



Peninsula Pedallers Inc Newsletter

April 2011 – No. 2

Special Ride Sunday 3 April 2011

Joan Sewell has kindly offered to have a ride and BBQ based from her home, at 2 Cherbourg Court Frankston.

Details of the ride can be found in the ride calendar. To assist in catering please contact Joan directly if you would like to bring a salad – Ph 9789 7203.

Inverloch Based Weekend Saturday 21 May & Sunday 22 May

Saturday 21st

Inverloch – Mt Misery – Wonthaggi - 70Km
Undulating sealed roads with one steep decent
Meet: 61 Cuttriss St, Inverloch
Leave: 10.00 am

Sunday 22nd

Fish Creek – Foster 53Km
Hilly ride on sealed roads except for 3.5km unsealed
Meet: Near public Toilet, Fish Creek-Foster Road,
Fish Creek
Leave: 10.00 am

Ten people can be accommodated at the Inverloch holiday house on Saturday night.
Bring sleeping bag, pillow and some people may need to bring a mattress.

Ring Chris – Ph 0414 359 336 - for details and confirmation.

Dinner on Saturday night is at the Esplanade Hotel.

RESTAURANT NIGHT

Saturday 14 May 2011 7.00 pm

KASTURI Indian Restaurant

Shop 5, 20A Beach Street
Frankston
Licenced and BYO

RSVP Sat 7/3/11
Denise on 8790 8990

Wodonga based Queen's Birthday Weekend

Saturday 11 June
thru
Monday 13 June

Ronald & Brenda will lead the weekend, with the first ride starting at 1.00pm on the Saturday, most likely starting from the Borderland Caravan Park, 65 McKoy Street Wodonga.

If the start place changes, those going will be notified closer to the weekend.

Ron and Brenda will be reconnoitring soon, and no doubt as in previous years we can expect great rides put on for us.

Accommodation

As in previous years, there is the Murray Valley Motor Inn, 196 Melbourne Road, Wodonga, but please note that it has changed hands since we were there last time. At the time of going to print, Ron & Brenda have not been to check it out. Prices for the long weekend are on application, phone 02 6024 1422

Some of us will be booking in with our camper trailers at the nearby Borderland Caravan Park, 65 McKoy Street Wodonga, phone 1800 000 408 for reservations. Please check for availability

Borderland Caravan Park prices range as follows (according to their website):

Per Night:

Cabins	\$89 - \$135
On Site vans	\$50
En-suite sites	\$43
Powered sites	\$33

Please let Ron & Brenda know if you are interested or intend to go on this weekend ph: 9796 1762

In Appreciation



Thank you, Murray

At the Club meeting held 21 February, our President, Denise MacPherson presented Murray Grierson with a certificate of thanks for his contribution to the club over many years of service, particularly in recent years on the Committee and as our immediate past Club President. Denise thanked Murray on behalf of everyone at PP for his dedication and past efforts, and wished him many more years of happy pedalling.

Feedback on the recent BALLARAT WEEKEND 12 – 14 MARCH 2011

**From THE WELCOME STRANGER
Caravan Park**
by Trish

Friday afternoon Christine and I set off for Ballarat and checked into our cabin at about 6pm and about half an hour later Libby and Julie arrived. We were all quite pleased with our accommodation which had one double bedroom and a separate bedroom with four bunks. The girls decided that I could have the double bedroom (was that because I was the most senior or the best looking?). Anyway, after we finished settling in and admiring our cabin we drove into town and had dinner at Nando's.

The next morning (Saturday) twenty of us assembled at the front of the Caravan Park at 10am as planned and David did his speech and we set out for Gordon with Bob and his GPS as our leader. The distance for the day was 60 kms. We had lunch at a quaint little restaurant called "While the Billy Boils" in Gordon and then set off back to Ballarat via a different route. About two thirds of the way home, after a lot of stopping and waiting, I asked David if it would be all right if some of us went on ahead as Christine and I wanted to do a walk around Lake Wendoree before

dinner. He said OK so long as we knew where we were going. I forgot to mention that we intended to take Bob with the GPS with us as how else would we find our way home. When we got back we discovered that we had abandoned the rest without a leader. Later, after everyone was found to be safe and sound, it seemed that some said they were lost, some said they weren't lost at all and some didn't know. We booked dinner at the Leagues Club for 7pm.

Christine and I went for our walk around Lake Wendoree. After about 4kms we thought we had better go back and then discovered that we had walked two thirds of the way around the lake and back – 8kms and we were getting very hungry. It was also five minutes past seven. We arrived back at our cabin to find Julie at the front door with her arms folded saying "What time do you think this is coming back for dinner". What a scary sight – not!!!

We all went off to the Leagues Club for dinner. Later, I went to the bar to buy a glass of wine when Paul came up to the bar behind me loudly extolling my drinking problem. The young girl serving behind the bar got confused and wasn't going to serve me until I told her to ignore him as he was a bit of a public nuisance. Thank's Paul.

