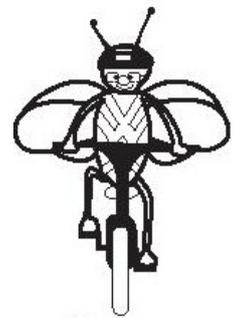


Phillip Island BUG (Bicycle User Group)



Newsletter

President: Don Turner

www.islandbug.info

Secretary: Ruth Scott

Issue 11/2017

1st November 2017

Cowes Primary School Wins Regional Challenge



The winning team, Taylor Lucas, Josh Gallyot, Chloe Wooley, Kirra Mascaros, Annie Dempsey, Lexi Walton. Jack Morenhout and foreground Jack Huther and Brady Ross

Missing from the photo is the coach of the team, Ron Hateley who after almost 20 years of educating children in Bike Ed has decided to retire.

Bike Ed Continues

The Bike Ed Program at Cowes Primary School may be completed with the exception of the Ride to Rhyll on Friday 10th November (see Page 3). However the program is alive and well and this week we should finish with Grade 4 Newhaven College kids. I will miss the last 2 days of the grade 4's as I will be trying to avoid the rain at Fish Creek. On Friday 3rd Nov the grade 4 kids will ride from the school into Cowes and some BUG assistance would be appreciated

The grade 5's are about to start their program and Don's plea for assistance is on page 5.



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WHEEL HEAT





Phillip Island BUG (Bicycle User Group)



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Lucy Hateley (Local Legend)



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WHEEL HEAT



Ron Hateley recently received the following information from son, Brent.

Your grand daughter has been chosen from over 25000 applicants to be a torch bearer for the 2018 Gold Coast Commonwealth Games as a "local legend". Her leg of the relay will be in Torquay on Monday 12 February 2018.

*Cheers
Brent*

Lucy is prominent in many sporting circles, Baseball, Netball, Basketball Tennis, Scouts and Bike Ed. She has done the "Around the Bay" ride (55km) twice, the first of which was when she was 7 yrs old, the youngest on the ride. She was with the oldest bloke on the ride.



The Hateley family riding in the 2015 Round the Bay Grandfather Ron, Grandson Ethan, Grandson Kane, Son Brent and Granddaughter Lucy.

The little fella in the centre, Kane was only 7 at the time, the youngest rider to complete the 55k. He also slowed down to keep his grandfather company. offer encouragement and not leave him behind



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WHEEL HEAT



Ride to Rhyll

The Cowes Primary School “Ride to Rhyll” will take place on Friday 10th November. The ride will leave the Cowes Primary School at 9.30am and it should return to the school at around 2.30pm.

We would like 10 volunteers to ride with the kids. (approx 120)

This is a ride we have participated in for a number of years and really is a fun day. With the large number of kids it is essential we have sufficient adult support. A number of the teachers will also be riding but they are a limited number and some will be providing back-up vehicular support. The Parents group will be providing the BBQ and lunch time support at the Rhyll park.

As stated above, we would like 10 BUG volunteers to escort the kids. The ride is from the school along the main road bike path to Harbison Road, Oswin Roberts, and the boardwalk to Rhyll. After a sausage sizzle in the Rhyll park it is return to the school via the same route. The total distance is about 20k. An off-road bike is needed. The ride is with school children of varying degrees of bicycle competence and will soon split into groups hence the need for a large number of escorts.

We would like to finalise numbers prior to the day so if you are able to assist please let Ron or me know. So far we only have 1 volunteer which is disappointing – we need more.

Note Ron’s plea for help. Your reward for subjecting yourself to the risk of serious injury or death or at the very least, mental anguish - a free snag in bread. (doesn’t that make it worth the effort.)

Pinocchio?





Phillip Island BUG (Bicycle User Group)



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WHEEL HEAT



Bass Coast Cycle Challenge

Sunday 12th November

We urgently need more volunteers to assist at this event. Currently we do not have enough to man the various marshalling positions at only one person per position. It is desirable to have more than one at the various points such as Trewins for safety reasons and also to provide company rather than leaving an individual out in the boondocks on his/her own for 4-5 hours. Please if you can spare the time contact Don and put your name on the list, keeping in mind the volunteers will receive next year's subs free of charge

Previously this event has been held on the Saturday but on checking you will see that Saturday is the 11th November which is Remembrance Day and as a mark of respect the event was moved to the Sunday



President Don and Secretary Ruth at Frankston on the recent Around the Bay



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Super Sunday



Once again the BUG has been invited to participate in the Super Sunday count. Unfortunately the day chosen happens to be Sunday 12th November, the same day as the Bass Coast Cycle Challenge. The BUG has found it necessary to say “no” to the Super Sunday request as we are struggling to have sufficient numbers for the Challenge, let alone another 8 volunteers to man the 2 positions for the “count”

We have to give priority to the Challenge as this is an “ongoing” commitment from year to year.



