



Banyule Bug Newsletter

August 2013



Reg Number A0036671P

St. John Visits The Bug

Annual General Meeting

This meeting was well attended by 23 people. All office bearers stood and were reelected by very grateful members.

President ;Leigh Jukes
Vice President; Peter Heard
Secretary ;Maurie Abbott
Treasurer; Alan Preacher

Once again Jeans supper was the highlight of the night and much appreciated.

The year has been good for the Bug both financially and with the introduction of the extra ride on a Sunday this means we are now offering a variety of rides to suit all riders. Fast, Intermediate, one for those wanting to ride at a more

leisurely pace plus the Wed. night ride for those who can't make it during the day.

Two members from the St Johns Ambulance Service were guest speakers on the evening. We were given a brief lesson in CPR as well as lessons on how to treat some of the differing emergency situations we were likely to encounter on a bike ride. These included cuts, abrasions and snakebite. They also demonstrated a variety of dressings their use and how to apply them.

Leigh Jukes and Graham Williams were the two lucky people, who took home the door prizes, believe they are really pumped up over this.

- A G M
- Diamond Creek to Hurstbridge bike trail
- Malahang Bike Hut
- Riding around OZ
- Have we Got It Easy?
- Recumbents do they have a place?
- Cycling France

Traffic Blitz Nets Cyclists

Kevin Ballam reported that; A recent blitz conducted by police in Heidelberg West pulled in twenty motorists for various offences ,**they also pulled in two cyclists for riding without helmets.** So beware big brother is watching!

Diamond Creek To Hurstbridge Will It Happen?

A public meeting held to gain support for the continuation of the Diamond Creek to Hurstbridge bike path was attended by in excess of 100 people. A vote taken on the night was unanimous in support of the trail following the Creek rather than the other two options proposed, one being along the railway line, and the far cheaper option of creating a bicycle lane on the road.

It seems that negotiations with land owners have contributed to the holdup of the trail as has finding the money for the three creek crossings that this path would necessitate. It was recommended that a committee of six be formed to liaise with council and lobby for the path. Maurie has sent a detailed letter of recommendations for the path to this committee on behalf of the Bug.



Path ends along the river adjacent to a housing estate in Diamond Creek



The dirt continuation of the path

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Malahang Bike Hut

Some time ago the Bug responded to a request to speak on the merits of riding to a group of people at the Malahang Bike Hut situated on the Crn. of Southern and Oriel Rds.

Heidelberg. This hut was well equipped with all manner of bicycle tools which we as a group do not have. It seemed it had great possibilities for us to conduct workshops or have informal Bug gatherings. We explored the possibility of sharing this facility. Fortunately for us they were more than happy to see another group get use out of the Hut. As soon as we work out the dynamics it will be available for the Bug to share. The tools are supplied by the council to facilitate keeping the local children's bikes on the road. The kids are encouraged to come and work on their bikes and skateboards with some supervision and help. The group running the facility rely on volunteers to keep it open so anyone with some time to spare at this stage on a Thursday afternoon and would like to help out, their time would be gratefully appreciated.

We finally made it!



Bernard checking out the Kororoit creek crossing, Jim the only one game enough to try. Water was flowing fast. picture Leigh

After a recent failed attempt to make Altona due to the flooded Kororoit Creek crossing, the Latte group finally got there. After riding in excess of eighty kilometers all arrived back at Warringal tired but satisfied that we had finally made it.

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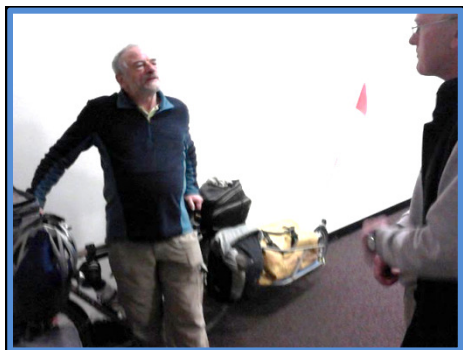


## Main Yarra Trail

The Latte Group had a brief detour on the main Yarra Trail recently when it was blocked by a very puny tree.



## Ridin!Around OZ



Recently four members of the club attended a talk by Colin Abbott who at the age of 65 decided to buy himself “a good sturdy push bike and set off to see Australia.” 17000 Kms later he is now giving talks on his journey.

