



Peninsula Pedallers Inc News Letter

January 2011 – No 1

Welcome to the first newsletter for 2011

As summer is upon us there are some points to remember

Riders, please check with the Ride Leader if the temperature is forecast to exceed 35° as the ride is likely to be cancelled or revised.

Ride Leaders

- Make sure you have the portable radio as well as the first aid kit.
- Check the latest CFA information on any bushfire activity (if appropriate) before your ride.

New Opportunity for Beginners' Rides

Sally and Angus have decided to forego their role as Wednesday "Slow Group" Ride Leaders to lead a new Club initiative. Ian Duncan has kindly offered to take over.

Effective January the Club is implementing a new initiative giving prospective new members and beginners an initial point of contact for riding on a one-on-one basis.

Sally and Angus will now offer their services for these Beginners Rides on Wednesdays. Prospective members will get full details from the web site to make contact with Sally and Angus.

If there are no interested parties for the week, then Sally and Angus will participate in the usual Wednesday ride.

Thanks Sally and Angus for this great idea.

Bicycle Museum



Here are some photos taken at the visit to the bike museum last year.

A Bicycle for Two



Perfect for the ladies on a Sunday ride with flowing skirts and parasol

A Bentwood Bicycle – apparently they didn't just make chairs.



Advertising:

Using ladies to promote the latest model is definitely not a new concept!

Courtesy On Our Rides

Riders on PP rides are reminded that they should not ride ahead and get away from the Ride Leader unless they have asked permission to do so, and that the Ride Leader is to advise them of a safe stop and wait point ahead.

Remembering Pat Tarrant



The Club would like to acknowledge the sad passing of Pat Tarrant recently.

Thank you Libby for providing the following tribute.

Pat seemed to enjoy his riding very, very much and we greatly enjoyed his presence in the group. He was a 'people person': considerate, caring of other riders and always happy to chat. Pat's quiet, friendly manner, his quick, dry wit and his positive encouragement of others meant that conversation with him was relaxed. He also had a strong social conscience. He was always held in very high regard by members of our club.

Pat seemed to especially enjoy the rides that Brian was able to attend, on some Sundays. He seemed particularly happy and proud on those occasions; riding along beside his son, sharing a chat as they rode. There was also a camping trip to Wangaratta when Pat and Brian came along with their tent. In spite of the extreme heat, they both seemed to have a wonderful time.



It has been our great privilege to have Pat as member of the Peninsula Pedallers. Many of us have missed him greatly in the last few months when he was so ill.

New look Ride Calendar

We only publish one calendar now, combining a section for Saturday/Sunday rides and a section with Wednesday rides. The website will only have one ride calendar downloadable in PDF format.

The calendar has been given a facelift with some graphics to assist the reader in seeing the type of ride

The Sunday rides show 3 symbols to depict if the ride is flat has undulations or has hills.

There are 3 bike symbols indication what type of bike is suitable for the ride – Road Hybrid and MTB

I hope you like the changes. I would be grateful for your feedback

David S

Support vehicle Volunteers - a message from David Skinner, Ride Calendar Coordinator

Last year, we had several members put their hand up and volunteered to provide support vehicles for nominated rides.

As rides come up that need a support vehicle, I will be calling upon those on the list to take their turn. You should only be required once a year.

A ride is deemed to require a support vehicle if it is in rural areas or if it is considered difficult because of its length or hills regardless of location.

First aid course- Expressions of interest



During the first half of 2011, we will be running a first aid course for members, utilising the grant we have received from Frankston Council. We did not receive all we applied for and therefore there will be a contribution required from members, but this will be much less than if you had to pay for the course 100% out of your own pocket. It is expected to be around \$50 to put in out of your own pocket.

There is still some finalisation to work on, but the course is expected to be held on a Saturday at the Frankston Community Centre room at the Library building where we have our Monday Committee meetings.



Last year we put some feelers out and had several interested. Anyone who would like to take part can contact our Risk Management Officer, Dennis Ballard on 0418 312 014.