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A Plea for more help from Don

The Newhaven College Year 5 Bike Ed Program

Jess is doing Bike Checks tomorrow (Mon 30 Oct) for Year 5 Bike Ed program that will run from Monday Nov 27 for two weeks until Friday Dec 8. Times not known. Anyone who can help please let Don know A bit late for the bike checks but not too late for the actual program



Bass Coast Cycle Challenge

Bass Coast Cycle Challenge is on Sunday Nov 12. We have 9 volunteers, and still need around 5 more if possible

And now for something different (but still a plea for help)

Storage:

The Turners are moving out of their house at the end of November, and may need extra storage space for around 6 months. If anyone has a space such as an empty shed or half a garage you wish to hire out, please let Don know.



WHEEL HEAT

End of Year Christmas “Do”

At the moment some members of the BUG committee are involved in planning the annual end the year Christmas celebrations . Various establishments have been proposed and some have been ruled out again for a variety of reasons – costs, menu, drinks, etc

Don and Ruth have been talking to Geoff at 117 and he is making up a proposal which, hopefully will meet a lot of the preferences of the members. One thought, still to be decided is a choice of main courses with the choices to be published a few days prior to the function. By this you may get what you prefer and ordered not a “catch as you can” as is normal at other set menu establishments. Still it is “early days” and we will keep you informed.





Phillip Island BUG (Bicycle User Group)



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WHEEL HEAT



Court confirms helmet attachments law

23 September 2015. A Victorian court has confirmed that if you attach camera to a helmet then your helmet no longer complies with the helmet standard, and you are considered in breach the law.

The case involved a motorcyclist who had two cameras attached to his helmet when fined by police for riding with a helmet that did not comply with Australian standards.

The motorcyclist challenged the fines in court, but lost.

The laws and standards for bicycle helmets and motorcycle helmets are worded similarly and it is understood that the decision would likely have been the same if the case involved a bicycle helmet.

A small number of bicycle riders attach cameras to their helmets, and small group fit lights to their helmets for use in day to day riding.

It has always been the case that such modifications result in the helmet being non-compliant with the Australian standard.

The standard requires that all helmets approved for use in Australia are tested against the standard. Helmets must pass the test in order to be approved and carry the required sticker.

As a consequence, the helmets for sale and in use by consumers must be identical to the helmet as tested.

As the helmets were not tested with cameras or lights attached, helmets fitted with such modifications are not identical to the helmets that have passed the approval test, and therefore do not comply with the law.

It is understood that solid helmets attachments such as light and cameras are frowned upon because they can redistribute the forces of an impact, thus defeating the trauma-reducing function of the helmet.

Fortunately for cyclists, there are cameras that can be fitted to the bicycle rather than the rider, and research shows that lights on helmets are less effective for conspicuity than the traditional on-bike locations.

This is a repeat of an earlier Bicycle Network advice but I still get a few enquiries as to the legality of GoPro and bicycle helmets. The answer is simple "NO"

Stratford "Away" Trip

This is planned for March 2018 and we have asked for deposits of \$50 to be paid, So far we have only received deposits from 5 members.



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WHEEL HEAT



Bike Cleaning

What you will need

- Degreaser
- Chain cleaning brush
- Rags
- Lubricant

Step 1 - Degreaser

Wrap a rag around the chain stay, and then spray your chain and cassette liberally with degreaser, slowly turning the pedals backwards to circulate through the length of the chain.

Step 2 - Chain Cleaning

Grab your chain cleaning brush—a good example is the BBB Toothbrush—and, while still turning the pedals backwards, run the pointy end between the cogs on your cassette, to dislodge any accumulated grit. Run the chain against the tough bristles on the other end of the brush. Add more degreaser.

