



## **SHEPPARTON BUG NEWSLETTER**

**January 2016**

**From Catherine**

Hi Everyone. I hope you all had GREAT Christmas and I wish everyone a safe, healthy and active 2016. It's now time to work off all those extra calories consumed over the festive season, so have a look at the new program and join in the rides. There should be something for everyone. There have been a few versions, so make sure you have the latest. The new website is looking great and I gather is continually updated, so is probably the most accurate for the program. I am sorry this is a bit late, but I have been busy with long days at work and gardens to water of an evening. I just haven't got around to it.

We had a good Christmas party at Bicaros: lots of people and LOTS of yummy food. I imagine everyone would have gone home full – we certainly did. If you missed out, don't worry – you don't have as many calories to lose. We went back on Christmas Eve for Russell's birthday and the food was just as good then.

Our Bright weekend is coming up next month, so read up below and let me know if you are coming.

Lynne is home after her epic 6 week hike along the Australian Alpine Walking Track. An amazing feat (or should it be feet, since they did the work). We might see her back on the bike once the legs want to move again. Catch up with her on a ride and ask about the walk. There are a couple of pictures of the hard conditions that she had to put up with down below.

Russell and I hired electric bikes in Melbourne last week and went for a 45km ride. Now if you want some fun, I would recommend it. Or if you have a partner who doesn't ride much, this is the perfect solution. I turned my battery off and just pedalled (conserving power) while Russell had fun with the power on. They are really zippy little things with the battery boost. A word of warning, bike shorts are still necessary and your legs still have to pedal or no power assist.

### **Welcome New Members**

There have been a couple of new members since the last newsletter which is fantastic.

A big BUG welcome to:

Rae Rodgers

Luke Twomey

Look out for Rae and Luke on rides, say hello and introduce yourself. Luke will be joining us in Bright.

### **Chit, Chat**

You will see from the Rides program that there is a general meeting on the second Thursday of each month. This is open to all members (not just the committee), so come along for a chat, a laugh, coffee and nibbles. If

you are not sure where to go, give the host a ring - their phone number will be on the rides program. The next Rides program gets started at the 2<sup>nd</sup> meeting and finished off on the 3<sup>rd</sup>. Just because you come to a meeting doesn't mean you will get dobbed in for anything – we can do that very well without you being there.

. Our memberships ensure that we have insurance and if you are not a paid member, you are not covered by insurance on the rides. Membership fees/forms were due in September, so if you are running late, please get them in ASAP. Forms can be posted to the PO Box or given to a committee member on a ride (mainly Pat R or Daryl).

### **Where BUGs have been and where we are going!**

Some of the rides on the new program have a couple of distance options and there needs to be a 2<sup>nd</sup> leader nominated on the day if two groups head off or split up into different directions. Rides should be close to the distance stated in the program, as riders come along expecting that length and knowing what distance they are comfortable riding.

Let's look after our riders so they keep coming back for more.

Can you also please let the ride leaders know in advance if you are attending rides that start AWAY from Shepparton/Mooroopna? That way, if rides are cancelled, the ride leader can contact those planning to attend. We can also wait for people running late if they are expected. This is important with the variable weather. The ride leader should be able to cancel without having to drive to the start, just in case someone happens to turn up. If you haven't notified intent to ride, you may find yourself the only one there on the day.

### **Where we have pedalled**

Ted & Bill V completed another Great Vic bike ride in November. For Ted it was about his 20<sup>th</sup>, I think. They cruised the goldfields of Bendigo, Castlemaine, Heathcote and more.



Our Mansfield weekend was a good one again. Some riders went up Mt Buller on Saturday, while others rode from Mansfield to Jamieson. This was a great ride – very picturesque, but also hilly. Sunday saw some of us riding along the rail trail to Bonnie Doon for coffee and then back. There is lots of nice, new accommodation at the caravan park, so I'm afraid the dongas have gone (bad luck Wendy). It was a BBQ tea on the Friday and a pub meal Sat after nibbles at the caravan park. The photo was taken at the bridge near Bonnie Doon.

The Wednesday night Strathbogie series started and seems to be going well with a few takers. Unfortunately, the weather has impacted these rides occasionally. There has been rain as well as 40deg heat. I gather food is now often on the agenda after the rides.

Some BUGs joined in the Tat 200 in November. At least it wasn't a 40deg day this year, although the rain the days before did provide some doubt about the muddy track for those doing the MTB bush bash. In reality, it was fine, just some puddle dodging. BUGs were found on the 100km road, 50km road and 45km MTB rides. This photo was before the MTB ride, hence the white tops.



### **Where are we off to?**

There are lots of good away rides on the next program, so if you want to see the countryside, join in. Our favourites in the Strathbogies are there (lots of them) if you want big HILLS, as well as Murch-Nagambie, Dookie, Beechworth rail trail, Glenrowan loop, Caniambo-Violet Town, Nagambie-Avenel Seymour loop (if you prefer undulations/ little hills). If you want to know what any of them are like, contact the ride leader.

There are a couple of hybrid/MTB rides coming up. At the beginning of February, Doug will get us lost and start doing right hand turns again in Rushworth/Whroo forest. This is always a good ride and we seem to find our way back. Later in the month, Deb will take us on a gravel road tour of the Strathmerton area.

Our Bright weekend is coming up again in February from Friday 12 – Sunday 14<sup>th</sup>. This weekend is about relaxing, riding, eating, shopping & doing whatever you want. We all stay at the Bright Big 4 caravan park in cabins, caravans, buses, tents and the park gives us a 10% discount. Some book in for several nights, others just for the Saturday night. The caravan park is aware of the BUGs coming. I gather there are not many cabins left. We usually have a group meal at the park's camp kitchen on Friday night and there was talk after last year's weekend about doing the same thing on Saturday night also. Those daring 7 peakers usually ride up Mt Buffalo on Friday and Falls Creek on Sunday. Other rides during the weekend have been

Myrtleford to Lake Buffalo, Bright to Harrietville, out the Buckland Valley, up Tawonga Gap, out to Wandiligong Pub for Happy hour, along the rail trail. You can do as much riding or as little as you like, on whatever sort of bike you want. Rides are usually decided the night before as people throw ideas about and groups form. Come along and join in for a fun weekend.

St Patrick's Day is March 17<sup>th</sup> and a Green Ride is planned again. This was a great success last year with lots of Irish food (or green food) after. More details about this year's one closer to the time.

Sunday March 6<sup>th</sup> is Cycling Victoria's "The Women's Ride". This is a day celebrating women riding bikes and aims to encourage the same. I am running a rail trail ride again (as a Breeze ride, so limited to 12) and this year we are going from Axedale to Heathcote and back. If you are not on my email list already for the ride and would like to join in, let me know. Registrations open in the next week, as soon as I list it.

### **For Sale**

If anyone has anything (not just cycling gear) that they want to sell, buy or give away, please ring Catherine and it will go in the next newsletter. Phone number is on the rides program somewhere.

There are still some BUG T-shirts (riding top material) left

T-shirts - \$54.44 – large and 2XL, medium

I have the tops, so ring if you are interested.



## Bug Memories



You can see from the pictures, it was a hard 6 weeks for Lynne.

This was taken at Tonia's new house. We ended the ride with a feast of food.

The one below was after the Christmas ride and is at Rick and Lynne's. There was plenty of food thanks to Lynne. No-one left hungry.