Bright weekend
29th October – 2nd November

By Penny

What a different riding weekend this was!

Friday was a beautiful day, perfect for driving.

Saturday the rain came. Saturday was spent walking around Bright waiting for the rest of the group to come up from Melbourne. We thought the roads were too wet to go riding so the "Scrabble" came out. Others were happy to read. To keep the costs down we self-catered for 2 nights, both nights the meals were "yummy".

Sunday: Chris, Phil and Sandy went walking at Mount Buffalo. The rest of us decided to go to visit one the many open gardens in Harrierville. We spent a lovely morning being shown around this very pretty 5 acre garden, learning about what it was like to garden in Harrierville. In the afternoon we headed off to the berry farm on our bikes, unfortunately on the way home we got drenched. Luckily the guest house had a drying room. Of course, after dinner we had to have our game of "Trivial Pursuit". Boys versus girls, the boys won convincingly!

Monday: We headed up to Beechworth. This is always a good ride because it caters for people of varying abilities. Some rode from Bright and back. (Chris & Phil) Some started at Myrtleford and others started at Everton. The weather was perfect for riding! We ate at the pink Pub in Bright that night.

This year it wasn't warm enough to stay outside, lots of us were very happy to sit in the dining room and play board games and cards. This freed the lounge room up for those who wanted to watch TV or read.

Tuesday: We rode to Harrierville and the "Lavender Farm", followed by a BBQ at the guest house.

It was a different but most enjoyable weekend, where we spent more time enjoying each others company and solving the "problems of the world".

After walking around Bright and checking the cost of accommodation, we decided this guest house is perfect for our needs. A lock up bike shed, walking distance into the centre of Bright, several communal areas-dining room, lounge room, a quiet area and lots of tables and chairs outside if the weather is warm and a friendly host. There were so many cyclists, it was like a cyclists Mecca.

We keep returning to Bright as it is such an ideal place to go. Particularly as it caters for the partners who may be non-riders; there is so much to see and do in this pretty area, ask Helen, Joan, Rita and Ian! We all had a terrific time; we have rebooked for the same time next year. Hope to see you there!

Penny and Paul



Visiting a beautiful open garden in Bright

Labour Day Weekend - Ballarat - 12 – 14 March 2011

Organised by David & Rita
 Phone 5996 6703

This year, as the Wangaratta BUG are not putting on their usual weekend, we are putting on our own weekend away, **based in Ballarat**

You can either arrive on the Friday if you can get away then, or arrive on Saturday morning in time for the Saturday ride. As it is a long weekend, caravan parks require a 3 night booking.

We have quite a few going already staying at the Welcome Stranger Caravan Park ph 5332 7722 and the Shady Acres Caravan Park ph 5334 7233. Both parks have a swimming pool and camp kitchens.

David & Rita will be reconnoitring the rides and facilities in detail sometime in January

If you are interested and would like to go, please check either park for availability make your own bookings. Cabins may be fully booked but caravan and tent sites should be okay. You may like to try other avenues for accommodation if you can't get a cabin at either of the mentioned parks.

Don't forget to let David & Rita know you are going and where you will be staying.

Tentative ride plan:

Saturday: Choose the Skipton-Ballarat Rail Trail or a road ride south of Ballarat (BAD ride course)

Sunday: Long & short option to Daylesford for lunch (all on road)

Monday: Short ride to nearby winery with picnic facilities for morning tea

Meals are open for ideas and will be finalised once we know our final numbers. A BBQ dinner using park facilities on one of the nights is probably a definite.

An idea for dinner on Saturday or Sunday night is to go the **Soverign Hill Sound and Light Show**. Costs and timing are:

The Show goes for 90 minutes.

	Adult	Concession
Show Only	\$49.50	\$39.60
Dinner & Show	\$84.00	\$75.00

	Dinner	Show
1st Show	7.15 pm	8.30 pm
2nd Show	8.30 pm	9.45 pm

For those who would like to do this option in some way, please contact David & Rita by no later than the end of January and a group booking could be looked into.