Complimented by slides and accompanied by his bike he makes this adventure seem a possibility for all.



Colins loaded up bike he purchased the trailer on the ride thinking it would help with toting water across the Nullabore but found it was unnecessary

*Coli has been approached and is willing to give a talk for the Club. If we have enough expressions of interest this could be arranged*

Get a bicycle. You will not regret it if you live. --Mark Twain

## Do We Have It Too Easy?

If you think we don't then, try doing the Big Red Run a 250K race across the Simpson Desert and then add into that type 1 Diabetes.



Blood Glucose testing

Duncan Read contracted Diabetes at 14 .Twenty seven years later in July this year he completed the run in six days. Running to raise awareness for diabetes Duncan tells about his journey and overcoming the difficulties of balancing insulin levels in such circumstances.

An inspiration to all people coping with diabetes whether you are a runner or a cyclist If you wish to follow Duncan's Journey;

<http://type1ultra.com/2013/07/25/big-red-lessons-from-a-type-1-runner/>Thanks

JeanMehrtten

### Goulbourne River High Country Trail

Plans are under foot to ride this trail over three days in the near future. It would take the form of an overnight stay at Mansfield then proceeding next day to Molesworth, and on to Seymour the following day and then home by train Expressions of interest to Allan G or myself would be helpful

## Recumbents Some people will Have Em!!!



Michael Rogers whilst not overly mad about recumbents found one very useful as an aid for him to return to riding after having an argument with a kerb. Michael has just returned after an approximate seven month plus break .His argument resulted in a shattered elbow and the addition of many metal parts to his arm. He now has a justified fear of magnets especially fridge ones. While Michael is now back on two wheels his stint on the recumbent did highlight that they are not all that bike path friendly, especially when it comes to barriers and bollards on the track.



Getting it through a barrier takes two. Picture Leigh

A big welcome back from OS to Gill, Donna and Kathy, some people have all the luck

# CYCLING IN SOUTHERN FRANCE – THE CANAL DU MIDI



From our French correspondent Kathy Liley,

The Canal du Midi was constructed in the 17<sup>th</sup> century to move freight from the Atlantic Ocean to the Mediterranean Sea – avoiding the long and dangerous sea voyage via Gibraltar – pirates, Spanish enemies. Its highest point is 190m above sea level and a dam – then the largest in Europe – had to be built to provide sufficient water for the upper reaches. Barges were towed by men or horses. The tow paths remain. Freight usage waned with the coming of the railways. Nowadays the canal has resurgence for tourism: canal boats come in all sizes, and cyclists and walkers use the paths. The main path goes from Agde on the Mediterranean coast to inland Toulouse though it is possible to go right through to Bordeaux on the Atlantic coast. The canal lined with plane trees is now a world heritage site. Several companies offer bike hire, luggage transfers and accommodation packages. I met up with 2 friends from Canberra who had organised a package with France-Bike. We rode from Sete (east of Agde) to Carcassonne (2 days short of Toulouse) in 5 days (6 nights) with a detour at Narbonne down the Canal de la Robine to the coast. A total of around 240 km. 2 days at 55 km, 2 at 40 km and depending on sightseeing options). It much per day, and I was confident it would more tiring than expected – a combination (especially on the first long day before we proper – not much shade until the canal), were used to (Giant brand, solid step-with fairly wide hybrid-type tyres but with occasional hill), heavy panniers – lots of up (no separate water bottle holders on the the tow path was rougher than we'd and with tree roots so quite tiring riding. The company had selected very suitable star) in good locations, handy to the centres of the towns where we stayed and near to the historic sites. We organised were a little ways across the old town so we had interesting walks to get there: not places we would have found if we'd our own dinners

On the last 2 nights we ate dinner at our accommodation. This one was right on the canal:



one 45 km (approx. doesn't sound like be 'easy'. We found it of hot, humid weather got onto the canal heavier bikes than we through town bikes good gearing for the water to keep the fluids bikes) and generally anticipated: a bit rocky,

hotels (we requested 3 star) in good locations, handy to the centres of the towns where we stayed and near to the historic sites. We organised were a little ways across the old town so we had interesting walks to get there: not places we would have found if we'd our own dinners



And some spectacular mediaeval vistas. This one high on the hill overlooking Carcassonne:

