

## O'Keefe Rail Trail Update (Heathcote to Axedale)

The O'Keefe Rail Trail has now been extended from Axedale to Heathcote. This adds about 25k to the trail. It is now possible to cycle from Bendigo to Heathcote (50k) on a dedicated cycle path. There is a very short section at Axedale that is on-road.

I recently rode the Heathcote/Axedale section, return and found it to be a lovely experience. The trail was in excellent condition with one exception being around a quarry near the Axedale end. Here the trail very muddy and rutted. Otherwise, the granitic sand/bluemetal is easy riding. Care needs to be taken when crossing the numerous 'cattle grids' as the grid spacing is the biggest I have ever seen. It would be easy to lose a wheel and sustain some injury if crossed without care.

The trail travels through forest, open farm land with terrific views including the eastern end of Lake Eppalock.

I rode the trail after a few days of rain and found it difficult to push through the soft granitic sand. It is definitely a dry weather trail.

I enjoyed the ride and there are enough items to hold your interest apart from the ride itself. Being a new trail, there were a large number of cyclists going in both directions. It is necessary to carry food and water as no option exists until Axedale is reached.

It would be a terrific ride from Bendigo to Heathcote if a car shuffle can be organized.

Well done to all of the Bendigo-Kilmore Rail Trail people for their efforts.



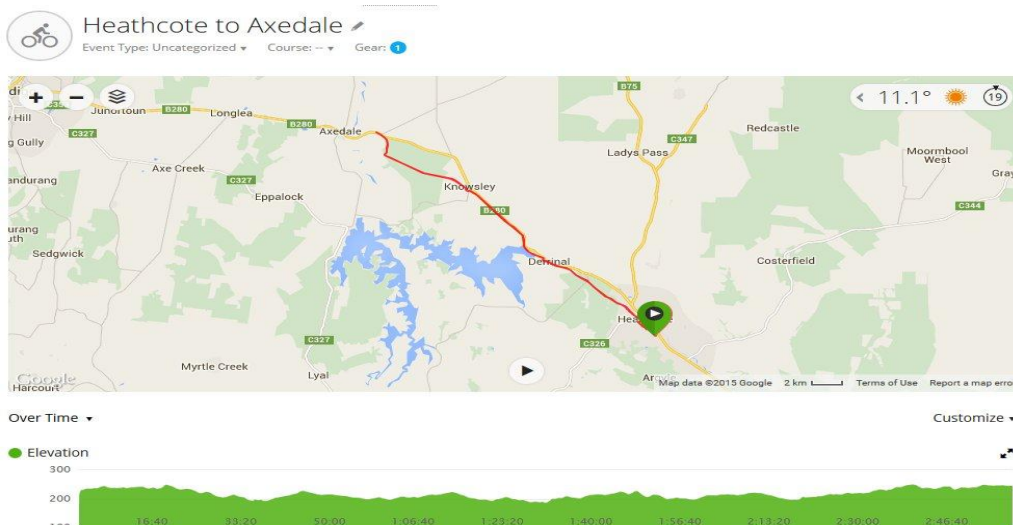
# Banyule Bug

## Newsletter

### September 2015



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Contributions to:-  
allang@bigpond.net.au



The following email was received in response to the author reading our last newsletter. It may be of interest to some (Ed.)

Hi Allan,

*I'm a Wangaratta BUG and read with interest of your Wangaratta trip recently.*

*I'm also the event director for the Ned Kelly Chase (October 25) and hope that you will invite your group to consider participation this year. The Chase includes a 100km cycle and a 50km cycle and cyclists perform the role of "Troopers". Part of their event entry is to track down and arrest one of the 100km or 50km solo runners out on the course.*

*The course itself follows the Murray to Mountain Rail Trail from Wangaratta to Everton and Back (first 50km of the 100km), and then the cycle paths in Wangaratta and the sealed cycle trails out to Milawa and back (second 50km or solo 50km). I noticed from your newsletter that you experienced some of that path network with the Milawa visit on the Sunday, but possibly didn't spend any time on the other part. They're terrific and well maintained by council, as well as safe and picturesque. I think your group would enjoy any parts that you may not have experienced as yet.*

*If you are interested in the event at all, please have a look at the website and / or send me any queries by email. We would be delighted to see you this way again if the opportunity presents.*

Kind regards,

[www.nedkellychase.com.au](http://www.nedkellychase.com.au)

**Justin Scholz MMGT**

Event Director

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From VicRoads:

**Are bike riders allowed to pass other vehicles on the left?**

Yes, except when those vehicles are indicating and turning left.