Any ideas for rides or things to do are welcome.

Hints & Tips (from Australian Cyclist Magazine Nov-Dec 2010)

Hydrating tip

Always wash your drink bottle after every ride, especially after you've been riding in rain. Dirt and grime wash up from the road and can dirty bottles with all sorts of things you don't want to end up in your mouth!

Pictures of cycling whilst on our recent trip to Canada & USA

From David



They breed 'em tough in Calgary



Calgary. What can you spot different?



The lone cyclist in the Californian desert



The San Diego "Wednesday fast group"

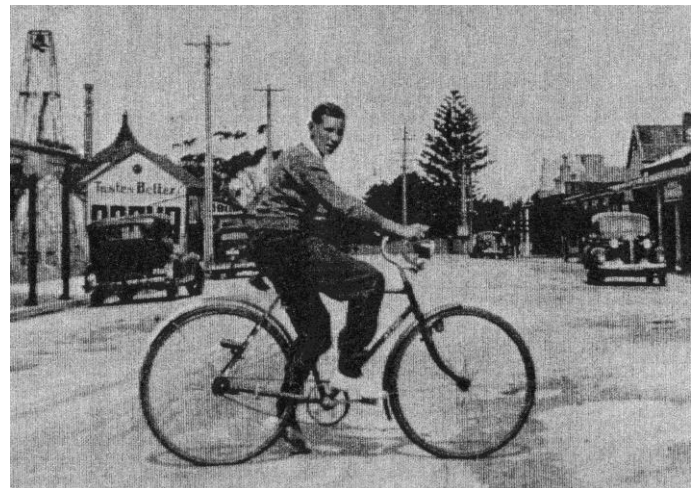
RESTAURANT NIGHT

Thai Rose Restaurant
7.00 pm
390 Nepean Highway Chelsea



RSVP – Joan Sewell by Sat 26 Feb 2011
Phone: 9789 7203

Who is this handsome young bloke? Taken in Foster circa 1952



Central Gippsland Health Services Relay Bike Ride (Originally known as GBH)

By Ronald & Brenda

What is it?

A 350 km bike ride commencing in Sale on Saturday and follows the Howitt Cycle Trail on bitumen roads to Lake Tyers, returning to Sale via a slightly different route on Sunday.

Who runs it?

The Health Promotion Officer, Central Gippsland Health Service, based in Sale, currently organizes it.

How long has it been going?

The ride commenced in 1973, thus this years ride was the 18th making it one of the oldest fund raising rides of its type in Victoria. I believe the Peninsula Pedallers have ridden the last 11 years contributing to the more than \$120,000 raised for the health service since the rides inception.

Similar Charity Rides?

Possibly the oldest and best known ride is "Woody's Murray to Moyne" a 520 km bike ride completed in a 24 hour period. Other examples are the "Port to Port", "Shepparton Fruit Loop Ride", Kelly Country Classic" and the "Ballan Cycling Classic" all raising funds for hospitals or related entities.

Have you got something for Sale?
Contact the Newsletter Coordinator



18th Annual Relay Ride - Week End of 20th & 21st November 2010

Unfortunately this year the total number of ride participants had fallen to a total of 70 – compared to last year’s number of 160 riders and the maximum 300 riders of previous years. The Peninsula Pedallers registered 8 riders and one dedicated support driver (Siriwan) – refer photograph.



Bob, Dennis, Brenda, Christine, Ronald at the back, Trish, Libby, Siriwan and Phil

The PP riders travelled to Sale early on Saturday morning using shared transport, meeting at 8:30am outside the Hospital where ride registration was completed and rider last minute instructions were given by the organizers.

The PP riders split into two riding groups, consistent with their riding capabilities. Brenda and Libby made up one group and rode the challenging “altitude correcting” ride sections on Saturday: the others formed the second group that rode the flatter faster route. On Sunday the predominant ride terrain for the groups was reversed with the larger group riding the 50 km section from Lake Tyers to Bruthen via Nowa Nowa and the Buchan Caves road - this challenging hilly section has some exhilarating down hill sections.