The next morning (Sunday) we all assembled at the front of the caravan park at 8.30am for the big day. Team A was to ride all the way to Daylesford – 90kms and Team B was to drive to Creswick and ride to Daylesford from there – 60 kms. Our team set off but before we had even got out of Ballarat we discovered we had lost Felix and our support car. After making a couple of mobile calls Felix turned up as did our support car. We arrived at Daylesford some big hills later, caught up with the other team and had lunch.

After lunch we noticed that some big black clouds were rolling in and decided that we had better start heading back. We got as far as the top of the huge hill out of Daylesford when there were a few claps of thunder and the rain came bucketing down.

We were lucky that at the top of the hill there was a large farm house and the people there yelled out to us to come and shelter on their verandah. David declared the ride cancelled and we all made a big dash for the farm house. The young farmer and his wife were enjoying their first weekend in a long time without their children and they were landed with us noisy lot. Anyway they were very kind and brought out towels for us to dry ourselves and offered us tea and coffee which we declined as we had just had lunch.

After some mobile calls our support vehicle system was set in motion. We entertained ourselves while we waited and a couple of hours later our convoy of six cars, armed with bike racks, arrived to the rescue. We quickly loaded up the bikes, said our thanks to the farmers for their hospitality and kindness and headed back to Ballarat. We decided to cancel the BBQ which was planned for that night and go to the Leagues Club for tea again.

The next day (Monday) most of us decided to take the opportunity to go to the Begonia Festival rather than ride our bikes again. Most of us headed back to Melbourne throughout the afternoon and some stayed on in Ballarat for an extra day or two.

Thank you to David and Rita for all their organization and hard work which made it a very enjoyable weekend. Also thank you to the members who supplied and drove the support vehicles.



Sheltering under the farmer's verandah

From SHADY ACRES Caravan Park by Brenda

It was strange that we weren't at Wangaratta for this long weekend, as we had enjoyed ourselves there for many years. But change is good and we all had a good time, though the weather did let us down on Sunday afternoon.

We had a great BBQ on the Friday night, on the other nights we went to Ballarat League's Club for dinner where there were lots of meals to choose from, after this we walked into town for a Cold Rock ice cream. What a great way to finish off our meal, probably not good for the waist line but we were riding (that's what we told ourselves).

The ride on Saturday to Gordon was exhausting for some, not so for others. At the end of the ride the Shady Acres group had to ride back to the caravan park but unfortunately no one knew which road to ride back on. We rode up hill for a while and stopped at the top to work out which way to go. This is where Ronald had ridden down a no through road to see if we could get through - no luck here as there was a cyclone fence stopping us going across: Murray tried to go door knocking for directions but no one was home. Angus rode down the hill to see where it would lead with everyone saying that we weren't riding down in case we had to ride back up again (this is where most of us ladies spat the dummy and said that they were not going any further). When Angus returned he said it was the way to go because he recognized the name of the street, which was near the caravan park. We were so glad that we didn't have to ride back up the hill.

Sunday's ride was going so well with everyone enjoying their lunch in Daylesford it was a shame that it had to end with the rainstorm, though I am sure everyone was thankful for the hospitality from the kind people who let us use their veranda.

Monday saw everyone doing his or her own thing, watching the parade or walking around the Begonia Festival. Or having lunch together before they drove home, let's hope that next year will have better weather.

The scenery was excellent, thanks again David for organizing the weekend.



Regrouping and having a breather

Hints & Tips

David Nickson finds interesting things to do with cycling, and his contribution will make up the Hints & Tips section of the newsletter

Here is one of his finds...

Avoiding Numb Hands

Posted on December 11, 2010 by [Jan Heine, Editor, Bicycle Quarterly](#)

Hand numbness can spoil the most wonderful long distance ride. A cyclist's hands can get numb from vibration and pressure.

The first step is to eliminate as much vibration as possible near the source (road surface). Supple, wide tires, run at moderate pressures, are key. Flexible fork blades and suspension are less effective at absorbing high-frequency vibrations, but they can absorb bigger bumps. Cushy handlebar tape is ineffective at absorbing vibrations, but it can reduce pressure.

Why are vibrations easiest to absorb at the source? It is relatively easy to stop a few grams of tire contact patch from moving up and down. This insulates the rest of the bike from the vibrations at the road

surface. If your tire doesn't absorb the vibrations, then your entire front wheel moves up and down a few hundred times every second as it rolls over rough pavement. These forces are then too large to be absorbed elsewhere.

Imagine somebody throwing a peanut at you: It is easy to catch with one hand. Now imagine having to catch a 5 lb weight – much harder. That peanut at the road level becomes a 5 lb weight at the handlebars, if the whole front of the bike vibrates.

Pressure can cause nerve damage in your hands, making them numb or tingly. When you look at the nerves in your hand, you see that there are only a few nerve endings in the base of your thumb, making this area ideal for resting on the handlebars.

The "on the ramps" hand position (behind the brake hoods) supports your weight with the base of your thumb, and therefore tends to be very comfortable (see photo at the top). This works best with handlebars that have flat ramps to support your hands well in that position.

Moderately soft handlebar tape can help distribute the pressure of your hands as they rest on the handlebars. Also, your hands should rest on the bars, rather than grip them tightly. Wrap your fingers around the bars loosely for safety on rough roads.