**Are bike riders allowed to occupy a whole traffic lane?**

Yes, this may be necessary in narrow traffic lanes where there is not enough space for another vehicle to overtake a bicycle safely within the lane.



## **Things Gastronomic**

I may have used this once before, but it is (perhaps) worth posing it again.

Are you tired of eating unhealthy 'health bars'? I was, so I decided to bake my own. I call them '**Salus Bars**'. Salus was the Roman goddess of health.

Salus Bars

Ingredients

2 cups of oats/nuts/fruit low sugar muesli

1 cup of rolled oats

1 cup of powdered skim milk

1 banana(chopped)

1 apple (chopped)

3 tablespoons of low fat/low sugar yoghurt

Soy milk as needed to moisten

Add ginger/nutmeg etc. to taste.



## Method

All into a food processor and add soy milk to obtain a thick consistency – not running. Bake for about 10 minutes. This makes about 12 commercial size bars. These are filling and I think healthier than commercial bars that are typically loaded with sugar. They contain no preservatives, so eat them – not sure about freezing. Enjoy your bar and, in my case, cycling.

*We are all keen and committed cyclists who ride because we enjoy the activity. However, the following article from “Better Health Vic Gov” might put some ‘flesh on the bones’ (as it were) of our knowledge of the benefits of our sport.*

## Cycling Health Benefits

To be fit and healthy you need to be physically protect you from serious diseases such as illness, diabetes and arthritis. Riding your reduce your risk of health problems associated

that can be enjoyed by people of all ages, from cheap and good for the environment.

Riding to work or the shops is one of the most exercise with your everyday routine. An every day – for transport, recreation and sport.



active. Regular physical activity can help obesity, heart disease, cancer, mental bicycle regularly is one of the best ways to with a sedentary lifestyle. Cycling is a healthy, low-impact exercise young children to older adults. It is also fun,

time-efficient ways to combine regular estimated one billion people ride bicycles

## **Cycling for health and fitness**

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Cycling\\_health\\_benefits](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Cycling_health_benefits)

It only takes two to four hours a week to achieve a general improvement to your health. Cycling is:

Low impact – it causes less strain and injuries than most other forms of exercise.

A good muscle workout – cycling uses all of the major muscle groups as you pedal.

Easy – unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don't forget.

Good for strength and stamina – cycling increases stamina, strength and aerobic fitness.

As intense as you want – cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.

A fun way to get fit – the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or places.

Time-efficient – as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trams, trains or buses with healthy exercise.

### Health benefits of regular cycling

Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.

The health benefits of regular cycling include:

- cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease

-reduced anxiety and depression.

### Cycling and specific health issues

Cycling can improve both physical and mental health, and can reduce the chances of experiencing many health problems.

### Obesity and weight control

Cycling is a good way to control or reduce weight, as it raises your metabolic rate, builds muscle and burns body fat. If you're trying to lose weight, cycling must be combined with a healthy eating plan. Cycling is a comfortable form of exercise and you can change the time and intensity – it can be built up slowly and varied to suit you.

Research suggests you should be burning at least 8,400 kilojoules (about 2,000 calories) a week through exercise. Steady cycling burns about 1,200 kilojoules (about 300 calories) per hour.

If you cycle twice a day, the kilojoules burnt soon add up. British research shows that a half-hour bike ride every day will burn nearly five kilograms of fat over a year.

### Cardiovascular disease and cycling

Cardiovascular diseases include stroke, high blood pressure and heart attack. Regular cycling stimulates and improves your heart, lungs and circulation, reducing your risk of cardiovascular diseases.

Cycling strengthens your heart muscles, lowers resting pulse and reduces blood fat levels. Research also shows that people who cycle to work have two to three times less exposure to pollution than car commuters, so their lung function is improved. A Danish study conducted over 14 years with 30,000 people aged 20 to 93 years found that regular cycling protected people from heart disease.