The larger group set off from Sale Hospital at 9:00am on Saturday riding 43 km to the first relay changeover point via Maffra & Stratford, whilst Brenda, Libby and Siriwan drove the support vehicles to the correct changeover location. They started their undulating (hilly) leg of the ride at approximately 10:00am. The relay ride was thus completed using a leapfrog method allowing us to complete the 186 kms within the specified time limit – most other teams also use this method, but tend to use shorter 15km relay legs. We choose this leapfrog method rather than taking the short cuts recommended by the ride organisers, thus each ride group still rides the full distance of approximately 93 km on Saturday and 80 km on Sunday. This also ensured the support vehicles were usually always behind the Group B riders who were a little more vulnerable if they experienced any difficulties and we could check on them when passing to the next changeover point.

Group A Riders: Trish, Christine, Dennis, Phillip, Bob & Ronald
All riders experienced a challenging and rewarding ride achieving personal best performances (high average speeds for extended periods) whilst experiencing the fantastic scenery of the East Gippsland Region, riding on quite country rural roads. Landscape consisted of grazing country, dairy farms, tree plantations, market gardens and at times following large scenic rivers (Mitchell, Nicholson & Tambo rivers).

As usual, this group elected to ride an extra 30 km section of the route on Sunday making their last leg of the ride 60km.

Group B Riders: Brenda & Libby

They had a wonderful ride on the Saturday (won’t mention they got lost in the car). The wild life was in abundance – an Echidna

crossed the road in front of them, crimson rosella’s, black cockatoo’s and a group of white cockatoo’s that surrounded Libby at one stage as she rode – absolutely magical.

CGHS organizers provided the following tables as a guide for determining ride progress:

Estimated arrival times at intermediate places for various average ride speeds

Saturday

kms	Location	28km/hr	25km/hr	22km/hr	19km/hr
25	Maffra	9:54	10:00	10:08	10:18
53	Briagolong	10:54	11:07	11:24	11:46
82	Fernbank	11:56	12:17	12:43	1:17
103	Lindenow	12:41	1:07	1:41	2:23
121	Bairnsdale	1:19	1:54	2:30	3:19
130	Nicholson	1:39	2:12	2:55	3:47
142	Upper Tambo	2:04	2:41	3:28	4:25
176	Lakes Entrance	3:17	4:02	5:00	6:11
186	Lake Tyers	3:39	4:26	5:27	6:30

For various reasons a few teams find it difficult to make it to Lake Tyers by 6:30pm. If you are having difficulty, there are a few shortcuts that may help.

1. Remain on the Princes Highway from Nicholson to Swan Reach. Turn right after crossing the Tambo River at Swan Reach.
2. Ride the Princes Highway from Swan Reach to Lakes Entrance.

Sunday

Kms	Location	28km/hr	25km/hr	22km/hr	19km/hr
20	Nowa Nowa	8:43	8:48	8:55	9:03
49	Bruthen	9:45	9:58	10:14	10:35
72	Bairnsdale	10:34	10:53	11:16	11:47
113	Bengworden	12:02	12:31	1:08	1:56
122	Meerlieu	12:21	12:53	1:33	2:25
147	Marlay Pt. turnoff	1:15	1:53	2:41	3:42
160	Sale	1:43	2:24	3:16	4:25

Weather:

This year’s ride had one of the most favourable conditions I can remember of the ten rides I have completed. Saturday had a light breeze from the East strengthening after lunch, sunny with sparse cloud. Sunday was overcast, with a brief light shower with an easterly breeze that strengthened in the afternoon.

Support Vehicles

A requirement for the ride stipulated by the organizers is that each rider must have a seat in a support vehicle in case of an emergency – we proved two support vehicles and a trailer (refer following photograph). The trailer could carry a maximum of 7 bikes. Bob Melville supplied the second vehicle with a bike carried for two bikes and this was ably driven by Siriwan who had the boring job of standing watch over the support vehicles and the trailer at each of the relay changeover points. The bike frame mounted on the trailer was borrowed from TADVIC: some maintenance (painting and addition of carpet protective padding) was carried out on the frame before it was returned.