Step 3 – Remove degreaser

Spin the chain backwards through a clean rag, to remove the grease and dirty degreaser from the chain. Move onto a fresh section of the rag, and continue until the chain is running through dry and clean.

Step 4 - Reapply lubricant

Although it is great at removing the grime from your chain, degreaser will also strip the grease from the rollers of the chain, making for a clunky ride. For this reason, it's really important to reapply lubricant. If you're mostly riding in good weather, a dry lubricant (usually wax or Teflon-based) is a good choice. If it's off-road or all-weather riding that you're into, a wet lube will adhere better in bad conditions. Apply whilst spinning the pedals backwards – you won't need much, but it needs to circulate through all the links of the chain.

Step 5 – Wipe off excess lubricant

Wait a few minutes for the lubricant to penetrate, and then wipe off any excess, especially on the side plates of the chain, as excessive lube attracts dirt.

This is another download from Bicycle Network and is one of a number of helpful pages of information. I will publish others in later issues



Phillip Island BUG (Bicycle User Group)



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10,000 Conquer Around the Bay



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WHEEL HEAT



10,000 bike riders have enjoyed some spring sunshine and celebrated the 25th birthday of Australia's biggest bike ride, Bicycle Network's Around the Bay.

With nine separate ride options ranging from 25km to 250km, riders of all ages and abilities were able to saddle up. Among the masses were children as young as three years old in the 25km ride and 10 Around the Bay legends who have ridden every single ride after taking part in the first event in 1993.

The weather forecast was a mixed bag, which is of course a classic part of Around the Bay, however as riders crossed the finish line the sun was shining and the finish line festival buzzing with activity. Bicycle Network CEO, Craig Richards, said it was the perfect way to celebrate the silver anniversary of Around the Bay.

"Around the Bay has something for everyone and we saw that with so many different types of bike riders today," said Mr Richards.

"It was so good to see everyone come together to celebrate the 25th Around the Bay and really enjoy going for a bike ride."

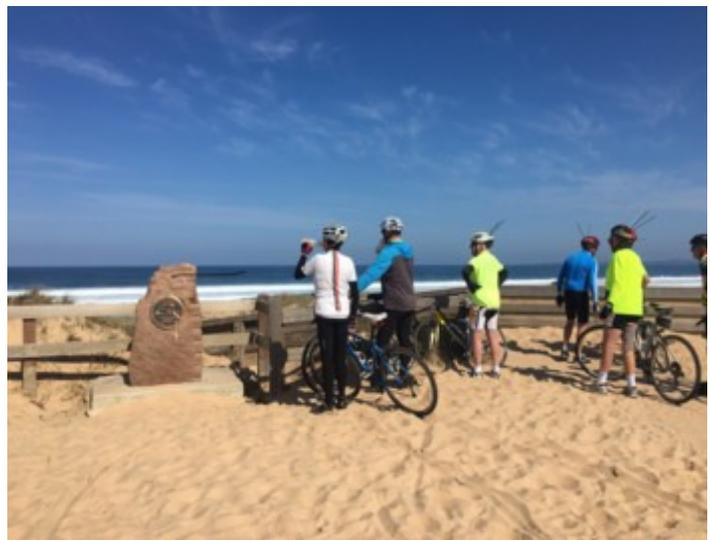
It was also a big day for The Smith Family, with the fundraising aim this year \$1,000,000.

A big part of the fundraising drive are corporate teams, who also vie for the corporate cup, which was taken out by Toyota TACT, led by captain Carlo D'Angelo.

Among the special celebrations were a giant birthday cake made from balloons and commemorative medals for finishers.

Bicycle Network would like to thank everyone that made the day possible including official partners The Smith Family, Bosch, RACV and Winners. A big thank you also goes out to the hundreds of volunteers who made the event possible