### Cancer and cycling

Many researchers have studied the relationship between exercise and cancer, especially colon and breast cancer. Research has shown that if you cycle, the chance of bowel cancer is reduced. Some evidence suggests that regular cycling reduces the risk of breast cancer.

### Diabetes and cycling

The rate of type 2 diabetes is increasing and is a serious public health concern. Lack of physical activity is thought to be a major reason why people develop this condition. Large-scale research in Finland found that people who cycled for more than 30 minutes per day had a 40 per cent lower risk of developing diabetes.

### Bone injuries, arthritis and cycling

Cycling improves strength, balance and coordination. It may also help to prevent falls and fractures. Riding a bike is an ideal form of exercise if you have osteoarthritis, because it is a low-impact exercise that places little stress on joints.

Cycling does not specifically help osteoporosis (bone-thinning disease) because it is not a weight-bearing exercise.

### Mental illness and cycling

Mental health conditions such as depression, stress and anxiety can be reduced by regular bike riding. This is due to the effects of the exercise itself and because of the enjoyment that riding a bike can bring.

### Hand cycling and health

Hand cycles are similar to recumbent tricycles, but they are powered with hand instead of foot pedals. Velcro straps can be used to secure the hands to the pedals if necessary.

This style of tricycle allows amputees, people with spinal injuries and those recovering from certain conditions such as stroke to cycle as a form of exercise and recreation. Hand cyclists get cardiovascular and aerobic benefits similar to those of other cyclists.

### Where to get help

#### Your doctor

Bicycle Network Victoria Tel. (03) 8376 8888 or 1800 639 634 (for country callers)

### Things to remember

-Cycling can help to protect you from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity and arthritis.

- Riding a bike is healthy, fun and a low-impact form of exercise for all ages.
- Cycling is easy to fit into your daily routine by riding to the shops, park, school or work.

### **A European Cycle Holiday – By Kath Liley**

Kathy Liley took her mountain bike to Europe in July. She did some mountain bike orienteering in Czech Republic and Sweden (total of 8 days), joined some friends for a bike-company organised 6-day trip in Alsace, and finished with some leisurely cycling (in amongst foot-orienteering and sightseeing) in the Swedish cities of Borås and Gothenburg.

The Alsace trip was a round-route south from Strasbourg through Germany to Freiburg, then across the Rhine into France and back to Strasbourg. Six days of rural scenes- initially flat with wheat and corn, then irrigated fruit & vegetables, then the riding got hillier as we moved into the vineyards. Lots of medieval towns with walls and gates and turrets – and depending on the time of day, lots of tourists. The company provided bikes (though I had my own), a good detailed itinerary which was generally easy to follow, transported our luggage, and organised B&B accommodation (and on request, dinner). Riding was either on bike paths or quiet roads.



I found the Swedish cities interesting and very bike-friendly though not necessarily flat! Good bike maps provided free at the tourist offices – generally showed the locations of the public bike pumps.

*[I can't manage to get this picture the right way around! It looks OK on my picture file. It should be rotated 90 deg to the right so the bike is upside down and the silver pump attachment is hanging downwards! Sorry. probably means you can't use it.]*

The other good thing about these cities was the general lack of car traffic in the central city area, and great bike paths. Bike paths get cleared of snow after only 3cm of snow and within 6 hours of the fall. Often good separation of pedestrians and bikes too.

It was hot in central Europe, cooler and rainy in Sweden. But not glad to get home to a cold Melbourne August! The next few weeks look pretty busy, but Kathy hopes to catch up with you all at Warringal Park sometime soon.



## Black and White

Like pretentious eagles they perch.  
Keenly scanning the terrain below.  
Into sight the unwary cyclist lurch.  
A somnolent mood woken by a blow.

Feverish waving of hands on high.  
As the feared predator flashes by.  
Rising swiftly to the safety of the sky.  
Uttering a loud, defiant and raucous cry.

With plans afoot our cyclist flies.  
The way to defeat these feathered foes.  
Lies beneath a forest of cable ties.  
Alas this trick the nemesis well knows.

Defeated and quickly cycling away.  
Above in triumph beady eyes knowingly advise .  
I'll remember and wait for you another day.  
Take your infernal cycle a different route – be wise.