Accommodation & Meals:

This year, for the first time, we elected to use the accommodation organised by CGHS and were not totally sure of what we were getting. Saturday when we arrived at Lake Tyers, we were told Cabin 15 was ours: well you can imagine our surprise when the door was opened and inside there were 6 bunks and a double bed, an ensuite, kitchen area & lounge.

I shared the double bed with Brenda (no other takers) and a couple of riders had to find facsimile pyjamas for the unisex accommodation arrangements. It was considered we were in for an interesting night – who were the worse snorers?



Saturday's lunch was taken in Bairnsdale – either Subway or the local Bakery and eaten on the lawn in the centre of the roadway. The afternoon teas, evening meal (soup, lasagne, salad & apple pie with cream) & Sunday breakfast (cereals, baked beans & spaghetti) were supplied by CGHS as part of our ride fee. Sunday lunch purchased at Bruthen Bakery.

Ride Conclusion

On reaching Sale, riders (and support driver) enjoyed the afternoon tea, changed into civvies, all except Bob & Siriwan walked the 2 km around the lake to limber up the legs and travelled to the Royal Exchange Hotel in Traralgon where a well-earned evening meal was consumed. Inevitably the conversation around the table was about the CGHS ride with all participants enthusiastically concluding they wished to do the ride again next year and espousing ideas on how other club members could be encouraged to participate.

Apart from a couple of hiccups on the Sunday caused by ride leader instructions (and/or lack there of) the week end ride was a most enjoyable exhilarating club calendar event for all participants.

Regards,
Ronald Spargo (Ride Leader for CGHS Relay Ride)

Baxter to Phillip Island Weekend

A special ride weekend is planned for Saturday – Sunday 26-27 February.

This will be a supported ride starting from Dennis Ballard's home (where you can leave your car securely) at Baxter and ride to Derick & Pearl Olivier's holiday home at Phillip Island. This is 115Km, with stops at

Tooradin for morning coffee, Grantville for lunch and San Remo for a rest and another coffee perhaps.

The ride is undulating on road and includes 3 long but not too steep hills. Support vehicle(s) will follow the riders. At the time of print, we have at least Murray Grierson as a support vehicle. Please contact David Skinner on 0409 525 283 or 5996 6703 if you would like to provide a support vehicle also.

Riders can have their overnight gear and brekky requirements taken to Phillip Island in a support vehicle.

Shorter distance start options, provided you can arrange a lift there (maybe hitch a ride with a support vehicle) are Tooradin, 83Km to the Olivier's home; and Grantville, 47Km to the Olivier's. **Please make sure you contact Dennis if you intend to start at Tooradin or Grantville – don't just turn up – if Dennis doesn't know then you may get left behind.**

Derick & Pearl have kindly offered their holiday home for the overnight stay, so from past experiences, a lot of fun will be had by all on the Saturday night. It is planned to go out for dinner. Club members who don't want to do the ride are welcome to meet on the Saturday night at Derick & Pearl's to join in the fun and the dinner out.

Accommodation is limited to 10 max for the bedrooms & 3-4 in the lounge room,, so please let the Olivier's know if you are staying overnight. If you miss out on a "real" bed, bring your lilo and sleeping bag in the support vehicle. If you have a light-weight tent, there's plenty of room to put one up in the back-yard. For the "real" bed you'll need to bring a sheet pillowcase & doona cover.

Riders will return to Baxter via the Cowes/Stony Point ferry on the Sunday. Return ride distance will be 35Km.

Ferry costs:

Adult: \$21.00 return / \$10.50 one-way
Child: \$10.00 return / \$5.00 one-way
Pensioner/Concession: \$15.00 return / \$7.50 one-way
Bicycles: \$8.00 return / \$4.00 one-way

Another option available on the Saturday if you don't want to do the long ride, is to take the ferry from Stony Point to get to Phillip Island. Penny will be doing this leaving from her home. Anyone interested in this option can contact Penny on 9789 3928.

