



Peninsula Pedallers Inc

Newsletter

2012-1 : January 2012

Wishing all Club Members

A HAPPY
NEW YEAR

Ballarat Weekend 10-12 March 2012

A reminder to those wishing to attend this year's Labour Day weekend in Ballarat to make their own bookings at:

The Big 4 Welcome Stranger Holiday Park,
263 Scott Parade, Ballarat
Phone: 5332 7722

There are Cabins of various sizes, why not share a cabin to keep the costs down. For the campers, there are excellent Powered & Unpowered sites.

Rita and David will be going to Ballarat in February to re-try the rides for this year. There will be 2 rides on the Sunday to choose from, either 80 Km or 55 Km, of moderate to hilly undulations. Saturday's ride will be rail trail option weather & track conditions pending and a road ride, very scenic in the Creswick area of moderate distance to cater for those arriving in the morning.

There is the Begonia Festival on this weekend, so you may plan your Monday holiday accordingly. Some last year had a great time at the activities around Lake Wendouree.

The Holiday Park has great BBQ facilities a swimming pool and a recreation room that we can take full advantage of.

Please contact David S for more information:
5996 6703 or 0409 525 283

Frankston to Elwood Sunday 15 January

This is a new ride that will offer interesting sights through the bayside suburbs off the main roads. There is an option for a shorter version starting from Carrum – see Ride Calendar for details We hope to see you there.

Cranbourne to Caldermeade Farm Sunday 5 February

We haven't been to the Caldermeade Farm in some time, so it's time to do it again. This is a relatively flat ride, with a shorter option to start from Tooradin.

The menu at the café looks scrumptious, so we hope to see you there.

Please confirm your attendance with the ride leader as a booking will have to be made.



Schwerkolt Cottage & Museum Complex

See the Ride Calendar for
Sunday 29 January

Schwerkolt Cottage is an original pioneer's stone cottage in a garden setting adjoining beautiful Yarran Dheran bushland park.



Inverloch based weekend



A scene from picturesque Inverloch – Venus Bay district

Christine has kindly offered the availability of her family's weekender as a base for a weekend of riding around Inverloch.

There is limited accommodation, but Inverloch is close enough to attend either or both day's rides commuting each day.

Phil Maas, ride leader for the weekend has provided this information about the weekend:

- Accommodation for up to 10 people at the Holiday house in Inverloch.
- Bring Mattress / sleeping bag /pillow
- Dinner Saturday night at the Manna Gum Restaurant.
- Contact Christine for accommodation details and to confirm dinner attendance as a booking will be required – ph 0414 359 336.

Saturday 18th February

Inverloch-Korumburra (Lunch) 82 km
A challenging ride on sealed roads with one Herculean ascent (Mt Misery)

Leader: Phil
Phone: 0421221406 / 97992633
Meet: 9.15 am @ 61 Cuttriss St, Inverloch
Leave: 9.30 am

Shorter less challenging option

Inverloch to Meeniyan via Tarwin Lower 65 km
(Flat with mild undulations)

Lunch: Meeniyan Café
Meet: Same as above
Leader: Trish
Phone: 5996 9162 or 0438289039

Sunday 19th February

Inverloch-Glen Alvie-Wonthaggi (Lunch) 68 km
Some hills and a picturesque coastal section

Leader: Phil
Phone: 0421221406 / 97992633
Meet: 9.15 am @ 61 Cuttriss St, Inverloch
Leave: 9.30 am

Audax Rides

You will note that there is an Audax ride listed in this quarter's Ride Calendar. For those of you not familiar with Audax, please visit: www.audax.org.au

The basic idea behind this initiative is to enjoy a good road ride in the country, meet new riders and potentially get others interested in our club. It would be appreciated you wear a club jersey if you have one.

To participate Audax expect riders to maintain an average speed requirement of 15 km/h regardless of terrain.

Some Audax rides can be in excess of 100km, so it is my intention that only Audax supported rides are put into our Calendar, with a 100km option (and 50km option where applicable). Also consideration will be given to the distance we would have to travel to the start.

Audax support to rides is as follows: If you fall within the official end time (based on start/finish time at 15 km/h) you can get a lift back to your car if you break down.

Audax Ride Leader

PP members wishing to ride **MUST** contact the person listed as the Audax contact to register their intention to ride.

PP Ride Leader

As a sanctioned PP calendar ride, it will be necessary for the attendance sheet to be completed – the PP ride leader listed will be responsible for the sheet. It is important that you advise the PP ride leader of your intention to ride.

Important:

Although you will be riding as an individual, albeit with other club members, please be aware that you will be signing on with Audax to obey their ride rules and these will apply as well as our PP rules and guidelines (such as single file on double).

David Skinner
Ride Calendar Coordinator

RESTAURANT NIGHT

LING WAH

Chinese Restaurant
428 Nepean Highway
FRANKSTON



Time: **7.00 pm**
Date: **Saturday 25 February 2012**

RSVP to Trish by Friday 17 February 2012.
Phone: 5996 9162 or 0438 289 03

GBH Weekend Held 12-13 November

Co written by Phil & Lindy

Day 1. Arrived on time. Our B team (David, Libby, Julie, Lindy & Phil) loaded their bikes onto the support trailer, crammed in luggage for 11 people, and us five cyclists into the Kia people mover.