Beyond that, it helps to switch hand positions from time to time, so that you don't put pressure on the same spot for too long. Furthermore, raising your handlebars or tilting your saddle nose slightly upward will prevent you from sliding forward and putting more pressure on your arms and hands. (However, tilting your saddle upward may cause other problems for some riders...)

Numb hands can lead to lasting damages. With the right technique and equipment choices, numb hands usually can be avoided even on rides as long as Paris-Brest-Paris (765 miles non-stop).

Member profile

Rod Tacón

Rod, how long have you been a member of Peninsula Pedallers?

Hard to remember; but it must be about 8 years or so.

What was your motivation in joining the club?

My wife bought me a mountain bike when I began to complain about sore knees and ankles from jogging. I soon found that cycling alone was no fun, so I sought out a local cycling club on the internet and discovered Peninsula Pedallers.



Besides cycling do you have any other interests or hobbies?

I am an active member of the Mornington U3A as tutor, student, Committee Member, and Newsletter Editor. I have also taught myself to play various stringed instruments (guitar, 5 string banjo and mandolin).

What was (is?) your occupation?

I held various jobs in the Education Department including teacher, School Principal, Curriculum Officer and Regional Education Officer.

After retiring from the Education Department I spent a couple of years in sales (selling cooked nuts and gardening equipment at various shows around south eastern Australia).

I then returned to study and completed some certificates at TAFE in electronics and computing. This led to a job in an electronics firm (where I had responsibilities in sales, purchasing and some design) and later to teaching computing in a Special school.

Is there something you have always wanted to do or achieve in life that hasn't happened yet?

I would rather like to revisit the US and seek out some local traditional Appalachian bands to play along with.

What is your favourite childhood memory that you would like to share with us?

My childhood was happy, secure, eventful and varied, much of it in a semi-rural environment. There is nothing particularly noteworthy that I recall, although I do fondly remember the day when I hopped on my friend's bike and found that I could ride it. I still recall the incident when as a grade 3 child I took my mother's advice and put to flight a grade 6 boy who had been bullying me.

What is your favourite food? What makes it so good? And what food do you hate and avoid? What makes it so bad?

Food doesn't really excite me: some club members will be aware of my predilection for pies whilst on rides. I also can manage the odd well-cooked steak and fish. Mexican food appalls me mainly because it was the food of choice served to us so regularly as guests of American families whilst we lived over there.

If you could invite any 3 famous (or infamous) (living or departed) persons to your dinner party, who would they be and why would you invite them?

I would like to spend time with either Earl Scruggs or Pete Seeger (both famous banjo players), Ian McEwen (author) and any of the charismatic political leaders such as Lenin, Mao, Hitler, etc to see how they ticked.

Finally, what would be the best movie you have seen and why?

It's difficult to choose a favourite film; but *Chinatown* remains a favourite because of the *frisson* between the main characters (Jack Nicholson and Faye Dunaway), the development of the plot, the historical setting and the dramatic tension.

Audax 250 Alpine Raid 22/23 January 2011

One of the best and well organised rides I have been involved in has prompted me for the first time to write in the club newsletter.

The ride in the high country started and finished in Bright over two days.

Leaving Bright at about 7:15am after our Hardy cooked breakfast I had a leisurely ride to Harrietville along with a group from Canberra and Trafalgar. After a small rest we had a steep 28km climb to Mount Hotham. Lunch at Mount Hotham included a reply text from a fellow PP member to "get off the phone and keep riding." So I did !!!!

I was warned by another PP member about the perils of this weekend ride but not about the hailstorm 10 km out from Omeo. Six of us fellow riders ran for the nearest trees as golf balls rained down on us.



The freak storm left as quick as it came so we rode on and soon dried off. The support truck met us in Omeo with our bags for our overnight stay.



Day 2 again started with a leisurely fast ride up the Omeo valley along the Big River before leaving the river and embarking on our steepest climb (7.7%) to Falls Creek for lunch. Our third and last climb was up Tawonga Gap before descending back into Bright. A few level headed riders used the support vehicle when needed and the rest of us thought we were Sir Edmund Hillary and Mallory.

After the events of the first day, the second was a bit mundane except for meeting up with the younger, fitter one day riders and the downhill ride to the finish.

120 of us did the two day Raid (40 last year) and hundreds more did the many other one day rides over the week long fest.

All in all an extreme experience.

Phillip Maas



- 1 x Oztrail Elite – Breezeway Chalet 4 Dome Tent
- 2 x Fold Up Camp Bends
- 1 x Self-Inflating Kookaburra Trekpro Airbed
- 2 x Single velour top airbeds (+ footpump)
- 1 x Fuji Ladies step-thru bicycle (as new, used once)



For more information call David S
Ph 5996 6703 or 0409 525 283.

*Have you got something for Sale?
Contact the Newsletter Coordinator to place your ad.*

Photos from recent rides



On the ferry across the bay to Queenscliffe



Under the Bolte Bridge



Wednesday riders enjoying the view at Portsea



All hands on deck for running repairs



Just resting in Ballarat !



Lunch at Gordon (Ballarat Weekend)



Breakfast festivities – pre-ride at Chelsea