Starting address at Baxter where your car can be left securely:

Arrive 7.45 am, Leave at 8.00am
 Dennis Ballard, 674 Frankston Flinders Road, Baxter
 phone: 5971 2885 or 0418 312 014

Overnight stay at Phillip Island:

Derick & Pearl Olivier, 56 Lyall Street, Ventnor.

For more information contact:
 Dennis: 0418 312 014
 Derick & Pearl: 5981 0163

“Ride to Work Day” breakfast with Frankston CC

By Geoff

About a dozen PP members enjoyed a light brekky at the Frankston Civic Centre, courtesy of the Council who were promoting a local “Ride to Work.” They had invited PP, and although we weren’t actually riding to work, the Council wanted to promote cycling generally in the area and were keen for us to come. We re-jigged the Wednesday ride calendar so that we could start from Beauty Park, nominally to Mt Martha at 9 am, but the weather was anything but inviting with rain upon us and more forecast, so we decided that the cycle to Frankston would unfortunately have to be a fair substitute for the coffee and buns at Davey Street.



Anyone for a game of table tennis before the ride?



Morning snack near Schwerkolt Cottage



Leaving after lunch

Wednesday ride – Jells Park – Kew – Scotchman’s Trail – Jells Park

By Geoff

Wednesday rides seem to lack the aspiring authors of the Sunday adventures, but there are some very scenic rides on the calendar. One of them starts from the southern end of Jells Park, and the photos were taken on 15 September. It is predominately on bike paths (all bitumen or concrete), and for those who think this means a crawl amongst pedestrians and other users, we usually manage about 20 km/H overall as most paths have very little mid-week midday traffic. We ride north up Eastlink – the least enchanting part of the trip, to Ringwood and then turn west to the Mullen Mullen Valley trail which winds through some very bushy gullies and steep pinches. We stop for munchies (pictured) beside Schwerkolt Cottage and then climb over the Mullen Mullen tunnel to then follow the Koonung and Yarra trails to the Willsmere area where we leave the trail to dive under Eastern Freeway and pick up the old outer circle railway route.

We have discovered a great restaurant near the Harp Rd/High St junction which has parking at the rear, ideal for bikes and adjacent to the outdoor tables (pictured with us leaving the site). We continue SE along the Outer Circle/Anniversary trail, past the majestic homes of Camberwell, to East Malvern where we follow Monash Freeway for a while and then pick up Scotchmans Creek trail which takes us back into bushland and past the retarding basin and wetlands in Mt Waverley. The route to Jells Park is a fair test of navigation, particularly when drifting down some steep streets in Wheelers Hill, but we get there.

Come to Life Ballarat Cycle Classic Sunday 20 February 2011

Some of our members might be interested in the 2011 **Come to Life Ballarat Cycle Classic**. (The Classic) is a carnival style cycling event incorporating road rides, music and entertainment with children’s activities and quality food all centred around the shores of **Lake Wendouree**.

Registrations for 2011 are now open:
<http://www.ballaratcycleclassic.com.au/>

This year the classic will be larger than ever with cyclists and supporters travelling from Adelaide, Melbourne and regional Victoria.

This event is not only about the magnificent cycling around the beautiful scenery and the challenging **Mt Buninyong**, but also offers to showcase the wonderful town of **Ballarat** and its surroundings.

More detail for the Cheltenham – Lysterfield – Belgrave ride, Sunday January 9

Lysterfield Park will be the lunch stop for the short option and you will need to bring your own lunch. You will be able to buy your lunch at Belgrave. The ride to Lysterfield Lake is quite short and relatively flat. For those not wanting to do the longer ride, there are some nice walks at the lake. If some want to ride the MTB tracks, that can be discussed at the time with the Ride Leaders. There are toilets and BBQ facilities. If the weather is hot enough, one can even have a swim☺. After lunch, those who want to ride on to Belgrave will go with Bob, the others will return to Cheltenham with David.