The weather couldn't have been better, sunny and no wind. Drove to Boisdale for B-team's first riding leg. David led out and almost missed the turnoff at the very first orner. Progressed

n nicely until we hit the brand new tarred road. Libby bore the brunt of a bad driver whilst trying to negotiate the loose gravel.

Nice lunch in Bairnsdale. Terry, our support driver's constant jokes were a real treat initially, but the standard of humour progressively got worse throughout the weekend. Lol.



Following our ascent on some very challenging hills, we had a very scenic ride through the valley beside the Tambo River. At our toilet stop at Salmon Flats Road, Phil and David did some impromptu

fishing by the river before riding up to meet the A-team for the descent into Lakes Entrance.

We all rode together to Lake Tyers for a nice 3-course meal provided for us and 90 odd cyclists participating in the weekend.

Day 2. A certain new member could be banned from future events because of a 3am phone call about a lost house key. She is now on probation for upcoming weekend rides. Lol.

After a lovely morning breakfast, Dennis was seen applying his magic goanna oil to his legs and combined with his new pristine white bike shoes, proceeded to ride the whole way to Sale. What's in that oil Dennis???



Not long after us leaving in the support car, Julie embarrassed us B-teamers yet again.lol.

She proceeded to yell out of the window to the A-team and another unknown cyclist "GET A CAR"!

After ordering lunch at Bruthen, we proceeded to do our leg of the ride, and conveniently overshot the correct turnoff, and certain members found themselves at the clock museum/shop for an

unofficial stop. After "minor" discussions between B-team members we eventually got back on the "official" route.

We planned to meet the A-team for lunch "somewhere" down the road. With the A-team working off Bob's 2 GPS's, and the B team using the "official" supplied map, there was some confusion. But after a few frantic phone calls, the A-team eventually caught up physically and mentally. Lol.



After lunch Phil ditched his partner and road off with the A-team, complaining she hadn't been pedalling on the tandem. Lol.

Then he was verbally abused by the B-team as they drove by

yelling out the window "get a girlfriend loser"!

We all ended the ride by arriving safely in Sale with neither team having punctures for the entire weekend.



And thanks to Libby's cable ties, not one magpie attack either! As there are no female showers, the "new female member" then proceeded to have a shower in the mens' while A and B-team

members were left waiting outside. New members should know their place in the cue (last). Blame Phil.

Then we all had a walk around the lake in Sale, beating the rain, before enjoying a meal at the Exchange Hotel to finish off a great weekend.

It seems like the new protocol for this ride is that everyone finishes the ride whenever they want - as this has been the case for the last two years. A win for the rebellious riders in the club. Lol.



Inspirations following the Bright weekend

Mick Ward was inspired to contribute this article after attending the Bright Melbourne Cup Weekend

"Hi Dave & All Bright weekenders,

Another great Bright weekend thanks to Penny & Paul.

After our mountain climbing efforts I googled "Gradient Percentages" and came upon the following website:-

www.theclimbingcyclist.com/articles/gradient-the-basics/

It is packed with interesting info, and on the right hand side there is a list of the major climbs in Victoria. If you click on Mt Buffalo it shows the distance and average gradient, followed by a detailed report on the climb.

There are probably some climbs listed which you have already ridden, so you could compare them. This led me to search for Mt. Ventoux, which I know some of you have ridden, and I found a site called:- www.climbbybike.com, so you could compare that climb too.

The attached photo shows me at the summit of the Ventoux. A mate and I did the climb as well as the Col du Galibier on a tour of the area in 1960.



We also saw a couple of stages of the TdF that year (won by Gastone Nencini) and visited Tom Simpson for a chat in his hotel room.



Trailer News

If all goes well, we may be looking at the NAB to sponsor the trailer we hope to get this year.



Pictured at the Bright weekend are 3 intrepid NAB sponsored riders

Hints & Tips

Contributed by David Nickson

This link takes you to information about gears: www.kenkifer.com/bikepages/touring/gears.htm.

David writes:

A good article on gear ratios and their relevance and why many people end up with gearing that is too high, have to make allowances for it coming from the U.S. And hence imperial measurements at times.

Hence most road bikes are now geared lower with compact chain wheels and larger available cogs in the cassette, sometimes this is still not low enough for steep climbs of significant length and it is rare to get good information on this from bike shops because they don't want to change a standard set up.

Vintage Cycles

David & Rhonda Nickson at the Vintage Cycle Club, Melbourne Tweed Ride, held in November

They said they had a lot of fun





Coming Up - 14-15 April

Beechy Rail trail Weekend.

Colac to Beech Forest.

Julie & Libby have checked the trail out and the report is good – a very picturesque ride with lots of activities and things to do in the region.

Julie has provided the following information:

Although it is relatively a short ride of 45km each way it is a fairly hard ride due to the climbing involved and the gravel surface of the trail.

It is only suitable for mountain bikes or hybrids.

