

First an apology to all BUG members. This newsletter is very late for three main reasons:

1. Christmas Intervened.
2. It took me a while to collect articles.
3. I had a major computer failure and lost the lot.

Hopefully we are now back on track Please send contributions to Allan Garbutt [allang@bigpond.net.au](mailto:allang@bigpond.net.au)

Thanks to Leigh for the following personal insight.

## Confessions of a Bike Addict By Leigh Jukes

A number of years ago I decided to take up bike riding again, in fact it was something that I had never really taken up before but more something I had done by necessity, this time I intended riding for the fun of it. I went to K Mart and purchased the very best bike they had, a Huffy comfort bike, it set me back what I thought was a lot of money for a bike, about \$200 from memory. My first ride was all the way from Watsonia to Heidelberg and back, I thought to myself, how do people ride long distances without their knees painning like mine were.

After a few more rides of around ten kilometres and seeing what others on the trails were riding I purchased my second bike within a period of a few months, it was a much more expensive Iron Horse flat bar hybid bike of around \$400 from Rebel Sports, that lasted me about six months when some of my friends who rode with groups from different areas said to me that I should buy a better quality bike and expect to pay about \$700 for something reasonable, suddenly it started dawning on me that there must be bikes of much better quality out there and that I should go to a bike shop and see what was available, I went to Ivanhoe cycles to have a look, well it was a revelation, I couldn't believe the variety and difference in prices, there was so much to choose from, I purchased my third bike in that same year, it was a Giant Talon which is a very good mountain bike but unfortunately for me a totally inappropriate bike for what my needs were, so that was another \$1200 I had probably wasted.

I decided that I needed to be talking to people that had some knowledge about bikes so I thought it would be a good idea to join a bike riding group, so after looking on the internet at local options I found the Banyule BUG. My first ride with their Latte group was all the way to Studley Park, my knees were still aching a week later until one of the members pointed out to me that my saddle was too low also my rear end was suffering. At this time I thought to myself what I really need is a new bike so I purchased a Fuji flat bar road bike with Shimano 105 gears for about \$1500, this was a turning point in my bike ownership quest when I learned that even as good as Shimano 105 was there were better quality gears available, the more I visited the bike shops all over Melbourne the more I realised that I just had to have something better, with each new purchase of a higher quality bike the better my riding became, but in hindsight that may have been an illusion.



Over the following couple of years I purchased more than a few new bikes, including a Shogun road bike with Shimano Dura Ace group set, a Giant XT Pro 0 mountain bike, a Ciocc Chrome Moli road bike with Campagnolo Record group set, a Colnago C50 Full carbon Road racer with Campagnolo Record group set, a Lynskey Titanium Road touring bike with Ultegra group set, a Giant Defy Pro 0 Advanced full carbon road bike with Ultegra DI2. Wow is there something wrong with me? "yes" addiction.

Over the last year it has become apparent that I am addicted to bikes and the only formula for the number of bikes you should



## Banyule Bug Newsletter April 2016

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have is, the number you have at any time plus one.

Some more of Leigh's treasured bikes.



Thanks Leigh. They are terrific, beautifully serviced machines.

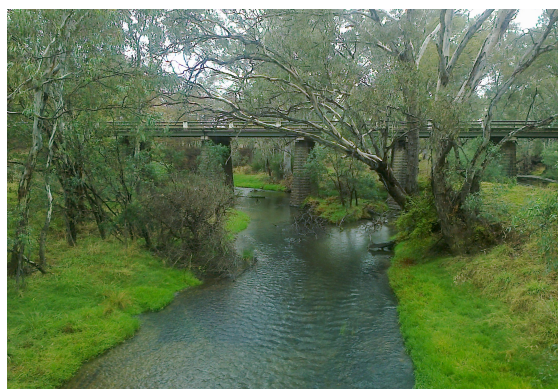
### Trail Report

I have reported on the Bendigo O'Keefe Rail Trail before, but I thought an update would be in order as I rode the trail from Bendigo to Heathcote (return) as recently as April 6/7.

Many improvements have been made to the trail surface and it is now a much smoother ride. Still a few rough sections, but it is continually being worked on. The day I rode to Heathcote, fine drizzle was falling for much of the way. The trail for much of its distance is that fine granitic sand that is difficult to ride on. I had to work all the way – no free coasting. One of the features are the excellent bridges that are crossed. Good design and great surface. The cattle grids are a thing of splendour. If you fell down one you would be lost forever. Nearing Heathcote, there are 'plagues' of kangaroos. They are feeding off the lawns right in the middle of Heathcote.

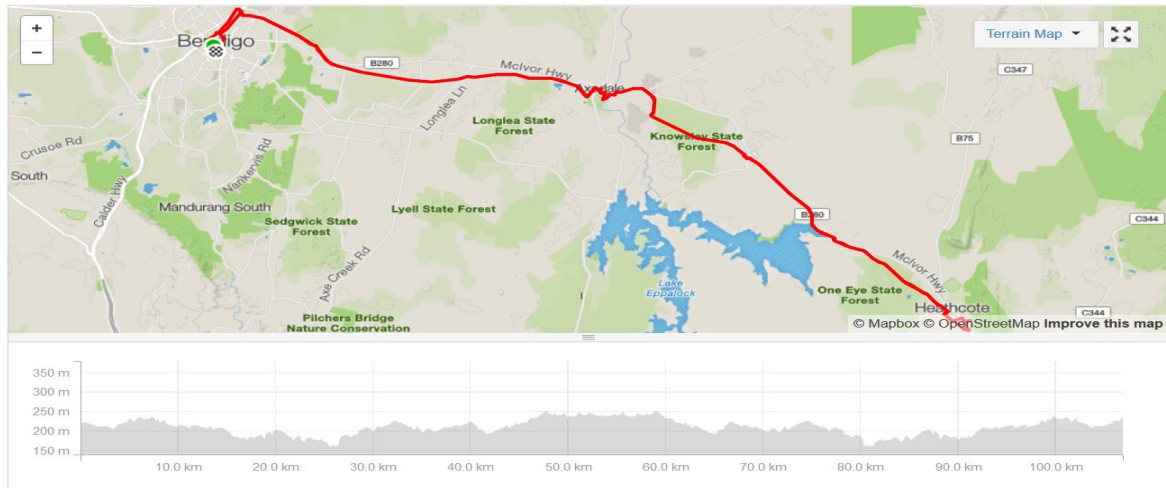


One of the many 'cattle grids' along the trail.



Campaspe River and bridge at Axedale.





The trail is generally in good nick and an excellent ride.

### Bike path inspired by Van Gough's 'Starry Night' opens in Netherland



Maybe we could convince council to do this to the Darebin Trail?

See article here.

<http://edition.cnn.com/2014/11/14/travel/starry-night-bike-path/>

### Electronic Doping

Much interest was shown by the popular media in what they termed 'Electric Cycle Doping'. They referred to the almost invisible Vivax Drive System for standard cycles. It is a very clever piece of technology that will only get better and become more common. Use the link below for greater detail.

<http://vivax-assist.com/en/unternehmen/>

### Darebin Creek Earth Works

Work is being carried out on the Eastern bank of the Darebin Creek underneath and adjacent to Darebin Rd. bridge.



The work is to increase the flow of the creek during flood times. It is called “flood calming”. Apparently one arch of the bridge has become silted up with sand and rubbish over the years and is being cleared.

Photographs was taken on April 11.



This is indeed a welcome sight on our roads. A PTV bus with a bike rack on it's front. The rack can apparently carry two bikes (?). This is part of a 12 month trial by PTV and Moreland buses there are a number of routes being run on which this service is available.

A terrific transport development.



**This is the latest information I could find (December 15) about the long anticipated link across the Yarra.**

#### **Darebin Yarra Trail link**

**Location:** Alphington, Kew East

**Type:** Bike path

**Status:** Underway

VicRoads is constructing the link in the shared path network from Sparks Reserve in Ivanhoe to the Main Yarra Trail in Kew East. When opened, this link will provide a much needed crossing of the Yarra River and an important link in the Principal Bicycle Network.

**A full report is available at-**

<https://www.vicroads.vic.gov.au/planning-and-projects/melbourne-road-projects/darebin-yarra-trail-link>

## **Dehydration is it due to global warming??**



On a recent trip to Canberra over Easter I arrived to find the friend I was meeting had been taken to hospital. Apparently after a shift of volunteering she had collapsed on the way back to her tent. The diagnosis dehydration.

On the journey home I started early packed up and headed to “Maccas” for breakfast then embarked on the six hour drive back.

After about an hour I noticed that my left hand was cramping up a bit so just wiggled it around as you do and kept driving. Then my right hand decided to do the same. As by this time I was doing 110k on the freeway I thought maybe I should pull over. Lucky I did because the cramp then decided to travel up both my arms and I wasn’t feeling all that good.

Fortunately in the car I had a small bottle of water and also one of Gatorade which I polished off. The cramping gradually subsided back to my left hand so I headed on to Gundagai and the dog where I filled my car with petrol and myself with more water and felt nearly normal, though the cramp in my left hand did hang around.

My friend and I are approx the same age. I am now finding interesting that in my childhood I do not ever remember My Parents or Grandparents at around this age ever drinking copious amounts of water or any water at all. In fact back in those days I doubt you could even buy a bottle of water. I would even go so far as to say the only water my Grandmother ever drank was a glass when she took her nightly “Bex powder”. I do not even remember dehydration being an issue back then. Even on the sporting field the oranges seemed to carry more importance than a bottle of water. So what has changed??

Have come to the conclusion the answer is obvious and if Julia Gillard had seen this as an issue she would have probably been successful in selling her carbon tax. Not only is the world drying up the human race too is drying up too (I have noticed I definitely have more wrinkles than my grandmother) and that on a personal level we are all victims of global warming it is far more insidious than we first thought.

Maureen Fisher



I spotted this in the Merri Creek just under the swing bridge at Coburg. I don't really know what it is, but it looks like an eel/fish trap. It might be an ancient artefact.

**Thank you to the members of our BUG for their contributions and I look forward to receiving many more for our next issue which will hopefully be in June. (Ed)**