. Port Fairy to Koroit is approx 18 km.

(It would be possible to continue from the Millers Lane-Illowa Road corner into Warrnambool by road – the junction of Illowa Rd and Princes Highway is close by, and within a short distance the speed limit on the Highway is 70 kph and there is a bike lane along the highway from Dennington into Warrnambool.)

The trail is pretty exposed – like most rail trails, not much shade or shelter from the wind. And this is windy country! Most of the farm houses have huge hedges protecting from the brisk southerlies. I started the day with a fairly stiff north-easterly. But promptly at midday, the strong sea breeze came in from the south – thankfully helped me up the steeper section to

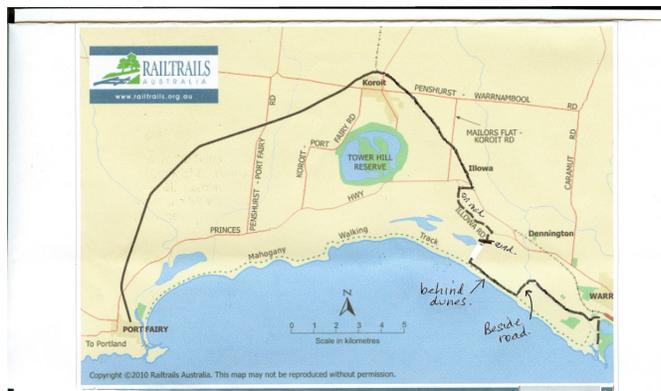
Koroit, but the Port Fairy-Koroit section was against the wind in both directions!

A couple of days later I drove to Warrnambool to check out the other end. A map of the town (from the Information Centre) shows a number of bike paths south of the railway line in town and various options to get to the start of the rail trail. (The rail line from Warrnambool to Dennington is disused, but still has rails. There doesn't seem to be any plan to use this section as part of the bike path.) I started from Wellington Street, near the golf club – pretty much at the SW edge of town – and headed west beside the Merri River.

The first 3.5 km is on good bike path (surface similar to the Yarra Trail) with occasional soft sections and some awkward cambers through the gateways at road crossings. This comes out onto the bitumen Point Levy Road about 500m before the Point Levy car park. There is a fenced-off bike path beside the road but the surface was poor and many will find the road a better option.

At the car park, there are confusing signs for the Rail Trail and the Mahogany Walk which follows the coast from Warrnambool to Port Fairy. It seems clear that the Rail Trail is intended to follow the lane at the inland base of the sand hills, down past the smelly knackerery. Initially this lane has a solid limestone base and is good riding, but after about 1.5 km it turns to sand. Very heavy going. It's another approx 500m to where it's intended to extend the path across the water meadow to join Millers Lane (at about the left hand border of the photo above).

Apparently this sandy lane continues to Killarney and Port Fairy – and is suggested in the guides as an alternative bike route back to Port Fairy but it was much too heavy going for me!



Kevs Kart



Several years ago I purchased a steel bike trailer with the intention of taking it on a camping riding tour. It's funny how things don't work out as planned. The main end to which it has been put is grocery shopping, but I have used it for carrying a pet to the vet, delivering a desktop computer to a shop (at the time of writing, still to be picked up, along with a new replacement computer), carrying a BBQ and food to the top of Mt Ridley for a champagne sunrise breakfast with other BUG members, and carrying my second bike to my local bike shop. I haven't got around to taking it camping! The most exciting use of it so far, however, was when moving house I used it to carry the cleaning equipment from one side of Melbourne to the other on the last day of tenancy at my old place. That day, I rode past the Australian Open Tennis. Oh, I've also used it to collect rubbish from along bike paths.



Kevin loaded up with our Christmas Champagne breakfast at Mt Cooper

I purchased the trailer from a bike shop in Preston. It measures approx. 64 cms by 42 cms by 20 cms, weighs about 15kg and is specified to carry up to 45 kgs. I think I often carry more than that! I built two cages for it: a smaller one approximately 64 cms high enclosing all sides and top, and a much

larger one approximately 120 cms high with only three sides. I added a flag to make it more visible to drivers.

I have experienced a lot of problems with the axles. I suppose that's not surprising considering the use I have made of it, but it can be annoying having to check and replace the axles and bearings so regularly. I've been told they are good for only about 50 kms, which is only 10 grocery shopping trips. They are available fairly inexpensively from some bike shops as a kit, but this expense does accumulate with the regular maintenance. I am presently trying to source a stronger supply of axles and bearings which hopefully will also protect my investment if the manufacturer should stop making them. I have developed the habit of taking a spare axle kit and tools with me when I take it out, just in case a wheel should fall off!

The trailer has been a very useful addition to my cycling adventures.

Kevin

And ours at the Latte group

There's something for everyone Isn't there ?

Handbuilt bicycles, draught beer, pizza and music – chances are that almost everyone has a passion for at least one of these things.

Now, Portland, Oregon-based Metrofiets Cargo Bikes has combined all four in an ingenious little vehicle unofficially known as the Beer Bike. The custom-built bicycle, inspired by Dutch cargo bikes, has space for two full-sized pressurized beer kegs, and features 50 feet (15 meters) of cooling coils per keg, an ice tray, an inlaid wooden bar with two beer taps, a rear rack designed for carrying pizza boxes, and a solar-powered custom wooden boom box that mounts like a pannier.



where the wine rack goes is a worry

What could have been A Bike Ride from Hell



A CYCLING DILEMA

What do I do next? Well I've locked my bike to the park railings with my combination lock. It is now dark, no street lights, no glasses and no torch. Yes I can't see anything.

The story starts when I join a walking group near our local park one early summer evening when it is still light. I've cycled there and locked my bike to the park railings – off I go. When I get back its dark and everyone has gone their own particular ways.

I try in vain to get the right combination but it's a waste of time. What do I do?

- Walk home and get a torch
- Go to some friends some way away but nearer than home
- Or none of these

Well this is what happened. There is a skate park nearby with several teenage youths playing and I think someone must have a lighter or matches for their smokes. I walk across to two youths nearby. I explain my predicament and "Halleluiah", they have not one torch but four torches. They gave me one to keep. I get the bike unchained and cycle home. What a piece of good fortune and just goes to show you that "Light does shine on the righteous"

Your Scottish Correspondent

Dougie Neilson