Parts of the trail are on quiet gravel roads as it has not been completed yet, but the scenery is very beautiful as it travels through fern gullies and farmland.

- **Saturday** will be the Gellibrand to Colac section with lunch at Colac.
- **Sunday** will be the shorter but steeper section to Beech Forrest.

Accommodation is overnight at the **Otway Tourist Park in Gellibrand**, which is roughly halfway between Colac and Beech Forrest.

Cabins and caravan sites are available and there are plenty of things to do in the area for non riders such as the Otway Fly (see ad at the end of this article), wineries and eateries.

A 3 bedroom house attached to the caravan park has been secured for the night, so first in best dressed - it sleeps 7 (about \$32 per night).

Cabins range from \$100-\$150 and the pub has good meals.

It takes about 2.5 to 3 hours to drive there and is much better with the Geelong bypass.

Please let Julie (9555 9141) or Libby (0423 409 928) know if you are interested in participating in this weekend event.

4 OTWAY FLY TREE TOP ADVENTURES

360 Phillips Track
Weeaproniah 3233
Ph 1800 300 477

www.otwayflytreetopadventures.com.au
Otway Fly Tree Top Adventures Tree Top Walk and Eco Adventure Zip Line Tour located just off the Great Ocean Road. The perfect day out with friends and family in this unique forest experience.



Interesting Advertising

Spotted recently whilst browsing the web.



Hmmm!

One wonders if this could be applied in conjunction with Dennis' Goanna Oil !

Have you got something for Sale?

Contact the Newsletter Coordinator



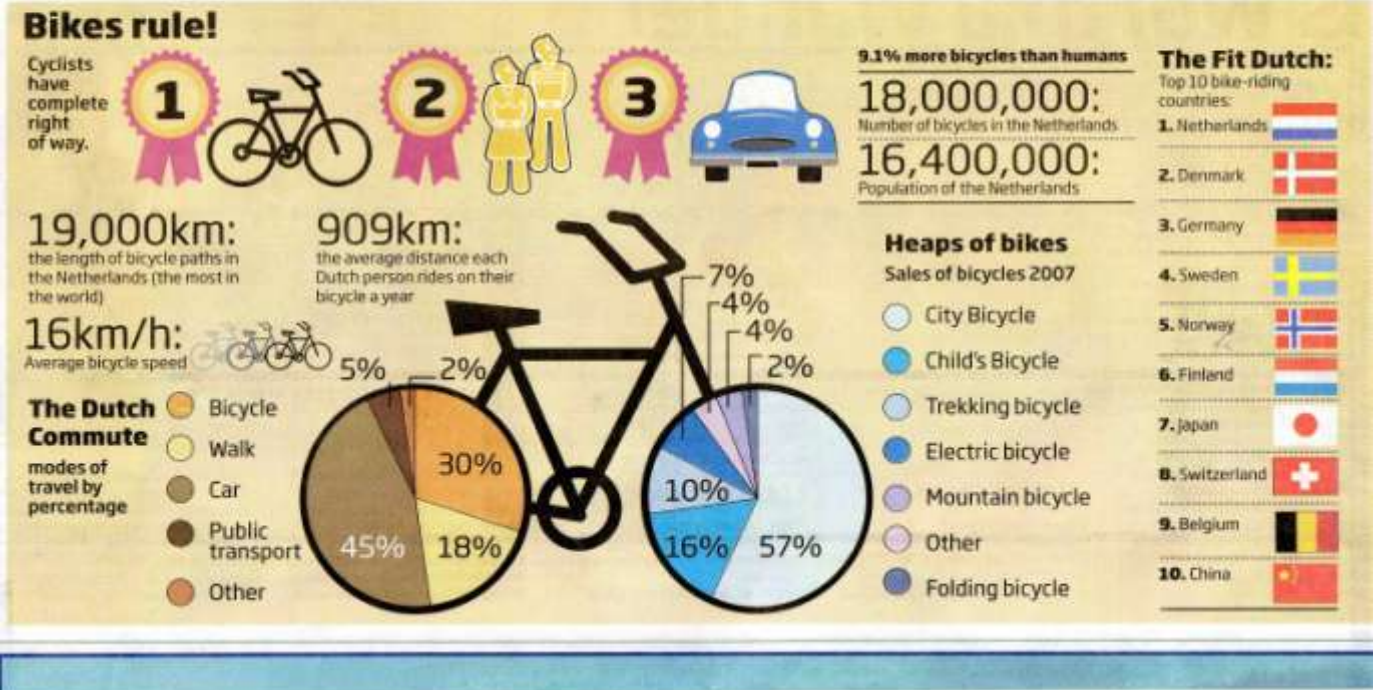
Bicycles Netherlands

EUROPE SPECIAL



These extracts are adapted from *How to Land a Jumbo Jet*, Lonely Planet 2011. RRP: \$19.99. lonelyplanet.com
 Special offer for Escape readers: Free shipping when you buy *How to Land a Jumbo Jet* online at shop.lonelyplanet.com. Just enter the code: JUMBO at checkout. Offer expires November 13.

A nation on wheels



Woodland Historic Homestead

Pics from the recent Woodlands Historic Homestead Tullamarine Ride