Checking
the waves
at
Woolamai





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WHEEL HEAT

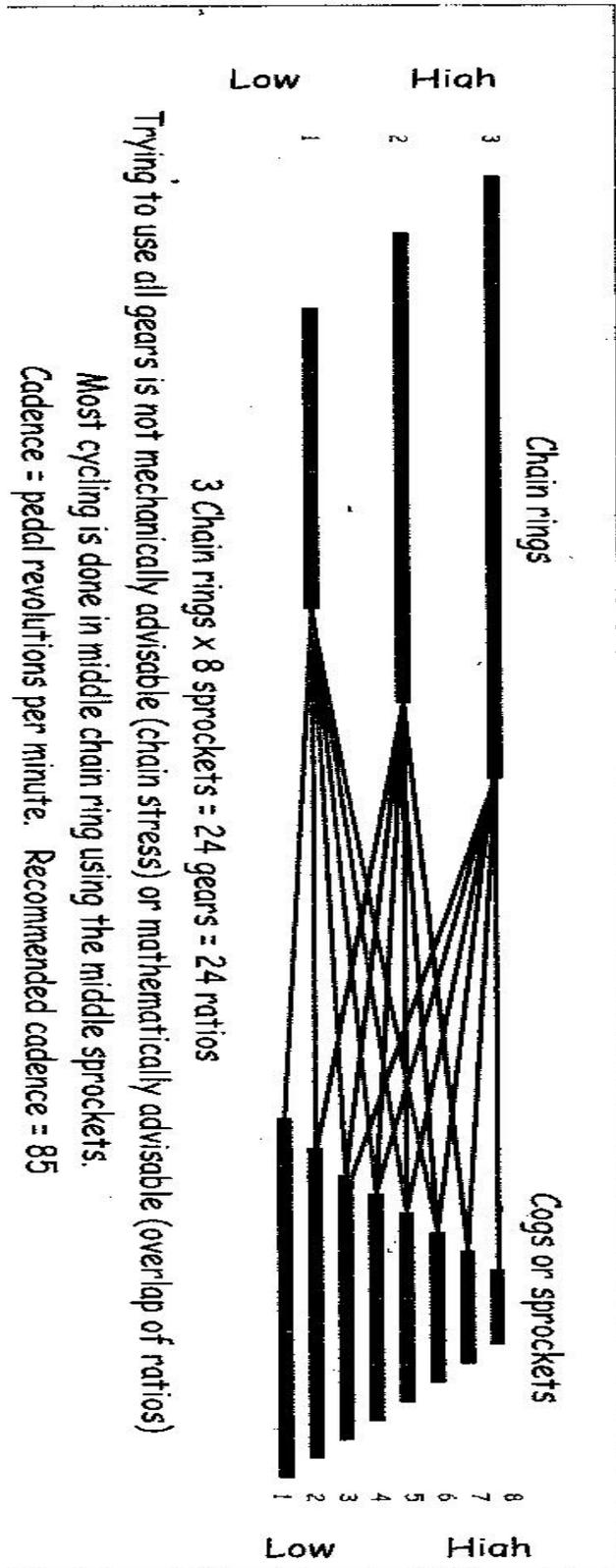


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WHEEL HEAT



Ride Calendar for November 2017

- Wed 1st Nov Start: A Maze’N Things 10:00 am
Woolamai Estate tour
Coffee at the Vietnam Vets’ Museum
Road bike
- Wed 1st Nov **Position to Fish Creek**
- Thurs 2nd Nov **Fish Creek to Welshpool and return**
- Fri 3rd Nov **Fish Creek to Leongatha and return**
Return to Phillip Island
- Sun 5th Nov Start: Anderson Roundabout 9:30am
Tour of Desal Plant
Coffee in Wonthaggi
Off road bike
- Wed 8th Nov Start: A Maze’N Things 10:00am
Tour de Cowes West
Coffee at Garage 117
Road bike
- Fri 10th Nov **Cowes Primary School Ride to Rhyll**
See Page 3
- Sun 12th Nov **Marshalling duties at the Bass Coast Cycling Challenge See Page 4**
- Wed 15th Nov Start: A Maze’N Things 10:00am
Tour de Newhaven
Coffee at the Bakery
Road bike
- Sun 19th Nov Start: Inverloch – Car Park end of Cutriss Street 9:30am
Inverloch, Koonwarra, Outrim, Inverloch
Lunch at Koonwarra
Road bike 64k
- Wed 22nd Nov Start: A Maze’N Things 10:00am
The Rhyll Circuit
Coffee at the Trout Farm
Road bike
- Fri 24th Nov **Bass Opp Shop 9:30am**
Glen Forbes. Corinella. Coronet Bay, Bass
Coffee at Corinella
- Sun 26th Nov Start: A Maze’N Things 10:00am
Casual Sunday ride to Newhaven for coffee
- Wed 29th Nov Start: A Maze’N Things 10:00am
Nobbies via Ventnor Beach Road
Coffee at the Nobbies