Cycling Victim Al

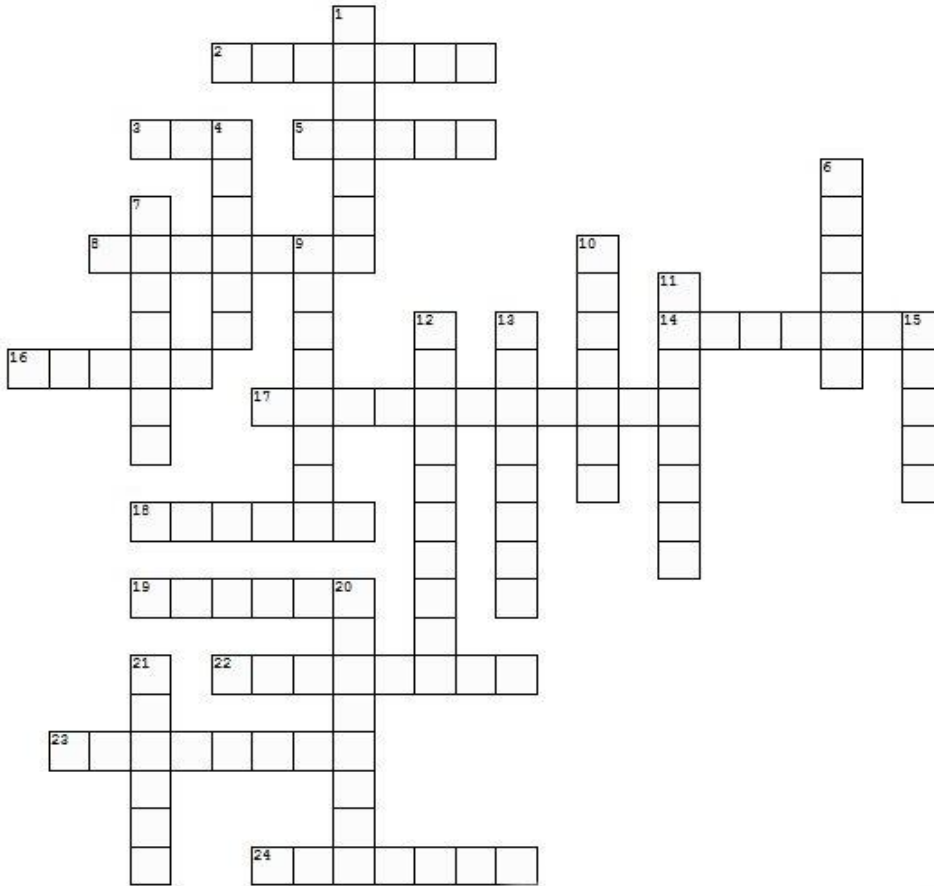


**\*You will need to print this page.**

Name: \_\_\_\_\_

## IT'S ALL ABOUT THE BIKE

Complete the crossword below



### Across

2. First name of the man who makes the Colnago cycle.
3. In common use instead of a globe.
5. Common to a king and a fork.
8. Required for any successful cycling.
14. A type of resistance experienced by a tire.
16. Main method of transmitting power to the rear wheels.
17. This also impedes the rotation of a tire.
18. An essential item of clothing when cycling.
19. Compulsory to some. Hindrance to others.
22. This tire has the same name as the coffee it takes the rider to.
23. Considered the 'king' of folding cycles.
24. Name of the gear changing device introduced in 1938.

### Down

1. Many of these on a bike. From the Latin ferrum meaning iron.
4. An early method to produce electricity for a bike - has made a resurgence of late.
6. Bike camera that takes its name from the military term, 'watch your rear'.
7. One of the oldest cycle companies in the world.
9. You might remember them when they held tape.
10. Name of the gear that replaces the use of a chain on a bike.
11. Long lever that holds the pedals.
12. Device for throwing a train off its tracks.
13. Attached to the rear dropout.
15. Winner of the first Tour de France in 1903.
20. A metal used in the construction of bikes. It has the atomic number of 22.
21. A main cause of wheel wobble.

Solution available from [allang@bigpond.net.au](mailto:allang@bigpond.net.au) "Get crossword solution" in the subject and I will email it out promptly.

\*Please remember. Your contribution are of value to others and are greatly appreciated.